

Senior News

Every Student, Every Opportunity, Success for All

Principals Report

First week Back

Last week was a successful start to the term. In the assembly on Monday the winning house for the College athletics sports was announced along with the age-group champions. Congratulations to Indigo for winning the 2016 College athletics carnival.

ANZAC Ceremony

This year's schools ANZAC Ceremony will build on the significant events of last years which was the centenary of the Gallipoli campaign. Please support Jacqui Boehringer and the students involved in the organisation. Our service will be held on Thursday 21st April at 2.30pm in Galvin Hall.

Trevor Matthews and Jacqui have been working with some students on a project we have called 'Through the years' and it will reflect on the soldier/nurse of 1916, 1966 and 2016. It includes some music and drama.

Pepper Restaurant

WSSC's Pepper Restaurant is now taking bookings, contact the College on 02 6043 7500 to book your table today. For more information and to view the menu visit the College website: <http://www.wssc.vic.edu.au/?p=25666>

Multicultural Week

Last week we celebrated the cultural diversity of the College in the form of a multicultural week. The event ran from Tuesday to Friday. Students had the opportunity to purchase foods from around the world and participate in activities such as an art workshop and a staff vs student soccer game.

I would like to thank the staff and students who organised the events that were run over the course of the week. This was another highly successful multicultural week.



Vern Hilditch
Principal

Issue No: 11

**Monday 18th
April 2016**

Calendar

Thursday 21st April
ANZAC Day Ceremony -
in Galvin Hall

Friday 22nd April
Pepper Restaurant

Monday 25th April
ANZAC Day Holiday

Term Dates

Term 1
27th January - 24th
March

Term 2
11th April - 24th June

Term 3
11th July - 16th
September

Term 4
3rd October - 20th
December

Coordinators

Year 10
Tim Lamb
Tim Bridgeman
Naomi Wattie

Year 11
Brydie Hind
Alex Nelson

Year 12
Simon Webb
Sheri Parkhouse

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Multicultural Week

Photos and video from the multicultural week can be found on the College Facebook page: <https://www.facebook.com/WodongaSeniorSC/>



Test & Exam Tips

If you have ever looked at a test or exam paper and thought, "I know that I know this but I can't remember anything", if you have ever stayed awake in the middle of the night worrying about a test the next day, if you have ever felt butterflies in your stomach or a headache whenever you think of an coming test, the ideas in this paper are for you.

Get Stressed

The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain.

Stress feels yucky but it is actually your body's way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and non-essential services like your digestion slow down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective.

Remember the 5 Ps

There is an old saying, "Perfect preparation predicts powerful performance". The best way to prepare for a test or exam is to:

- study the whole area you have learned;
- test yourself;
- sort the areas into those that you answered correctly and those you did not;
- re-study the areas you answered incorrectly;
- re-test yourself;
- re-study until you are getting close to 100% right;
- test yourself on the entire topic.

Andrew Fuller

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