



Manor Lakes College

Phone: 9741 4202 Fax: 9741 1420
Email: manor.lakes.p12@edumail.vic.gov.au
Website: www.manorlakesp12.vic.edu.au

Before & After School Care: Quantin Binnah 9742-5040
Uniforms: Rushfords/Noone's 9741-3211
College Shop Hours: Tuesday 8.30am-10.30am & Thursday 2pm-4pm

newsletter

No. 3, Week Ending Friday 26th October

SUPERVISION IN THE YARD BEGINS AT 8:35 AM AND ENDS AT 3:15 PM

The Week Ahead

EVENT DATE	DESCRIPTION	PAYMENT DUE
Monday 29 th October	Primary State Athletics Championships, 9:00am - 5:00pm (Lakeside Stadium, Albert Park)	26 th Oct
Thursday 1 st November	Year 8 Boys Basketball, 9:00am – 3:00pm (Altona Stadium)	31 st Oct

Dear Parents and Carers,

Primary students and staff have had a fantastic start to Term 4. We welcome many new students and their families to our school community!

We have much to celebrate this term; students have returned to school ready to learn, celebrate their achievements and use feedback to improve their learning.

We have many exciting events planned for this term, and some have already begun! Last week, our Prep students and teachers went to Werribee Zoo where they learnt about the features of living things. We thank all the parents who volunteered their time in supporting this excursion.

Our 2019 Preps visited the school yesterday for their first transition session. This was a great success and we look forward to their next visit on Tuesday.

Previous newsletters included information regarding parent requests for student placement in 2019. Please complete this request on the official form available via the Administration Office. A reminder that while we will endeavour to fulfil all requests. A number of factors come into consideration and as such, there are no guarantees. Closing date for accepting requests is Friday 26th October.

Upcoming Events:

Grade 5/6 Lightning Premiership: Friday November 16 (selected students)

Grade 6 Health Information night: Tuesday November 20; 6-7pm (led by Family Planning Victoria)

Grade 3 Camp: Wednesday November 21 to Friday November 23

Grade 2 Sleepover: Thursday December 6

Grade 6 Celebration: Monday December 10

Grade 6 to Year 7 Statewide Government School Transition Day: Tuesday December 11

Prep to Year 5 Meet your 2019 Teacher sessions: Tuesday December 11

Chelsey Marks & Penelope Owens
Primary Assistant Principals

Curriculum Day

We will be having a Curriculum Day on Monday 5th November (Melbourne Cup Week)
There will be NO CLASSES on this day for all students.

Dates to Remember

EVENT DATE	DESCRIPTION	PAYMENT DUE
Tuesdays	Rushford's Uniform Shop, 8:30am – 10:30am (Argyle Office)	
Thursdays	School Banking, 8:30am – 9:30am (Burley Griffin Office)	
	Rushford's Uniform Shop, 2:00pm – 4:00pm (Argyle Office)	
Monday 5 th November	Curriculum Day- NO SCHOOL TODAY	N/A
Thursday 8 th November	Year 7 Boys Volleyball Finals, 9:00am – 3:00pm (Leisuretime, Norlane)	6th Nov
	Grade 4 Vic Market Excursion, 9:00am – 3:00pm	8th Nov
	Year 7/8 Baseball Regional Finals, 8:30am – 3:00pm (Stead Park, Corio)	5th Nov
Tuesday 13 th November	VCAL Indigenous Hip Hop Project, 9:15am – 11:00am (On Campus)	N/A
Friday 16 th November	Year 5/6 Lightning Premiership Basketball, 8:45am – 3:00pm (On Campus)	15th Nov
	Year 5/6 Lightning Premiership AFL, 8:30am – 3:00pm (Saltwater Reserve, Point Cook)	15th Nov
	Year 5/6 Lightning Premiership Softball, 8:30am – 3:00pm	15th Nov
	Year 5/6 Lightning Premiership Netball, 8:45am – 3:00pm	15th Nov
	Year 4 Deakin Incursion, 9:00am – 3:00pm (On Campus)	N/A
Wednesday 21 st November	Ecolinc Adaptions Incursion, 10:00am – 3:00pm (On Campus)	16th Nov
Thursday 22 nd November	Primary Girls State Rugby, 8:00am – 4:00pm (Broadmeadows)	22nd Nov
	Year 10 Surfing Day, 9:00am – 3:00pm (Torquay)	N/A
Tuesday 27 th November	Year 12 Valedictory Dinner, 6:30pm – 10:00pm (Sheldon Receptions, Sunshine West)	8th Oct
Wednesday 28 th November	Primary Boys State Rugby, 8:00am – 4:00pm (Broadmeadows)	23rd Nov
Thursday 6 th – Friday 7 th Dec	Year 2 Sleepover, 5:30pm (Amadeus)	30th Nov
Friday 7 th December	Year 1 Disco, 4:00pm – 6:00pm (Amadeus Hall)	30th Nov
Monday 10 th December	Grade 6 Celebration Student dinner: Raffael's Café Werribee - 5:30pm Presentation: Wyndham Cultural Centre - 7:30pm	19th Nov
Thursday 13 th December	Year 7-9 Celebration Day, 9:00am – 3:00pm (Luna Park)	N/A
Friday 21st December	LAST DAY FOR 2018 – Students will be dismissed at 1:30pm	N/A

