



# Holy Family College

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"Quid Retribuam – what shall I give back?"

## DIARY

**16 June**  
Youth Day  
*Long weekend*

**19-30 June**  
High School  
exams

**30 June**  
End of Term 2

**25 July**  
Term 3 begins

"Without education, your children can never really meet the challenges they will face. So it's very important to give children education and explain that they should play a role for their country."

*Nelson Rolihlahla  
Mandela*

## HIGH SCHOOL NEWSLETTER

### **The best conditions for learning**

The exams are upon us. Here are some more study skills tips. We can improve the way we learn by being aware of some of the ways the brain works.

Some of the best conditions for learning are common sense and are good for our general health.

For example, the brain works well when:

- it is rested – if you don't sleep enough you don't think so well.
- it has enough water - drinking water helps the electrical connections of the brain
- it is not stressed - when it is stressed, it can focus only on 'escape'
- it enjoys itself - it is important to look for any angle that can get your interest in what we are learning.
- it has seen something several times - little and often works better than trying to understand something in one go.

### **General tips**

Spending long hours studying is not necessarily productive. It is possible to gain better marks by studying **more effectively** rather than for **longer**.

To study effectively, you can:

- *Identify what is really needed.* Study assignment titles and tests carefully. Work out exactly what is required for assignments. This saves time in re-writing assignments later. Time spent in preparation is well spent.
- *Work strategically.* Set yourself clear goals and work towards these.

- *Make the material meaningful.* Looking for 'the meaning' or how things work, rather than focusing on remembering information. Work with the material, looking at how it fits together and applies to different circumstances. If you develop your understanding of the subject, it will help you to take in future material more easily. This makes reading easier. It also improves your memory for the subject.

### **3 Ways Nutrition Influences Student Learning Potential and School Performance,** 26 June 2014

Advocates of child health have experimented with students' diets in the United States for more than twenty years. Initial studies focused on benefits of improving the health of students are apparent. Likewise, improved nutrition has the potential to positively influence students' academic performance and behavior.

Though researchers are still working to definitively prove the link, existing data suggests that with better nutrition students are better able to learn, students have fewer absences, and students' behavior improves, causing fewer disruptions in the classroom.

#### *Improve Nutrition to Increase Brain Function*

Several studies show that nutritional status can directly affect mental capacity among school-aged children. For example, iron deficiency, even in early stages, can decrease dopamine transmission, thus negatively impacting cognition. Deficiencies in other vitamins and minerals, specifically thiamine, vitamin E, vitamin B, iodine, and zinc, are shown to inhibit cognitive abilities and mental concentration. Additionally, amino acid and carbohydrate supplementation can improve perception, intuition, and reasoning. There are also a number of studies showing that improvements in nutrient intake can influence the cognitive ability and intelligence levels of school-aged children.

#### *Provide a Balanced Diet for Better Behaviors and Learning Environments*

Good Nutrition helps students show up at school prepared to learn. Because improvements in nutrition make students healthier, students are likely to have fewer absences and attend class more frequently. Studies show that malnutrition leads to behavior problems, and that sugar has a negative impact on child behavior. However, these effects can be counteracted when children consume a balanced diet that includes protein, fat, complex carbohydrates, and fiber. Thus students will have more time in class, and students will have fewer interruptions in learning over the course of the school year. Additionally, students' behavior may improve and cause fewer disruptions in the classroom, creating a better learning environment for each student in the class.

#### *Promote Diet Quality for Positive School Outcomes*

Sociologists and economists have looked more closely at the impact of a student's diet and nutrition on academic and behavioral outcomes. Researchers generally find that a higher quality diet is associated with better performance on exams, and that programs focused on increasing students' health also show modest improvements in students' academic test scores. Other studies find that improving the quality of students' diets leads to students being on task more often, increases math test scores, possibly increases reading test scores, and increases attendance.

Additionally, eliminating the sale of soft drinks in vending machines in schools and replacing them with other drinks had a positive effect on behavioral outcomes such as tardiness and disciplinary referrals.

