



TEMPE HIGH SCHOOL

Unwins Bridge Road, TEMPE NSW 2044

Phone: 9558 2023 Fax: 9558 9460

Email: tempe-h.school@det.nsw.edu.au

Website: www.tempe-h.schools.nsw.edu.au

Office Hours : 8.30am—3.15pm

Newsletter 6

Term 3 Week 10

September / October
2015

From the Principal

We end the Term at Tempe with Year 12 graduating and Year 11 completing the final Preliminary Assessment period. We wish both year groups all the best.

I would like to thank all staff and students involved in both Multicultural day and Springfest for their participation in these wonderful events. The success of this day was largely due to the positive goodwill of the school community and the hard working and planning of Staff and the P&C. In particular I would like to thank Ms Vimalarajah, Ms Evangelinos, Ms White, Mr Norrish and Ms Trotter for all their hard work. I would also like to thank all the parents that contributed, food, time and effort to support our students. This newsletter contains some photographs of the events.









Any student who will not be attending Tempe High School in 2015 is asked to bring a letter from a parent to me. This information is required for the organisation of the next twelve months.

Year 12 have been well prepared for the HSC and practical subjects have produced some excellent Major works and performances which have already been examined. I would like to thank the teachers and other staff for preparing them so soundly for their HSC. Additionally Year 12 have benefitted for the support of their parents and carers. Mr Ruckendorfer has relayed to me how proud he is of his year group and I thank him for all his hard work which has helped these students develop and grow into fine citizens. As proof of the wonderful potential we are now seeing realised the final Honour Roll for exceptional results in Report Cards is published in this newsletter.

Mr S Dassaklis—Principal



Innovation, Opportunity, Excellence

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Oct 5 Public Holiday	Oct 6 Students return	Oct 7	Oct 8 NASCA 3D printing excursion T Dyer 08:30am - 3:08pm	Oct 9 Investiture of School Leaders Hall  09:35am - 12am
2	Oct 12 Work Placement Hospitality Year 11 R Pooley A White Higher School Certificate Exams Begin	Oct 13 Work Placement Hospitality Year 11 R Pooley A White 9P Wolli creek water testing period 1 and 2 P&C meeting 7pm - 8pm	Oct 14 Work Placement Hospitality Year 11 Touch Open Boys/Girls	Oct 15 Work Placement Hospitality Year 11	Oct 16 Work Placement Hospitality Year 11 AIME Yr 9&10 
3	Oct 19 Elective Assessment in class Year 7,8,9 ,10 HSC course begins  Tour of Parliament House K Schultz and Hearing Students	Oct 20 Elective Assessment in class Year 7,8,9 ,10	Oct 21 Elective Assessment in class Year 7,8,9 ,10 Y11 Reports to YA Year 12 chemistry ANSTO Excursion 	Oct 22 Elective Assessment in class Year 7,8,9 ,10 Selective 2017 Tour  09:30am - 10:30am	Oct 23 Elective Assessment in class Year 7,8,9 ,10
4	Oct 26 Yearly Exams in Hall Year 7,8,9,10	Oct 27 Yearly Exams in Hall Year 7,8,9,10 Faculty Meeting	Oct 28 Yearly Exams in Hall Year 7,8,9,10	Oct 29 Yearly Exams in Hall Year 7,8,9,10	Oct 30 Yearly Exams in Hall Year 7,8,9,10 AIME Yr 9&10  AIME Yr 11 
5	Nov 2 Table Tennis/ Badminton Gala Day Homebush Yearly Exams in Hall Year 10	Nov 3 Faculty Meeting	Nov 4 Y11 Reports to Principal	Nov 5 South Care's Framing the Health Project 	Nov 6

**Honour Roll
Prize Winners**
Year 12, 2015


Clare	Anderson
Misha	Cajic
Dominic	Causley-Todd
Nathan	Chalak
Jeanette	Darmawan
Lucy	Day-Williams
Rodica	Dolendo
Ebru	Erdogan
Hal	Fowkes
Elena	Garoufalidis
Erin	Jeffrey
Elsiena	Jessop-Smith
Crystal	Lai
Beryl	Li
Shirley	Liao
Corinne	Liu
Teresa	Luong
Julie	Luong
Daniel	Mohamad
Hoang Thien Thi	Nguyen
Thuy	Nguyen
Huy	Nguyen
Jenny	Nguyen
Dominic	Palanca
Caitlin	Pham
Dung	Phu
Samantha	Read
Kimia	Rezaeizadeh
Caitlyn	Sinclair
Chris	Song
Yongzhou	Tan
Stefanus	Tanuarta
Vincent	Tran
Johnny	Tran
Peter	Tran
Andrew	Vo
Joanna	Wang
Nicky	Wang
Brian	Widjaja
Michelle	Zhang


YEAR 12

Your UAC preferences are due.