New Play Space Opened

On Thursday the 18th of October the new play space between Garmpung and Corangamite opened. The new space consists of a tunnel, slides and a climbing wall. It was the place to be on Thursday with many students trying out the new equipment. The playground was voted for and designed by the year 4 teachers. What was once a muddy and bare part of our school is now a vibrant, joyful playground. There is currently a timetable scheduling grades to play until it is not as popular.

Zion & Jayden 5E



Grievance Procedure for Parents/Carers

- Step 1:** Make an appointment to meet with your child's teacher
- Step 2:** If the issue is unresolved, make an appointment with either the Primary School or Secondary School Assistant Principal.
- Step 3:** To reach final resolution you may need to meet with the Assistant Principal on more than one occasion.
- Step 4:** Make an appointment with the Principal.
- Step 5:** If you are still dissatisfied phone or write to the Principal.
- Step 6:** After steps 1-5, if the matter is not resolved, then the issue can be raised with the Regional Office.

Updated Primary Assembly Dates/Times

Below is the new scheduled for Term 4 Assembly Dates:

Week 4 (02/11/18)	Grades 5 & 6 in the Barlee Gym
Week 6 (16/11/18)	CANCELLED (Due to Lightning Premiership in Gym) Grades 4 - 6
Week 8 (30/11/18)	Grades 4 – 6 in the Barlee Gym
Week 10 (14/12/18)	Primary P- 6 and Supported Learning in the Barlee Gym

Year 6 Health Curriculum

RELATIONSHIPS & SEXUALITY EDUCATION

Dear Parents and Carers,

During term 4, Family Planning Victoria will deliver Relationships and Sexuality Education sessions to Grade 6 students. These sessions align with the Victorian Curriculum and will be led by experienced, trained Family Planning Victoria educators. Prior to the sessions, we invite all parents to an information session, led by Family Planning Victoria on

Tuesday November 20th, 6:00 – 7:00pm in Amadeus Hall

This will give parents and carers the opportunity to ask questions and be clear about the content that will be covered in the sessions. Please use the slip below to register your attendance at this information session, or call the College on 9741 4202.

Each of the student sessions will offer information, activities and provide an opportunity for students to ask questions.

Session Date and Focus

1 November 27th: Reproductive system, Conception, Pregnancy and Birth

2 December 4th: Introduction to puberty; Physical, emotional and social changes

3 December 12th: Puberty, menstruation and sperm production, changes and transitions in relationships, support networks during puberty.

Students will participate in each of these sessions with their class group. Each session is 90 minutes.

As this content is aligned with the Victorian Curriculum, it is expected that all students participate. An alternative program will not be available for students who do not participate.

