



TERM 3 WEEKS 3 AND 4

5 - 16 August 2024

Important Dates – Term 3 2024

W3	Monday 5 August	Start of the school examination period Year 11 and Year 12
W5	Friday 23 August	End of the school examination period Year 11 and Year 12
W6	Tuesday 27 August	School Council Meeting, online, 6pm
W6	Thursday 29 August	HSC BOW Art Exhibition MPC, 6.30 pm
W9	Tuesday 17 September	Heritage Day 2024!
W10	Monday 23 September	School Captains Election MPC, Period 4
W10	Tuesday 24 September	HSC Major Works Assembly School Council Meeting, online, 6pm
W10	Thursday 26 September	Graduation Rehearsal Year 12, MPC, Periods 3 and 4 Year Meeting Year 11, MPC, Period 5
W10	Friday 27 September	Graduation Year 12, Hillsong, All day Year 11 Seminar Day 2 2024 Onsite, various venues Last day of Term 3

Principal's Report

It has been a busy two weeks for students preparing for their formal school examinations in both Year 11 and Year 12. Students are reminded that they only need to attend school for their timetabled examinations and can utilise non-examination times to study and complete practice papers.

It is imperative that students understand that the time listed on their examination timetables is the start time of the paper. That is, they are expected to be seated in the venue at this time and starting the examination, not arriving at school at this time. If there are any delays travelling to school during the examination period due to unforeseen circumstances, please try to contact the Administration Team in the front office or the relevant Deputy Principal who will assist you as best they can. We encourage you to put the school's number in your phone (02-9623-8333) to make contact easier.

Students are reminded that if they are unwell they should not attend school and will need to obtain a medical certificate as outlined in the school's

Continued over the page →



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Principal's Report continued

assessment policy. If this applies to you, please email the relevant Deputy Principal (Year 12 – Danielle.ervine@det.nsw.edu.au; Year 11 – leah.havord@det.nsw.edu.au) **before 7.30 am on the day of the examination** to let them know that you are not well on the day. The illness and/or misadventure forms can be accessed by the relevant year group Google Classroom, and you will also be required to submit your independent supporting evidence for your application. Based on this material, staff will work to schedule an alternate examination for you on a day when you are well.

During the examination period, the school café will reduce their hours of operation. They will open at 7.45 am and close at 12.30 pm each day with a reduced menu, which is shown on the following page. The café is always interested in hearing any feedback regarding the service they offer.

Finally, we would like to wish all our students good luck during the examination period. We also would like to extend our best wishes to parents and carers who support our young people during this time.

Sally Smithard

Principal



HKCC

← CAFE Menu →

EXAM MENU WEEKS 3, 4 & 5

BREAKFAST WRAP

FRESH SANDWICHES

- HAM AND SALAD
- EGG AND MAYO
- CHEESE AND SALAD
- CHICKEN SCHNITZEL AND SALAD ON TURKISH BREAD



BUTTER CHICKEN
BOSCAIOLA (HALAL OPTIONS AVAILABLE)
HOT CHIPS AND NUGGETS
HOT CHIPS



Drinks

TEA
COFFEE
HOT CHOCOLATE



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Year 12 Yearly 2024 FINAL V2 01/07/2024

