



## College Update | Week 5, Term 3, 2024

Welcome to week 5. At the end of this week, we will officially be half way through the term.

Now is the time in the term that students will be preparing to start working on assessment, or will have already started working on assessment. Assessment is a key component of the learning cycle, and an opportunity for students to demonstrate what they know and can do. Peak assessment times are an excellent opportunity for all students to learn the essential life skill of time management. Time management is a skill and like any skill it takes time to develop. Working with our young people to help them gradually master the skill of managing their time so that they can fulfill competing priorities is an opportunity for teachers and parents to work in partnership with each other. At Whites Hill we are committed to working alongside our parent community to support all of our students so that they can reach their full potential.

**10 ways to help your child with their homework**  
by @inner\_drive | www.innerdrive.co.uk

01. Set a routine
02. Have a designated homework space
03. Get rid of all distractions
04. Have regular breaks
05. Promote independence
06. Help your child organise their time
07. Encourage your child to develop a growth mindset
08. Be a role model
09. Say "I am so proud of you!"
10. Communicate your worries to their teacher

**10 WAYS Parents and Guardians CAN HELP THEIR CHILD STUDY**  
by @inner\_drive | www.innerdrive.co.uk

- Encourage good sleep habits
- Minimise distractions during study time
- Ensure your child eats breakfast
- Get your child to study using Retrieval Practice
- Minimise procrastination
- Get your child to teach you the material
- Set high but realistic expectations
- Provide motivation
- Make sure your child gets fresh air everyday
- Avoid "all work and no play"

## Gratitude Empathy and Mindfulness

5 Gratitude Questions to help you reflect at the end of your day:

1. How was I challenged today?
2. Who did I connect with today?
3. What inspired me today?
4. What made me laugh today?
5. What do I have look forward to tomorrow?

Be kind to yourself and others. Have a fantastic week. *Sam Hawkins* 😊 (Acting Principal)



## CARES focus this week



# Cooperation

We work together to accomplish goals.

*Individually, we are one drop. Together, we are an ocean.* **Ryunosuke Satoro**

*Unity is strength. When there is teamwork and collaboration, wonderful things can be achieved.*

**Mattie Stepanek**

## Explicit Teaching of our CARES values

### Primary

We **COOPERATE** when we listen to the teacher, line up and wait to be dismissed by the teacher from our eating areas before we go to play.

### Secondary

We **ACHIEVE** when we transition in between classes in a calm and quiet manner, and line up outside the classroom while we are waiting for our teacher.

## Uniform focus this week

Keeping uniform standards high is always a work in progress. This week our focus is: **Sports Uniform.**

| Prep to Year 6  | Year 7 to 9   | Year 10 to 12   |
|---|---|---|
| WHSC polo shirt and WHSC sport short (Maroon stripe)<br>WHSC Hat<br>WHSC socks<br>Black Joggers<br>WHSC fleecy jacket (winter)<br>WHSC tracksuit (winter)   | Sports Uniform Day - Tuesday<br>WHSC polo shirt and WHSC sport short (Sky blue stripe)<br>WHSC Hat<br>WHSC socks<br>Supportive Joggers (preferably black or white)<br>WHSC fleecy jacket (winter)<br>WHSC tracksuit (winter). | Sports Uniform Day - Wednesday<br>WHSC polo shirt and WHSC sport short (White stripe)<br>WHSC Hat<br>WHSC socks<br>Supportive Joggers (preferably black or white)<br>WHSC fleecy jacket (winter) or WHSC senior jersey.<br>WHSC tracksuit (winter). |
| All students must wear black non porous shoes (normal school shoes) when they are participating in practical lessons on their respective sport uniform days. E.g., science labs, kitchens, IDT rooms. |   |   |

Our uniform policy can be found on our [website](#). Uniform shop [link](#).

## What's on this week – Week 5

|  |                                     |
|--|-------------------------------------|
| <b>Monday 5<sup>th</sup> August</b>    | Get Set for 2025 Prep Conversations |
| <b>Wednesday 7<sup>th</sup> August</b> | Prep Urban Reptiles incursion       |
| <b>Friday 9<sup>th</sup> August</b>    | Newsletter Published                |

## What's coming up

|               |  |
|---------------|--|
| <b>Week 6</b> | Science Week<br>Monday 12 <sup>th</sup> August – Get Set for 2025 Prep Conversations |
|---------------|--|



|               |   |
|---------------|---|
|               | Thursday 14 <sup>th</sup> August – EKKA Public Holiday<br>Thursday 15 <sup>th</sup> August and Friday 16 <sup>th</sup> August – Year 9 and 10 SET Plans<br>Friday 16 <sup>th</sup> August – National Day Against Bullying |
| <b>Week 7</b> | Book Week and English Week – 2024 Theme – Reading is magic.<br>Monday 19 <sup>th</sup> August – Get Set for Prep Conversations<br>Thursday 22 <sup>nd</sup> and Friday 23 <sup>rd</sup> – Met East Athletics Competition  |

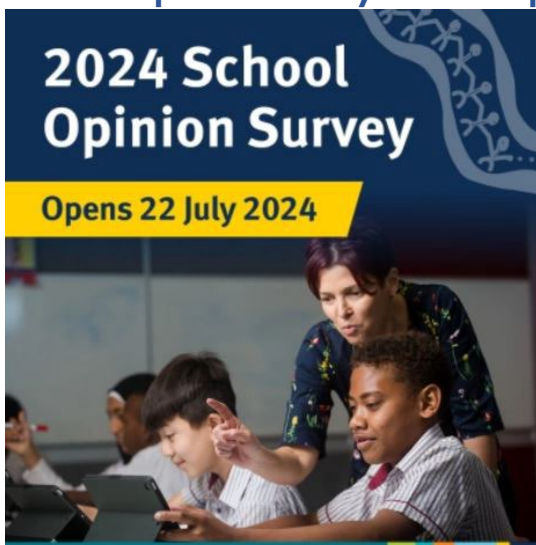
### Spotlight on Attendance – EVERY DAY COUNTS

Every day is important. For each day that a young person is absent from school they are miss out on learning important knowledge and skills.

**At Whites Hill our attendance target is 95%.**

| Current YTD Attendance Averages |  | Culture and Engagement Coordinators  |
|---------------------------------|--|--|
| Prep to Year 2 – 90.43%         | Please make contact with the relevant Culture and Engagement Coordinator if you are concerned about your child’s attendance at school. | P-2 Anthea Blackburn – <a href="mailto:ablac63@eq.edu.au">ablac63@eq.edu.au</a>    |
| Year 3 to 6 – 89.66%            |  | 7-9 Lachlan Hurman – <a href="mailto:lhurm2@eq.edu.au">lhurm2@eq.edu.au</a>        |
| Year 7 to 9 – 87.71%            |  | 9-10 Kristy-Lea Francis – <a href="mailto:kfran95@eq.edu.au">kfran95@eq.edu.au</a> |
| Year 10 to 12 – 90.81%          |  | 11-12 Maegan Cass – <a href="mailto:mcass81@eq.edu.au">mcass81@eq.edu.au</a>       |

### School Opinion Survey – Now Open



Thank you to all of those who have already completed the Parent/Caregiver Survey.

If you have not had a chance to complete the survey yet, please note that the online surveys will remain open until Friday, 16 August 2024. This is your opportunity to provide feedback about what our school does well and how we can improve.

To have your say, check your email for an invitation from the Department of Education titled *School Opinion Survey for parents and caregivers, 2024*.

Can't find your invitation? If your family has more than one parent/caregiver, check that they haven't received the invitation and/or check your junk email folder.