



...from the principal continued

**Student Achievement:** Congratulations to Year 9 student Zak Gibbs who has been selected to attend a Swimming New Zealand Junior Development Camp.

**Day Out Programme:** Our highly successful Year 9 programme started today and runs for a further three Fridays this month. The programme aims to link each student in year 9 to an adult mentor in the wider **community so that our students' horizons and interests are extended and positive role modelling is experienced.** Developing such a relationship with an adult outside of the family or school is seen as a key factor in building resiliency in students. Year 9 dean

Richard Bayliff is the driving force and he receives invaluable assistance from the group of parents who make up the organising committee.

**Senior Students:** this Tuesday, 10 November, marks the last day of timetabled classes for senior students. Once again, though, I remind you that this marks the start of exam leave, and not the holidays. It is the opportunity for a real focus on external exams, to consolidate the work done over the year and to help achieve in a meaningful way to the very best of your ability. Take the example of our Kia Kaha award winners to heart: success is only achieved through hard work.

Roger File

## ★ Art News ★

### VARIETY CONCERT 2009

On the night of Wednesday 21 October we held our annual variety concert in the school hall. With more items than in previous years, the students were able to offer the audience an entertaining program with a variety of vocal performances, classical instrumental pieces, two tap dances, a **drama monologue and the 'come-back' of the school band, who played three pieces!** New talent was heard and seen, and overall the standard of the performances was high. Congratulations to you all.

Worth mentioning is how persistence in practising singing and/or playing an instrument pays off: some of the students have improved their skills incredibly over the years!



*Melissa Wells playing the violin at the variety concert*

### MUSIC STUDENTS' AFTERNOON CONCERT

Our music students will play one of their favourite pieces for each other, their parents/caregivers and other family members on:

*Wednesday 2 December, 2pm-3pm in the Music Suite.*

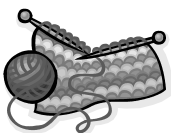
Please come on time, so we can organise a seat for you all and start at 2pm sharp!

## FROM THE LIBRARY

### NOTICES

6<sup>th</sup> Nov – Senior students you should have returned all library books to the library, if not I will be doing follow ups next week.

3<sup>rd</sup> & 4<sup>th</sup> Dec – Annual Library Stocktake, ALL library books to be returned to the library by this date.



### **REQUEST FOR DONATIONS OF WOOL**

Some of our staff members have been busy knitting squares which will eventually be made into blankets for "Operation Cover Up". We are running out of wool and would like to know if any members of our school community have wool that they have finished with, and would like to donate to this cause. We need double knit wool in preference to synthetic/acrylic. The wool can be dropped off at the school office. Thank you to those who have already donated wool. Any enquiries to Yvonne Whiting.5259914.

### School Fees and Curriculum Donations

Thank you to those parents who have paid activity and/or curriculum donations.



While these payments are voluntary we remind parents that the school is expected to raise these funds locally as part of the operating costs, and that they are vital to the effective running of the school.

*Please note that families who pay the activities donation will receive a copy of the school magazine*

We would really appreciate you making payment to the school office or you can pay by direct credit into the school account No. 02 0764 0086983 00

### ALL YOUR CHRISTMAS SHOPPING FROM HOME AT [WWW.YOURFASTSHOP.CO.NZ](http://WWW.YOURFASTSHOP.CO.NZ)

Books from online bookstores, The Nile and Fishpond. DVDs from Real Groovy. iPods, phones, laptops and more from Noel Leeming and Bond + Bond. Toys from IQ Toys and Mighty Ape. Gifts from Bestow Gifts. Xmas groceries from Woolworths Online. You can even book yourself a holiday with The Flight Centre.

### Over 90 online stores in one place AND ALL SHOPPING RAISES FUNDS.

Just go to [www.yourfastshop.co.nz](http://www.yourfastshop.co.nz) and select **Golden Bay High School** for great discounts and online offers.

### WANTED - EXPRESSIONS OF INTEREST AQUA CIRCUITS

*Mondays 4.15 to 5pm*

**Strength and endurance training for all sports.  
Use the natural resistance of the water to boost your stamina and muscle strength.**

No coordination needed, chest high water.

*Ages 11 years to adult.*

**Call 5256110 or 0276688553 to register your interest by Monday 9th November.**

### AQUA EXERCISE TO MUSIC

*Mondays 3.15 to 4pm*

**Starting Monday 9th November**

**ALL WELCOME**

*Qualified and experienced instructor  
Call 5256110 or 0276688553 for details*

### Santa Parade

Saturday 19<sup>th</sup> December  
10am to Noon

Floats \* Decorated Bikes \*  
Costumes

Start your project NOW!

