



TERM 3 WEEKS 3-4

4 - 15 August 2025

Important Dates – Term 3 2025

W3	Mon 4 Aug	School examination period begins
W5	Fri 22 Aug	School examination period concludes
W6	Tue 26 Aug	School Council Meeting, 6pm via Teams
W6	Thu 28 Aug	HSC BOW Art Exhibition
W8	Thu 11 Sep	Bring It On Dance 2025 R U OK? Day
W9	Tue 16 Sep	Heritage Day 2025
W10	Mon 22 Sep	School Captain 2026 Elections
W10	Tue 23 Sep	HSC Major Works Assembly
W10	Thu 25 Sep	Year 12 Graduation Rehearsal, P3 & P4 Year 11 Year Meeting, P5
W10	Fri 26 Sep	Year 12 Graduation @ Norwest Convention Centre Year 11 2025 Seminar Day #2 @ school

Mobile Phone Policy



Principal's Report

It has been a busy two weeks for students preparing for their formal examinations in both Year 11 and 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; they are expected to be seated in the venue, not arriving at this time. If there are any delays travelling to school during the examination period due to unforeseen circumstances, please contact the Administration Office or your Deputy Principal who will assist 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 assessment policy. If this applies to you and you have any questions, please contact the school (02 9623 8333).

Continued over the page →



Inclusive ~ Aspirational ~ Respectful

Principal's Report continued

As per our school assessment policy, if there is a day when you will be absent due to illness or misadventure, you must email your Deputy Principal prior to 7.30 am. For Year 11, this is Danielle (Danielle.ervine@det.nsw.edu.au) while for Year 12, this is Leah (leah.havord@det.nsw.edu.au). You are then able to access the illness and misadventure application form through your year group Google Classroom, and this needs to be supported by independent evidence (such as a medical certificate).

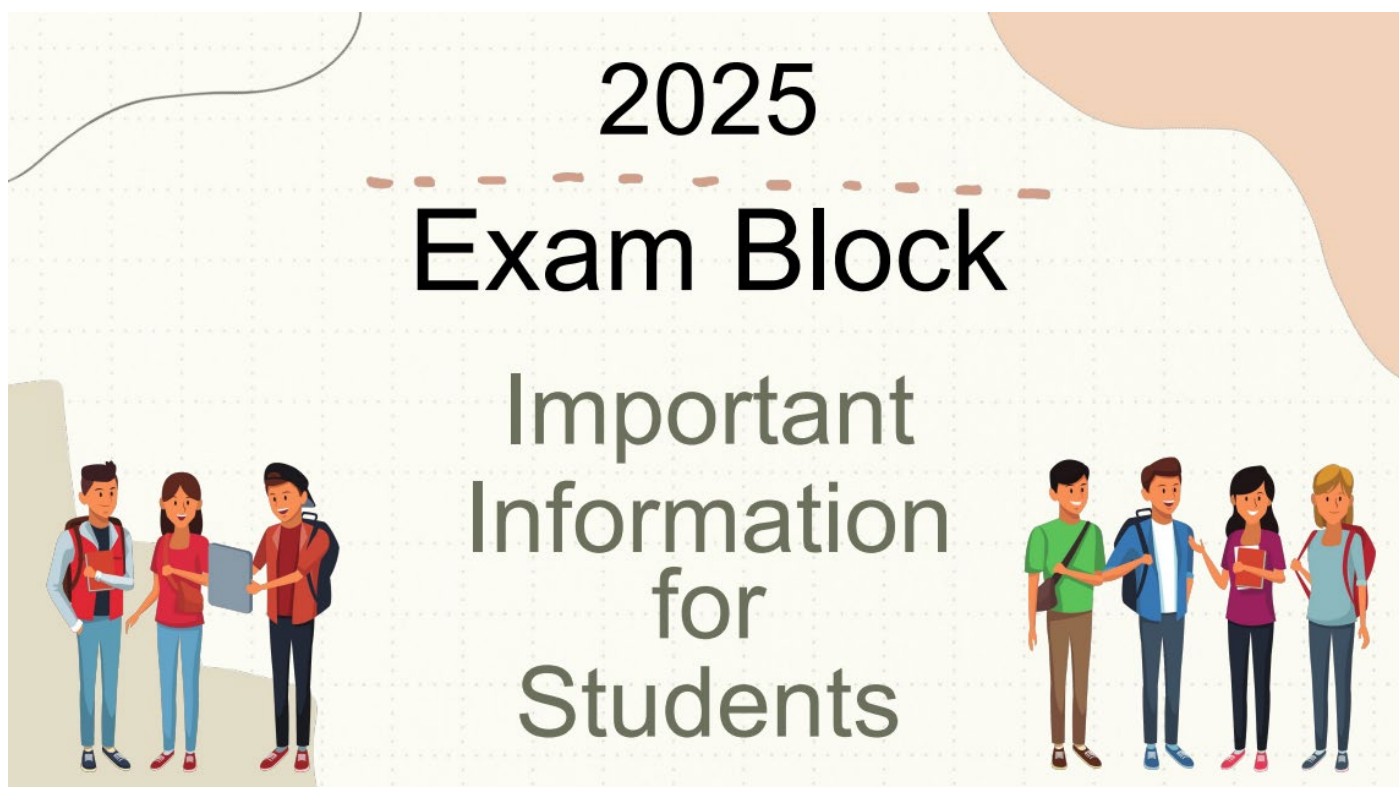
As we navigate through the examination period, we want to remind both students and families to stay connected through our communication platforms. Communication is essential for keeping everyone informed about school updates, changes and the provision of support during this critical time. We encourage students to regularly check their emails and our school's social media.