Kind regards,

Stephen Warner
Principal

Penelope Owens
Assistant Principal Acting

Chelsey Marks
Assistant Principal

YEAR 6 HEALTH CURRICULUM TERM 4: RELATIONSHIPS & SEXUALITY EDUCATION

Parent Information Session: Tuesday November 20, 2018 6-7pm

Parent Attendance Registration

Name: _____

Name of child: _____

Class: _____

Number of adults attending: _____

Lightning Premiership

At the end of Term 3, Year 5 and 6 students tried out for Lightning Premiership teams. Congratulations to students who were selected teams.

The training sessions will run at the following times:

Netball- Monday, Wednesday & Friday recess

Softball- Wednesday recess

Basketball- Monday lunch

Soccer- Thursday lunch

AFL- Wednesday lunch

Lightning Premiership will be held on Friday 16th November.

Olivia & Akuol 5D

Regional Athletic Finals

On Tuesday 16th of October selected Manor Lakes students competed at the Western Metropolitan Regional athletic finals. Our students did a fabulous job as usual and went around to support each other at different events. Ayak Arob came 2nd in both 100m and 200m heats which allows her to progress to the finals and she also obtained 3rd position for 100m. Thusana Deenathayalan threw herself into second place in discus and Kayden McMahon jumped his way to 1st place in hurdles. Thusana and Kayden both qualified for State Championships on Monday 29th October.

Please join me in congratulating those who represented the College and the Wyndham Division if you see them around the school.



VCAL Open Air Cafe

Grade 6 students have been selected to work with VCAL students in the Open Air Cafe running this term every Friday from 12pm-2pm. This provides our selected Grade 6 students with opportunities to engage with the Personal and Social Capability of the curriculum through the application of cooperation and communication skills.

Students will serve a set menu of delicious cuisine for members of our school community to enjoy outside in the warm summer weather. Please come and support our students by sampling their delicious food. All donations will be used to further enhance our VCAL programme.



VCAL Open Air Café Menu

 <h3>Open Air Café</h3>	
<h3>Cost & Bookings</h3>	<p>Friday 12 - 2pm Adults \$15 Meal and a drink Cash only, no EFPOS facilities Children \$5 Meal, fruit box and a frog in the pond. Gluten Free option available Email preferred for booking & Pre-order Please contact Manor Lakes College Email: - jakob.danielle.m@edumail.vic.gov.au</p>
<h3>Location</h3>	<p>Dalaroo/Argle courtyard Please sign-in at the office</p>
<h3>Option 1</h3>	<p>Beef or Vegetarian Lasagna with Salad</p>
<h3>Option 2</h3>	<p>Chicken Schnitzel with the option of mushroom gravy. Veg or Salad.</p>
<h3>Sides</h3>	<ul style="list-style-type: none"> • Salad: lettuce, cherry tomatoes, avocado slices, cucumber, feta cheese, side dressing of olive oil and balsamic vinegar. • Veg: baby potatoes in garlic butter, baby carrots and broccoli.
<h3>DRINKS</h3>	<ul style="list-style-type: none"> • All meals are served with a drink. • Mineral water flavours: - orange and mango, blood orange and passionfruit, infused raspberry, lemon lime and bitters. • Tea or coffee
<h3>CHILDS MENU</h3>	<ul style="list-style-type: none"> • Chicken tenders with chips • Prima Juice box (orange, apple or tropical) • Frog in a pond

September to May...No Hat, No Play

SEPTEMBER TO MAY... NO HAT, NO PLAY

Despite the wintery weather, it is time to start looking for your school hat, ready for the start of Sunsmart season. The UV rays are at dangerous levels, despite the rain and cold weather, so please make sure you have a broad brimmed hat to wear outside from the beginning of term 4. Hats can be purchased from the office at a cost of \$15.50

Teacher Games

On the 1st week of the September school holidays, there was a Teachers Game held for 4 days from Sunday through to Wednesday. The following teachers participated: Mr McCarty, Miss Sacco, Ayse, Miss Radford, Mr Edwards, Ash Gauci, Miss Wallace, Mr Coughlan, Mrs Cryer, Mr Bliss, Mr Cryer, Tristane, Megan, Miss Mulholland, Miss Adelwohrer, Miss Livesay, Kat, Mr Mann. The games were located at Ballarat with many different sports available for teachers to participate in. Mr Edwards and Mr Cryer who were awarded a gold medal in ten pin bowling. Well done to the teachers for their efforts and representing Manor Lakes College.



