

newsletter



Education
Public Schools

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principal's report: toda, jeans, sports stars & more...

Leon Weatherstone - Principal

Toda Visit

Once again we had students and teachers from Toda City in Japan visit us to continue in the spirit of friendship. Toda is the Japanese sister city to Liverpool. Mrs Vidakovic organised the visit and Mrs Nam kindly provided a visual arts lesson for about 15 Japanese students along with our Year 10 Japanese students while they were here. It is always a pleasure to share the great things about our school and strengthen our cultural links.

Jeans for Genes

A huge congratulations to all our students and staff for the over \$1200 raised for the Childrens Medical Research Institute.



Not many students participated in wearing jeans for the day, but once again our community's generosity in supporting worthwhile charities is absolutely brilliant.

A special thanks to Joshua Blain and our student leaders who co-ordinated this supported by Mrs Karagiannis.

Strong links with our partner primary schools

Late last term we invited our local primary schools to send some of their students to us for the day to get a taste of high school and be involved in making artworks for the day. Thank you to Ms Kenton, who guided



the Year 6 students through a number of fun activities based on relief printing. All the students involved had a great day and a number of our own students assisted and were great ambassadors for our school.

On Friday, August 7, we donated the use of our hall to Austral Public School for a school concert. This was a wonderful night to see students and teachers from Austral perform. It seems that we will have very

active and enthusiastic students from Austral Public School coming to us over the next few years. A huge thank you to Mr Campbell for the assistance he provided Austral Public School before and during the event and also to Joshua Blain of Year 10 for assisting in technical operations.

Sporting Excellence

Brady Moore and Robbie Moore have been successful in gaining a place in the NSW Pacific School Games Team to compete at an International Championship. This is a very prestigious achievement. The event will be in November and we wish them both the very best.



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principal's report: toda, jeans, sports stars & more...

Leon Weatherstone - Principal

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Parent Teacher Evenings

Thank you to all those parents who were able to come along to our parent teacher evening earlier this term. A special thank you to our teachers who provided quality advice about how each students learning can be improved. It is through an active partnership between teachers, parents and students that we can, and will, achieve great things for each student.

Curriculum Evenings

Again a thank you to those who attended our curriculum evenings for Year 9, 2016 and Year 11, 2016. Our teachers once again went to great lengths to provide information that fully informs them of the courses being offered in 2016.



Thank you to Ms Dorrell for her organisation of the night and to Mr Khanna for setting up the online subject selection process which made it so much easier for students

to make their selections for subjects next year.

Learning anywhere, anytime

We have recently formed an alliance with a company called Canvas who will help us streamline the online learning opportunities that we can provide students in class, at home and to assist in preparing and submitting assessments.

This will replace some limited use of Edmodo and Moodle that already happens

in the school and will deliver far greater benefits to students and teachers. I believe we are the first Australian Government School to embark on this initiative and we are excited at the possibilities that this will provide us.

Some students will have access to this through Term 4 this year with all students being involved from the beginning of next year. #



Our mobile app is now here!

The app will keep you up to date with what is happening at school and when! All school events will be listed within the app and you will receive notifications of any important messages as well as reminders.

User accounts will be created in the next few days, so keep your eye out for an email from admin@StewDent.net





deputy principal report: parent evenings successful

Brij Khanna - Deputy Principal

The Parent Teacher nights were quite successful with 375 families making over 2100 bookings for their children.

Parent Teacher Interviews

I would like to thank all the parents who attended the parent teacher nights to get valuable information about their child's academic progress. It was a little disappointing that many parents of our senior students could not attend these sessions.

Next year, we will be trialling an extra afternoon only for senior students and their families, to give them extra time and opportunity in Term 2 to discuss their child's progress in Preliminary and HSC courses.

We will still continue to have the two parent teacher nights in Term 3 for all families, including senior students' families. The online booking system, once again, worked quite well with a huge increase in the number of bookings.

I would also like to acknowledge and thank parents who came up to me to pass on their appreciation for the dedication and enthusiasm of teachers and office staff and congratulated us for the well organised event.

Recognition Assembly

It was heartening to see a large number of our students across all year groups receiving recognition for their academic achievements. It is a reflection of their hard



work, commitment to their learning and a great work ethic. Many congratulations to families and students who received the recognition.

Curriculum Night

This year we implemented a new online system for the students and families of Year 8 and Year 10 students to choose their subjects for next year. It was immensely successful with all students using the new system to choose their subjects.

Students and families reported that the process of choosing subjects was easy, streamlined and offered many advantages. Students had extended time to make their decision after they carefully deliberated with other students, staff and their families. Hopefully, this would further result in better alignment of students' choices to their classes. On the

curriculum night, every faculty had setup very impressive and informative displays for the parents and students. The parents were very impressed and were appreciative of the teacher's efforts in setting up the displays and in answering their questions.