Paying for your UAC Application

Applications made before 30 September 2015 will incur a fee of \$32. Applications made after this date will be charged up to \$187.

How to Pay

Credit Card (MC or VISA), Bpay, Australia Post Bill Pay or Paypal

Remember—your UAC application is not complete until you have paid your fee.

Please check UAC online for more information:

www.uac.edu.au



Universities Admissions Centre

Mr S Fawcett—Careers Advisor

shane.fawcett@det.nsw.edu.au

**STUDY SKILLS HANDBOOK NEWSLETTER ITEM
FOR SEPTEMBER****Top 10 Tips for Overcoming Procrastination**

Procrastination is the act of putting off a task which you know you have to do, even though you know that putting it off will probably be worse for you in the long run. For example, when you procrastinate about starting an assignment it doesn't make the assignment go away, or the deadline change, it just gives you less time to get the work done. To manage this, try the following:

1. Become aware of the excuses you use

- make a mental note when you procrastinate. What excuses do you give yourself? Too tired? Too difficult? Too boring? Being aware is the first step in changing your behaviour. Keep yourself honest by asking questions like "is this the best use of my time at the moment?" and "am I doing this as a way of avoiding what I really should be doing?".

2. Reduce or eliminate distractions

- creating a clear, uncluttered work environment which is free from distractions will help you avoid procrastinating. Turn off your social media or WiFi, turn off your music or TV, close the door. It's easy to get distracted and lose focus on what you are trying to do, or to procrastinate by surfing websites that are barely related to the topic you are meant to be researching. You can find out more in the *Home Study Environment* unit and *Dealing with Distractions* unit.

3. Make a prioritised list

- before you start work (or procrastinating) take a few minutes to work out what your priorities for the session are, based on your deadlines. Take into account all the time you have available and make a prioritised list. Work on the most important thing first (see also tip 7 below). There is more information in the *Time Management Skills* unit on techniques for prioritising.

4. Break down projects into chunks

- if you have a big task that you have to do, or something that you really don't want to start, have a think about how it can be broken up into smaller parts. A big assignment might need a plan, the purchase of resources, a trip to the library, internet based research, and then several days to write and edit each section. If you just focus on doing one of these tasks it's easier to commence.

5. Just start

- stop focusing on getting it done perfectly, or even well, just make a start, even if it's just for a few minutes. Starting the task makes you realise it's not as daunting as you originally thought and allows you to make a small amount of progress which encourages you to keep going. Sometimes once you get started you can even do more than you originally thought you could or would.

6. Reward yourself

- set yourself a small goal (to do with the task you are procrastinating about) and then reward yourself appropriately when you complete it. For example, write an outline for your essay and then have afternoon tea. You will be more motivated to complete the task to get the reward. Note: for extreme procrastinators you may need to get someone else to check you've done the work and to give you the reward! Learn more about this in the *Goal Setting* unit.

7. "Twofer Concept"

- when you are working on a difficult or boring task, break it up by having a more interesting or easy task that you work on in the same study block. You get 2 lots of homework done, but when you are losing focus on the difficult one you can switch to the easier one for a bit of a break.

8. Create routines

- establishing a routine can help you avoid procrastination as you get into the rhythm of working for a set time each day at a set time of the day. Making this routine known to your family and friends also helps keep you accountable and stops them interrupting you during your work time.

9. Find a study buddy

- perhaps starting that difficult work will be easier if you have someone to work with. This could be a school friend or a sibling. You could share resources and help each other to get started with similar work.

10. Schedule in breaks

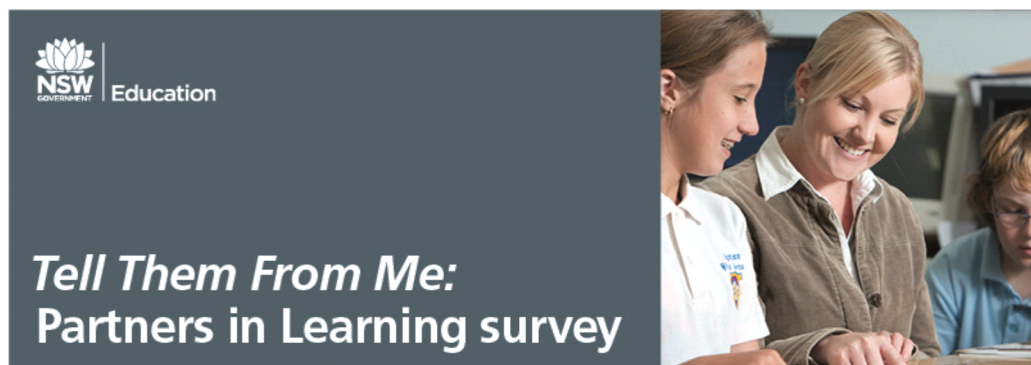
- breaks give you time to think and process information that you have been working on and give you an opportunity to do the things you really enjoy. Plan them as much as you plan your work.

