

HOLY FAMILY COLLEGE



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DIARY

10 - 11 August

Grade 11 Leadership
Camp

23 August

Matric prelims begin

1 September

Spring Day

6 September

School's Birthday Mass

9 September

Birthday Colour Festival

24 September

Heritage Day

25 September

Public holiday

"Fasten your
seatbelts, keep calm
and start studying.
"You still have a lot
to learn, kid!"

Groucho Marx

HIGH SCHOOL NEWSLETTER

Save the date!

On Saturday 9 September we will be celebrating our school's 112th birthday with our Birthday Colour Festival. Our form classes will have stalls with all sorts of goodies to buy or fun things to do. Please join us for a fun day and help us raise some much-needed funds for our school.

Outings and camps this week

Our Grade 11 pupils are away at Camp Riverlake for their leadership camp, and we have heard that they are having a wonderful time.

Yesterday the Grade 12 Life Sciences pupils went to Maropeng and the Sterkfontein caves. This trip was an amazing educational experience and was also most enjoyable.

Tips on dealing with examinations

Most people, when asked, can recount an experience that undermined their confidence in their own learning. Negative comments when we are young can have a very long-term effect upon our view of ourselves as bright, capable learners.

Self-confidence has a major impact upon our ability to perform well.



We can improve the conditions for learning by being aware of some of the ways the brain works. Although we do not need to know a great deal about the brain, understanding some basics can help us to make the most of our minds. Some of the optimal conditions for learning are common sense and good for our general health.

For example, the brain works well when:

- it is rested - sleep affects our performance
- it is hydrated - drinking water helps the electrical connections of the brain
- it is unstressed - when it is stressed, it can focus only on 'escape', not on such matters as reading journals and writing assignments
- it enjoys itself - it is important to look for any angle that can stimulate our interest in what we are learning. Sometimes this can take imagination if the subject itself seems boring
- it has seen something several times - little and often works better than trying to understand something in one sitting.

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 carefully. Work out exactly what is required for assignments. This saves time in re-writing assignments later.
- 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.

Work with others. Work with other pupils so that you share ideas and gain mutual support. You may be able to share some research tasks and clarify your lecture notes. Studying with others makes study more interesting, as you gain a different set of perspectives.



News from our Three2Six Project

We would like to welcome our new volunteers:

- Marius has come from Germany. He will be working full time at our campus for 10 months.
- Vincent is currently helping the 326 Project at Observatory Girls School. He was with us for only one week, but he will come and help us if necessary.
- Steve will be working with us and also with the other projects. Steve will be helping with sport activities and swimming during summer time.

On Thursday 10 August pupils made a movie about our Three2Six life. Our grateful thanks to to the Principal of the primary school, who allowed us to do the filming on the playground.

Our door is open to all pupils from Grades 10, 11 and 12 who would like to do community service with us.

We are looking forward to being part of the Inter-house Sports fun in our navy blue T-shirts!

What are the true risks of taking cannabis?

*Adapted from an article by [Ian Sample](#), *The Guardian*, 15 April 2016*

We have a clear substance abuse policy at school and don't encourage the use of illegal substances. Pupils may be asking the question: Can I get addicted, what are the short- and long-term effects and what can make cannabis harmful?

What are the short-term effects?

Beyond the high that attracts about 180 million people a year worldwide, side effects range from anxiety and paranoia to problems with attention, memory and coordination. The acute mental impairment that comes from cannabis smoking explains why stoned drivers are [twice as likely to crash](#) their cars than unimpaired drivers.

Can people become dependent on cannabis?

Yes. Studies suggest that one in 10 regular cannabis users become dependent on the drug, or one in six of those who start in their mid-teens. The number of people seeking professional help to quit or control their cannabis habit has risen in the past 20 years in Europe, the US and Australia. Only alcohol and tobacco lead more people into treatment. People in withdrawal can experience anxiety, insomnia, depression and a disrupted appetite.

What are the long-term effects?

Mental health problems are one of the greatest concerns. Nearly 30 years ago, a study of Swedish conscripts found that those who reported using cannabis more than 50 times by the age of 18 were three times more likely than others to have schizophrenia at 45.

Other studies support the findings but all have weaknesses: they do not prove beyond doubt that cannabis causes mental health problems.

How does it work?

Inside the brain, THC (the active ingredient in cannabis) latches on to what are called cannabinoid receptors. These are found in huge numbers in the hippocampus, where THC affects memory; the cerebellum, where it affects coordination; and in the basal ganglia, where THC can also affect movement.

For our Matrics:



**KEEP
CALM
AND
STUDY
FOR EXAMS**