The turnout on the night for both sessions was very impressive. I would like to acknowledge the teachers for their enthusiasm and hard work that was put in to setup these displays. I would also like to thank the students and parents for coming along on the night and making the event very successful. #



Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:
Tuesday 25th August 2015 6pm – 8pm

VENUE:
Liverpool City Council, Blue Gum Room Level 5,
33 Moore St Liverpool 2170

BOOK NOW ON:
9821 8835 or 9821 8838

Helping learner drivers
become safer drivers



The JEHS P&C meet in the library on the first Monday of each month.

The next meeting for Term 3 will be held on Monday, September 7th at 6:30pm in the school library.

Everyone is welcome and encouraged to attend.



year seven report: semester one wrap-up

Emma Davidson - Year Seven Adviser

Year 7 have completed their first semester and I am pleased to say that students' reports indicated a conscientious attitude. The focus of the reports is on students' academic progress, motivation and behaviour in class.

A special recognition for Chantel ABARZUA who sung the National Anthem beautifully at the Recognition Assembly.

Beyond the reports, as we head into the thick of Semester Two, it is timely to remind students that they ensure they submit all class work and assessment tasks on time.

leadership, resilience and also fun. Please keep an eye out for this information when it arrives and do not hesitate to contact me if you have any questions.

Lastly, it was also pleasing to note how many of the cohort have been taking up the opportunities offered at JEHS and thus



Once the reports are finalised, students who achieve excellence in all of these areas for Semester One receive a Recognition Award at our annual mid-year Recognition Assembly. Congratulations to the students who demonstrated a high standard of effort and application. I am hoping that next year we will be able to double (or more) the number of recipients of these awards;

Ibrahim ALI, Prashani AMARASINGHE, Jemita BHATTI, Avinav KHANNA, Isabella GALDERISI, Alfia HERRERO, Mia JACQUIN, Vicky JUNG, Mithil KUMAR, Elizabeth LIVERMORE, Jade ROBINSON, Jayden STRAUB, Jacky TRUONG and Kelly YANGNOUVONG.

Attendance is also highly important as it assists students to keep up with their work and pursue further academic heights. It didn't escape my notice that all of the Year 7 students who received a Recognition Award had high attendance rates, if not 100%, for Semester One.

Year 7 are about to be given information regarding our annual Year 8 Camp, in February 2016. The information is given out early to allow for families to make regular payments leading from now until the close of the year, thus making the total payment easier to attain. I am hoping that as much of the year group is in attendance as possible as it is a great experience for team building,

participating in sporting, performance and gifted and talented opportunities. One of the new opportunities, commenced this semester, is Drama Club for Year 7 and 8.

This is the first year it has been run and there are still some spots available for students who are interested in joining. It is run by Miss Day every Thursday, Week B. Let Miss Day or myself know if you are keen to join in.

Good work Year 7, I am impressed with all of the effort, enthusiasm and personality you bring to school each day. #



competition time: you could be a winner

Have you noticed the new look to this edition of the JEHS Newsletter? We think it reflects the changing times here at JEHS.

In light of these changes we are running a competition for all students, parents and staff to be involved in.

The new look newsletter needs a new name. If you think you have a suitable suggestion then fill in the form and place it in the box in the Administration Office no later than Friday, September 11th, 2015 for your chance to win.

The winning entry will be selected by a panel and will be announced when the next edition of the newsletter is published. The winner receive a \$30 Big W Gift Card.

So put your thinking caps on and get your entries in ASAP. #



competition time: you could be a winner

I think the JEHS newsletter should now be called:

.....

First Name:

Surname:

Roll Class:

Telephone:



ATTENTION YEAR 12 STUDENTS

Any graduating Year 12 student who does not want to keep their department issued laptop, please consider donating it back to the school.

They will be accepted in ANY condition!!

Please see Mr Joseph in the library.



year nine report: students shine at music night

Tim Moreland - Year Nine Adviser

It's pleasing to report on so many positive things that Year 9 have been part of in recent times. Late in Term Two I had the pleasure of attending the Year 9 Music night.

It was fantastic to see the students perform and just as great to see how many parents

at our assembly. Thank you for helping us celebrate such a key event.

It was great to see so many parents and students attend our parent teacher night. This is a great way to meet your child's teachers and gain valuable feedback on how they can improve. If you couldn't make parent teacher night and would like to talk

dollar raised on the day helped scientists at Children's Medical Research Institute discover treatments and cures, to give every child the opportunity to live a long and healthy life.

Can I please get parents to make sure that their child has a pen with them every school day? There has been a trend of late where



and friends turned up to support the students. Performing in front of an audience is so daunting but all students were a credit to themselves.

A huge thank you goes to the Music faculty most notably Mr Chavez and Mr Monro for the organisation of the night.

At the start of Term 3 we had NAIDOC week in which we celebrate our Indigenous culture. Riley BRASIER gave an excellent speech in front of over one thousand people and should be very proud of himself.

