From the Principal’s desk!

The last newsletter for Term Three is always an opportunity for me to thank our Year 12 cohort and wish them well as they prepare to leave school and take their place in the workforce. They are a talented and hard working group who we will miss greatly. Thank you to the Prefects whose role is coming to an end – they have been fantastic leaders in our school and have grown and matured as the year has unfolded.

To all our Year 12 students you are starting a new journey which will be exciting, different and challenging. I believe Parramatta High School has prepared you well for that new journey.

Prefects ‘Sweet Tea’ – Principals Treat
To thank our prefect leaders I have organised an afternoon tea at Lachlan’s in Parramatta Park for 15 September 2015 at 1pm. Ms Cossu and I will escort students to and from the event. Don’t eat too much beforehand so you can enjoy the special treats.

Year 12 Graduation & Formal
Always two great events, held this year on 17 September 2015. I hope to see parents at the Year 12 Graduation where we will also take this opportunity to present prize giving awards for best in subject area and special awards. When students graduate they wear special graduation gowns and we ask that these be returned on the day. Students will keep a 2015 medal and mortarboard sash to commemorate the event as a gift from the school.

The formal will be at Curzon Hall, a stunning venue which is a great way for students to celebrate 13 years of schooling. Students are reminded they do need to pay for any outstanding school items before the formal is paid please.

School Holidays
Holidays will start on 19 September and school for students will resume on Tuesday 6 October 2015.

### CALENDAR

#### YEAR 11 ASSESSMENT WEEK

7 September 2015
- Year 10 Scripture
- Year 10 Common Assessment Mathematics periods 1&2

8 September
- 08:45am- 12:15pm Year 9 High Resolves - Hall

9 September
- Ideation conference SRC
- History Day

10 September
- R U OK Day

11 September
- AIME Excursion
- UTS Girls Exc
- Market Day

#### YEAR 11 ASSESSMENT WEEK

14 September
- Christian seminar
- Year 12 Picnic

15 September
- Year 11 Assessments continue

16 September
- Year 11 Assessments continue

17 September
- Year 12 Graduation and Awards Ceremony
- Year 12 Formal

18 September
- Cabaret Day performance
- Last day of Term 3
Couch Project 2015  
Friday Fright Night

Another successful Couch Project was hosted by Parramatta High School’s SRC and SJL on Friday 28th August. Students dressed up in their scariest best, played games, ate pizza, had their faces painted and went on ghost tours all to raise money for the Salvation Army’s Oasis Foundation that assists homeless youth. Over $600 was raised for the cause. 130 Parramatta students attended and their behaviour was exemplary. A special thank you also goes to all the staff who got involved in the night.

Extension 2 English

On Friday 4th September, a Presentation Morning Tea was held for the 2015 Extension 2 English class where they were presented with a bound copy of their major work by Ms Splatt. The ceremony was held to acknowledge and celebrate the students' successful completion of the course. Extension 2 English represents the study of English at its most intellectually and creatively challenging level and involves students developing a concept conducting research and producing a major work. This year's students created major works in the form of short stories, critical analysis and speeches. The students involved in this year's course were Edward Huang, Meet Patel, May Preedeesanit, Willie Shang, Jackie Tan, Jess Tan, Mimansa Thakore and Grace Weng. These students should all feel extremely proud of their efforts and achievements this year in creating their own original major work. (May Preedeesanit is absent from the photograph.)

CAREERS NEWS

A reminder that all work experience forms need to be completed and returned to Mrs. Ibrahim NO LATER than Friday 23rd October. If there are any problems please email Mrs. Ibrahim at Michelle.ibrahim@det.nsw.edu.au. It is expected that all Year 10 students find a work experience placement. Any student who does not find a work experience placement will be required to attend school to complete a major project for the week.
PUBLIC SPEAKING

On the 24th August, Grace Papworth, participated in the Parramatta Rotary Club's Annual Clift Speaking Competition. The competition is open to Year 9 students in the local area and requires each student to present a prepared speech and an impromptu speech. This year’s topic for the prepared speech was ‘When team selection is complete, the captain’s job is done’ and the impromptu topic was ‘That advertising is a waste of space.’ Grace spoke extremely well in both sections and was award runner up to a student from James Ruse High School. The adjudicator praised Grace's exploration of the concepts underpinning both speeches, her use of language and her ability to remain composed and capture the attention of the audience. Congratulations to Grace for her excellent performance.

