**Birchip P-12 School**

**A Mindful School**

**Forthcoming Events**

**October**
- Monday 11th: Parents’ Club Meeting - 7.30pm
- Thursday 14th: Prep, 1 & 2 Extended stay and sleepover
- Monday 18th: Grade 6 → 7 Transition meeting - 7pm
- Thursday 21st: Year 7 Immunisations
  - Year 12 Valedictory Dinner
  - Year 12 Last official day at school
- Friday 22nd: Birchip Flower Show
- Monday 25th: Year 12 Swat Vac commences
- Tuesday 26th: Grade 5 Camp to Melbourne
- Friday 29th:
  - Junior SRC ‘Canteen’ Casual Day
  - Grades P → 2 Excursion to Melbourne Zoo
  - VCE Examinations commence
  - Transition Day #1
  - Birchip Friends of the Library Art Show
- Sunday 31st:

**November**
- Tuesday 2nd: Melbourne Cup Holiday
- Thursday 4th: Transition Day #2
- Friday 5th: Transition Day #3
- Thursday 11th: Primary Cultural Show 2pm
- Monday 22nd: Year 11 Examinations
- Friday 26th:
  - Last day for Year 11 students
- Monday 29th:
  - Year 9 & 10 Examinations
- Friday 3rd Dec.:

**December**
- Friday 3rd: Last day for year 10 students
- Monday 6th: Grade 6 Celebration Dinner
- Tuesday 7th: One-Up Day, Kinder - Prep, Grade 6 - Year 7, Year 11 - Year 12
- Wednesday 8th: Year 9 Driver Education at Charlton
- Tuesday 14th: Presentation Night
- Thursday 16th: Students Reports distributed
- Friday 17th: Last day of school

**Term Four Commences**

Well the holidays have come and gone – all too quickly. I trust you were all able to find some time to relax and take a breather. Term Four is already looking to be another busy time.

Year twelve students have only two weeks of school left. It is important students continue to devote many hours to study, completing practice examinations and revising in readiness for the exams. The Year Twelve Valedictory Dinner will be held on Thursday 21st October 2010. This will also be the last formal day of school for our year twelve students who will leave school following a school assembly on Friday 22nd October 2010.

Our France & Belgium travellers are enjoying their experience very much. They have visited Paris for 3 days and then moved to Belgium for more formal proceedings at the Menin Gate where they laid a wreath during a very moving ceremony. The group are now back in northern France and undertaking fieldwork around Fromelles, Albert & the Somme regions. Mr Whelan, Mrs Smith, Conor Hogan, Nicholas Bales, Hayden Collins, Emily Smith, Riley Doran and Courtney Gleeson will return to Melbourne airport late Sunday evening. We will welcome the group back to school on Tuesday 12th October 2010.

I would like to thank Mrs Eileen Smith for her excellent work as Acting Principal during my absence,
secondly Mr Russell Christie for performing the role of Acting Assistant Principal, and all our staff who worked extra hard to keep our students engaged and learning and the school running smoothly especially during cold and wet weather and during the primary move to temporary accommodation.

**Northern Zone Athletics Bendigo**

A team of 20 students travelled to Bendigo yesterday to compete in the Northern Zone Athletics Finals in Bendigo. All had earned the right to compete as a result of their performances in the House Athletics and Interschool Athletics held last term.

These finals include students from schools ranging as far as Mildura to Kyneton, so just to make this standard is a great achievement. A number of our team were there for the first time while others were there to improve on previous performances. Everyone were pleased with their efforts with a number of personal bests achieved. For many it gave them a taste of what is required to match it with some quality athletes and hopefully motivate them to keep aiming higher.

**Placegetters**

- **Marnie Lehmann:** 2nd: 14G Triple Jump and High Jump  
  3rd: 14G 100m
- **Chantel Emonson:** 3rd: 17G Javelin
- **Shane Barker:** 3rd: 15B Shotput
- **Jesse Smith:** 3rd: 16B 1500m

There were also a number of students who came 4th, only just being pipped for a place.