Riley, along with Brooke KEUENHOFF, Kaitlin PAGETT and Jasmine BROPHY also participated in a performance

to a teacher feel free to ring the school. Likewise, please sit down with your child and their Semester One report and discuss their progress.

We also had our annual recognition assembly for students that have outstanding behaviour, motivation and academic performance. I was thrilled to see so many Year 9 students gain an award. In fact, we had the most out of any grade. Congratulations once again to all recipients.

On Friday, August 7, JEHS participated in Jeans for Genes day. Our school allowed students to wear jeans for the day to help raise money and awareness for the Children's Medical Research Institute. Every

students aren't bringing a pen. Realistically, a student should have a few pens in a pencil case as the very minimum. Students can also buy a pen for 30 cents at the canteen. Bringing the necessary equipment including subject books is compulsory.

Have a great rest of the Term. #



year ten report:

subject selection is exciting

Regina Young - Year Ten Adviser

Year 10 students have just selected their subjects for Year 11 and 12. This is a very exciting time for them and also a time to understand the demands of Stage 6 work. Students need to understand the greater expectations of Stage 6 study, the commitment to classwork, homework and formal assessments.

As seniors in the school they must understand the role of leadership they have to younger students and look for

CUNNINGHAM, Mustapha DAHER, Zawat ELMORAD, Zac FULLAGER, Chantelle GAWTHORNE, Josh GEERING, Adam HABBOUS, Jye HARDY, Daniel HAYLOCK, David JABUR, Corey JIMENEZ, Emma JOHNSON, Chloe KEDDE REIGERT, Haysam KHLEILATI, Nishant KUMAR, Khaled LABABIDIS, Yanni LOGOTHETIS, Daimyan MASON-CAZZY, Andrija MILENKOVIC, Kayla MOREIRA, Sean O'BRIEN, Penny PROTOGEROS, Ayman SAID, Kayda SALAKAIA, Ziyad SHAIKH, Rick SIMEONIDIS, Fred SUNSTOV, Michael TAYLOR and Elisa TEMEL.

Laing Art Exhibition. These included Abbie BAKER, Angela BATTAGLIA, Emily CAMPTON, Romaesa CHAUDHRY, Cynthia DANG, Syhra DUAZO, Nandita KUMAR, Karen MACKAY-HAMILTON, Ashlyn MANI, Chanel MURRAY, Cooper NORRIS, Jasmine RICE, Samantha SCHEMBRI, Komal SINGH, Emma SMOOTHY, Alssa TETTE, Bianca TETTE, Crystal VERTSONIS, Jakub WATSON and Jason ZHONG.

Year 10 is an exciting time and taking advantage of all opportunities is encouraged. The co-hort had 53 students



opportunities for leadership for themselves in and out of school. Some Year 10 students are demonstrating great leadership skills by leading the 40 Hour Famine in the school. Hira GILANI, Luey SISOUVATH, Kimberly REFALO and Emily BAONZA are speaking at school assemblies and organising fundraisers for the 40 Hour Famine.

Sport is a mainstay for some Year 10 students. At the recent Year 8 Gala Day the following students took on the role as coaches for various sporting teams;

Jameel ALI, Nathan BAINY, Jack BENNETT, Anthony BEUK, Talei CAKACAKA, David COLLINS, Tristan CORLETT, Daniel

Jessica Smith was selected for State Championship in Lawn Bowls and Daniel Haylock and Nathan Bains were members of the successful under 16 years boys 4 x 100 relay. Zac Fullager was successful in the under 16's long jump and Daimyan Mason-Cazzy was successful in the 15 year triple jump.

Not only has school sport dominated Year 10 but external sport also with Brady Moore being selected for the Pacific School Games.

Other Year 10 students took advantage of the opportunity to visit the Rosemary

who took advantage of the opportunity to excel in Semester One and were recognised at the special Recognition Assembly in Week 3 of this term. They demonstrated commitment to learning, strong assessment results and this should assist them greatly in Stage 6.

Year 10 have their Yearly Exams in Weeks 9 and 10 of this term and at this stage of the term they should be preparing by consistent revision, completing practice papers and asking for clarification in lessons. By taking responsibility for their learning they will succeed. #



year twelve report: we are finally here!

Lyndal Hayward - Year Twelve Adviser

Year 12 are in their final weeks of their High School career. They have done tremendously well in their final assessment tasks and hopefully they are seeing the fruits of their labour.

As subject content is being completed, now is the time to start finalising (or in some cases, starting) their summaries and completing practice papers. There is still enough time to study for all subjects sufficiently and not burn out before the examination period begins. Students should try and stick to a study timetable, allocating a few hours a night to particular subjects. Their teachers are here to help as well, so please encourage students to seek their assistance and expertise to fine tune their understanding and long response writing techniques.

