



Revision Tips & Techniques

Tests and exams can be a stressful time for many students (and parents) so some of these tips might be useful to having a stress-free revision time.

1. Study in a quiet place away from the TV and computers etc. that is both light and comfortable.
2. Make a 'revision timetable' and always let your family know when and what you are revising (they may be able to help)
3. Create summary notes and anything simple that helps your memory – short notes, drawings and sayings are much easier to remember.
4. Get help. Ask friends or family to test you. Ask teachers for any extra revision notes or classes.
5. Take a five or ten minute break every hour and so some stretching or exercises, go for a walk or make yourself a drink.
6. Make sure you have some fun-time each day to relax – and make sure you get a good eight hours sleep each night.
7. Eat well. Good brain foods? Blueberries, wholegrain foods, broccoli, tomatoes, nuts etc.
8. Don't panic if you feel a bit nervous.
9. Think positive – it's seriously not the end of the world if you get something wrong; that is how we improve and learn.

After School Activities

REMEMBER –

After School Activities have ended for Term Two.

Soon a note will come home re Term Three activity options.

Flash Canteen with a Message

This week our canteen providers 'flashed up' the eatery area.



With a thought to trying to further educate our children on healthy eating and a balanced diet the pictures and posters all reflect this thinking.



Already some of our younger children have identified the many fruits and vegetables that will make them 'happy inside'.

UPCOMING EVENTS

A few things on our horizon –

Secondary Camp – March 15, 16, 17

Eco Summit – March 17

Book Week – March 20 to 24

Book Dress up day – March 23

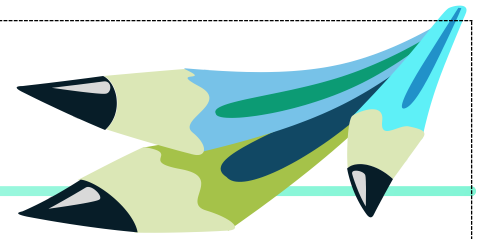
School Happenings

Leading the Way

Our Grade 6 students, who often get referred to as the seniors of our Primary campus, have been doing a fabulous job of being the Primary assembly presenters.



They have shown huge improvement in being communicators and have begun to add their own particular 'flavour' to assemblies – well done Gr6.



BOOK WEEK HIGHLIGHTS

Further to the article in last week's newsletter from Ms Aisha, we are wanting everyone to join us in the fun and learning of our first Book Week.

Along with many activities happening across the days, there are three major events –

BOOK FAIR: we will set up a display of new books in the front Admin area and parents are welcome to come and buy a book or two. There is also the opportunity to purchase a book to donate to our school library, and you will have a special note glued inside the book stating your donation. Children will also be heading to the book fair with their class and are able to purchase. We will explain more about this next week.

BOOK SWAP: a book swap works like this – children have a look at their personal book collection at home and, if they have some they no longer read or want, they bring this book (or books) to their classroom teacher. The teacher will give them a token for every two books they bring. Then, on our Book Swap day, each grade will get to go to where we have displayed the swap books and choose a 'new' book to replace the ones they brought in. It is a great way for children to refresh their personal reading books. If you need more information on this please ask your classroom teacher. **BOOK**

CHARACTER DRESSUP DAY: always a fun day, come along to school dressed as your favourite book character. If you can bring along the book they are from even better. Please try to stick to characters from a book, not TV. We will have a parade and there will be prizes for the best homemade outfit in each grade. It will be a fun week and we invite you to join us.

Sunday March 20 to Thursday March 24

Have fun sorting through books this weekend!
Ciao
Maree Butler©