Congratulations to all students.

Thank you also to the parents who assisted with transport and supported the students in their efforts. Many thanks to Andrew Sayle and Debra Emonson who accompanied our students to Bendigo.

---

**My trip – part one**

Christine and I very much enjoyed our first overseas trip last term. We travelled to Hong Kong, England, Guernsey, Ireland, Finland, France and Italy. In Finland and Birmingham, England I visited schools each day to experience and learn about their education systems and exchange ideas with their teachers and leaders.

We were lucky to escape the cold and wet weather Birchip was experiencing and then bring the beautiful spring weather back with us.

I visited many rural Finnish schools in five different rural municipalities. In Finland, schools come under the administration of the municipality whilst following a nationally set curriculum. Schools are answerable to local councillors – usually about 24 councillors on each council. Budgets are set locally and schools were not necessarily ‘flush’ with funds. At one school, staff were rostered off (unpaid) for a week as the municipality put a squeeze on funds.

Schools commence at 8:30 a.m. and have varying finishing times: primary school (years 1 – 6) finish at 1:15 p.m. and high school (years 7 – 10) finish at 2:30 p.m.

Text books are widely used in all classes. Class sizes tend to be around the 20 student mark. It was also interesting to note that alcohol, mobile telephones and Facebook were all issues in Finland. Most senior primary school students had a mobile telephone. Approximately 40% of students move on to university whilst 60% move on to vocational colleges or employment. Many schools taught five, one hour periods each day. In secondary schools there was a seven week cycle where students would commence a different group of subjects each 7 weeks. Years 7 & 8 tended to be common for all students whilst years 9 & 10 offered students choice.

Finland has many specialist schools. I visited a specialist Music Secondary School in Kaustinen (Middle North West Finland). There were 240 students in secondary school (Years 11 – 12). Students came from various places within Finland with students boarding within the town or at the school. The school was like a ‘normal’ secondary school except for the extra inclusion of music within the curriculum. These specialist schools seemed to be very well resourced.

Families tended to be middle class with very few poorer or low socio-economic families except on the west coast where there was a higher percentage of refugees from other countries.

---

Northern Zone Athletics Medal Winners  
Chantel Emonson, Marnie Lehmann & Shane Barker  
Thanks to Wendy Watts for the photograph
Principals were curriculum leaders and responsible for the learning and teaching within their school. The regional director of education and cultural events looked after the staffing, building facilities etc.

There was little to no evidence of regular ongoing formal testing of students (similar to NAPLAN) however students were formally assessed prior to school entry and the results of these tests were used to inform subsequent learning and teaching. There was little focus on computers within the school setting.

Special education teachers (not aides) assisted students with special needs however there were few of these.

In general, Finnish students perform very well with language. It is interesting to note that all TV programs and movies are not dubbed but use Finnish subtitles. That is, they hear English but need to read the Finnish subtitles to understand the movie or TV program. This ‘forces’ everyone to READ even to enjoy TV or a movie.

All Finnish students have a free nutritious meal every school day as do most students in England. It was interesting to note that on Mondays, more food was consumed by students than any other day. Teachers all commented on the value of a good nutritious meal each day provided to all students free of charge. All Finnish schools visited had an outdoor ice skating rink and of course students could ski at an early age.

Finland has a variable tax rate depending on income however I believe this to be quite high. Education and complete health including dental were excellent and provided by government. Even though people paid high taxes they were very happy as the services provided to them were of an excellent quality.

I believe Birchip continues to produce valuable educational outcomes for students with our teachers being excellent providers of quality teaching.

Next week – Birmingham – Four Dwellings High School.

Uniform Shop

The Birchip P-12 School, Uniform Shop opening times are 3:30 p.m. – 4:00 p.m. each school day.

Please contact Mrs Kaye Haslam and Mrs Sharon Footh for your school uniform requirements.