DATE	Monday 5 th August		Tuesday 6 th August		Wednesday 7 th August		Thursday 8 th August		Friday 9 th August	
AM	8:20 to 10:00	English Standard Paper 1 (MPC) English Advanced Paper 1 • A-S: Library • T-Z: SU8/9	8:20 to 10:25	English Standard Paper 2 (MPC) English Advanced Paper 2 • A-S: Library • T-Z: SU8/9	8:20 to 10:25	SBAT Retail Services – Manrahan ONLY (SU5)	8:20 to 11:25	Modern History (Library)	8:20 to 10:30	History Extension 1 (SU10/11)
	8:20 to 11:00	English Studies (SU10/11)			8:20 to 11:00	Spanish Beginners (SU2/3)			8:20 to 11:25	PDHPE (MPC)
					8:20 to 3:20	Drama Practical (VU2)				
PM	12:30 to 1:35	Music 1 (VG1)	12:30 to 2:05	Visual Arts (Library)	12:30 to 3:35	SDD (Library)	12:30 to 3:10	Mathematics Standard (MPC)	12:30 to 2:05	Textiles and Design (SU2/3)
					12:30 to 3:35	Earth and Environmental Science (Library)			12:30 to 3:10	Japanese Beginners (SU10/11)
									12:30 to 3:35	IPT (Library)
									12:30 to 3:35	Geography (Library)
									12:30 to 3:35	Food Technology (Library)
DATE	Monday 12 th August		Tuesday 13 th August		Wednesday 14 th August		Thursday 15 th August		Friday 16 th August	
AM	8:20 to 11:25	Investigating Science (Library)	8:20 to 9:55	IT – Multimedia (SU8/9)	8:20 to 11:30	Mathematics Advanced (Library)	8:20 to 11:25	Business Studies (MPC)	8:20 to 11:25	Economics (Library)
	8:20 to 11:25	Ancient History (Library)	8:20 to 10:25	Financial Services (SU10/11)	8:20 to 11:30	Mathematics Extension 2 (SU8/9)				
			8:20 to 11:25	Biology (MPC)						
PM	12:30 to 2:05	Design and Technology (Library)	12:30 to 2:05	Drama (Library)	12:30 to 2:35	Entertainment (Library)	12:30 to 3:35	CAFS (MPC)	12:30 to 3:35	Chemistry (MPC)
			12:30 to 3:10	Korean Beginners (SU2/3)	12:30 to 2:35	Hospitality (Library)		IT Multimedia: HSC Major Project due by 3pm		
		HSC Dance Practical Examination Wk		HSC Dance Practical Examination Wk		HSC Dance Practical Examination Wk		HSC Dance Practical Examination Wk		HSC Dance Practical Examination Wk
DATE	Monday 19 th August		Tuesday 20 th August		Wednesday 21 st August		Thursday 22 nd August		Friday 23 rd August	
AM	8:20 to 11:25	Physics (MPC)	8:20 to 10:25	Business Services (MPC)	8:20 to 11:25	Studies of Religion (SU10/11)	8:20 to 10:25	English Extension 1 (SU6)	9:00	Visual Arts: HSC BOW due by 9am
			8:20 to 10:25	Society and Culture (MPC)			8:20 to 10:55	Dance paper 1 and 2 (SU7)		
			8:20 to 11:25	Engineering Studies (Library)		English Extension 2 HSC Major Project due by 11am				
PM	12:30 to 3:35	Agriculture (MPC)	12:30 to 2:40	Mathematics Extension 1 (MPC)	12:30 to 2:35	Retail Services (SU10/11)	12:30 to 3:10	French Beginners (SU7)		
	12:30 to 3:35	Legal Studies (MPC)								
		Textiles HSC Major Project due by 3pm								



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Year 11 Yearly 2024 FINAL 03/06/2024

