



Holy Family College

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"Quid Retribuam – what shall I give back?"

DIARY

16 June

Youth Day

19-30 June

High School exams

30 June

End of Term 2

25 July

Term 3 begins

HIGH SCHOOL NEWSLETTER

The exams are approaching: advice for parents

by Allison Pearson (Adapted from The Telegraph, 15 May 2013)

It's Day Nine in the Revision House of Hell and mother-daughter relations are like those between North and South Korea, only tenser. I pop my head round the door to ask if the revising one would care for a cup of tea. "You just don't get it, do you? Go away. GO AWAY! I don't know ANYTHING. Nothing!"

It's not just the weather that is casting a funereal pall across the land; it's matric. Parents of daughters report feverish over-conscientiousness, endless memorising of revision cards, trouble getting to sleep, tears and hysteria. Or perhaps that's just me? Parents of sons report a terrifying, cavalier, wing-it attitude and little or no idea what days his exams are on.

Adults in the Revision House may find themselves asking searching questions such as: Why didn't I send her/him to boarding school? Is there any strategy that will make this period more pleasant? No. It's going to be hideous. But here is a handy Q&A to provide you with a few survival tips:

Question (Q): Should I wear any special clothing during the exam period?

Answer (A): A bulletproof vest was suggested by one badly scarred mum I know, but you needn't go to that expense. Use a baking tray to fend off flying Diet Coke cans and always wear trainers when approaching the revising one.

Q: What can we do – my son won't accept any help from us even though we did the same subjects at matric?

A: As far as your child is concerned, you are a Diplodocus. It's not the same as in our day when you had to think during exams. Thinking is now considered reckless. So is any knowledge outside pre-prepared answers. Do: test him on his key words. Don't: suggest Shakespeare wrote more than one play and he might like to read it.

They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them.

"Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

Acts 1:10-12

Q: My daughter says she's going to fail and it's all my fault for sending her to the wrong school and allowing her to choose the wrong subjects. Is it?

A: She's right: it is all your fault. In fact, for the next 19 days you are to blame for everything – global warming, absent teachers, bad hair, not enough hot water for a bath, stupid names in Maoist China that are impossible to remember.

I find it helps to visualise yourself swathed in bubble-wrap. Each snarky remark pops one bubble. Do: try to accept that, during exam time, a mother's place is in the wrong.

The exams are approaching: advice for pupils

Go public

Make a detailed revision timetable on a large piece of paper (A3 at least) and post it up somewhere that everyone can see it. That way, everyone knows what you are meant to be studying and when. Strangely enough, letting other people know your plans actually lightens the load, because then it's not just down to you to motivate yourself. Rather like getting married, you feel more committed to your vows if a lot of people have seen you make them.

Quality time

Ask friends over for a revision session. With things like dates and vocabulary, it's always better if someone else is testing you, rather than you testing yourself (and peeking at the answers).

Catch the worm

Just like those wriggling soil-dwellers, facts are at their most available and digestible first thing in the morning. Start at 9am, and you can get the bulk of your revision done early, so you don't spend the rest of the day feeling crushed under the weight of unread books.

Ask questions of yourself

Facts are sluggish, passive creatures and lie piled up inside your head. You can, however, awaken them through the power of questions. So when you're making notes, don't just write down "The Battle of Naseby was fought in 1645"; instead, put "When was the Battle of Naseby?" in one column, and write "1645" in an opposite column. Cover up the answer and each time you get it right, you'll feel a small, pixie-like pat on the back.

De-digitalise

Unplug your computer or laptop, as it's simply too tempting to go off roaming the wide, open spaces of Web-land, instead of ploughing through the causes of the agricultural revolution. It is also imperative to turn off your mobile phone (one distraction too many).

Believe in bananas

Take a leaf out of the top tennis players' book and make use of this potassium-rich performance-enhancer to raise your energy levels. When Federer and Nadal need a lift, they don't reach for a courtside cup of black coffee, they dip into their kitbags and unzip a banana.

A prayer for preparation to study

Lord, I know you are with me and love me.
Give me peace of mind as I prepare for this time of study.
Help me to focus on my books and notes,
keep me from all distractions so that I will make the best use
of this time that is available to me.

Give me insight that I might understand what I am studying,
and help me to remember it when the time comes.

Above all, I thank you for the ability to be able to study
and for the many gifts and talents you have given me.

Help me always to use them in such a way
that they honour you and do justice to myself. Amen

(Source: Cafod)

Code of conduct for pupils

Pupils are reminded that we are a Catholic school and that “As members of a Catholic school founded by the Holy Family Sisters, we are motivated and guided by the values of the Gospel. Members of the College community strive in their work and play to be examples of Christian love; for God, for others, and for themselves. Each member of the College community is responsible for upholding the core values of the College, as outlined in the Vision and Mission. Members of the College have the courage to stand up for what is right and just”.

We expect pupils to respect each other and to respect their teachers. We can only function properly if there is mutual respect.

Respecting women

We have had meetings and hearings for boys who have disrespected woman teachers and pupils over the past three weeks. It seems that some boys think that they can treat women as they please. This is not acceptable and goes against our code of conduct. We will not hesitate to ask people to leave our community if they can't behave appropriately.

Injury of a teacher

Yesterday a child, who was climbing onto a banister in the Intermediate building, fell from the first floor onto Ms Tobin below. The child was not injured, but Ms Tobin was seriously injured. The child could have been seriously injured, but Ms Tobin broke his fall. We have always made it clear that children are not allowed to climb on or over banisters. We wish Ms Tobin a speedy recovery.

Get well soon!

Ascension Thursday

Yesterday we celebrated the Feast of the Ascension. The Feast of the Ascension of Our Lord and Saviour Jesus Christ, also known as Ascension Thursday, Holy Thursday, or Ascension Day, commemorates the Christian belief of the bodily Ascension of Jesus into heaven. It is one of the ecumenical feasts (i.e., universally celebrated) of Christian churches, ranking with the feasts of the Passion, of Easter, and Pentecost. Ascension Day is traditionally celebrated on a Thursday, the fortieth day of Easter.

Three2Six Project News

We recently received a generous donation from the Australian Aid programme, who donated a mobile library to the Three2Six Project at Holy Family College. It has a large variety of beautiful books that our children will have access to. The Holy Family community is invited to use the library as well!

It was a pleasure to celebrate mass with the Holy Family community on Ascension Day, 25 May.

Upcoming events:

Champagnat Day is on 6 June. Marcellin Champagnat was the founder of the Marist Brothers. Sacred Heart College, being a Marist institution, will host a special event. Three2Six is a Marist project, so we will celebrate the day at SHC with all the pupils from the three schools which host Three2Six.

Some of Marcellin Champagnat's sayings:

To raise children properly, we must love them and love them equally.

I cannot see a child without wanting to tell him how much God loves him.

In July we will host a holiday programme. This programme will run at school from 9am until 1pm. The aim is to catch up with the subjects that we don't do in the normal Three2Six hours because of limited time. So we are calling out to any volunteers—teachers and pupils alike—who may be interested in helping with this holiday programme. Science, geography, technology, anything suitable for pupils from 5-9 years old (except English and Mathematics) would be much appreciated. We are looking forward to seeing the hosting school taking part in this programme. We already have volunteers from Australia, Brazil, Germany, and the United States. Let's have some representation from South Africa as well! Thank you Holy Family College, we look forward to seeing your participation. Do it for the children!

We have volunteers returning home on May 30 and June 1. Hannah will be returning to Germany and Mary Catherine will be going back to the United States. We are sad to see them go, and thank them for their commitment to our Three2Six children in their time with us. God bless you!