This week's report comes from the Department's School A-Z Website. It offers practical help for parents at www.schoolatoz.nsw.edu.au.

As high school students around Australia prepare for end of year exams, child psychologist Kimberley O'Brien, from Sydney's Quirky Kid Clinic, has some good advice to help families manage pre-exam stress.

"Stress isn't necessarily a bad thing – adrenalin can be useful in helping kids stay on track, study longer and finish tasks more quickly," Kimberley says. "The problems arise when it takes over and your teenager starts to feel overwhelmed and even isolated."

In a perfect world, your teenager will have organised their study and revision into manageable chunks throughout the year, balancing work with social activities, exercise and plenty of sleep.

But in the real world, most kids have some level of pre-exam anxiety and some wake up the morning of an exam convinced that they "know nothing" at all.

According to Kimberley, the best thing parents can do as exams approach is provide support with the basics, restrain the desire to jump in and fix everything, and encourage their child to see the "big picture".

"As obvious as it might seem, reminding your child to get enough sleep and exercise, and to eat properly, is vital to effective study and exam performance," Kimberley says, adding that something as simple as monitoring your child's caffeine intake and increasing their water consumption can make an impact.

Coffee, tea, chocolate, cola drinks and many energy drinks can all contain significant amounts of caffeine, which in high doses may cause anxiety, dizziness, headaches, and make it harder to concentrate.

It's recommended that teens don't exceed 400mg of caffeine a day (some coffee and energy drinks have as much as 350mg, so check the labels).

Kimberley recommends that parents help their kids create a balanced schedule during the lead-up to exams.

"We encourage parents to sit with their kids and make a plan on paper. Break study up into bite-sized pieces, according to what exams or projects are due first," she says.

"You need to be flexible with family commitments too. You may need to excuse your child from attending family functions for, say, 12 weeks leading up to the exams. You may need to put family meal-times forward or back to fit in with the study schedule. That can help your child stay connected to the family, and make sure they're getting the right nutrition and rest breaks."

And don't forget to let your child schedule social time with their friends. Time spent on social networks isn't necessarily procrastination or an unnecessary distraction.

"Many kids need to say: 'Okay, from 9:30 to 10:00, I'm going on Facebook to vent about how stressed out I am', so they can connect with their friends, and to help them realise that what they're feeling is very common," Kimberley says, "but then at 10:00, they need to get back on track with their schedule."

Kimberley says the perfect balance is for kids to feel supported and loved, while still being in charge of their study and performance.

Mr Greg McDonald
Relieving Principal
**What’s On Term 3**

**Week 9**
- **All Week**: Year 11 Preliminary Exams
- **Tue, 8 Sept**: Parent/student Noumea meeting 6.00pm
- **Fri, 11 Sept**: Zone Surfing Eden
- **Fri, 11 Sept**: u15s Girls Basketball
- **Fri, 11 Sept**: HSC Math Lectures Moruya High School

**Week 10**
- **Mon to Wed, 14 - 16 Sept**: Year 11 Crossroads
- **Mon, 14 Sept**: Year 7 Vaccinations
- **Mon, 14 Sept**: Year 9-10 Photography class to Mogo Zoo
- **17-24 Sept**: Noumea Excursion
- **Thur, 17 Sept**: Year 12 Farewell Presentation Day 9-11.00am
- **Fri, 18 Sept**: Last day of Term 3

**Term 4**
- **Tue, 6 Oct**: All students and staff return

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**Immunisation**

A reminder for all Year 7 students that your final round of injections for HPV will be held on Monday, 14 September. Please ensure your child is at school on that date to complete their immunisation program.

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**Noumea**

The countdown has really begun! The Batemans Bay High School Noumea excursion is set to fly out of Australia in a week and a half. A meeting for parents of students attending is organised for **Tuesday, 8 September, 6.00pm**.

_Mrs Reioni Ramsland_

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**Student Achievement**

**Jesse Chapman Year 12**

Jesse has been awarded an Honourable Mention in this year’s Future Leaders Photography prize. This is a nationwide competition and Jesse’s work has earned him considerable recognition and monetary reward. He is a skilled photographer and has shown what students can do in a wider field.
Mrs Nicholls, Gabi, Carly, Lexus, Caitlyn, Aimee, Ryan, Blake, Jess, Emily and Claire some of our Year 9 Agriculture class.

With the stars of the show - Dorper sheep, Alpacas, Jersey cow, mini lop rabbits, large white pigs and plenty of chickens.

Our ag plot is thriving, thanks to the kind attention of Mrs Nicholls, Mr Mitrovic, Mr Paranthoniene and our students.
Our school now has a FREE app
Receive school information, instantly and directly to your smartphone

How to download your FREE app

1. From your mobile device go to the App Store (iPhone/iPad) or Google Play (Android) search for School Stream and download the app to your phone
2. Make sure you agree to push notifications
3. Once School Stream has finished installing, open the app, type your school name into the search THEN select your school

For more detailed instructions go to schoolstream.com.au/download

Kim Beach
Technical Support Organiser

YEAR 12 STUDENTS AND PARENTS
All DER laptop computers are required to be returned to Kim Beach as part of the sign out process.

This can be done anytime over the next few weeks. The machine will be unlocked and made ready for life after school. Part of this process will format the hard drive and so all work or personal files must be saved on an external drive eg USB flash drive. If the laptop is not wanted or broken it can be donated back to the school where we can use it to help other students in need.

If you have any questions please call Kim Beach on 4478 3600.

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