DATE	Monday 5 th August		Tuesday 6 th August		Wednesday 7 th August		Thursday 8 th August		Friday 9 th August	
AM	8:20 to 9:55	Textiles and Design (SU2/3)	8:20 to 10:25 8:20 to 10:30	Studies of Religion (SU10/11) Korean Beginners (SU2/3)	8:20 to 10:25	Business Studies (MPC)	8:20 to 10:25	Biology (MPC)	8:20 to 10:25	Legal Studies (Library)
PM	12:30 to 2:40	English Standard (MPC) English Advanced • A-M: Library • N-R: MPC • S-Z: SU10/11	12:30 to 2:35	Chemistry (MPC)	12:30 to 2:05	Society and Culture (MPC)	12:30 to 1:35 12:30 to 2:35	Music (VG1) Agriculture (Library)	12:30 to 2:35 12:30 to 2:35	Economics (MPC) Hospitality (MPC)
DATE	Monday 12 th August		Tuesday 13 th August		Wednesday 14 th August		Thursday 15 th August		Friday 16 th August	
AM	8:20 to 10:25	Mathematics Advanced (MPC)	8:20 to 9:55	Design and Technology (Library)	8:20 to 10:25	PDHPE (MPC)	8:20 to 10:25	Engineering Studies (Library)	8:20 to 10:25	Mathematics Standard (MPC)
PM	12:30 to 2:35	CAFS (MPC)	12:30 to 2:35	Ancient History (MPC)	12:30 to 2:35 12:30 to 2:40	Physics (MPC) Italian Beginners (SU10/11)	12:30 to 2:05	Visual Arts (Library)	12:30 to 2:35	Modern History (Library)
DATE	Monday 19 th August		Tuesday 20 th August		Wednesday 21 st August		Thursday 22 nd August		Friday 23 rd August	
AM	8:20 to 10:25 8:20 to 10:25	Food Technology (Library) Mathematics Extension 1 (Library)	8:20 to 10:25 8:20 to 3:20	Investigating Science (SU10/11) Drama Practical (VU2)	8:20 to 9:55 8:20 to 10:25	Financial Services (SU2/3) English Extension 1 (SU8/9)	8:20 to 9:25	Drama (SU10/11)	8:20 to 9:55	IT – Multimedia (SU7)- 24 students?
PM	12:30 to 2:05 12:30 to 2:40	Dance (SU10/11) Enterprise Computing (Library)	12:30 to 2:40	Spanish Beginners (SU2/3)	12:30 to 2:35 12:30 to 2:40	Earth and Environmental Science (SU8/9) Software Engineering (SU2/3) Music Prac by Appointment	12:30 to 2:35 12:30 to 2:40	Geography (SU6) Japanese Beginners (SU4) Music Prac by Appointment		Music Prac by Appointment



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2024

Exam Block

Important Information for Students



Exam Block GENERAL INFO



Schedule

Make sure you have checked the FINAL examination timetable (Yr 11 – blue, Yr 12 – green) so you know when and where your examinations are at the time they are due to start !



Be on Time

Please make sure that you are at your exam room at least 15 minutes prior to the examination time listed on the timetable.



Be Considerate

Be mindful that when you are exiting examination rooms some examinations are still going – so please be quiet!



Exam Block

THE L.C



Open Hours

During the exam block the Learning Centre will be open from 8:10am to 1:30pm only.



Shh.....

It is for QUIET STUDY only and if you wish to talk or collaborate you will be asked to go to the Cafeteria.



Exam Block

EXAM RULES

. Once you enter an exam room you must be silent and remain silent for the whole exam.



All students should place their Student ID card face up on their examination table. The supervisors will use this as an identification point during the exams.

All Year 12 students are required to use their NESA number for these examinations.



No computers, iPads, iPods/MP3 Players, iWatches etc can be taken into an exam venue. Students should not bring these to school on the day of their examinations.

No hats/hoods to be worn (for ID purposes) or blankets to be taken into the examination room.



All watches are to be removed and placed on the right-hand-side of your desk.



Exam Block

EXAM RULES

Bags will be permitted in examination venues. They must be placed in the area designated by the examination supervisors. Mobile phones must be switched off and left in your bag. If your phone rings during the examination, it will be removed from the examination room and given to the Principal or Deputy Principal.



Any student found in the possession of a phone or whose phone rings during the examination will be considered as committing malpractice and a mark penalty of zero will apply.



If you wish to take water into the examination room, it must be in a clear bottle

Exam Block

EXAM RULES

Pencil cases must be colourless and transparent.



A blue or black pen only should be used to complete examinations.

Students should bring several pens into the examination venue. They should be placed in a clear plastic sleeve or a colourless and transparent pencil case.



No tissue boxes can be taken into the examination rooms (supervisors will supply tissues if required).



Students will not be permitted to leave an examination room early. All students will be required to remain in the examination room for the duration of their examination



Exam Block

ABSENCE PROCEDURES

Notify

Notify your DP of your absence by email by 7.30 am on the morning of your absence.