‘Midford’ Polo tops $20.00

Girls Green Tailored shorts $40.00

Boys Grey shorts prices range from $20 - $40

Summer Dresses - A dress order will be placed next Wednesday. Only one order per season will be made due to the 4 week manufacturing period and minimum order requirements. If you require a dress, please contact the office with size and quantity.
Grade 3 & 4 Camp to Echuca

Grade 3 & 4 students along with Miss Jessica Arnott, Mrs Carol Taylor, Mrs Bernadette Smith and Mr Trevor Emonson enjoyed three days at Echuca. Students visited the Port of Echuca and participated in several activities around Billabong Ranch.

Some of the highlights included: a surprise Merry go round ride at Boort, paddle boat rides on Billabong Ranch’s man-made lake, the lolly-shop visit in Echuca, “Choco” the lamb who made a break for freedom on the night walk and grooming the horses.

Thank you to Miss Arnott Mrs Taylor, Bern Smith and Trevor Emonson for all their organization, help and support.

Wimmera Primary Schools' Sports Association 2010 Athletics Championships.

After qualifying for their respective events at last term's modified district sports in Donald, ten students travelled to Horsham last Tuesday to participate in the athletics championships for all Wimmera Sports Association schools. This region encompasses all schools stretching from Hopetoun in the North to Kaniva in the West, St. Arnaud and the heavily populated Horsham schools. Our ten students performed admirably in their events with many parents attending to cheer them on. Thank you parents for this encouragement - the students really appreciate this. Our ten students were Joe O'Donnell, Carl Egerer, Royce Bennett, Tahlia Noonan, Georgia Lee, Sam Owa, Jessica Bidstrup, Luana Baird, Joseph Reid and Sarah Botheras. Congratulations to all students on their performances against some tough competition. The first two place getters in both track and field events now travel to Bendigo this coming Monday, 11th October 2010, to participate in the regional championships. These four students are Royce Bennett (800m event), Georgia Lee (100m sprint), Sam Owa (triple jump) and Sarah Botheras (800m event). Sarah put in a courageous effort in her 800m event to come home strongly in the last few metres of her race to finish in first place. Well done. Good luck to all students next Monday and congratulations once again to all students on your performances in Horsham on Tuesday.

How they finished:

Sarah Botheras: 1st 800m, 3rd 200m final. Joseph Reid: 3rd 800m, 3rd 200m final.
Sam Owa: 2nd triple jump, Georgia Lee: 2nd 100m sprint final, 3rd triple jump.
3rd 100m sprint final. Royce Bennett: 2nd 800m, 9th 100m sprint final.
Tahlia Noonan 5th shot put Royce Bennett: 2nd 800m, 9th 100m sprint final.
Carl Egerer: 4th shot put 3rd long jump, 1500m 5th.
Joseph Reid: 3rd 800m, 3rd 200m final.

Thanks to Mrs Michelle Lee for accompanying the children on the day and for her enthusiasm in ensuring our students gain access at the next level.
Joe O’Donnell – 1500 metre event

Sam Owa - 2nd triple jump

Joseph Reid - 3rd 200 metres final

Sarah Botheras - 1st 800 metres

Royce Bennett - 2nd 800 metres

Georgia Lee - 2nd 100 metres

Luana Baird - 5th 200 metres final

Sarah Botheras - 3rd 200 metres final
VCE SAC dates

Unit 4:
Chemistry Test SAC - Electrochemistry and Energy - Thursday 14th October 2010.
Mathematical Methods SAC - Multiple Choice Analysis Task due Friday 15th October 2010.
Physical Education SAC – Monday 11th October 2010

Grade Five and Six Homework Questions – due Friday 15th October 2010
1. Which day of the week is an anagram of dynamo?
2. When a bone bends but does not break, what type of fracture is it called?
3. Which creatures suffer from an infectious disease called psittacosis?
4. On the singing scale is contralto high or low?
5. Name the world’s largest canyon and the river that runs through it.
6. A carillon is a set of what?
7. Which precious metal has the symbol ‘Ag’?
8. Cricket, soccer and hockey have what in common?
9. What is the capital of Mali?
10. Name the five performing Marx brothers of comedy fame.