This is also a time where anxiety levels can reach boiling point. Encourage students to take a break and if needed to seek assistance from the School Councillor, Careers Adviser, Year Adviser or any other trusted adult. There are also many online organisations

designed to help, like www.headspace.org.au or kids helpline (www.kidshelp.com.au). A reminder of various activities happening for Year 12 in the coming weeks:

2nd Annual Olympiathon

Wednesday, September 16, School Oval periods 1 to 4: School sports uniform or appropriate clothing in house colours may be worn.

Picnic Day

Thursday, September 17 – Sydney Royal Botanic Gardens: Permission notes must be returned ASAP and a reminder that according to the rules of the Botanic Gardens, no ball games/frisbees are allowed due to the safety of other members of the public.

Graduation Ceremony

Friday, September 18: Full school uniform (with blazer and tie) must be worn. This is a great opportunity for friends and family members to recognise the efforts of the students as they complete 13 years of education.

Year 12 Formal

The Year 12 Formal will be held on Tuesday November 17: Permission notes and money

must be returned ASAP for those eligible to attend. It will be a fantastic evening to relax and celebrate the end of high school with friends.

Finally, congratulations to the 2015 Year 12 cohort. You have made it! Even though I have only been your Year Adviser in your final year, I am very excited to see you complete this chapter of your life and wish you all the best in your future endeavours.

And now a word from Mrs Campbell
"To all Year 12 students and families, thank you for your ongoing support over the last 6 years. It only seemed like yesterday that your child commenced high school with mixed emotions: excitement and nervousness and now they are almost finished ready to enter the real world, probably feeling the same. To all Year 12, congratulations on your graduation and I wish you all the best for the HSC and beyond. It is now time for your next journey be it a job, TAFE or university, but remember there is "no secret to success, it is a result of preparation, hard work and learning from failure". All the best." #



hsc study day: history at sydney university

Zoeya Amin - Year Twelve

On June 11, nine Year 12 History students set off from Glenfield station at 7:00am and headed to Redfern to the University of Sydney for our History HSC study day (Ancient History, Modern History and Extension History).

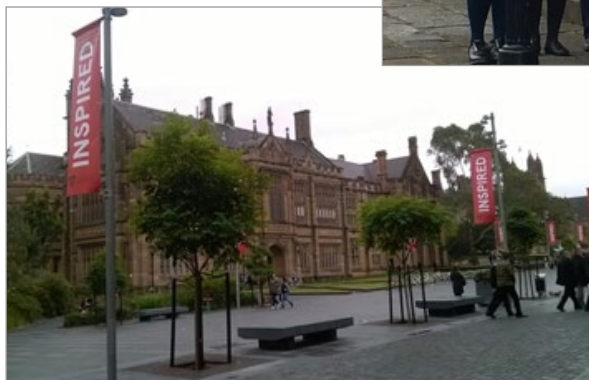
After a wobbly and crowded train ride we finally arrived at our stop and took a leisurely stroll down to the university where we firstly went to get the coffee we were deprived of due to the early start and then to get our timetables for the day.

Once we had figured out where we were going, we spilt up and went off to our chosen lectures. Along with providing us with valuable information and resources to help us with our studies, the day also gave us a taste of the life of a uni student.

After our final lectures of the day the group of nine

regrouped and made a quick stop at the Nicholson Museum which was inside a building that looked a bit like Hogwarts.

The train ride home allowed us to discuss the different lectures we attended and share our new found knowledge. Overall, myself and the



eight other girls who went along on the day can agree that it was a day well worth the time and money.

On behalf of everyone who went, I would like to thank Mr Canobra for organizing to take us in to experience a study day that has proved to be extremely beneficial to our learning during our final year of schooling. #



quicksmart report: halfway point reached

Karmen Kaye-Smith - QuickSmart Instructor

We have just passed the halfway point for QuickSmart Literacy and Numeracy this year and results have shown that all of the students are progressing extremely well.

At the beginning of Term 3 we sent out parent and student surveys to gather feedback on the program. The feedback we received has been fantastic with all the parents over-whelmingly supporting the QuickSmart program. Not only have the parents noticed a change in the students academic ability in most classes at school, but also a change within the school work they do at home.

Here are some of the parents feedback:

- A great opportunity for additional support and learning;
- Any program helping any child improve their learning abilities is a great asset;
- I think the program is fantastic and I am grateful that my son can attend;
- I believe that the QuickSmart program is a very motivational and helpful program that helps build confidence.

We have also asked some of the QuickSmart students to tell you what they love about participating in the program.



• **Sarah 8U**

I enjoy QuickSmart because it helps me to learn, I struggle a lot with spelling and reading. Also in QuickSmart you don't get judged on whether you can spell or not.

• **Justin 7V**

QuickSmart is fun, it's an easy way to learn, the teacher makes it fun to learn maths.

• **Alana 7U**

I like QuickSmart because I am learning things I really have trouble with. The teacher makes it so easy to learn and my results in maths have really picked up.

• **Daniel 8R**

I enjoy QuickSmart because I am learning what I need help with, it has given me a lot more confidence with my reading and spelling in class. Also having 2 kids in the class

makes it so much easier to learn.