You can learn more about how to optimise your performance as a student in the *Overcoming Procrastination* unit at:

www.studyskillshandbook.com.au
by logging in with these details:

Username: tempehs

Password: 61success



Parents of **Tempe High School** are invited to participate in the *Tell Them From Me (TTFM)* Partners in Learning survey designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?

Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

What does it involve?

This online survey takes about 15 minutes to complete. It is anonymous and voluntary. If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once.

How can I participate?

You can access the survey in your own time, between 17 August and 16 October 2015. Go to the site below on your computer or tablet:

<https://nsw.tellthemfromme.com>

Log in using the following details:

User name: **parent18260**

Password: **Tem8506**

More information on the Partners in Learning survey can be found on the NSW Department of Education's TTFM website: <http://surveys.cese.nsw.gov.au/>



Insert school
logo here

P & C SECOND HAND UNIFORM SHOP

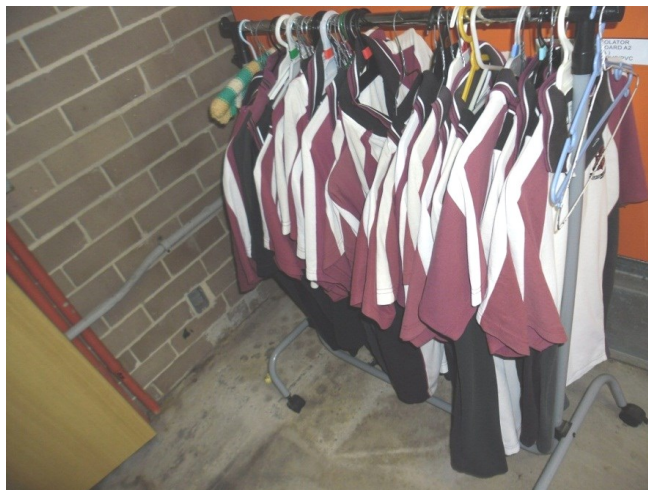
For details concerning second hand uniforms please email:

tempeuniformshop@gmail.com

Opening hours for the Uniform Shop are

The **FIRST** Monday of each month 8 30am to 9 00am

The **THIRD** Monday of each month 12 50pm to 1 20pm



Any donations of second hand uniforms
would be gratefully accepted



Science Faculty

Year Earth and Environmental science trip to Karloo Pools

As part of their course the preliminary Earth Science class travelled to the Royal National Park to study land forms and look at the ecology of a local environment.

The walk was a 5 kilometre round trip to the pools. Students took soil sample measurements, humidity, wind speed, light measurements as well as noting land forms along the way. We were accompanied by a guide from the Environmental Education centre.

While the walk was steep in parts, all students assured me they enjoyed the day and their lunch at the pools.



Science Fair

We again we held our annual science fair. The best Student Research Projects from each class were chosen to participate. Once again thanks to our partner Scientist Dr Richard Vickery, a neuroscientist from the Faculty of Medicine at UNSW and his band of scientists, who included Dr Tatjana Seizova-Cajic a psychologist from the University of Sydney, Associate Professor Kelsie Dadd from the Department of Earth and Planetary Sciences at Macquarie University and David Beardmore a Chemist working for Orica Chemicals. Congratulations to all participants; our panel judged the standard to be high, but had to make some hard decisions.

First place:

Adrian Lin, Charlie Xu, Joseph Xu – Bouncing Balls

Second place:

Martina Bai, Tatsu Bracken, Gabriel Jessop-Smith – Bath Bomb Banter

Third place:

Pannmiles Trirattanagun, Toby Nightingale, Brynn Hodson-Bray – Electrical energy in fruits and vegetables

People's choice:

Adrian Lin, Charlie Xu, Joseph Xu – Bouncing Balls



Chemistry Quiz

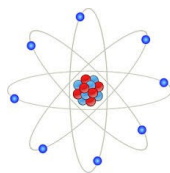
Our School participated in the 2015 Australian National Chemistry Quiz, where students our achieved 3 High Distinction, 8 Distinction and 13 Credit awards, an outstanding effort.