Contact emails

Year 11 DP – Leah HAVORD (leah.havord@det.nsw.edu.au)

Year 12 DP – Danielle ERVINE (danielle.ervine@det.nsw.edu.au)



Paperwork

You are required to go to the doctor that day (the day of the examination) and obtain a medical certificate stating you are unfit for the examination. You are also required to submit the Illness and Misadventure Google Form which is found in your Year Group Google Classroom.



Schedule

Your DP will reschedule your task and let you know by email – CHECK your emails! The task will be rescheduled as near as possible to the original date of the examination.

2024

Exam Block Important Information for Students



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Our students and staff are currently engaged in the ASPIRE Program, an activity designed to enhance the approach of young people to periods in their life which can prove challenging.

As part of this program, students have reviewed tips for self-care and examination preparedness in Cluster.

Below are some tips and strategies that both students and parents may find helpful as we enter the examination period.

Tips for Students

Use the following strategies when feeling anxious:

- 1) **Slow, deep breathing** – Breathe in slowly through your nose, hold for a few seconds, and then breathe out through your mouth. This helps calm your body and mind.
- 2) **Positive self-talk** – Remind yourself of positive, encouraging thoughts like "I can handle this" or "I am strong." This helps counteract negative thinking.
- 3) **Grounding techniques** – Focus on your immediate surroundings by noticing things you can see, touch, hear, smell, and taste. This helps bring you back to the present moment.
- 4) **Visualisation** – Close your eyes and imagine a peaceful place, like a beach or a forest. Picture it in detail to help you feel calm and relaxed.
- 5) **Connect with someone** – Talk to a friend, family member, or therapist. Sharing your feelings can provide comfort and support, making you feel less alone.

Self-care
during exams

- ☐ Maintain a balanced diet
- ☐ Stay hydrated
- ☐ Regular exercise
- ☐ Adequate sleep
- ☐ Take breaks
- ☐ Manage stress
- ☐ Stay organised
- ☐ Social interaction

"Have a positive attitude!"



Tips for Parents

NSW Education Standards Authority

GETTING EXAM READY

TIPS FOR PARENTS

It's normal for students to feel stressed when preparing for exams (especially big exams). It's also normal for parents to share this stress. A bit of stress aids success by increasing motivation, but at high levels it becomes unhelpful and can reduce academic performance.

This sheet is designed to help parents offer support to their children in preparing for exams by recognising when stress is too much—and if it is, how to reduce it.



When pre-exam stress is normal

- * It's short term (such as a few days or weeks around the exam, but subsides once exams are over)
- * Students can still distract themselves by other things
- * Students feel fatigued, but only until exams are over
- * Students feel butterflies or shaky right before an exam



When it's too much

- * The shakiness and nervousness doesn't go away
- * Students are unable to study or sleep properly
- * Students feel nauseous, depressed or constantly worried about not doing well or failing
- * Students appear to be overwhelmed and panicked

REMEMBER— It's normal for students to feel stressed when preparing for exams, but if it gets too much they should seek help.

Have you seen this in your child?

If you notice your child showing any of these signs, there are things you can do to help. First, simply talk to them, for example: "How do you feel about your exams?" Listen to what they have to say and give them time to say it without interjecting. Also try going through the tip sheet for students together. If you still have concerns, contact your child's school or your GP for more advice.

IN A NUTSHELL

Stress is the activation of our 'flight-or-fight' response—a natural part of our sympathetic nervous system designed to prepare us to deal with threat or danger. If we suddenly feel unsafe or under attack, the flight-or-fight system increases our heart rate (which activates

blood flow to our muscles to help us either run or fight), stimulates our sweat glands (to cool the body) and heightens our senses (to increase alertness).

At first it can be hard to see how this is relevant to exams. But when people think of exams as threatening (worrying they won't do well) the flight-or-fight response is activated. Although it isn't helpful to have a racing

heart or to sweat in an exam situation, the increased mental alertness and motivation that stress brings may be helpful.

When stress is too high or goes on for too long, the symptoms actually hinder performance.

If this sounds like your child, try some of the ideas and explore the websites and apps listed on the following page.



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TIPS FOR PARENTS

MANAGING STRESS LEADING UP TO EXAMS

For most parents there are simple ways to help your children manage stress. We don't want to make it go away completely, but rather use it to their advantage. Different things work for different people, so encourage your child to experiment to see what works for them.



