



BREAM BAY COLLEGE

Peter Snell Road, P O Box 111, Ruakaka, NZ
Ph: 09) 4328226 Fax: 09) 4328228
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Principal: W.R. Buckland



Newsletter Information: 29th October, 2009

From the Principal

He mihi nui kia koutou katoa

Senior exams are over and our senior students are starting to feel a little anxious with the NCEA exams looming. There was clear evidence of study having been completed by the Year 13 students. Teachers are concerned that many Year 11 or 12 students did not do the required amount of study or have not done effective study. Some suggestions on how to study are included in this newsletter. All senior students have been issued with a blank exam study timetable for them to fill in. The level of work throughout the year has been good. It is now time to finish off by putting in that extra effort at the end. We wish all of seniors well in their exams.



Early Closure

There will be one less period of teaching on Tuesday 17th November. The day will finish at 1.00pm after a normal period 1 to 4. The early closure is due to a 'Paid Union Meeting' for PPTA members. We are sorry for any inconvenience. Buses will run at 1.05pm.

Teacher Only Day

On Wednesday the 25th of November the College will be holding a teacher only day. Teachers will be up-skilling and refreshing their knowledge and skills with the use of Restorative Practices to engage students. We are sorry for any inconvenience.

Formal assessments and exams will happen for our Year 9 and 10 students on Thursday 12th and Friday 13th of November. All Year 9 and 10 students need to complete some study prior to these exams. Following the exams normal classes will continue with the core subject areas focusing on some NCEA standards. We do not start winding down until the electives which begin on Thursday 3rd of December.

Study Smarter - Not Harder

With examinations just around the corner, students should be well into their study programmes. Without an effective study programme, students risk failing



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examinations or underachieving. However, many students are unaware of how to study properly and think that studying harder and longer will produce better results. In effect, the key to examination success is not to study harder, but to study smarter. Listed below are several simple techniques which, if followed, will increase the ability of students to study and retain information.

1. Organise a study timetable. Ensure that an equal amount of time is spent on all subjects. Stick to the timetable.
2. Divide the day into 2-3 hour long study sessions with a long break between each session. Within each session, study for no more than 40 - 50 minutes before taking a short break. In the break, get up and walk around.
3. Study information that you don't know - look at old tests and exams for the sections that were marked incorrect. Find out what you need to do to get it correct.
4. Divide each subject into smaller topics, and study one topic at a time.
5. Organise what you are going to do before you start studying.
6. Study with low lighting. Bright light reflecting off white paper can stress the eyes and cause headaches.
7. Drink lots of water each day. Over 80% of the brain is water. A lack of water leads to dehydration which causes a lack of concentration and focus.
8. Avoid foods full of sugar or artificial flavouring and colour. Eat healthy foods such as fruit and vegetables.
9. Get plenty of exercise to get the blood circulating. This increased blood flow allows more oxygen to the brain therefore making learning easier.
10. When you talk about your study notes to another person, the information is reinforced in your brain. Only 20% of what you read is remembered, compared to 80% of what you talk about.
11. Use coloured highlighters to make information more visual, and therefore easier to remember.
12. The most important key to success is to **stay positive**. Our subconscious mind can not distinguish between fact and fiction. It accepts whatever we tell it. Students should start each study session with several positive phrase about themselves. Instead of saying " I can't", state 'I can'. Keep the statements in the present tense.



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Northland Secondary School Volleyball Champs

On Wednesday 21st October Bream Bay College sent in two teams, a boys and a girls team to compete in the Northland Secondary School Volleyball Champs. This was the first year in a while that the school had entered a team. Thanks to Norman Dalebrook who has been coaching them during his lunchtimes. The girls team had three games. They won both their first games against Tauraroa Area School and Whangarei Girls High 2. There was some awesome serving by Haylee Jensen and Marama Morunga. Their third game was against Mangakahia. This game was very close. Unfortunately Bream Bay lost 25-20 and 25-18. Well done to the girls, it was a great effort. The boys had four games. They also won both their first two games against Tauraroa and Mangakahia. Their third game was against Northland College. This was a very even game with Northland College winning. Their final game was against Kamo High which Kamo won 25-14 and 25-12. It was a great day with both teams doing extremely well.



