The examination period began on Wednesday 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.

**ATTENDANCE**
A reminder that Monday, 4th November (the day before Melbourne Cup Day) is a school day and all students 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 6th November.

**Sue Pedlesden, Adele Duffy, Kathie Toth & Paul Thorne**
**SUCCESSFUL YOUNG WRITERS**

Congratulations to Jazmyn Worrell and Dynuk Devamulla of 10E who are both celebrating good news in relation to writing competitions they have entered recently. Jazmyn has been shortlisted for a piece of writing entered into the Fresh Words Young Writers Competition. Jazmyn will attend an Awards Dinner on Thursday, 21st November where the overall winner in each category will be announced. A highlight of this event will be the opportunity to listen to guest speaker, Lili Wilkinson. This is a fantastic achievement and we wish her the best of luck. Dynuk entered a piece titled ‘Mr Strict This Day’ into the Write 4 Fun Poetry and Short Story Competition. Dynuk’s short story has been selected to be published in ‘Dream Big’, which will contain various poems and short stories from students all over Australia. ‘Dream Big’ is due to be released in March 2014. A great achievement. Again, a big congratulations to both students who have been working hard in English all year.

Ms Corrigan, 10E SEAL English Teacher

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**YEAR 9 HIGH RESOLVES**

Year 9 High Resolves students recently ran a ‘Slavery Experience’ for 72 Year 7 students. The experience was aimed to raise awareness about human slavery and trafficking. The Year 9 students created a slum in the Shed and Year 7 students were required to sit in small squares making paper bags which had to hold rice. If the bags were made properly the ‘family’ was able to receive money to pay for rent, education or healthcare. Through creating this experience students were able to gain an insight into what life is like for those less fortunate and become more active in creating and facilitating social change. The Year 9 students improved their public speaking, organisational skills, team work and self-confidence. It was a rewarding and moving experience for all involved.

Ms Sofra & Ms Sweet, Student Leadership

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**YEAR 7 Excursion Vic Market/IMAX Excursion**

On Friday, 25th October, students in Year 7A,B,C,D,E,F and M students scrambled into their buses, bubbling with excitement at what the day would bring. The Victoria Market was the first stop where they busily completed their worksheets so they could have some time to look, eat and buy a few goodies to bring home. Some 7B responses to their visit to the Victoria Market were:

- “The art was really good”
- “Cool, fun, awesome”
- “We got together with our friends”
- “It was busy, but the best market I have ever been to”
- “The scavenger hunt was a really good way to learn”

After filling their stomachs and navigating their way successfully around the market, we tracked to IMAX where we donned the 3D glasses and watched Egypt - The Secrets of the Mummies. Some 7B comments on the 3D movie:

- “I loved the 3D Movie, very educational and interesting”
- “It was interesting and I really enjoyed it”
- “The Egyptian Pharaoh names were really confusing.”

A great day was had by all.

Ms Taunt, Year 7 Humanities Teacher

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**CAREERS NEWS**

**Year 9 Career Transition Program**

Please return your permission form to your Homegroup teacher. All Year 9 students continuing at Gleneagles will attend a Career Transition Program on December 6th, 9th and 11th. This is compulsory and includes an introduction to career planning in Year 10 and preparation for work experience and Year 11 subject selection. Students will be able to choose one university for a campus experience visit. Other activities include a motivational speaker, safe@work training, pre-employment information and career information sessions.

**Berwick TEC Information Sessions**

If you are interested in a trade-based VCAL Program for Year 11 and 12, Berwick TEC (opposite Monash University in Berwick) offer 14 different trade and health streams for students aged 16-19.

Information sessions are being held on:
- Tuesday, 12th November 6.00pm-8.00pm
- Wednesday, 27th November 6.00pm-8.00pm

Ring to register on Tel 9212 4577.

**Chisholm Institute Open Nights**

Chisholm Institute is our local TAFE provider with campuses at Dandenong, Berwick, Cranbourne, Frankston and Mornington Peninsula and offers Certificates, Diplomas and Degree courses. Open Nights are on:
- Wednesday, 27th November at both Berwick campus (Building A) and Frankston campus (Building B)
- Thursday, 28th November at both Dandenong (Building G) and Cranbourne campuses (Building A)

Website www.chisholm.edu.au

**EAL Excursion to Chisholm**

On Friday, 25th October, Ms Andrews and Ms Wood took a group of students from Years 9 and 10 to the Berwick Campus of Chisholm Institute to learn more about its TAFE Programs. We visited the Sport and Recreation Department (including gymnasium) which offers a double Diploma with Sports Management, the Computer Engineering, IT and Networking (CISCO) department and also learnt about the Accounting Courses with pathways to degrees at Monash and La Trobe University.

**Casey Council Australia Day Study Tour Award, Current Year 10**

If you are enrolled in Year 11 at Gleneagles for 2014 and are particularly interested in law, politics and the Australian government, you are invited to apply for the City of Casey Australia Day Award. Your award includes a three day tour of Canberra in April 2014, tours of State Parliament and attendance at a Council meeting, plus dinner with Councillors. Please see Ms Wood in the Careers Office for more information. Student applications must be submitted by mid-November and an interview will be held on Wednesday, 4th December.

**Year 11 Students**

Year 12 is not far away. Start investigating your tertiary course options and pathways for 2015 and make an appointment to see Chris Wood in the Careers Office. There will be a sign up sheet next to the Careers Office door.

Chris Wood, Careers Co-ordinator