National Bandanna Day
On Friday 29 October, the Junior SRC is organising a fundraiser for Canteen, an organisation that supports young people living with cancer through a very difficult time. Canteen provides programs for young cancer patients, for young siblings and offspring of cancer patients and for young siblings who have lost family members to cancer. This day will be a casual day where students pay a gold coin donation for being out of uniform. Also there will be bandannas available for purchase prior to the day which can be worn on Friday 29 October as part of National Bandanna Day. Bandannas cost $4 and are available for purchase at the front office. Please help support this worthy cause.

Habits of Mind
This week’s winner
Congratulations to Marnie Lehmann this week’s winner of the Habits of Mind Award.
Marnie managed her impulsivity. She helped a small child in need with calm and considered actions.

Thank you to all students who have been nominated this week. ALL nominated students will go in the running for the end of year prize of the iPod touch.

Nude Food Day
Next Wednesday 13th October 2010 is National Nude Food Day. This day is promoting the eating of more natural and less processed foods and minimizing packaging.
It would be appreciated if everyone could make a huge effort to minimize lunch and recess food packaging on Nude Food Day. Some classes are conducting measurement investigations to determine how much rubbish can be eliminated with effort.

Head Lice
Cases of head lice have been reported. Please check your child’s head from P-12 as lice do not confine their visits to small children. If detected, they should be treated using appropriate shampoo and the treatment repeated in 7 days to break the cycle. Children with head lice do not need to be absent for an entire day. They may return to school as soon as treatment has occurred.

VET in 2011
Those students interested in beginning a VET course in 2011 please return the enrolment forms by Monday 11th October 2010 to Mr Christie.
The Orientation day in Horsham is on Wednesday 27th October 2010 beginning at 9:00 a.m. and running until 12:00 noon.
No transport will be provided by the school. Parents are required to attend the morning session with their child so they can see first hand what is involved in the course and hear about extra requirements and expectations.
Any enquiries please do not hesitate to contact Russell Christie on 54 922 287.
VCAL students attend Expo

Late last term the VCAL students attended the annual VCAL expo at St Brigid’s College in Horsham. The students spent time organising their display and Branden Atkinson capably spoke to other schools about the VCAL program at Birchip P-12 School. Mr. David Gallagher, Manager of the Victorian VCAL unit spoke to the students about the importance of their VCAL studies and the pathways it can lead too. The students viewed displays by other Wimmera schools and enjoyed a shared lunch. It was also interesting to drive around Horsham and have a look at the floods.

Parents’ Club News

NEXT MEETING: Monday 11th October 2010 at 7:30 p.m.

VCAL - Bucket Of Business

FOR SALE!!

500ml Buckets of Rum Balls, Choc Chip Cookies and Yo-Yos.

Each bucket costs $8.00 and contains only one variety.
Orders and Money to the office by Friday the 15th October.
Delivery date on or before Wednesday 20th October.

This is a VCAL project.
**Next Week is Mental Health Week**

Parents’ Club will be hosting a free sausage sizzle from 11:30 a.m. – 1:30 p.m. next Thursday 14th October 2010 in front of the Birchip Pharmacy.

---

**Birchip Junior Cricket**

A note was sent home today with students that expressed interest in playing junior cricket this year.

Generally the competition is open to boys and girls in years 4 to 10 (in 2010).

To confirm interest, names should be in as early as possible next week.

Names/forms can be dropped off at the front office or please contact Andrew Sayle.

It is hoped that the competition can start next week and will be conducted along a similar format to last year with three teams participating in the competition held on Saturday mornings.