Linda 5E



Career News

FOCUS ON ARCHITECTURE AND URBAN DESIGN COURSES

Where can I study architecture? To become a qualified architect, you will need to complete a three-year accredited undergraduate degree in architecture followed by a two-year Master of Architecture.

The following are undergraduate courses you can study in Victoria:

- **Deakin University:** Bachelor of Design (Architecture)/Master of Architecture, Geelong Waterfront. You can also combine the Bachelor of Design (Architecture) with the Bachelor of Construction Management (Honours), <http://bit.ly/2xZm6HL>
- **Monash University:** Bachelor of Architectural Design/Master of Architecture, Caulfield. You can also combine the Bachelor of Architectural Design with the Bachelor of Civil Engineering (Honours), <https://bit.ly/2yt4gQz>
- **RMIT:** Bachelor of Architectural Design/Master of Architecture, Melbourne, <http://bit.ly/2vPaAzc>
- **Swinburne University:** Bachelor of Design (Architecture)/Master of Architecture, Hawthorn, <https://bit.ly/2vmG2Fw>
- **The University of Melbourne:** Bachelor of Design (majoring in Architecture)/Master of Architecture, Parkville, <http://bit.ly/2yCJgIG>

Further information – Australian Institute of Architects, <http://bit.ly/2yKdw3T>

Where can I study landscape architecture? To become a qualified landscape architect, you will need to complete a three-year accredited undergraduate degree in landscape architecture followed by a two-year Master of Architecture.

You can study undergraduate landscape architecture at the following Victorian universities:

- **RMIT:** Bachelor of Landscape Architectural Design/Master of Architecture, Melbourne, <http://bit.ly/2h0i9ND>
- **The University of Melbourne:** Bachelor of Design (majoring in Landscape Architecture)/ Master of Landscape Architecture, Parkville, <http://bit.ly/2yCJgIG>

Further information – Australian Institute of Landscape Architects, <http://bit.ly/2yIkNkt>

What about urban planning? To become an urban planner, you usually have to complete a four-year accredited Bachelor degree or an accredited Bachelor/Master program. The following are courses in Victoria:

- **La Trobe University:** Bachelor of Urban, Rural and Environmental Planning, Bendigo, <http://bit.ly/1PILAGQ>
- **RMIT:** Bachelor of Urban and Regional Planning (Honours), Melbourne, <http://bit.ly/2y0OVIK>
- **The University of Melbourne:** Bachelor of Design (majoring in Urban Planning)/Master of Urban Planning OR Master of Urban Design, Parkville, <http://bit.ly/2yCJgIG>
- **Monash University:** Master of Urban Planning and Design, Caulfield, <https://bit.ly/2PffgL9>

Further information – Planning Institute of Australia, <http://bit.ly/2yLMqt1>

EXAM PREPARATION WEBSITES

Preparing for exams:

The following articles have been taken from **Deakin 'this'**, <https://bit.ly/2CYPdIB>

- Exam tips from high achieving Year 12s
- Effective ways to memorise for exams
- How to succeed in your final exams
- Students take notes and ace your exams

Youth Central: Exam preparation tips, <http://bit.ly/1tj9QPF>

ReachOut: Beat exam stress by reading useful tips from ReachOut, <http://bit.ly/2yJSW39>

Lisa's Study Guides: focussed on preparing for Victorian English exams <https://bit.ly/227DGng>

5 free phone apps to download now, <http://bit.ly/2gEnTzr>

- My Study Life
- ReachOut Breath
- HabitBull
- Recharge
- Pause

VOCATIONAL & HIGHER EDUCATION NEWS

Passionate about languages? Having a second language is great for your future employment prospects. Did you know that you can study a Diploma of Languages whilst you are studying a Bachelor degree at most universities?