The school café will reduce their hours of operations during the examination period. They will open from 8.00 am until 12.00 pm each day with a reduced menu (see the menu provided overleaf). 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 would like to extend our best wishes to parents, carers and families who support our young people during this time.

Sally Smithard

Principal



Inclusive ~ Aspirational ~ Respectful

Exam Block

GENERAL INFO



Schedule

Make sure you have checked the FINAL version of the examination timetable:

- Yr 11 - GREEN

- Yr 12 - YELLOW.

This will ensure YOU know when and where your examinations are and the time, they commence!



Be on Time

Please make sure that you are at your examination 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 12 DP – Leah HAVORD (leah.havord@det.nsw.edu.au)

Year 11 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.



Year 12 Yearly 2025 FINAL Version

DATE		Monday 4 th August	Tuesday 5 th August	Wednesday 6 th August	Thursday 7 th August	Friday 8 th August
AM	8:20 to 10:00	English Standard Paper 1 (MPC) • A-S: Library • T-Z: SU10/11	English Standard Paper 2 (MPC) • A-S: Library • T-Z: SU10/11	Geography (SU 10/11)	8:20 to 11:25 Physics (Library)	8:20 to 11:25 Biology (MPC)
	8:20 to 11:00	English Studies (EU-7)		8:20 to 4:00 Drama Practical (VU2)	8:20 to 4:00 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 Engineering Studies (Library)	12:30 to 3:35 PDHPE (MPC)	12:30 to 3:35 Legal Studies (Library)
				12:30 to 3:35 Studies of Religion (Library)		
				12:30 to 3:35 Agriculture (Library)		
		Society and Culture HSC Personal Interest Project due by 3pm		12:30 to 2:05 Textiles and Design (SU8/9)		
DATE		Monday 11 th August	Tuesday 12 th August	Wednesday 13 th August	Thursday 14 th August	Friday 15 th August
AM	8:20 to 11:00	Japanese Beginners (SU 8/9)	8:20 to 10:25 Society and Culture (Library)	8:20 to 11:30 Mathematics Advanced (MPC)	8:20 to 11:25 Economics (MPC)	8:20 to 10:50 Enterprise Computing (SU 10/11)
	8:20 to 11:25	Modern History (Library)		8:20 to 11:30 Mathematics Extension 2 (SU 8/9)		
PM	12:30 to 3:35	Community and Family Studies (MPC)	12:30 to 3:35 Business Studies (MPC)	12:30 to 3:10 Mathematics Standard (MPC)	12:30 to 3:35 Chemistry (MPC)	12:30 to 3:35 Investigating Science (Library)
		HSC Dance Practical Examination Wk	HSC Dance Practical Examination Wk	HSC Dance Practical Examination Wk	3:00 Industrial Technology - Multimedia HSC Major Project due by 3pm	HSC Dance Practical Examination Wk
DATE		Monday 18 th August	Tuesday 19 th August	Wednesday 20 th August	Thursday 21 st August	Friday 22 nd August
AM	8:20 to 11:25	Food Technology (Library)	8:20 to 11:00 Italian Beginners (SU 8/9)	8:20 to 10:25 Retail Services 4 Unit (VET) (SU 8/9)	8:20 to 11:25 Ancient History (SU 2/3)	9:00 Visual Arts: HSC BOW due by 9am
	8:20 to 11:25	Earth and Environmental Science (Library)	8:20 to 9:55 Design and Technology (MPC)	8:20 to 9:55 Drama Written Exam (SU 2/3)	8:20 to 3:20 Business Services TASK 7 Day (SG3)	
	8:20 to 10:25	Financial Services (VET) (SU 8/9)		8:20 to 11:00 Spanish Beginners (SU 10/11)		
	3:00	Textiles HSC Major Project due by 3pm		English Extension 2 HSC Major Project due by 11am (NESA Due Date 22 nd August by 3pm)		
PM	12:30 to 2:40	English Extension 1 (Library)	12:30 to 2:35 Business Services (SU 8/9)	12:30 to 2:05 Industrial Technology - Multimedia (SU 2/3)	12:30 to 2:35 Entertainment (VET) (SU 2/3)	
	12:30 to 3:10	Korean Beginners (SU 8/9)	12:30 to 2:40 History Extension (MPC)	12:30 to 1:35 Dance Written Exam (SU 4)		
	12:30 to 2:35	Hospitality (VET) (SU 2/3)	12:30 to 2:40 Mathematics Extension 1 (MPC)			
	12:30 to 3:00	Software Engineering (SU 10/11)				