High distinctions were awarded to:

Mishra Vivek, Vavayis Mihail and Phy Khoa

Distinctions were awarded to:

Steven Liu, Dominic Palanca, Vincent Tran, Donny Hao, Carmen Huang, James Li, James Vu and Wylie Yang



SCIENCE FACULTY (continued)**Careers Workshop**

While here to judge our Student Research Projects, our partner scientists took the opportunity to speak to every year 10 student about careers in science. Highlights were the bionic hand, perception tests, how much does an industrial chemist earn and how old is that rock. Speaking to students as they left, it was obvious that the year 10 students had their eyes opened to the myriad possibilities in science.

I would like to thank our partner scientists for their dedication to science in our school.



Mr A Murphy—Head Teacher, Science

MULTICULTURAL DAY 2015

On 3 September 2015 Tempe High School witnessed the epiphany of cultural diversity, harmony, mutual acceptance, tolerance and celebration.

During the first half of the day students, teachers and respected guests had the opportunity to taste the flavours of the world with fantastic stalls organised by both students and teachers who voluntarily gave up their time and efforts to serve on such an amazing occasion.

For the next half of the day a plethora of talent and diversity emerged from the students performing a large range of cultural and traditional dances. At this stage Tempe High School demonstrated the example of "how the world should be". The performances included Lebanese, Greek, Macedonian and Vietnamese traditional dances. There were also belly dancers and the amazing energy of Bollywood. One of the highlights of the afternoon was the colour and excitement of the Chinese Lion Dancers.

It was a day for all cultures to be celebrated. It was a day where every one was valued, a day where the true colours of Tempe emerged, "It was Multicultural Day 2015"

by Amani Elhusseini, Year 11





SPRING EVENT 2015

The Spring Event took place on the evening of Thursday 3rd September from 3pm—7pm at Tempe High School. The Spring Event was a celebration of all the great things that happen at Tempe High School.

The P & C were integral in arranging some exciting displays and activities, as well as delicious food and drink stalls. It was wonderful to experience the vibrant and exciting community that is Tempe High School.

There was an outstanding display of Aboriginal art organised by Amanda Dass, with traditional art making practices. This was a fabulous exhibition of local community artists. Many of the artworks were done by our students and were sold to raise money for the Indigenous Literacy Project. \$140 was raised for this worthy cause.

As a part of this event the Creative and Performing Arts (CAPA) set up an art exhibition in the Hall. Works from years 7, 8, 9, 10 and 11 were on display—showcasing the talent and sustained effort that students have made this year in the Visual Arts.

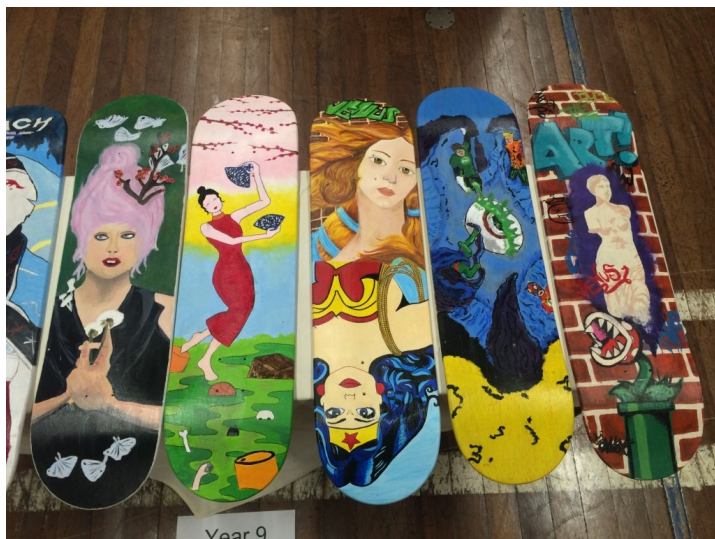
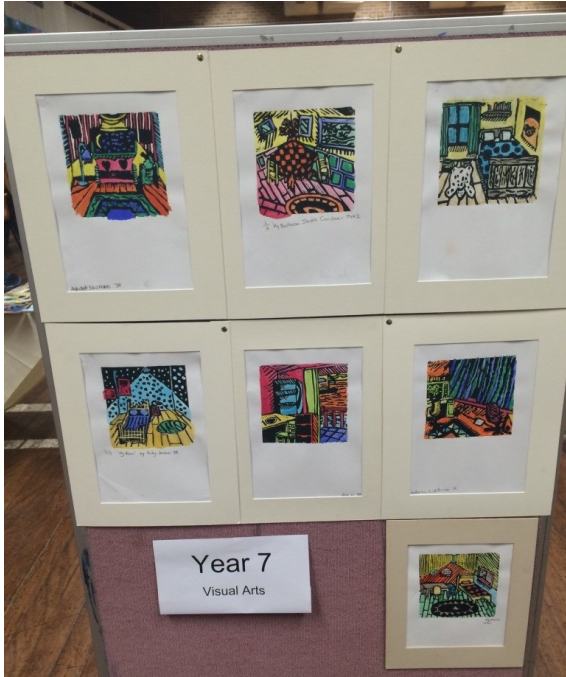
Music and Drama performances were a highlight of the evening; the hall was packed with students, parents and caregivers enjoying the dynamic creative arts culture at Tempe High School. HSC drama students impressed with acrobatic and entertaining group performances; while our student musicians filled the air with passionate songs and lively renditions of favourite classics.