I know the QuickSmart program will continue to stream ahead over the next few months, with all the students moving onto harder tasks, this will not only test them, but will also give them a far greater understanding of Numeracy and Literacy. #



work experience report: a week in the life of a navy chef

Joshua Blain - Year Ten

In the week of July 27 to 30 I was lucky enough to attend work experience at HMAS Watson as a Navy chef. It was the best thing that I have ever done.

On Monday I got up at 6:30am and got ready and had breakfast to be at HMAS Watson by 7:45am. Once I got there, I went to the pass office and got my contractor ID pass. From there, Ship Warrant Officer (SWO) Clark and I walked up to his office and I got a debrief of what was expected of me for the time that I was with the navy and what I will be doing over the next week.

From there, I had a tour of the base and was told where the out-of-bounds areas were. I went to have a play on the ship's bridge simulator for about an hour, after that I went back to the kitchen to meet everyone. From there, I was with one person who I could stay with. I was like a right hand man.

The person that I worked with asked me what I wanted to make? I said "I would not mind making roast duck with plum sauce." He said "we can make that", so off we went to make it. Once we finished that we went over to where they serve lunch. After we had served lunch we went off to eat lunch.

There is just so much to write that it would not fit on this page.

I would just like to say thank you Miss Violi for giving me this wonderful opportunity. #





Toula Gordillo - Clinical Psychologist

How to help your teens manage their study load

Teens and pre-teens often feel stressed around exam time. This can be particularly true if your child feels anxious in other areas of their lives. The stress of an exam, particularly if it is important to a young person's future career, often brings anxiety to the fore.

How can we help? Talk to your teens about The Scales of Stress to illustrate how their personal scales may be out of balance, resulting in feelings of stress or anxiety. Use the image of a set of scales in which your teens' demands (on the left) are outweighing their resources (on the right). If they have too many demands and not enough resources, their scales might be out of balance. This can result in them feeling nauseous, having difficulty sleeping, feeling 'flat' with no emotion, or restless and finding they cannot sit still. Using an image such as The Scales of Stress can help your teen (or pre-teen) see the connection between their demands, resources and their emotions.

The demands on your teens may include exam preparation. They might not know what to study and this could be a source of stress for them. Not knowing what to study is a demand, so place it on the left side of the scales. You can do this verbally with your son or daughter, or write it down. Juggling a part-time job with study commitments could be another demand. If so, add it to the list. Other demands may include difficulty understanding the topic, being organised, knowing how to prioritise

time management, or difficulty relating the relevance of what they are learning to their own lives. Once your teens have identified their demands, help them to see what resources are available to them.

Resources include anything that helps your teens to cope with their demands. Your child may need to have a tutor if he

forming an online study group, and other activities. Non-technology-based resources include playing sport, getting plenty of sleep, exercising, eating healthy food or taking multivitamins.

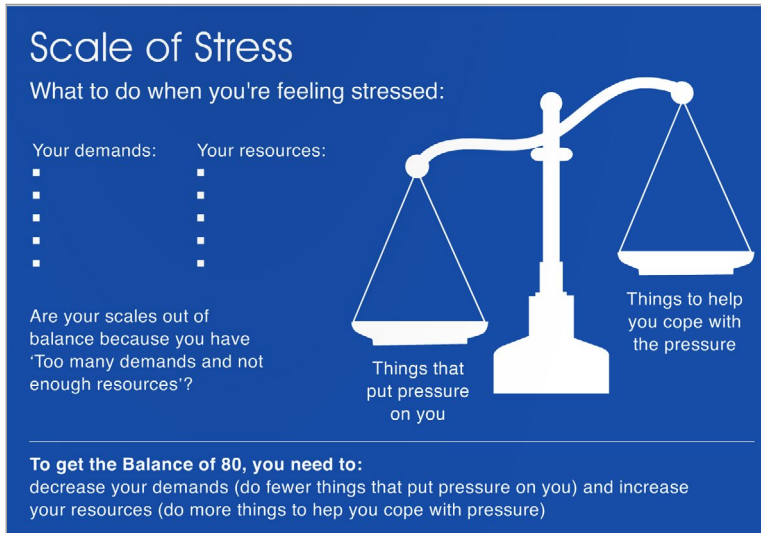
The ultimate goal is to help our teens to recognise, regularly use and increase their resources if necessary. They also need to recognise and decrease their demands wherever possible. The Balance of 80* – learning to care 80% in most areas of their lives – can be a worthy goal. Help them to identify that they may need to care 100% during the exam or in preparation for it, but the rest of the time they should aim for The Balance of 80. Increasing their resources and decreasing their demands can help them to find that balance. #

For more information visit:
www.talktoteens.com.au

Toula Gordillo has an extensive work history as a Clinical Psychologist, Teacher and Guidance Counsellor. She has worked in some of the most challenging schools throughout the Sunshine Coast, and former Thuringowa regions. With a background in Arts, Education and Psychology, Toula completed a Masters in Psychology (Clinical) and is currently studying a PhD researching how art can be used to improve the mental health of Australian students aged 15-25.