Inclusive ~ Aspirational ~ Respectful

Year 11 Yearly 2025 Final Version

DATE	Monday 4 th August		Tuesday 5 th August		Wednesday 6 th August		Thursday 7 th August		Friday 8 th August	
AM	8:20 to 9:55	Design and Technology (SU 2/3)	8:20 to 9:25	Music 1 (VG1)	8:20 to 10:25	Mathematics Advanced (MPC) Mathematics Standard <ul style="list-style-type: none"> Line 1, 2, 5, and 7: Library Line 4: SU 2/3 Line 6: SU 8/9 	8:20 to 10:25	Health and Movement Science (MPC)	8:20 to 10:25	Ancient History (Library)
PM	12:30 to 2:40	English Standard (MPC) English Advanced <ul style="list-style-type: none"> A-L: Library M-R: SU 10/11 S-Z: MPC 	12:30 to 2:40 12:30 to 2:40 12:30 to 2:35	Japanese Beginners (SU 10/11) Spanish Beginners (SU 2/3) Investigating Science (SU 8/9)	12:30 to 2:35	Studies of Religion (MPC)	12:30 to 2:35	Legal Studies (Library)	12:30 to 2:35	Business Studies (MPC)
DATE	Monday 11 th August		Tuesday 12 th August		Wednesday 13 th August		Thursday 14 th August		Friday 15 th August	
AM	8:20 to 10:25	Biology (MPC)	8:20 to 10:25	Chemistry (MPC)	8:20 to 10:30 8:20 to 10:35	French Beginners (SU 2/3) Food Technology (Library)	8:20 to 10:25	Economics (Library)	8:20 to 10:25	Physics (Library)
PM	12:30 to 2:05	Visual Arts (Library)	12:30 to 2:40 12:30 to 2:40	Italian Beginners (SU 2/3) Korean Beginners (SU 10/11)	12:30 to 2:35	Community and Family Studies (Library)	12:30 to 2:35	Modern History (Library)	12:30 to 2:35 12:30 to 2:35	Hospitality (VET) (MPC) Earth and Environmental Science (MPC)
DATE	Monday 18 th August		Tuesday 19 th August		Wednesday 20 th August		Thursday 21 st August		Friday 22 nd August	
AM	8:20 to 10:25 8:20 to 4:00	Mathematics Extension (MPC) Drama Practical (VU2)	8:20 to 9:55 8:20 to 9:25	Business Services Exam (SU 2/3) Drama (SU 10/11)	8:20 to 9:55	Society and Culture (MPC)	8:20 to 10:25 8:20 to 10:20	Agriculture (SU 8/9) Software Engineering (SU 10/11)	8:20 to 9:55	Industrial Technology – Multimedia (SU 8/9)
PM	12:30 to 2:35	Engineering Studies (MPC) Music Practical (VG3)	12:30 to 2:35 12:30 to 2:05	Geography (SU 10/11) Dance (SU 2/3) Music Practical (VG3)	12:30 to 2:30 12:30 to 2:05	Enterprise Computing (SU 10/11) Textiles and Design (SU 8/9) Music Practical (VG3)	12:30 to 2:40	English Extension 1 (SU 8/9) Music Practical (VG3)		Music Practical (VG3)

Music Practical will be by appointment with your teacher



Inclusive ~ Aspirational ~ Respectful



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.