You don't need to have any previous experience with the language you are interested in. The following are examples of Diploma programs at several universities:

- University of Melbourne: <http://bit.ly/2dNWJBV>
- Monash University: <http://bit.ly/2dAyl8t>
- La Trobe University: <http://bit.ly/2eIX5k6>
- Deakin University: <https://bit.ly/2JcPd1u>
- RMIT, <http://bit.ly/2eYjqWR>
- Australia National University, <http://bit.ly/2dBGTHt>

Learn about the ATAR: La Trobe University has created a video which helps students and parents to understand what an ATAR is, how the ATAR is calculated, what subject scaling is, and prerequisites at La Trobe etc. To view the video, go to <http://bit.ly/1VNIMqb>

Have you considered studying economics in the future? The Reserve Bank of Australia has developed career resources for prospective students interested in pursuing a career in economics. You can access the resources at this link, <http://bit.ly/2it8bYI>

Search for university scholarships: The Country Education Foundation has developed a resource to assist Year 12 students to find and apply for university scholarships. To access the resource, go to <http://bit.ly/2yGMSGX>

Interested in studying law in the future? Secondary school students interested in studying the Juris Doctor at The University of Melbourne in the future can subscribe to the "Future Law" newsletter. This will allow prospective students to be kept up to date about special events, key application dates, news and more within the Melbourne Law School. To subscribe, go to <http://bit.ly/2eXFxg8>

Have you considered studying design or architecture at Deakin University? Prospective students can bookmark the Faculty of Architecture and Built Environment blog and follow the work of Deakin students, lecturers and alumni. You can bookmark the page at this link - <http://bit.ly/2znXzO2>

Monash Science – Parent Chat: Monash Science is offering a great resource for parents who may need some additional advice regarding their child's selection of a Science degree at Monash University.

Parents are able to speak directly with a Science VTAC Selection Officer to have their questions answered around entry requirements, how to calculate subject adjustment bonus, SEAS, Monash Guarantee or other science-related enquiries. Please email questions to Kim Aitken at kim.aitken@monash.edu

Have you considered studying nanotechnology? Nanotechnology is the engineering and manipulation of extremely small matter and is one of the fastest growing areas of technology and scientific research. The degree suits students who love Maths, Physics, Biology and Chemistry and would like to work in the field of material and physical sciences. The following are examples of three courses you can study in Victoria:

- **La Trobe University:** Bachelor of Science (Honours)/Master of Nanotechnology, <http://bit.ly/2y2owKC>
Watch the video – Decoding Nano here - <http://bit.ly/2gykJtn>
- **RMIT:** Bachelor of Science (Nanotechnology)/ Bachelor of Science (Applied Sciences), <http://bit.ly/2gCs3YK>
Read Karen's story here - <http://bit.ly/2zKFjPR>
- **RMIT:** Approved Bachelor degree in an area such as science or engineering/Master of Nanotechnology and Smart Materials, <http://bit.ly/2n7O1TW>

Where can a social work degree take you? One area you can work in is rehabilitation of people who have committed crimes. Rather than seeking to punish criminals, Dr Sophie Goldingay believes play could be key to rehabilitating them. Working in Deakin's School of Health and Social Development, Dr Goldingay helped develop an innovative 'play therapy' program to reshape mindsets. Discover her creative new approach to rehabilitation, <http://bit.ly/2cM6fGM>

You can study social work in Victoria at:

- Deakin University, <http://bit.ly/2dDHI3H>
- La Trobe University, <http://bit.ly/23Y328R>
- Monash University, <http://bit.ly/1omFO8U>
- RMIT, <http://bit.ly/2dkHp2k>
- University of Melbourne, <http://bit.ly/2dkH5AX>
- Victoria University, <http://bit.ly/2dBr3wW>

Master of Food Systems and Gastronomy at William Angliss Institute: This course is unique to Australia and will explore the challenging problems facing contemporary food systems and cultures. The program will focus on the areas of food production, distribution and consumption, policy, food security and sovereignty and community health and wellbeing, <http://bit.ly/2dmbXP0>