* Encourage balance between study and breaks

Help your child build a routine around realistic study times (eg before school, early evenings or weekends). Try to encourage study before downtime—but it's important not to nag. Be realistic when setting up routines, so that they are actually achievable.

* Provide a dedicated quiet space

A desk in an undisturbed part of the house is best, but wherever your child's study space is, encourage them to put their phone on silent, turn off chat features and keep the music low (or off). Don't get into battles about technology, but rather set clear parameters around its use.

* Remind them to rest

It's important for students to engage in activities that provide mental and physical rest and relaxation, like taking a bath or long shower, listening to music or a guided meditation, reading or watching a movie. Socialising is also a form of downtime. You could also plan some fun activities to enjoy as a family.

* Healthy body = healthy mind

Provide health food options to help keep your child's energy levels up. Encourage regular exercise like running, swimming or walking the dog, which uses up excess adrenaline and stress hormone (cortisol).

* Talk to your child

Ask what you can do to help, whether it's a pop quiz, reading drafts or just sharing your own experiences. When your child makes an effort to study, acknowledge it (even if it isn't as much as you'd like!). Research tells us that one of the things that is associated with severe distress in senior students is perceived pressure from parents. So offer support and encouragement rather than becoming directly involved in their schoolwork, or pushing a 'need to achieve'.



* Remember the bigger picture

It's important to acknowledge that exam results matter, but they're not the 'be all and end all'. While it's helpful for students to have academic goals to work towards, there are many pathways to post-school study options and careers.

EXTRA RESOURCES



Websites

ReachOut.com

Information, support and resources about mental health issues for young people

Headspace.org.au

A non-profit organisation for youth mental health

BeyondBlue.org.au

Helping with issues related to depression, suicide, anxiety and other mental illnesses



Apps

Calm

Soothing visual backgrounds and a range of meditations

Stop, Breathe & Think

Develop the skills to stop everything and just be still

Smiling Mind

Equipping young people with integral skills to thrive in life



Helplines

(available 24/7)

Lifeline

Call 13 11 14

Kids Helpline

Call 1800 55 1800

**YEAR
12**



IMPORTANT ANNOUNCEMENT!

ALL Year 12 students will complete a
NESA Confirmation of Entry and
NESA Photo ID Confirmation
at the completion of the
English Paper 1 Examination
on Monday August 5 2024.

**This process is likely to take
approximately thirty minutes.**



**Year 11 NESA
Confirmation of Entry
sign off will be
directly after the
English exam on
Monday 5 August
You will be required
to stay back after
the 2.40pm finish
time**





AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

AVCAT SCHOLARSHIPS

Tertiary scholarships for children and grandchildren of
Australian ex-serving veterans

\$4000—\$6000 a year, for 3 years

Eligibility: Australian residency or citizenship, child or grandchild of an Australian ex-serving veteran, full-time tertiary student in 2025 enrolled in a minimum one-year course at uni, TAFE or an RTO and in receipt of, or eligible to receive, a means-tested Commonwealth educational benefit - Youth Allowance, ABSTUDY, or Veterans' Children Education Scheme (VCES) or Military Rehabilitation and Compensation Act Education and Training Scheme (MRCAETS) in 2025.

