Well done boys, you have achieved great results and have shown great sportsmanship and spirit this year.

The team made the quarter finals of the State knockout.

Rugby Union Squad 2015
FROM OUR PRINCIPAL

Term 3 is always a busy time for our campus with reports, parent teacher evening, Yr10 making subject selections for the senior years, Yr11 finishing off course work to begin Yr12 in term 4 and of course Yr12 not only starting their trial HSC in week 5 but also for many students finishing off major HSC projects and performances. I wish all Yr12 students the very best with their trial exam preparations and remind students that the end of the trial exam period will mark 4 weeks only left of school time. I cannot stress enough the importance that students attend classes for these last few weeks. Course completion and vital revision may mean the difference between a HSC to be proud of and disappointment.

I wish to congratulate 3 Yr11 students, Jemma Kowalczyk, Alana Hardcastle and Bryce Antoine who participated in the MaxPotential community leadership program. The students, working with community mentors had to design and implement a community project. The 3 students linked their projects to local social issues and were highly commended by the Gosford Mayor at a civic presentation.

I have devoted the rest of this month’s segment to Yr12 parents with some suggestions on how to cope with these last few weeks.

How you can support your child and survive the HSC

Some strategies for Parents.

The most obvious forms of support parents can offer are the practical, physical things:

- provide a good place to study
- provide good, balanced meals
- encourage sensible levels of sleep and some form of exercise
- encourage moderation in late night parties and alcohol consumption

Less obvious but of equal or perhaps greater importance are the things that you can do to provide a positive and understanding emotional environment.

- Encourage your child to seek help from and to work closely with their teachers. We believe this is the single most important ingredient for success
- Encourage your child to see the school counsellor if he or she is having any difficulty with handling stress or is experiencing anxiety.
- Highlight strengths and successes. Encourage your child not to focus on failures. Reframe failures as “mistakes” and encourage them to see mistakes as something we can learn from, something that can give positive directions for remedial action.
- Appreciate that most students will be experiencing quite a high level of stress frequently without any obvious indicators. Many fear that they might let their families down. Others fear that they will not be able to match the performance of siblings. There are many pressures. Many students experience a sense of impending departure: leaving home, leaving lifelong friends

Having said all this: Be kind to yourself!!

BUSHCRAFT ADVENTURES
Congratulations boys on reaching the quarter finals of the State knockout.
Mr Marker was impressed by your competitive spirit and sportsmanship shown during the whole competition.

- Appreciate that it is normal for people under stress to become supersensitive and explosive from time to time. Family members are usually the first targets. Try not to overreact to such outbursts.
- Avoid confrontations (you’ve only got another 6 weeks to go!!)
- Avoid being picky (e.g: lights left on, chores not done etc)
- Don’t panic when they announce on the evening before the exam that they know nothing. (Reassure them even if you think they could be right!)
- Avoid nagging (that doesn’t mean you can’t give a nudge or gentle reminder from time to time – NB sometimes one parent can do this more successfully than the other!)
- Avoid or minimise family dramas and conflicts if possible
- Be realistic in your expectations as to where the HSC leads.
  Encourage and allow your child to be as independent as you can possibly stand.
  The more independent he or she can be in meeting the demands of Year 12, the more prepared he or she will be able to succeed at a tertiary level and in the workforce.
MID COURSE ACADEMIC ASSEMBLY

Thanks to all our performers and speakers

STUDENT VOICE PROJECT

In November 2015, Brisbane Water Secondary College students will be co-hosting a unique Student Voice Remembrance Day commemorative service, competition and exhibition.

We are selling Peace & Remember Me rose bushes to raise funds to stage this significant event and to bring our special guests the Menin Gate Buglers to Australia.
ANCIENT HISTORY

Fantastic practical presentations from Year 11 Ancient History

MID COURSE ACADEMIC ASSEMBLY

YEAR 10

YEAR 11

YEAR 12
Students from both campus’ recently represented the College in a Gosford City Council led program called Future Council. The program involves students from various schools on the Central Coast participating in a mock Council session held at Gosford City Council Chambers. All students spoke confidently and contributed positively to the various motions put forward. Students met with councillors and even received a reward from the Mayor himself! A big thank you to Mr Maxwell, Rebecca Harman and Pierce Nicholson on filming for the morning. Congratulations to all students involved, you should be proud of yourselves.
Year 12 Society and Culture major projects were due today. Well done to all students who worked so tirelessly over the last year on their Personal Interest Projects. Some exciting social research was done on a range of contemporary issues in our society and community.

Mr Nicol’s class celebrating the submission of their projects with some cakes!