



# Grafton High School

## Achieving Excellence

Monday, 28 October 2013

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### Principal's Report

A very brief newsletter this week as I have been away at training and will be away for more training for part of this week. This has all been as part of the implementation of new computer systems across NSW schools. Hand-in-hand with this has been the release of the new funding model for schools, called the RAM (resource allocation model). You may have seen some press about this recently. I can assure all parents that under this model we have ended up with significantly greater funding for next year and most likely for future years. The increase is in the order of 100% of our current budget and so this will allow for a significant amount of improvement in a range of aspects of the school and it's operation. Exciting and very, very busy times are ahead of us!

*Peter South - Principal*

### Upcoming Events:

14/10 – 8/11	HSC Exams
11/11 – 15/11	Exams – years 7, 8 and 9
21/11 – 22/11	Year 10 Buccarumbi Camp
2/12 -6/12	HSC Maths Assessment Week
18/12	Last Day 2013 for students
21/12-22/12	Staff Development Days

### Welfare News:

#### Coping with School and Stress.

Leading into an important time for students, Exams and assessments can cause stress for students and families. A timely few tips are below on how best to assist getting through this time of the school year.

If your teenager experiences exam stress, one of the best things you can do as a parent or carer is to be as supportive as possible. Reassure students that there are lots of important things in life and that this is only part of what is important. Let your child know you will help them no matter what and, although you want them to do well, you will not think less of them if their performance is below where you have set your goals to achieve.

Some suggestions for helping your child to establish effective study and learning habits

can help to reduce stress for them and the rest of the family.

- An uncluttered table where they can work is a good start. Help them to find somewhere which is likely to be undisturbed.
- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to make 'mind maps' to collect ideas and summarise thoughts – use bright colours to help remember important points.
- Remind your child to take a short rest and move around in between each part of their study.
- Offer help sometimes. It can be useful having someone to listen or practise with. There are some practical ideas to help your child cope with school stress
- Encourage your child to stick to a routine of going to bed at a reasonable time, eating regularly and making time to have fun and exercise.
- Help them to cut back on coffee or stimulant soft drinks, as these can increase agitation. Encourage them to drink lots of water instead.
- Encourage them to take time out when they eat, rather than carrying on with study.
- Encourage them to eat fresh fruit, veggies, cereals, grains, nuts and protein – they are all good for the brain and blood sugar levels.
- Avoid junk food if possible because it will bring a sudden sugar high and then fall away quickly leaving a person feeling tired.
- Try not to nag as they may be feeling a lot of pressure already. It helps to stay calm and offer support – perhaps offer to record their favourite TV program to watch later.

Hopefully you and your child are able to apply one or some of these techniques to improve performance and reduce the stress levels around home and doing well. We would like to acknowledge "The kids are alright" group for their contributions to our school environment.