

STRESS-BUSTING HSC EXAM TIPS

Organize Your Study Schedule: Create a study timetable that allocates sufficient time to cover all subjects. A well-structured plan will help you cover all the necessary material without feeling overwhelmed.

Healthy Lifestyle Choices: Ensure you're getting enough sleep, maintaining a balanced diet, and staying physically active. These habits will keep your body and mind in optimal condition for peak performance.

Practice Mindfulness: Incorporate relaxation techniques like deep breathing, meditation, or yoga into your daily routine. These practices can help reduce anxiety and improve concentration.

Stay Positive: Replace negative self-talk with positive affirmations. Believe in your abilities and remind yourself of your accomplishments along the way.

Past Papers and Mock Tests: Practice with past exam papers and take mock tests to simulate exam conditions. This will help you get familiar with the format and manage your time effectively.

Seek Support: Don't hesitate to reach out to teachers, mentors, or classmates if you have questions or need assistance with any topic. You're not alone in this journey.

Take Breaks: Short breaks during study sessions can refresh your mind and prevent burnout. Consider the Pomodoro Technique, where you study for 25 minutes and then take a 5-minute break.

Stay Hydrated: Dehydration can affect your concentration and cognitive abilities, so keep a water bottle handy while studying and during the exams.

Visualize Success: Spend a few moments each day visualizing yourself succeeding in your exams. This positive visualization can boost your confidence.

Stay Informed: Make sure you know the exam timetable, location, and any specific requirements or instructions for each subject. Being well-prepared reduces last-minute stress.

Best of luck Year 12... We are thinking of you!

This term our raffle prizes for Positive Attitude and Hard Work go to:
1st Prize—Temalisi A.
Which prize will Temalisi choose?!
2nd Prize (Chocolate)—Lara H.
3rd Prize (Chocolate)—Ruby S.

COMPETITION TIME!



We are always looking for new prize ideas, so that our cabinet stays fresh and exciting! We'd love to here your cool ideas!

Toddler Music Classes

Collaborative business venture coming to GTC in Term 1, 2024!

Prepare your little one for a life of creativity through play-based musical skills. Classes are designed to meet Early Childhood Learning Outcomes.

Speak with Caitlin or Dani in centre for more information.





GRIFFITH TUTORING CENTRE CHALKBOARD

Quarterly Newsletter

This issue:

- De-stress the HSC
- Competition Time
- Toddler Music Classes
- Parent-Teacher Meetings
- 2023 Important Dates
- Teacher Features
- Changes to Reporting

In 2023, students who display a strong work ethic and a positive attitude to learning during their weekly session, will enter the draw to win an end of year prize.



▶▶▶ TEACHER FEATURES ▶▶▶



Caitlin is GTC's longest standing staff member. She has been supporting our primary-aged students since October 2020. Caitlin's background is in languages, having taught Irish, Spanish and English in schools across Europe. She has worked as a Learning Support Teacher in Griffith for 3 years.

Caitlin's other passions include Irish music and culture. She is a talented singer and flutist, and plays the tin whistle. If you saw the recent performance of 'The Wedding Singer' at the Regional Theatre, you might have seen Caitlin performing in several supporting roles. **In Term 4, Caitlin will be opening some additional tutoring timeslots on Monday and Thursday evenings.**



Charmi, our Secondary Mathematics Tutor, recently sat her MCAT exam. This forms part of the process of acceptance into a medical degree. She will begin her university studies in 2024. We can't wait to see what the future has in store for her!

Changes to Reporting Beginning Term 4, 2023

- ▶ The structure of our semesterly Student Progress Reports been updated. In response to feedback from parents and tutors, we have streamlined our reports.
- ▶ Individual comments will no longer be provided. Instead, clients will be offered a face to face meeting or phone call with their tutor.
- ▶ *Our intention is to streamline reporting processes while encouraging families to become heavily involved in discussions about their child's progress in learning.*



Welcome Sophie

Sophie is in Year 10 at MRHS. Her role at the Griffith Tutoring Centre includes child minding, customer service and administrative duties.

Navigating Parent-Teacher Conferences:

Parent-teacher conferences are crucial for understanding your child's progress in school and building a strong educational partnership. To make the most of these meetings, here are some key questions to ask:

Academic Progress:

- How is my child performing in your class?
- What are their strengths / weaknesses?

Behavior and Participation:

- How does my child behave in class?
- Are they actively engaged in activities?

Social and Emotional Development:

- How is my child getting along with peers?
- Do you notice any emotional concerns?

Study Habits and Homework:

- What is the expected homework load?
- Are their study habits effective?

Extracurricular Activities:

- Is my child involved in school activities?
- How is this impacting their development?

Support and Goals:

- How can we work together to support my child's growth?
- Are there specific goals we should set?

Communication Channels:

- How should I keep in touch with you?
- How can I reinforce lessons at home?

Express Appreciation:

- Thank the teacher for their efforts.
- Offer help or support if needed.

By asking these questions, parents can gain valuable insights into their child's education and collaborate effectively with teachers for their child's success.

2023 IMPORTANT DATES



TERM 01

Tuesday, January 31st - Thursday, April 6th
10 x Weeks.

Closed Staff Development Day (Monday, 30th Jan)
Closed Good Friday (Friday, 7th April)

TERM 02

Monday, April 24th - Friday, June 30th
10 x Weeks.

Closed ANZAC Day (Tuesday, 25th April)
Closed King's Birthday (Monday, 12th June)



TERM 03

Monday, July 17th - Friday, September 22nd
10 x Weeks.

TERM 04

Monday, October 9th - Friday, December 15th
10 x Weeks.

Closed Staff Development Days
(Monday 18th, Tuesday 19th December)



Tutors Needed!

.....

Primary Tutor—Term 4
High School Maths—Term 1