A huge thank you to all staff, P & C members, parents and students who contributed to the evening's enormous success.

Ms L Rumble—Teacher CAPA



Springfest (continued)



Springfest (continued)



HSIE FACULTY

Year 10 mandatory Geography field trip

As part of their study of environmental issues, Year 10 classes, over three days in August, visited Cronulla Beach/Bate Bay to look at coastal processes and the management of the coast. They examined the effects of human settlement over time and the attempts over the years to protect the beach and houses from coastal erosion, with environmental sustainability being the key consideration.

Students completed a work booklet in the field, and used this information, along with their work in class, to complete an extended response in class forming part of their RoSA assessment in Geography. There were a handful of students on the day who were unable to attend the field trip. They have been given an alternative fieldwork task to be completed over the holidays.

The field trip was not all work however. After a busy morning of hands on exercises, students were able to relax in the park and have their lunch, before a final field sketching exercise and winding up session. On behalf of the teachers and students who attended, I would like to thank Jan and her fantastic team of teachers at the Botany Bay Environmental Education Centre.

As well, I would like to thank Ms Siddiqua for a great job in organising the excursion and attending on all three days, as well as Ms Simmelhaig, Mr Kokkorogiannis and Lindi Reti, our aboriginal coordinator, who also attended on various days.

Finally, a very big round of applause for our wonderful Year 10s, whose behaviour and work on the day were exemplary.

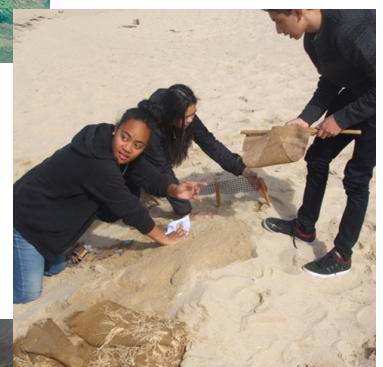
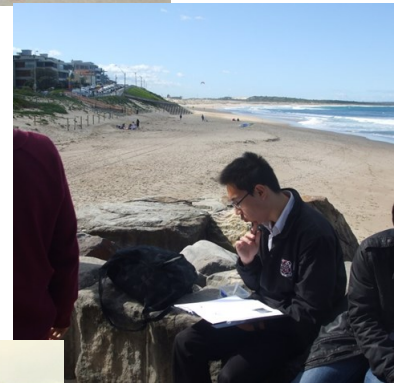
NSW Geography Competition

In Week 4 of Term 3 our Year 10s took part in the annual NSW Geography Competition. Our students performed extremely well, with eight of our students gaining a High Distinction: Tim Chen, Lilian MacPherson, Fenella Palanca, Henry Zhan, Shakib Ahmed, Ijaz Noor, Pearl Junor and James Vu. Of the 157 students who sat the Competition, another 57 gained Distinctions and there were 46 Credits.

Other interesting statistics include 10A with 100% and 10Y with 97% of students gaining credit or above. As well, there were students gaining Distinctions in every class.

Congratulations to Year 10 on these great results.

Mrs Plioplis
Head Teacher HSIE





**SPRING
CYCLE**

PROUDLY SUPPORTED BY
Transport for NSW

18 October 2015

12km 50km 105km

**Ride the Bridge
Ride Sydney**

REGISTER NOW springcycle.com.au

Major Partner

 **Transport for NSW**

Event Partners

  **SYDNEY RIDES FESTIVAL**

  **bicyclesonline**

Presented by

 **bicycle NSW**

Event Charities

 **TAD Disability Services**

 **TEAM BANGER BEAR**

 **BOSCH**
Invented for life

 **Sydney Olympic Park**
A 2015 Cycling & Walking Festival Event
sydneyolympicpark.com.au/2015/

Media Partner