Latest articles from Careers With STEM

- **What kind of scientist are you?** Get your career inspiration right here, with the 10 different types of scientists you could become, <https://bit.ly/2R4iRJm>
- **The highest paying careers in STEM:** It's definitely not all about the money, but it never hurts to find out a little about the highest paying jobs in STEM – you might be surprised by the results! <https://bit.ly/2PMyAMR>
- **Getting smart with skills at Questicon:** Careers in science aren't always about research. Find out what a career in science communication looks like with the Questacon Smart Skills Initiative! <https://bit.ly/2EEVEMI>
- **Urban Engineers making our cities smarter:** learn how urban engineers are shaping our cities, <http://bit.ly/2zwZxLI>

2018 Careers With Code magazine – just released! In this issue of Careers with STEM: Code, you'll meet computer scientists creating solutions to social challenges across agriculture, artificial intelligence, health, universal accessibility, cybersecurity and more.

Plus, meet mentors making a difference in their community and discover the best-paid, most in-demand careers in tech. You'll get exclusive access to events, programs and tools to help you skill up quickly or find your study paths. Order your copy here - <https://bit.ly/2ytOMM9>

Interesting articles shared by My Career Match:

- **Australian Jobs 2018:** This publication provides an overview of trends in the Australian labour market to support job seekers and young people considering future careers and pathways, <https://bit.ly/2q6jir0>
- **Robots at the Gate:** Employers want employees who are tech savvy, collaborate, communicate, and have problem solving skills. That being the case, where do our students learn these attributes, how and who will teach them these life skills. 'Robots at the Gate' is a good read about humans and technology at work, <https://bit.ly/2S46Swu>

Heading Into Year 12 And Thinking Of Dropping A Subject?

As you start Year 12, it's not uncommon to think about dropping an VCE subject. You might be struggling with the content of a particular subject, or you may simply want to study fewer units and have more time to focus on your remaining courses. These are legitimate reasons for dropping a course, but before you make any rash decisions, ask yourself the following three questions.

[Read the post](#)

Accessing VCE results and ATARs 2018

VCE results and ATARs will be released at 7am Friday 14 December.

The procedure to access VCE results and ATARs in 2018 is mostly the same as last year, with one key change. Where in years past students have been given a default PIN (their date of birth) and a strong recommendation to change it, they are now required to register and create their own password.

How do students register for the joint results service?

Registration is open at <https://resultsandatar.vic.edu.au/> and will remain open through the results release period. For obvious reasons, it is recommended that students not wait until 6:58am on the morning of the release to register.

To register, students will need to provide their name, VCE student number, date of birth and an email address.

MHSCareers Job Spotlight – Pilot

Pilots operate and control the flight of different types of aircraft.

If you enjoy flying, you're great at maths and you're a really hands on person who gets technology, then being a pilot could be a career for you.

[Read the blog to find out more](#)

Spotify Study Playlists

Listening to music while you study can help you focus, but what should you listen to? Spotify has some great FREE study playlists – try a few until you find one that works for you.

[Study Zone](#)

[Apply Yourself](#)

[Intense Studying](#)

21 Job Skills That Will Increase Your Salary

You know you're a valuable member of the team, the workplace just wouldn't be the same without you; you're positive, organised, reliable, a problem solver ... The list goes on; but what happens when it's salary review time, how do these prized traits come into play? The good news is these skills are valuable!

Read more - <https://www.careerfaqs.com.au/news/news-and-views/job-skills>

From FYA - 3 Effective AF Things You Can Do To Keep From Stressin'

If exam stress and job stress and the ever present 'what am I supposed to do with my life?' stress is fogging your thoughts and making it difficult for you to get stuff done, [read on](https://www.fya.org.au/2016/09/12/3-effective-af-things-you-can-do-to-keep-from-stressin/) - <https://www.fya.org.au/2016/09/12/3-effective-af-things-you-can-do-to-keep-from-stressin/>

[Exam Ready?](#)

You've worked hard all year, and now it's time to show what you've learnt.

Exam prep can be stressful. That's why we've put together these exam prep tips to follow – they'll help you keep your cool and be the Exam Boss you were born to be.