More posters and information *soon*.

Want more info now?

Ph: Dave 525 8876

GB Recreation



### Nelson BMX Club

BMX is fun, action packed with a bit of a daredevil reputation, come try for yourself.

Club racing is on every Sunday 11am at the BMX Track, Beach Road, Tahunanui.

Nelson Summer Series - Saturday 14 November 1pm - come see some of New Zealand's top BMX riders.

Call/Text: Chris Jones Ph: 027 270 2121 or email [chrisj@porterhire.co.nz](mailto:chrisj@porterhire.co.nz) with enquiries

### LOST WATCH

Silver with black strap. Lost from the School Gym earlier this term. Please return to Bill Salmon

# D.U.M.P

Disposal of Unwanted Medicines through Pharmacies

D.U.M.P. encourages everyone to safely dispose of their unwanted, unused or out of date medicines.

- The campaign is run during the month of November
- "D.U.M.P." bags will be available from pharmacies and GP practices
- Place unwanted medicines in the "D.U.M.P." bag
- Answer a short anonymous questionnaire
- Take your bag to ANY pharmacy
- All returned medicine will be disposed of safely

This campaign is being run by Nelson Bays Primary Health during the month of November to promote a safer environment



Nelson Bays Primary Health, www.dumpp.co.nz



### Tasman Karaoke Superstar 2009

Golden Bay Heat

Saturday 14<sup>th</sup> November

Takaka Village Green

(Village Theatre if wet)

10.30am Under 8 years

11.30am 9 to 12 years

12.30pm 13 to 18 years

*Register on the day*

Prizes donated by local businesses.

Winners compete for *cash prizes* at the Motueka A & P

Show Sunday 6th December

For further info Ph: Dave 525 8876



# Top 10 Exam Tips from Really Useful Resources:

1. Pay attention to what you wish to learn. Forcing yourself to remember something will achieve a recall 20 to 60% greater than if you don't make the effort. Spend half your time in reading and note taking and the rest in reviewing ordering and outlining. Little and often is most effective. Do 20 minutes then take a break.
2. A 50% increase in revision time equates to a six fold increase in recall. Never be without notes or books. Time planned is rarely wasted.
3. The more ways of stimulating your brain the more you will remember. Write things down, use colourful highlighters, pin study cards to the wall, or stick notes around your desk. Shuffle notes into smaller and smaller topic groups. All of these activities will give structure to random pieces of information and help funnel down from general to the specific. Test your-self frequently. Visualise your thoughts or map them out on the carpet. Walk around conducting an internal conversation or describe what you're learning to others. Things won't happen by magic, so be creative and marvel at what you can remember.
4. It's never too late to study. Often in an exam you will have a moment when you recognise something you looked at "just last night". Try to have lots of these moments.
5. As you get close to an exam, concentrate on the stuff you know best. This is the money in the bank. Don't leave the exam without having spent it all. Better to know 100% of one thing than 1% of a hundred things.
6. In an exam, keep the scoreboard ticking over. Don't waste precious time trying to squeeze an extra mark from a question you're struggling to finish. Move on and score big from a new question.
7. Examiners are not out to ambush you. Questions are designed to be frameworks upon which you can hang your knowledge. They are tests of what you know, not what you don't know. Answer them with this thought in mind. You don't have to create a new theorem or write a totally new Harry Potter book during an exam. Use material you have practised before in course work and in class.
8. Spend a few minutes glancing through the questions. Like scouring the gossip columns, certain key words, phrases or names will leap out at you. That same technique will give you a sense of which questions you should spend time on. Don't rush in and struggle with question one when question ten might require all of your efforts.
9. Eating well does more to keep your mind awake than drinking coffee. Sleeping well does more to prepare you for a week of exams than burning the midnight oils. Exercise will stimulate the mind and body and doing something, anything, is always a better form of stress relief than doing nothing at all.
10. There is an old theatrical saying. "If you enjoyed the show, tell your friends and come again next week". Really Useful Resources provides great study aids, books and on line resources. If you like our products let us know or tell your friends. Easy ordering online.

visit [rur.co.nz](http://rur.co.nz). Really Useful Resources. easy ordering online

## Farewell

to all our senior students who are leaving Golden Bay High School at the end of 2009.

*(This will be your last Goldie.)*

We wish you well in your future endeavours.

