

GHS Gazette

Term 4 Week 3 2024



Upcoming Events

Remembrance Day Assembly
Monday 11 Nov

School Spectacular Rehearsal
Monday 11 Nov

In Class Exams Year 7, 8 and 9
From Monday 11 Nov

Year 12 Formal
Saturday 16 Nov

P&C Meeting at 5:30pm
Tuesday 19 Nov

CPR Presentation Year 9 & 10
Thursday 21 Nov

School Spectacular Performance
Week
Tuesday 26 Nov

Year 6 Orientation Day
Tuesday 3 Dec

Presentation Evening 6pm
Tuesday 10 Dec

Last Day for Students
Wednesday 18 Dec

Roller Coasters in Science

Roller coasters are all about physics! They rely on gravitational potential energy. Year 7 Science Blue students have constructed their own roller coasters and relied upon their capacity to problem solve during the task. Students demonstrated their construction skills!

Tell Them from Me – Parent Survey

Please complete the survey to provide feedback to us. Survey link below and it was emailed to all parents.

Survey link: <http://nsw.tellthemfromme.com/ghs2024>

Survey closes: Friday 8th November 2024

Wellbeing Tips for Students During Exams

Exams can be stressful, but looking after your well-being is key. Here are some quick tips:

- 1. Establish a Routine:** Set a study schedule with regular breaks to keep anxiety at bay.
- 2. Stay Active:** Include physical activity, like a walk or yoga, to boost your mood.
- 3. Eat Well:** Choose nutritious foods and stay hydrated for better focus.
- 4. Practice Mindfulness:** Use deep breathing or meditation to calm your mind.
- 5. Prioritise Sleep:** Aim for 7–9 hours of sleep each night to stay sharp.
- 6. Connect with Others:** Talk to friends or family for support and perspective.
- 7. Limit Social Media:** Cut down on social media to reduce distractions.

By following these tips, you can manage exams while prioritising your health. Good luck!

Learning in Science and Agriculture