The Day Before

[Schedule A Final Revision Session](#)

Go over your revision notes a few times to refresh your memory

If you haven't already highlighted your notes, then grab your favourite coloured fluoro and mark the most important information. It will help you focus, keep you motivated and help that information stick in your brain

Do another practise exam if you have one prepared, if not read through any previous ones you've done

Finish studying at a reasonable time. If you're stressed out it can be tempting to keep studying and stay up late, but that's really not going to do much other than make you tired and less able to focus in your exam.

Get Everything Ready For The Following Day

Organise your pens and other equipment that you might need, (remember to take spares as well)

Make sure you know exactly where you're supposed to be, at what time, and plan how you'll be getting to your exam (remember to leave a few extra minutes in case you get held up)

Don't spend all day cramming, remember to take breaks and stay hydrated

Otherwise you'll feel uptight and exhausted before you've even started your exam

Have dinner (you could always try some brain food like oily fish), spend some time relaxing and get to bed nice and early for a good sleep

Set your alarm, leaving yourself plenty of time to get ready in the morning. If you usually find it difficult to get out of bed, then set a second alarm too – exam day isn't the day to be sleeping through your alarm

The Big Exam Day

Get Yourself In A Positive Frame Of Mind And Wake Up Your Brain

Get moving – When you hop out of bed in the morning have an invigorating shower and play some of your favourite tunes, you'll be feeling in a much happier place already. Or if you normally do some exercise first thing in the morning, great – do that too.

Eat something – Even if you're feeling nervous and your stomach doesn't feel much like eating, hunger is a distraction that you really don't need when you're sitting an exam. So it's important to eat a good breakfast to keep you going. Anything is better than nothing, but something wholesome and nutritious that will fill you up for a long time is ideal.

Relax – It can be tempting to pick up your revision notes and get some final cramming in, we'd suggest that you don't. A little light reading however, is perfect to get your brain ready for the work ahead, a bit like stretching your body before a work out. So maybe read the news, an article or a few chapters of a book and help your brain limber up.

Remember to take a bottle of water, the equipment you'll need in your exam and wear comfortable clothes. Stick to your planned travel schedule, allow yourself extra time to get to the exam so you don't arrive late and flustered.

In The Exam

Breathe

Take deep breaths – you'll feel more relaxed and better able to focus your mind.

Listen

Listen to all the instructions from the examiner and remember to pay attention to how long you have to complete your exam.

Read

Use any reading time to quickly look through the exam to see how many questions there are and give yourself an idea of how long you can spend answering each question.

One Step At A Time

Return to the start, be methodical. Read each question. Read it again. Then start answering. Try and keep your writing and any workings out neat so that it's easy for the examiner to understand what you've written.

Double-Check

Once you've completed all your questions, if you have time, go back and read through your paper. If you've missed something out or made a mistake this gives you an opportunity to put it right.

Don't Panic

If you're running out of time, don't panic, try to answer each remaining question to the best of your ability. You might have to keep answers shorter than you would like, but at least if you get something down & you get in the key information, the examiner will have something to give you a mark for.

Before You Know It, The Exam Will Be Over

Congratulations! Now's the time to relax, take a break, and prepare for any other exams.

Don't talk about the exam with your friends, it won't do any good but might make you feel bad if you didn't come up with the same answer they did (and they might have been wrong where you were correct)

Make a couple of quick notes about what went well (and not so well) for next time – did you read through all the questions? Did it help to start with an 'easy' question? Or did you get stuck somewhere?

Look after yourself for the next day or so – remember it's just an exam and it won't change the course of your life, so don't let it get to you.

Tracie Moore – Careers and Pathways Leading Teacher



**Tell your friends, family and neighbours,
to drop into the Bunnings Sausage Sizzle
and support our school. All profits will be
used to assist in purchasing sets of school
text books.**

When: Saturday 27 October

Where: Bunnings Hoppers Crossing

**If you are available on the day for an hour or
two we are seeking volunteers to help out at
the sausage sizzle.**

Please email fases@manorlakesp12.vic.edu.au

