

# HOLY FAMILY COLLEGE



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## DIARY

### 1 November

High School exams begin

### 3 November

Helen Suzman Memorial event

### 4 December

High School Prize Giving

Reports to be handed out

### 6 December

End of Term 4

“Hope is being able to see that there is light despite all of the darkness.”

*Archbishop Emeritus  
Desmond Mpilo Tutu*

## HIGH SCHOOL NEWSLETTER

### Examinations

The matric pupils are well into their second week of examinations. We continue to wish them well.

Next week the rest of the High School commences with examinations and we wish them well. Pupils are reminded to conduct themselves properly during the exams, cheating of any form will not be tolerated and can result in expulsion.

### Quote

“Fasten your seatbelts, keep calm and start studying. “You still have a lot to learn, kid!” (*Groucho Marx*).

### More 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.

### **School closing time**

The High School finishes at 14:00 (2 pm) every day this term.

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**Helen Suzman Memorial Day**

3 November 2017 marks the 100th anniversary of Helen Suzman's birth. As she was a pupil at this school, we are part of the Memorial Day which has been organised by the Helen Suzman Foundation and Beit Emanuel. Grade 11 pupils from other schools in Johannesburg will join us for a talk, debates around democracy and youth, a commemorative service and lunch.

**Inter-House Athletics Day**

Last Friday we had a wonderful Athletics Day. The winning House was Columba, and they also won the Spirit Trophy. Provincial came second. Well done to all our athletes!

**Changes to examination timetable**

The following changes have been made in order to accommodate the Helen Suzman Memorial event:

- Grade 8 Natural Science: moved from 3 November to 24 November.
- Grade 7 First Additional Language: moved from 3 November to 21 November.

All pupils have been given the revised exam timetable.

**Three2Six Project news**

Ellene Baettker, a Marist volunteer, has spent a year with the Project. She leaves us at the beginning of November. Ellene is a trained psychologist and will return to her home country of Brazil. We are most grateful for the support she has offered.

**Visits from the new Principal**

Mr Franc Sobreira visited the school yesterday and met with the Finance Department and the Management Team. He will be coming in again to meet with the teachers and the administrative staff, and to get to know everyone.

<b>Holy Family College, Parktown</b> <b>2018 Fee Structure</b>
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<b>Gr</b>	<b>Tuition</b>	<b>Development Levy</b>	<b>Educational Extras</b>	<b>Annual total</b>	<b>Monthly payment</b>
00	R19 040	R1 980	R1 200	R22 200	R2 020
0	R25 030	R1 980	R2 250	R29 260	R2 660
1	R30 100	R1 980	R3 450	R35 530	R3 230
2	R32 410	R1 980	R3 450	R37 840	R3 440
3	R32 410	R1 980	R3 450	R37 840	R3 440
4	R36 620	R1 980	R3 200	R41 800	R3 800
5	R39 920	R1 980	R3 200	R45 100	R4 100
6	R41 350	R1 980	R3 200	R46 530	R4 230
7	R41 370	R1 980	R3 180	R46 530	R4 230
8	R46 760	R1 980	R3 180	R51 920	R4 720
9	R46 760	R1 980	R3 180	R51 920	R4 720
10	R48 410	R1 980	R3 180	R53 570	R4 870
11	R48 410	R1 980	R3 180	R53 570	R4 870
12	R50 515		R3 180	R53 695	<b>See below</b>

#### Grade 12 60% Deposit

<b>Grade 12</b>	<b>60% deposit</b>	<b>Balance</b>	<b>Payments from Feb - Sep 2017</b>
R53 695	R32 217	R21 478	R2 684.75