* The Balance of 80 is part of Story Image Therapy & Tools (SITT)TM

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or she does not understand the work. The tutor is a resource and should be placed on the right-hand side of the scales. If your teens do not understand what is likely to be in the exam, they may need to access the teacher and/or look at previous exam papers. The teacher and previous exams are both resources. If your child is having difficulty with prioritising, study skills or time management, he or she may need to see the school guidance officer, counsellor or psychologist.

Technology-based resources can include social media (in moderation it can be used as a good source of social support), accessing subject information online,



Exploring Teens is a print and online parent magazine for parents of teens. Featuring high-quality editorial, it is distributed free in Sydney and NSW.

Exploring Teens intends to arm you with what you want and need to know about the wellbeing of your adolescents. Articles cover communication, teen health - mental and physical, work and finance, gaming and book reviews, driving, travel, events for you and/or your teen, and more.

Exploring Teens subscriptions are free in either digital and traditional print copies. Upon subscribing, your printed copy will be sent directly to your school and given to your child to bring home for you to read.

Check out the archived issues on the [Exploring Teens website](#) and then subscribe today to receive the latest information that may help you, help your teenager.



brain food:

5 tips for feeding your teens during exams

Meg McClintock - Dietician

It's that time of year again. Exams are on the horizon, stress levels are rising and many parents are looking for ways to help their teens make healthy choices.

When it comes to food, teens can react to the stress and pressure of exam season in very different ways. Some may find that the stress and sense of urgency to get studying will reduce their appetite. Some may get stuck into studying and even forget to eat. Others may turn to food to deal with the stress or may eat as a way of procrastinating, dealing with boredom, rewarding themselves, for distraction or other reasons.

Here are five things that parents can do to promote healthy eating and a healthy approach to food at this time.

1. Act now to get on the same page as your teen.

It's always harder to have a productive conversation about food in a stressful moment. Well-intentioned comments and suggestions can make teens feel nit-picked or nagged, especially when they are already stressed. So, it's great if you can make a time to talk with your teen in advance about what they would find helpful from you regarding food during exams. This can be a good opportunity to talk about making healthy food choices, like having breakfast even if they don't really feel like it, limiting mindless munching and choosing healthy options while studying. It's also a good idea to give them an opportunity to contribute to your shopping list to help you provide healthy snacks and meals that they will also enjoy.

2. Make healthy eating easy

When teens are mid-exams, many will want quick and easy, but also appealing meals and snacks so they can eat and get back to work. Having convenient foods on hand will make it easy for your teen to grab a healthy snack.

Some great options include hummus, tzatziki, beetroot and nut-based dips, with wholegrain crackers or vegetable sticks. Yoghurt and nuts are also a good option. Some teens may appreciate having a parent deliver a healthy snack of cut-up fruit, or avocado on toast to them while they study.

3. Choose quality, low glycaemic index (GI) foods

Our brains run on glucose, so we need carbohydrate to optimise concentration and focus. Lollies and chocolates, chips and other heavily processed snacks might give a short energy boost, but are likely to be followed by a slump. To avoid swings of energy and fatigue, our teens need quality, minimally processed and nourishing carbohydrate foods. Wholegrain breads and pasta, milk and yoghurt, legumes, corn, sweet potato and most whole fruits are good choices.

4. Encourage breakfast

Trying to study and sit an exam on an empty stomach is likely to leave your teen unable to concentrate, distracted and less able to perform to the best of their ability. However, for many teens, nerves about exams can put them off their usual breakfast. A smoothie with berries, yoghurt and milk can be a good option for those who don't feel up to solid food.

5. Take care with caffeine

Caffeine is a well-studied chemical that is known to assist with concentration and helping people stay focused. A low-to-moderate caffeine intake is safe for



healthy teens, and a cup of tea or coffee in the morning or just before an exam or study session is nothing to worry about. However, with caffeine there are a couple of things to consider. Firstly, caffeine can negatively affect sleep and sleep is vital to concentration and performing well, so it is advisable to limit caffeine in the afternoon and evening. Secondly, if your teen is getting caffeine by drinking energy drinks, be mindful that these generally contain a huge amount of sugar that can lead to swings of energy followed by a slump. #

Meg McClintock is founder of Choose Nutrition, and is an Accredited Practicing Dietician with a special interest in women's, adolescent and children's health. Meg is particularly interested in exploring the link between body image and food choice. She is dedicated to helping people develop healthy attitudes to their bodies and create a lifelong healthy relationship with food.

First published in Aug/Sept 2015 issue of Exploring Teens.