Fees will be $20.00 per player (a slight increase from last year) and should be paid to Andrew Sayle or the School Office as soon as possible. (Preferably when the note is returned)

Rules will be distributed to parents and players once teams are finalised.

Once again parents will be encouraged to support the competition by undertaking the following

- Umpiring . . . it is not that hard! (a roster will be drawn up to share the workload).
- Assisting/supervising scoring.
- Assisting players when packing up and looking after the gear.
- Managing/organising players, ensuring appropriate behaviour etc if required.
- Helping out with maintenance tasks including small working bees if necessary.
- Coming along to watch and support the competition.

---

**Junior Cricket Working Bee**

A new carpet has been purchased to replace the current carpet pitch on the Birchip P-12 School oval.

A number of parents have been contacted over the last few days to help lay this new pitch and also repair the shade structure on the boundary.

If you haven’t been contacted but would still like to help – please come along.

Older Junior Cricketers are also encouraged to help.

10:00 a.m. Sunday morning 10th October (this Sunday)

If possible please bring rakes, square mouthed shovels (they may get some glue on them) and power drills.
Birchip Cricket Club

The Birchip Cricket Club's first game in the Wimmera Mallee Cricket Association is next weekend.

Unfortunately a further drop in numbers has meant that we once again will only be fielding a B grade team – however a look at our current list indicates that we will also struggle to have a team most weekends. The skill level of players playing B grade in the WMCA varies from those who are on the fringe of A grade to pure beginners. The age range includes those in early secondary school to men in their 40s, 50s and even 60s.

We would love to see more players playing cricket for the Birchip Cricket Club. If you are interested in playing cricket, please come along to training. Currently training is held at the George Cartwright Oval beginning around 5:00pm Tuesdays and Thursdays. Even one night that is OK.

For more information or any questions please contact Andrew Sayle.

BIRCHIP TENNIS

The North Central Lawn Tennis Association competition commences tomorrow and Birchip plays St. Arnaud at Birchip.

Teams are – Warrick McClelland, Brendan Gleeson, James Goldsmith, Jesse Smith, Curtis Smith, Jacob Gleeson, Matthew Rickard, Jacob Moresi, Julie Coffey, Fiona Best, Laura Lee, Simone Christie, Belinda Randall, Jenny Goldsmith, Bernadette O’Donnell, Mikaela Christie.

Please be there by 1:00 p.m. With teams of 8 all players will be playing first matches.

Please bring a plate of afternoon tea and payment for club membership thankyou.

Club membership charges are - $200 Family membership, $80 Senior, $30 Junior who also plays Saturday competition, $25 Junior, $25 Pee Wee program.

Membership entitles use of the tennis facilities at any time. Regular casual users will be asked to pay membership. Memberships can be sent into school office to Julie Coffey at any time.

SMALL BOXES

The Prep/One class are collecting small boxes such as toothpaste, snack bars and so on. If you are able to help in the next 2 weeks, we would be very grateful.

JUNIOR TENNIS

Friday night Junior Tennis competition will commence next Friday 15th October at 3:45 p.m.

Please leave your name at school office or on the sports noticeboard.

Coaching with Peter Bewley commences next Friday 15th October. If you would like to participate in the coaching sessions place your name with Louise Lee or Heather ASAP. Cost will be approx $50 for the program, plus tennis membership is required.

FOR SALE

Electric Exercise Bike with training monitor, manual and program guide.

In excellent condition - hardly used $200.00 ONO

Phone: Carol on 0417 854 232 Inspections welcome

Birchip Preschool

Supp Lotto Fundraiser

Commences Saturday 9th October 2010 for 10 weeks finishing Saturday 11th December

Watch this space for results each week. Thanks for your support.