HSIE EXCURSION TO NAN TIENT BUDDHIST TEMPLE

On Friday 21st August, Year 11 and Year 12 Society and Culture classes along with Year 10 Elective History attended an excursion to Wollongong’s Nan Tien Buddhist Temple. This excursion was organised to facilitate the classroom learning these 3 classes have experienced in relation to topics such as ‘Belief Systems’ in Society and Culture, and ‘Religions Across Time’ in Year 10 Elective History. Students were given a guided tour of Nan Tien’s temple grounds, they were taught about the important symbols, rituals and beliefs represented in the main temple of Nan Tien. Students were also taken through a guided meditation session with one of the temple’s female monks. They were also given an option to learn about calligraphy. Finally, all students, along with their supervising HSIE teachers, Ms Kougelos, Mrs Bouziannis and Mr Hammoud, were seated in the Buddhist dining hall for a vegetarian lunch. The students had a wonderful experiencing enhancing their understanding of a different belief system and its important structures, symbols and teachings. All 3 teachers were highly impressed with all students’ conduct and engagement in this excursion.
MAJOR TEXTILES PROJECT
These were the major projects that were presented by our students for their HSC.
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FLAG DAY CEREMONY

Parramatta High School held its annual flag day on Thursday 3rd September. Honourable guests included Mr. Geoff Lee, state member for Parramatta, Rick Anderson from the Parramatta City Sub Branch and David Shakespeare from the Parramatta Historical Society as well as school leaders from Parramatta, Hilltop and Westmead Public Schools. Our own school leaders did a fabulous job in organising and running the event.

WHEELCHAIR RUGBY

Parramatta High School was given the lucky opportunity recently to attend the 2015 GIO Wheelchair Rugby Championships at the Sydney Olympic Park Sports Centre. The Championships featured players from the Steelers (Australian Wheelchair Rugby Team) who are the current World Champions, as well as Paralympic Gold medallists. The Year 11 Sports Lifestyle and Recreation class attended the day along with Mr White, and Mr White would like to congratulate the group for their outstanding behaviour on the day.
**Top 10 Tips for Overcoming Procrastination**

Procrastination is the act of putting off a task which you know you have to do, even though you know that putting it off will probably be worse for you in the long run. For example, when you procrastinate about starting an assignment it doesn’t make the assignment go away, or the deadline change, it just gives you less time to get the work done. To manage this, try the following:

1. **Become aware of the excuses you use** - make a mental note when you procrastinate. What excuses do you give yourself? Too tired? Too difficult? Too boring? Being aware is the first step in changing your behaviour. Keep yourself honest by asking questions like “is this the best use of my time at the moment?” and “am I doing this as a way of avoiding what I really should be doing?”.

2. **Reduce or eliminate distractions** - creating a clear, uncluttered work environment which is free from distractions will help you avoid procrastinating. Turn off your social media or WiFi, turn off your music or TV, close the door. It’s easy to get distracted and lose focus on what you are trying to do, or to procrastinate by surfing websites that are barely related to the topic you are meant to be researching. You can find out more in the **Home Study Environment** unit and **Dealing with Distractions** unit.

3. **Make a prioritised list** - before you start work (or procrastinating) take a few minutes to work out what your priorities for the session are, based on your deadlines. Take into account all the time you have available and make a prioritised list. Work on the most important thing first (see also tip 7 below). There is more information in the **Time Management Skills** unit on techniques for prioritising.

4. **Break down projects into chunks** - if you have a big task that you have to do, or something that you really don’t want to start, have a think about how it can be broken up into smaller parts. A big assignment might need a plan, the purchase of resources, a trip to the library, internet based research, and then several days to write and edit each section. If you just focus on doing one of these tasks it’s easier to commence.

5. **Just start** - stop focusing on getting it done perfectly, or even well, just make a start, even if it’s just for a few minutes. Starting the task makes you realise it’s not as daunting as you originally thought and allows you to make a small amount of progress which encourages you to keep going. Sometimes once you get started you can even do more than you originally thought you could or would.

6. **Reward yourself** - set yourself a small goal (to do with the task you are procrastinating about) and then reward yourself appropriately when you complete it. For example, write an outline for your essay and then have afternoon tea. You will be more motivated to complete the task to get the reward. Note: for extreme procrastinators you may need to get someone else to check you’ve done the work and to give you the reward! Learn more about this in the **Goal Setting** unit.

7. **“Twofer Concept”** - when you are working on a difficult or boring task, break it up by having a more interesting or easy task that you work on in the same study block. You get 2 lots of homework done, but when you are losing focus on the difficult one you can switch to the easier one for a bit of a break.

8. **Create routines** - establishing a routine can help you avoid procrastination as you get into the rhythm of working for a set time each day at a set time of the day. Making this routine known to your family and friends also helps keep you accountable and stops them interrupting you during your work time.

9. **Find a study buddy** - perhaps starting that difficult work will be easier if you have someone to work with. This could be a school friend or a sibling. You could share resources and help each other to get started with similar work.

10. **Schedule in breaks** - breaks give you time to think and process information that you have been working on and give you an opportunity to do the things you really enjoy. Plan them as much as you plan your work. You can learn more about how to optimise your performance as a student in the **Overcoming Procrastination** unit at [www.studyskillshandbook.com](http://www.studyskillshandbook.com)
M A R K E T  D A Y
2015
11.09.15
Another year of fun and excitement as Year 9 Commerce students put term work into action by running a range of different market stalls and selling their wares to their fellow students.
This year will see a variety of products available. All proceeds go to charity so bring your wallets and prepare to spend up big!!