Every student has the potential to do well in school. Failing to provide good nutrition puts them at risk for missing out on meeting that potential. However, taking action today to provide healthier choices in schools can help to set students up for a successful future full of possibilities.

Author: David Just Phd, Cornell Center for Behavioral Economics in Child Nutrition Programs <http://articles.extension.org/pages/68774/3-ways-nutrition-influences-student-learning-potential-and-school-performance>

### **Youth Day, June 16, 1976. *Background from the SA online History Archive***

The June 16 1976 Uprising that began in Soweto and spread countrywide profoundly changed the socio-political landscape in South Africa. Events that triggered the uprising can be traced back to policies of the Apartheid government that resulted in the introduction of the Bantu Education Act in 1953. The rise of the Black Consciousness Movement (BCM) and the formation of South African Students Organisation (SASO) raised the political consciousness of many students while others joined the wave of anti-Apartheid sentiment within the student community. When the language of Afrikaans alongside English was made compulsory as a medium of instruction in schools in 1974, black students began mobilizing themselves. On 16 June 1976 between 3000 and 10 000 students mobilized by the South African Students Movement's Action Committee supported by the BCM marched peacefully to demonstrate and protest against the government's directive. The march was meant to culminate at a rally in Orlando Stadium.

On their pathway they were met by heavily armed police who fired teargas and later live ammunition on demonstrating students. This resulted in a widespread revolt that turned into an uprising against the government. While the uprising began in Soweto, it spread across the country and carried on until the following year.

The aftermath of the events of June 16 1976 had dire consequences for the Apartheid government. Images of the police firing on peacefully demonstrating students led an international revulsion against South Africa as its brutality was exposed. Meanwhile, the weakened and exiled liberation movements received new recruits fleeing political persecution.

### **Grade 7 and 8 Study Break**

The Afrikaans and English exams scheduled for Monday 19 June have been shifted to Monday 26 June, so next Monday will be a Study Break for Grade 7s and 8s. They must stay home to study. Their first exams will be written on Tuesday 20 June.

### **Awards Criteria for the College**

Awards are given for sports and cultural activities. The first consideration is whether the pupil attended at least 75% of the meetings, sessions or matches for that activity. After that, points are awarded for the following:

Sportsmanship, practice, ability or skill (double points are given for this), number of years in the activity, representation (being in a junior or senior team, or district, provincial or national team) and leadership. Pupils are scored from 1 to 5 in each category.

In Grades 7 and 8 a certificate is awarded for 75% attendance.

In Grade 9 a badge is awarded for 75% attendance if the pupil received a certificate in Grade 8. If not, then a certificate is awarded.

For Half Colours: a minimum of 22 points must be scored. This will only be awarded in Grades 10 and 11.

For Full Colours: a minimum of 32 points must be scored. This will only be awarded in Grade 11 and only to a pupil who has already received Half Colours.

Merit Scroll: this is awarded in Grade 11 to a pupil who has achieved a minimum of 20 credits from Grade 8 to 11, with no fewer than 5 credits a year. Credits are awarded at the end of each term for participation in at least 75% of a particular activity or sport.

Service Scroll: a service scroll is awarded in Grade 11 if a pupil has completed the required number of community service hours, **and** must have provided service at a minimum of three Saturday or evening functions at school each year from Grades 7 to 11; and must be involved in at least one of the following service areas: regularly setting up equipment at line-up or assemblies; regularly assisting with masses and /or altar serving; volunteering to help with the Three2Six Project; being involved in the Care Group or YCS; working as a peer mediator in Grade 11.

#### **Honours Blazer (White Blazer)**

This award is NOT automatically given when the following criteria have been met. It is an award of a highly exceptional nature. It is also not automatically awarded to Head Pupils or Deputy Head Pupils.

The minimum criteria for receiving an Honours Blazer are:

- Merit Scroll and
- Service Scroll and
- Two further scrolls or Full Colours, and
- Highly recommended by the Principal and staff.

#### **Academic Colours**

Half Colours: achieving an average of at least 80% promotion mark every year for Grades 8 and 9, and at least 75% for Grade 10.

Full Colours: achieving the above and at least 75% promotion mark in Grade 11.