COLOHIGH SCHOOL IN CONTACT

OFFICIAL NEWSLETTER OF COLO HIGH SCHOOL

Term 4 - Week 1 | 2019



EXECUTIVE TEAM MESSAGE:

By Mr Sargeant, Mr King and Mrs Wright

Term 4 is always an extremely busy term and to help keep you informed about upcoming events we have made further upgrades to our website. Listed on the home page you will find a section titled "Upcoming events", here you will find information regarding dates, times, downloads and the location of each event. You will still be able to access this information through our Parent Portal and Facebook events page.



KEY DATES:

HSC commences

Thursday 17 October

Duke of Edinburgh Gold Walk

Sunday 20 – Wednesday 23 October

Hawkesbury Dance Festival Tuesday 22 and 23 October

Year 7 GALA Day Tuesday 22 October

Pink Ribbon Day Monday 28 October

P&C Meeting Monday 28 October

Rural Fire Service Cadets Ceremony Monday 04 November

Year 11 Hospitality Work Placement Monday 11 November

Striving for **excellence**

With junior examinations commencing this week and the HSC only days away it is a timely reminder about the importance of finding a healthy balance between study and relaxation. Diligently revising, completing past papers and making course notes are a great way to prepare for upcoming exams, however too much study can have a negative impact on your performance. Studying late into the evening at the expense of sleep deprives your brain of the opportunity to process and store information. Furthermore, sitting for long periods of time without some form of movement or exercise can decrease brain function and the ability to understand information. Creating opportunities for exercise, sleep and recreation are necessary components of a successful study plan. If you need support in developing a plan to suit your needs please see our Learning Support or Wellbeing Team for assistance.

This week signals the start of the HSC course for our Year 11 students and in order to assist them with the transition and increased workload we will be continuing to provide study support for our Year 11 students in the library on Thursday afternoons. As a result, Year 11 students will be expected to attend the library during sport every Thursday afternoon throughout Term 4. Furthermore, we will be providing compulsory support sessions to students in Years 9-11 from 1.30-2.20pm on Thursday afternoons for students who have outstanding N-Awards. If you require more information regarding these sessions please contact your child's RAP co-ordinator.

Lastly, we would like to wish all of our Year 12 students the best of luck in their HSC exams.

Thank you!

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