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

NESA Confirmation of Entry



Immediately following English
Exam on Monday 4th August

Allow 20 minutes after scheduled
finish time

Thank you for your support in this
task



HKCC

CAFE Menu

WEEKS 3, 4 & 5 8 AM - 12 PM

FRESH SANDWICHES

HOT POCKETS

BUTTER CHICKEN

PENNE NAPOLETANA

BOSCAIOLA (HALAL OPTIONS AVAILABLE)

HOT CHIPS AND NUGGETS

HOT CHIPS



Drinks

TEA

COFFEE

HOT CHOCOLATE



Inclusive ~ Aspirational ~ Respectful

SMSHS – SOURCES OF SUPPORT



School phone: 02 9623 8333	School email: stmaryssen-h.school@det.nsw.edu.au
----------------------------	--

Year 11 2025 Student Adviser, Surnames A-G	Jacqui Crawhall	Jacqueline.crawhall@det.nsw.edu.au
Year 11 2025 Student Adviser, Surnames H-O	Wendi Kambolli	wendi.kambolli@det.nsw.edu.au
Year 11 2025 Student Adviser, Surnames P-Z	Luigi Serra	luigi.serra@det.nsw.edu.au
Year 12 2025 Student Adviser, Surnames A-G	TBA	TBA
Year 12 2025 Student Adviser, Surnames H-O	Lauren Hasna	lauren.hasna@det.nsw.edu.au
Year 12 2025 Student Adviser, Surnames P-Z	Jeffrey Larsen	jeffrey.larsen6@det.nsw.edu.au
Head Teacher, Learning and Wellbeing	Melissa Jacka	melissa.jacka@det.nsw.edu.au
Learning Support Team	Carmel Harriden (M, T) Carly McPherson (T, W, T) Anne-Maree Magi (Th, F) Ashlee Pleffer (M, T, W)	carmel.harriden@det.nsw.edu.au carly.mcpherson@det.nsw.edu.au annemaree.magi@det.nsw.edu.au ashlee.pleffer@det.nsw.edu.au
School Counsellors	Aimee Tang Ximia Han Tracey Axisa	Please text the counsellor phone on 0417228192 during school hours to organise an appointment
Student Support Officer (Rel)	Isidro Alfonso	TBA
Careers Adviser	Cheryll Ruskin	Cheryll.ruskin@det.nsw.edu.au
Deputy Principal Year 11 2025	Danielle Ervine	danielle.ervine@det.nsw.edu.au
Deputy Principal Year 12 2025	Leah Havord	leah.havord@det.nsw.edu.au



Term 3 Weeks 3A @ SMSHS

Monday 4 Aug	Tuesday 5 Aug	Wednesday 6 Aug	Thursday 7 Aug	Friday 8 Aug
School Examination Period	School Examination Period	School Examination Period	School Examination Period	School Examination Period

Term 3 Weeks 4B @ SMSHS

Monday 11 Aug	Tuesday 12 Aug	Wednesday 13 Aug	Thursday 14 Aug	Friday 15 Aug
School Examination Period	School Examination Period	School Examination Period	School Examination Period	School Examination Period HSC Dance Exam

Our Teams

Principal:	Sally Smithard
School Council President:	Sonia Matthews
School Captains:	Elliot Moore Rosetta Yankson
School Executive:	
- Deputy Principal (Year 11 2025)	Danielle Ervine
- Deputy Principal (Year 12 2025)	Leah Havord
- English	Julie Robinson
- Mathematics	Simone Pett
- Science	Lidija Radovancevic
- Commercial Studies	Salochna Reddy
- HSIE	Shara Walsh
- CAPA	Nicole Bonfield
- TAS / PDHPE	Sharon Francis
- TAS / Computing	Matthew Topp
- LOTE	Luigi Serra
- Secondary Studies	Lucas Widdison
- Wellbeing	Melissa Jacka
- First Australians	Leah Havord
- Sports Coordinator	Joanne Brines
- Business Manager (Acting)	Rebecca Zinghini
- School Administrative Manager (Rel)	Angela Demaio
Student Advisers:	
- Year 11 2025, Surnames A-G	Jacqui Crawhall
- Year 11 2025, Surnames H-O	Wendi Kambolli
- Year 11 2025, Surnames P-Z	Luigi Serra
- Year 12 2025, Surnames A-G	TBA
- Year 12 2025, Surnames H-O	Lauren Hasna
- Year 12 2025, Surnames P-Z	Jeff Larsen
Learning Support:	Carmel Harriden (M, T) Carly McPherson (T, W, T) Anne-Maree Magi (Th, F) Ashlee Pleffer (M, T, W)
Student Support Officer (Rel):	Isidro Alfonso
Careers Adviser:	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



Inclusive ~ Aspirational ~ Respectful