Applications open Vietnam Veterans' Day

18 August 2024

And close midnight 31 October 2024

**Apply online at
avcat.org.au**



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SMSHS – SOURCES OF SUPPORT



School phone: 02 9623 8333	School email: stmaryssen-h.school@det.nsw.edu.au
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Year 12 2024 Student Adviser, Surnames A-G	Sussan Allaou	sussan.allaou@det.nsw.edu.au
Year 12 2024 Student Adviser, Surnames H-O	Wendi Kambolli	wendi.kambolli@det.nsw.edu.au
Year 12 2024 Student Adviser, Surnames P-Z	Luigi Serra	luigi.serra@det.nsw.edu.au
Head Teacher, Year 12 2024	Charly Ebejer	charlene.ebejer@det.nsw.edu.au
Year 11 2024 Student Adviser, Surnames A-G	Adam Bernthaler	adam.bernthaler@det.nsw.edu.au
Year 11 2024 Student Adviser, Surnames H-O	Lauren Hasna	lauren.hasna@det.nsw.edu.au
Year 11 2024 Student Adviser, Surnames P-Z	Jeffrey Larsen	jeffrey.larsen6@det.nsw.edu.au
Head Teacher, Year 11 2024	Tracie Huet	tracie.huet@det.nsw.edu.au
Head Teacher, Learning and Wellbeing	Melissa Jacka	melissa.jacka@det.nsw.edu.au
Learning Support Team	Sussan Allaou (F) Carmel Harriden (M, T) Melissa Jacka Carly McPherson (T, W, T) Ashlee Pleffer (M, T)	sussan.allaou@det.nsw.edu.au carmel.harriden@det.nsw.edu.au melissa.jacka@det.nsw.edu.au carly.mcpherson@det.nsw.edu.au ashlee.pleffer@det.nsw.edu.au
School Counsellors	Aimee Tang Ximia Han	Please text the counsellor phone on 0417228192 during school hours to organise an appointment
Student Support Officer	Surmeet Kaur	surmeet.kaur@det.nsw.edu.au
Careers Adviser (Relieving)	Cheryll Ruskin	Cheryll.ruskin@det.nsw.edu.au
Deputy Principal Year 12 2024	Danielle Ervine	danielle.ervine@det.nsw.edu.au
Deputy Principal Year 11 2024	Leah Havord	leah.havord@det.nsw.edu.au



Term 3 Weeks 3A and 4B 2024 @ SMSHS

Monday 5 Aug	Tuesday 6 Aug	Wednesday 7 Aug	Thursday 8 Aug	Friday 9 Aug
School examination period	School examination period	School examination period	School examination period	School examination period
Monday 12 Aug	Tuesday 13 Aug	Wednesday 14 Aug	Thursday 15 Aug	Friday 16 Aug
School examination period	School examination period	School examination period	School examination period HSC Dance Practical Examination	School examination period HSC Dance Practical Examination

Our Teams

Principal:	Sally Smithard
School Council President:	Sonia Matthews
School Captains:	Allayna Anna Sachin Ankon Dam
School Executive:	
- Deputy Principal (Year 12 2024)	Danielle Ervine
- Deputy Principal (Year 11 2024)	Leah Havord
- English	Julie Robinson
- Mathematics	Simone Pett
- Science (Rel)	Andrew Farrugia
- Commercial Studies	Salochna Reddy
- HSIE	Shara Walsh
- CAPA	Nicole Bonfield
- TAS / Computing	Matthew Topp
- LOTE	Luigi Serra
- PDHPE (Rel)	Joanne Brines
- Secondary Studies	Lucas Widdison
- Learning and Wellbeing	Melissa Jacka
- Head Teacher (Year 12 2024)	Charly Ebejer
- Head Teacher (Year 11 2024)	Tracie Huet
- First Australians	Leah Havord
- Business Manager (Acting)	Rebecca Zinghini
- School Administrative Manager (Rel)	Angela Demaio
Student Advisers:	
- Year 12 2024, Surnames A-G	Sussan Allaou
- Year 12 2024, Surnames H-O	Wendi Kambolli
- Year 12 2024, Surnames P-Z	Luigi Serra
- Year 11 2024, Surnames A-G	Adam Bernthaler
- Year 11 2024, Surnames H-O	Lauren Hasna
- Year 11 2024, Surnames P-Z	Jeff Larsen
Learning Support:	Sussan Allaou (F) Carmel Harriden (M, T) Melissa Jacka Carly McPherson (T, W, T) Ashlee Pleffer (M, T)
Student Support Officer:	Surmeet Kaur
Careers Adviser (Rel):	Cheryll Ruskin

Contact Us



St Marys Senior High School
Kalang Avenue
St Marys NSW 2760



02 9623 8333



stmaryssen-h.school@det.nsw.edu.au



St Marys Senior High School Official Site -
Facebook



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