**ATTENDANCE**
A reminder that Monday, 2\textsuperscript{nd} November 2015 (the day before Melbourne Cup Day) is a school day and all students in Years 7-10 are expected to attend school. If your child does not attend, they must bring a note of explanation and give it to their Home Group teacher on Wednesday 4\textsuperscript{th} November 2015. This is a Study Day for Year 11 students to prepare for upcoming exams.

**EXAMS**
The examination period began on Wednesday 28\textsuperscript{th} October 2015 with the VCE Unit 3/4 English and English as an Additional Language exams being held. Students in Years 9 to 11 will begin their exams during November. The Exam Navigator will be distributed to students shortly. This will include timetables for the exam period as well as expectations and guidelines. As students are preparing for their exams they should use some or all of the following strategies:-

1. **Get A Good Night’s Sleep**
Memory consolidation occurs during your deep sleep at night and a good night’s sleep can help you feel awake, alert and energised the following day. You will need a minimum of eight hours sleep or risk waking up feeling lethargic, groggy and stressed.

2. **Get Active**
If you have time to do so, go for a 15 minute brisk walk in the morning to get the blood pumping. The cold morning makes you more alert. If you can’t, try a slightly colder shower in the morning.

3. **Have A Healthy, Nutritious Breakfast**
Breakfast is the meal that “breaks the fast” of dinner to the morning meal. Breakfast is such an important meal to set you up for a big day. Look for some fruit and yoghurt or breakfast cereal that is low G.I. (Glycaemic Index). This will give you the long lasting energy you need to perform well in the exams. Sugar, chocolates etc does not give you long lasting energy.

4. **Drink At Least 500ml Of Water First Thing In The Morning**
You will wake up dehydrated from the previous night’s sleep and dehydration is one of the most easily avoided concentration killers. Stay hydrated during the exam by taking small sips of water from your drink bottle.

5. **Check That You Have All Your Materials Ready The Night Before The Exams**
If you are unsure of what to bring make sure you check with your teacher in the days before the exams. Make sure that you have included plenty of pens, pencils, erasers, put new batteries in your calculator, etc.

6. **Use Exam Reading Time To Develop Your Writing Strategy**
Use the reading time effectively and plan in your mind which questions you will start with and how you will start your answers.

Sue Peddlesden, Adele Duffy, Kathie Toth & Rhonda Greelish
1:1 LAPTOP PROGRAM

FOR YEARS 7 & 10, 2016 STUDENTS

A friendly reminder that if you wish to be sure of receiving your student’s laptop prior to the end of the school year, Friday, 30th October 2015 is the last day to order. If you miss that date there is some chance you might be lucky but in all likelihood you will have to wait until the first week of school in 2016 to take delivery. To place an order go the school website and look for the Link to the 1:1 Laptop Program in Quick Links on the Homepage.

Ms Carver, Leading Teacher

CITY OF CASEY, FRESH WORDS YOUNG WRITERS COMPETITION

CONGRATULATIONS TO CHLOE ALLISON, YEAR 10I

We are pleased to announce that Chloe Allison, Year 10I has been shortlisted by the City of Casey Youth Services in the Fresh Words Young Writers Competition 2015. This is a fantastic achievement and Chloe will be attending a special Awards Dinner at the Council Chambers on Thursday 12th November 2015 with other young writers. A highlight of the evening will be a guest speaker, Leanne Hall, author of This Is Shyness and Queen of the Night. Leanne has also contributed to Growing Up Asian in Australia.

MUSIC - AMEB EXAMS

The Australian Music Examinations are held throughout the year at various times. Gleneagles this year presented 19 candidates in the fifth session, some of whom are yet to sit their exam. The students are studying music at various year levels and some are currently studying for their VCE. The music staff, instrumental teachers, Mrs Ball, Mrs McAlister, Mr Dipnall and Mrs Goninon and the accompanist Margaret Kofod are very proud of all of the candidates and grateful for the support each student has received from parents. The candidates have been preparing for these exams over a period of months and all AMEB candidates will be acknowledged once all the exams have been completed. Students should be very proud of their results with our students gaining Credits, Honours and High Distinctions. We look forward to a bright musical future here at Gleneagles.

Mrs. Horvat, Director of Instrumental Music

CAREERS NEWS

City Of Casey Australia Day 2016 Study Tour Applications Open Now

If you are going into Year 11 in 2016, will be 16 years of age by March and have an interest in Law, Politics, or Government (Federal, State or local), are community minded and would like to take part in a Casey Council Program, then please apply for the Australia Day Study Tour 2016. You will need to complete an application to be signed by your parents and be prepared to attend a selection interview.

The Study Tour involves receiving your award on Australia Day next year, a trip to Canberra and Federal Parliament (between March and May 2016), attend State Parliament, meet politicians and several visits to the City of Casey Local Government meetings. Gleneagles had three Year 11 award winners for the 2015 Australia Day Study Tour, Miriam Fares, Jarrod O’Donnell and Olumide Yinka-Kehinde (pictured). For more information please see Chris Wood in the Careers office. Applications must be fully completed and submitted before 13th November 2015. Go to www.casey.vic.gov.au/youth for more information.

Tax File Number Applications

Students are no longer able to apply for a Tax File Number through the school. You need a Tax File Number if you are looking for a job, applying for Centrelink, finishing school and going to University or TAFE, opening a bank account.

If you are an Australian citizen go to the website: https://smarteform.com.au/onlineforms/ato/tax-file-number-application-or-enquiry-for-individuals/

If you are a permanent resident or a temporary resident (including visas with workrights) go to the website: https://iar.ato.gov.au/IARWeb/default.aspx?pid=4&sid=1&outcome=1

Complete the on-line form, print it out and take it to a participating Australia Post outlet with your identification documents. You will have to book in for an interview to check the documents and should receive your TFN within 28 days.

Work Experience Week 2016

Year 9 students please note that Work Experience for Year 10, 2016 will be the last week of Term 2, Monday 20th to Friday 24th June 2016. Please start looking for your placements now!

Chris Wood, Careers Co-ordinator