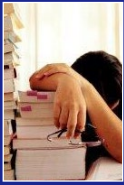


REMINDER

Closing date for the 2015 NSW Premier's Reading Challenge is

21 AUGUST 2015

All participants must have their online reading logs completed by this date in order for Librarian, Mrs Silk, to validate their records.



Parents beliefs about children influences school performance

Janice Wood

A new study has found that parents' beliefs about their children — and the comparisons they make — impact how children do in school — and beyond.

"Parents' beliefs about their children, not just their actual parenting, may influence who their children become," said Brigham Young University professor Dr. Alex Jensen, who was lead author of the study.

For the study, which focused on siblings and academic achievement, Jensen and co-author Susan McHale from Pennsylvania State looked at 388 teenage first-and second-born siblings and their parents from 17 school districts in a northeastern state.

The researchers asked the parents which sibling was better in school. The majority of parents thought that the firstborn was better, although on average, siblings' achievement was pretty similar.

The researchers found that parents' beliefs about the differences weren't influenced by past grades, but future grades by the teenagers were influenced by their parents' beliefs.

The child parents believed was smarter tended to do better in the future. The child

parents believed was less capable tended to do relatively poorer the next year. Specifically, that belief translated to a 0.21 difference in GPA among study participants. "That may not sound like much, but over time those small effects have the potential to turn into siblings who are quite different from one another," Jensen noted.

He does caution about a chicken-and-egg scenario here. By the time siblings reach the teenage years, parents may have formed their beliefs about siblings' relative smarts from years of experiences, he explained. When parents compare adolescent siblings to each other, it may be based on differences that have existed for years.

"A mum or dad may think that the oldest sibling is smarter because at any given time they are doing more complicated subjects in school," Jensen said.

"The firstborn likely learned to read first, to write first, and that places the thought in the parent's mind that they are more capable, but when the siblings are teenagers it leads to the siblings becoming more different. Ultimately, the sibling who is seen as less smart will tend to do worse in comparison to their sibling."

The one exception in the study was when the first-born was a boy and the second-

born a girl. In that case, parents believed the sister was more academically competent.

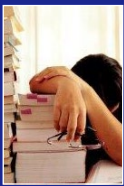
"Parents tend to view older siblings as more capable, but on average older siblings are not doing better in school than their younger siblings," Jensen said. "So in that case, parents' beliefs are inaccurate. Parents also tend to think their daughters are more academically competent than their sons, and at least in terms of grades that seems to be true.

What should parents do to set up all of their children for success?

"It's hard for parents to not notice or think about differences between their children — it's only natural," Jensen said. "But to help all children succeed, parents should focus on recognizing the strengths of each of their children and be careful about vocally making comparisons in front of them." #

The study was published in the *Journal of Family Psychology*.

Janice Wood is a long-time writer and editor who began working at a daily newspaper before graduating from college. She has worked at a variety of newspapers, magazines and websites, covering everything from aviation to finance to healthcare.



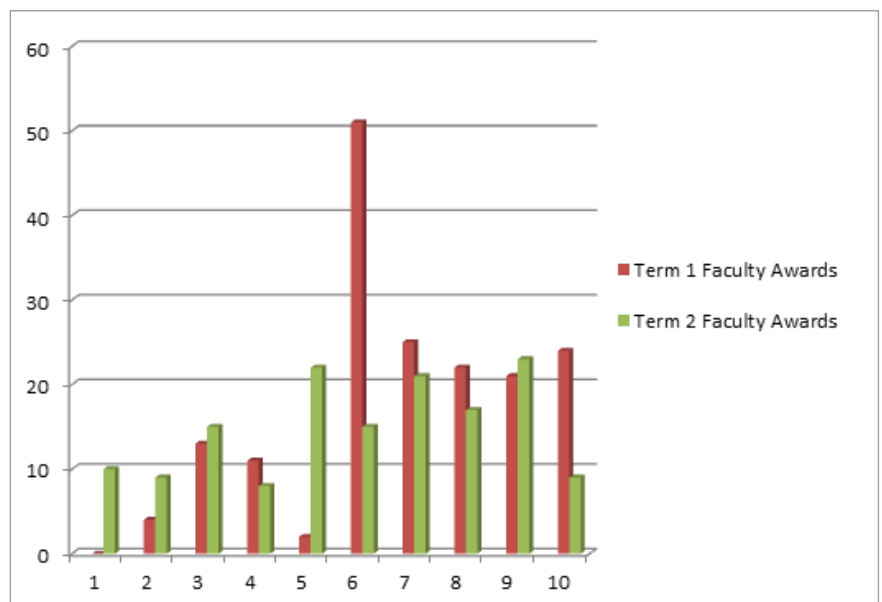
hsie faculty report: recognising excellence

Jack Patterson - HSIE faculty

In the Human Society and Its Environment Faculty we strive to recognise and celebrate excellence within our students.

Throughout Term 1 and Term 2, students have been redeeming Faculty Awards in exchange for the Merit Awards they have received from their classroom teachers. These awards can be gained through a variety of means, including improvements in behaviour, academic performance and effort.