Wimmera Mallee Future Living Expo

5th & 6th November, 2010

A regional event
4pm to 7pm Friday 10am to 4pm Saturday
Horsham College Hall

FREE ENTRY

EXHIBITORS PRODUCTS SPEAKERS
TECHNOLOGY
Get expert advice on greening your business, home & garden
See how sustainable technology works & saves money
Inspiring speakers will talk about how to effectively make sustainability a part of everyday life

VEHICLES WATER & ENERGY BUILDING DESIGN
BBQ, Locally made food Fair-Trade coffee

EXPO Dinner (ticketed) 6pm Saturday Laharum Grove
Guest Speaker Robyn Williams ABC Science Show
Courtesey bus to and from the venue leaving Horsham

Please direct enquiries to:
Dean Robertson
Wimmera Mallee Sustainability Alliance
P: 5391 4417 M: 0400 908 346 E:
drobertson@hindmarsh.vic.gov.au
FLOWER SHOW

BIRCHIP PUBLIC HALL

FRIDAY, OCTOBER 22, 2010

Entries for Sections 1 to 5 will be taken up till 9 a.m. on Show Day
Or at the Hall on Thursday afternoon

The judge may award a second prize instead of a first, or may withhold a prize altogether if exhibits are not of sufficient merit.

Turn over for schedule

- Cakes, Produce, Sweets, Lucky Stalls
- Sausage Sizzle for children at Hall 12.15 p.m. ($1.00)
- Admittance by Donation
- Luncheon from 11.30 a.m. to 1.30 p.m. ($10.00)
- Afternoon Tea ($3.00)
- Stalls, except Exhibition stalls open at 1 p.m.
- Exhibits not to be removed until 3 p.m.
- Grand Aggregate for Sections 1, 2, 4, 5, trophy donated by Mrs. Kay Hogan
- Demonstration at 1 p.m.

All care but no responsibility taken by the committee
Community Displays

Ms Elaine McCallum, President 54922691
Mrs. Katie Bales, Secretary 54922267
Section 3
Primary

ALL CHILDREN’S ENTRIES MUST BE UNAIDED

1. Four Plain Scones *trophy donated by Elaine McCollum
2. Four Small Cakes *trophy donated by Edna Watson
3. Four Muffins *trophy donated by Bet Cooper
4. Four Biscuits, one variety (Packet mix may be used) *trophy donated by Janette Quick
5. Pre School Collage *trophy donated by Mary McDougall
6. Prep/One - Decorated Marie Biscuit
7. Prep/One - Scarecrow
8. Yr 1/2 - Paper flowers in a small jar
9. Yr 1/2 - 3D Penguins
10. Yr 2/3 - Two Wooden Dolls
11. Yr 2/3 - Cartoon Cows
12. Yr 4 - Decorated shoe picture
13. Yr 4 - Camouflage - “Lost in the bush” picture
14. Yr 5 - Cellophone silhouette creature
15. Yr 5 - Flying birds at Sunset or Sunrise
16. Yr 6 - Long Stitch on hessian
17. Yr 6 - Decorated shoe
18. Prep/One - Computer Graphics Garden Theme
19. Yr 1/2 - Computer Graphics Garden Theme
20. Yr 2/3 - Computer Graphics Garden Theme
21. Yr 4 - Our School - Photo Stories
22. Yr 5 - Our School - Photo Stories
23. Yr 6 - Computer Graphics - One portrait, One landscape showing garden.

Section 3, 6 to 23 will be made at school as part of school word; 1st & 2nd prize cards only. All other entries made at home - winners will receive trophies.

