

Senior News

Every Student, Every Opportunity, Success for All

Principals Report

Year 12 Practice Exams

The week beginning Monday 26th September, which is the second week of the school holidays, Year 12 students will be undertaking practice exams. The rationale behind this change is to enable more exam preparation teaching time in term 4 as requested by teaching staff. These exams will be supervised by external exam supervisors.

- All Students going for their ATAR will be expected to attend these exams
- Parents will be asked not to plan holidays during this time period for their children
- Intended dates - beginning 26th September (week beginning)
- More information to follow during Term 2

Exam Tips

Look after yourself

Breakfast- eat "brain food" the morning before a test or exam. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs.

Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration. Sleep well- try to get a good night's sleep the night before a test or exam. If you are feeling really worried, set an alarm so you can wake up early and do some revision.

Make yourself smarter

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety. If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

ANZAC Ceremony

Once again congratulations to all students and staff associated with the ANZAC ceremony held last Thursday. Instigated by the Student and supported by staff, especially Jacqui Boehringer. I believe this was a highly successful event appreciated by all. We can be justifiably proud of not only the students involved in the ceremony but all of our students who maintained the solemnity of the occasion. Well Done!



Vern Hilditch
Principal

Issue No: 12

Tuesday 26th
April 2016

Calendar

Friday 29th April
Pepper Restaurant

Monday 12th May
Upper Hume Athletics

Thursday 12th May
VCAA Exam Timetables
released

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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ANZAC Ceremony

On Thursday April 21st, Wodonga Senior Secondary College commemorated ANZAC Day in a full school assembly in Galvin Hall

For the ANZAC Day ceremony, year 11 student Bailey Cardwell played the piano as everyone came in to the hall. Felicity Gillam gave the acknowledgement to country and our College captains Erin McIntosh and Brody Pattison hosted the ceremony. Our invited guest SGT Sharyn Smyth (RAAF) was involved in the 'Through the Years' presentation with some of our drama students and they took everyone on a journey looking at some of the Australian men and women who served our country.

Ex WSSC student Jeremy Kerr played The Last Post and the Rouse on the cornet and current year 12 music students led the school in the National Anthem. year 12 students Harry Crofts and Mackenzie White laid the wreath at the base of the flagpole. It was a respectful ceremony, where students, staff, parents and visitors were given the opportunity to reflect on the importance of why we commemorate ANZAC day.



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

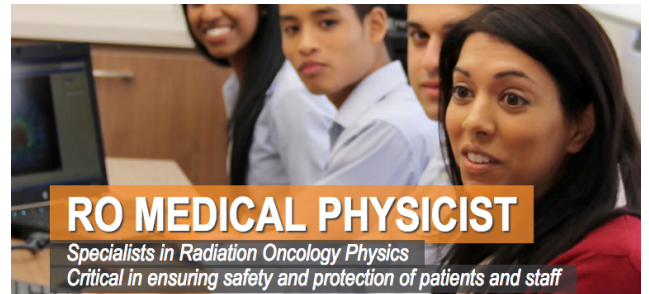
Jacqui Boehringer
Defence Transition Mentor

Careers News

Radiation Oncology Medical Physicists

are highly specialised professionals “who create, implement and monitor the procedures which allow the best treatment using radiation, taking into account the protection and safety of patients and others involved in the treatment process. In their role, they are consulted by radiation oncologists and radiation therapists to provide advice as to the best use of medical radiation for treatment”.

For information about education requirements, a job description, salary and working conditions, go to: <http://tinyurl.com/l32v8hs>



Science

Be inspired by the latest stories featured on RiAUS – Australia’s Science Channel. Some of the topics covered this week include:

- ANZAC Day, lest we forget. The social acceptance of post-traumatic stress disorder
- Ice cold dinosaurs
- International day of immunology
- On the road with Paul – Naracoorte Caves
- Great Barrier Reef – coral bleaching

Access the stories at this link - <http://bit.ly/1rbtZS>

Jim Moylan
Careers

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