Boys Volleyball Team

Rhadyn Teokatai, Kevin Mooney, Morgan Hiki, Jordan Cox, Kurtley Watson, Nicholas Stobart, Thomas Mulloy, Jarin Nathan

Girls Volleyball Team

Danielle Newton, Ciara Swords, Demi Levell, Marama Morunga, Ella Stolwerk, Chelsea Mitchell, Jaimie Newton, Paige Carter, Haylee Jensen





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Success for Erin Lambert - Speech & Drama

Congratulations to Yr 8 student Erin Lambert who at the end of last term competed in the Northland Arts Speech and Drama competition held at Forum North. Erin was the youngest competitor in her age category and she came first for performing an extract from a play (Jane Eyre) and 3 highly commendeds for a) humorous verse, b) reading at sight, c) prepared reading.

Erin has also been achieving highly in her exams which were held in Auckland earlier in the year and she scored an overall score of 83/100 which is recognized worldwide. She was only 2

points off "distinction" and the judges were from London. This is an amazing effort. Erin is coached by local drama teacher Helen Morton Jones.



MILESTONE DATES TO MARK ON YOUR CALENDAR

| | | |
|--------|----------|--------------------------------|
| FRIDAY | 6.11.09 | MUFTI DAY |
| WED | 11.11.09 | SENIOR PRIZEGIVING |
| | | LEAVER'S DINNER - ARTFORM- 6pm |
| THURS | 12.11.09 | YR 9&10 EXAMS |
| FRI | 13.11.09 | YR 9&10 EXAMS |
| MON | 16.11.09 | NZQA EXAMS BEGIN |
| TUES | 17.11.09 | EARLY CLOSURE |
| TUES | 24.11.09 | BOT MEETING |
| WED | 25.11.09 | TEACHER ONLY DAY |



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UP & COMING TERM 4 EVENTS

Week 5 - 9th November - 13th November

Tuesday 10th November - Volleyball finals - ASB Genesis Energy Stadium
Wednesday 11th November - Senior Prizegiving - Auditorium - 12.30pm start
Wednesday 11th November - Senior Leavers Dinner - Artform - 6pm
Thursday 12th November - Yr 7&8 School Beach Volleyball
Thursday 12th November - Yr 9&10 Exams
Friday 13th November - YR 9&10 Exams

Week 6 - 16th November - 20th November

Monday 16th November - NZQA Exams begin
Tuesday 15th November - PPTA Paid Union Meeting - EARLY CLOSURE - normal classes will run up until the end of P4. Buses will depart at 1.05pm
Saturday 21st November - Bream Bay Ballet Extravaganza - Rehearsal

Week 7 - 23rd November - 27th November

Monday 23rd November - Yr 5 Taster Day & Yr 6 Orientation Day
Tuesday 24th November - Board of Trustees Meeting - 7pm
Wednesday 25th November - TEACHER ONLY DAY - School closed for tuition
Thursday 26th November - Whanau Support Meeting - BBC Whare
Friday 27th November - Social
Friday 27th November - Yr 7-10 Beach Volleyball - Okaihau
Saturday 28th November - Bream Bay Ballet Extravaganza Performance

Week 8 - 30th November - 4th December

Monday 30th November - Community Services Day
Tuesday 1st December - Junior Blues Assembly
Wednesday 2nd December - PTA Meeting - 7.30pm
Thursday 3rd December - Electives - Day 1
Friday 4th December - Electives - Day 2

Week 9 - 7th December - 10th December

Monday 7th December - Yr 9&10 Beach Volleyball - Waipu
Wednesday 9th December - Junior Prizegiving - Auditorium - 10.45am start
Wednesday 9th December - LAST DAY OF TERM
Thursday 10th December - TEACHER ONLY DAY

Week 10 - 14th December - 17th December

Tuesday 15th December - BOT Meeting - 7pm