This graph has been created to help parents understand the distribution of Faculty Awards within the HSIE Faculty.





hsie faculty report: history museum

Ollie Claydon - HSIE Faculty

Miss Newman and Mr Claydon's 7U and 7T History students competed in a cross-class museum project as part of the recent Romans topic.

Students created a model, became an expert in their subject and were peer assessed by other students based on the quality of their mini museum.

Students had a great time and put hours of hard work into their home projects. Well done! #



small business expo for year eleven

Ollie Claydon - HSIE Faculty

Year 11 Business Studies students spent the morning grilling small business owners about their Marketing, Finance and Operations to assist with their Preliminary course.

The following businesses kindly gave up their valuable time and shared their expertise:

- Michael Gerace: *First National Real Estate*
- Mathew Raiti: *M & R Raiti Lollies*
- MJ & SL Kennedy: *Overnight Express*
- Chris Syromahos: *Donut King*
- Jodie Bernard: *Healthy Canteens Australia*
- Anne Diamond: *Stainless Steel Rail Specialists*

We thank you very much. #



geography club

Ollie Claydon & Julie King - HSIE Faculty & Learning Support

We have had our first mini harvest from the school vegetable patch which has been a labour of love for students across all year groups.

Students meet every week to plant, maintain and irrigate a range of plants.

The produce has been sold to staff members, many of whom have commented on the fine quality of the vegetables and have produced some wonderful tasty dishes.

All proceeds raised will go towards the purchase of further seeds and the expansion of the garden beds! #



UOW OPEN DAY

10am – 2pm

Saturday, August 29

Sydney CBD Campus, Circular Quay
Gateway Building, 1 Macquarie Place

uow.edu.au/sydney-open-day

Attend the Sydney CBD Open Day and explore three levels of modern teaching facilities overlooking Circular Quay and the Sydney CBD precinct.

You will have the opportunity to:

- Chat face-to-face with our academic staff
- Learn about our business courses
- Meet current students and industry partners
- Tour the campus

UNIVERSITY OF
WOLLONGONG
AUSTRALIA



Actual view



calendar: what's on and where

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
T3 W6	Aug 17 Yr 12 HSC Drama Performance Evening @ JEHS PAWS Room	Aug 18 HSC Industrial Technology Practical Exam @ JEHS	Aug 19 HSC Drama Practical Exam @ JEHS West's Leagues Cup Grand Final JEHS vs ??? @ Leumeah	Aug 20	Aug 21
T3 W7	Aug 24	Aug 25 Yr 10 Japanese Japan Foundation Excursion @ Sydney	Aug 26 Yr 10 BStreetSmart Road Forum @ All Phones Arena Yr 7 & Yr 8 Cyber Bullying Police Talks @ JEHS	Aug 27 Yr 7 Gala Day @ Various Venues Yr 11 Drama "Seventeen" Performance @ Belvoir Theatre	Aug 28 Kids Lit Quiz Taster @ Blackheath Public School U15 Boys Basketball @ TBA World Vision 40 hr Famine @ JEHS
T3 W8	Aug 31 Year 11 Final Exams	Sept 1 Year 11 Final Exams	Sept 2 Year 11 Final Exams	Sept 3 Year 11 Final Exams CHS Athletics Carnival @ Homebush Bay	Sept 4 Year 11 Final Exams CHS Athletics Carnival @ Homebush Bay
T3 W9	Sept 7 Year 11 Final Exams	Sept 8 Year 11 Final Exams	Sept 9 Year 11 Final Exams HSC Music Practical Exam @ JEHS	Sept 10 Year 11 Final Exams U15 Netball Knockout @ Central Venue	Sept 11 Year 10 Exams
T3 W10	Sept 14 Year 10 Exams	Sept 15 Year 10 Exams	Sept 16 Year 10 Exams Yr 12 Olympiathon @ JEHS School Oval	Sept 17 Yr 12 Picnic Day @ Royal Botanical Gardens Yr 11 Crossroad Program @ TBA	Sept 18 Yr 12 Graduation @ JEHS Auditorium Final day of Term 3
Monday September 21 to Tuesday October 6 SCHOOL HOLIDAYS					
T4 W1	Oct 5 Labour Day Public Holiday	Oct 6 Return to School for Term 4 for Students and Staff	Oct 7	Oct 8	Oct 9

From Monday, October 12 through to Wednesday, November 4 the 2015 High School Certificate Exams will be taking place in the JEHS Auditorium. During this time the administration staff will be unable to use the public address system to request students to come to the office.

Should you require your child to be collected from school at anytime during the school day, it is requested that you follow the procedures for leaving early and provide your child with a note that they must bring to the office prior to attending roll call in the morning. The student will be issued with an 'early leavers' pass and instructed to present this to the classroom teacher at the appropriate time and then proceed to the office in order to be "signed out" by the parent/guardian.

Dates are subject to change without notice