24. Needlecraft (eg. Knitting, crochet, cross or long stitch) small in size *trophy donated by Valerie Lee
25. Unscheduled craft (No Lego) *trophy donated by Kay Hogan
26. Flower Arrangement Prep to Year 2 *trophy donated by Jackie Cartwright
27. Flower Arrangement Year 3 & 4 *trophy donated by Pat Russell
28. Flower Arrangement Year 5 & 6 *trophy donated by D. Reid

ALL ABOVE ENTRIES MUST BE UNAIDED, WORK ONLY BY STUDENT

Section 4
Secondary

29. Six pieces of uncooked slice
30. Six biscuits, one variety
31. Six muffins - uniced
32. Six plain scones
33. Article of craft showing beading
34. Piece of unscheduled craft
35. Garment made from knitted fabric
36. Laundry Basket
37. Cushion
38. Any garment

Best Exhibit *trophy donated by Katie Bales

Section 6
Photography

Secondary
1. Child at Play or with a Pet
2. Portrait
3. Agricultural
4. Bird or Animal
5. Party Scene
6. Sunrise/Sunset
7. ‘Where I Live’
8. Digitally Enhanced

Primary
1. Child at Play or with a Pet
2. Animal or Bird
3. Flower
4. Portrait
5. Agricultural

Homework!

<table>
<thead>
<tr>
<th>Year level</th>
<th>Subject</th>
<th>Teacher</th>
<th>Homework</th>
<th>Due date</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>English</td>
<td>Miss Hicks</td>
<td>Essay Plan completed</td>
<td>11th Oct.</td>
</tr>
<tr>
<td>8</td>
<td>English</td>
<td>Miss Hicks</td>
<td>City of Mask project Extensions</td>
<td>11th Oct.</td>
</tr>
<tr>
<td>8</td>
<td>English</td>
<td>Miss Hicks</td>
<td>City of Masks writing task</td>
<td>20th Oct.</td>
</tr>
<tr>
<td>9/10</td>
<td>Blood,Sweat,Tears</td>
<td>Miss Hicks</td>
<td>Writing Task</td>
<td>22nd Oct.</td>
</tr>
<tr>
<td>11</td>
<td>English</td>
<td>Miss Hicks</td>
<td>Writing Task</td>
<td>11th Oct.</td>
</tr>
</tbody>
</table>

All Years - 15 minutes reading a day!
With exams coming up it is time to focus on study techniques that will improve accuracy, recall and application of prior knowledge.

William Glasser said

We learn
- 10% of what we read
- 20% of what we hear
- 30% of what we see
- 50% of what we see and hear
- 70% of what we discuss
- 80% of what we experience
- 95% of what we teach others

Year 11 Health and Human Development students have been learning strategies that can assist them in remembering information.

The students completed a one thousand word essay on a health related topic of their choice.

From the information gathered the students developed a mnemonic, organised some information into a graphic organiser and made a podcast. These strategies assist the students to remember information and experiment with various study techniques to determine the best way to learn.

Examples of mnemonics they made are:

Peter behaved so badly – remembering the determinants of health as physical, behavioural, social and biological

Mikaela climbs violet hills every day in pyjamas – remembering the aspects of good physical health as good mobility, good co-ordination, good vision, good hearing, sufficient energy, resistance to disease and infection and freedom from pain

Habits of Mind
Thanks to Mrs Barb Smith

Striving for accuracy – Applying past knowledge

With exams coming up it is time to focus on study techniques that will improve accuracy, recall and application of prior knowledge.

William Glasser said

We learn
- 10% of what we read
- 20% of what we hear
- 30% of what we see
- 50% of what we see and hear
- 70% of what we discuss
- 80% of what we experience
- 95% of what we teach others

Year 11 Health and Human Development students have been learning strategies that can assist them in remembering information.

The students completed a one thousand word essay on a health related topic of their choice.

From the information gathered the students developed a mnemonic, organised some information into a graphic organiser and made a podcast. These strategies assist the students to remember information and experiment with various study techniques to determine the best way to learn.

Examples of mnemonics they made are:

Peter behaved so badly – remembering the determinants of health as physical, behavioural, social and biological

Mikaela climbs violet hills every day in pyjamas – remembering the aspects of good physical health as good mobility, good co-ordination, good vision, good hearing, sufficient energy, resistance to disease and infection and freedom from pain

Year 11 H&HD students at work
Laura Lee, Gerhard Egerer, Demi Donnellon and Sophie Noonan