



# Master Coaching Newsletter

## THANK YOU

The staff at Master Coaching work tirelessly to prepare their lessons and guide students in achieving the best they possibly can. Thank you for allowing us to work with your children in helping them achieve their goals.

## TERM 4 DATES 2019

Term 4 commences on **Monday, 14 October 2019** and concludes on **Thursday, 12 December 2019**.

This makes Term 4 at Master Coaching a 9 week term.



## PAYMENT OF INVOICES

Payment of Term 4 invoices may be made by cash, eftpos or direct debit to the following account:

BSB: **082 494**

Account No: **24 836 1715**

Account Name: **Master Coaching**

Bank: **National Australia Bank**

Payments are to be made before coaching commences or on the day of the first lesson.

## HSC 2019

For many of our year 12 students, Term 3 marks the end of their time with Master Coaching. We would like to wish them all well in their upcoming exams which begin on **Thursday, 17 October 2019**.

We hope that they achieve their desired goals, not just for the exams, but for their chosen future careers.

## NAPLAN RESULTS

Congratulations to all students in years 3, 5, 7 and 9 on their recent great results from the NAPLAN that was held in May.

Please note that these results are one indicator of the progress of your child. Please feel free to bring the results in to discuss any areas that may be of concern.

## CHILDREN NOT RETURNING

If your child will not be returning to Master Coaching next term could you please notify reception as soon as possible.

This information will assist us with accommodating both new applications and students who are currently on our waiting list.

**Thank you!**



## WEEKLY HOMEWORK WINNER

Weekly homework winners of Term 3 were:

Mackenzie Kelly  
Lilliana Aquilina  
Olivia Luke  
Chloe MacKellar  
William Mulder  
Liam Hazelwood  
Jackson Dillon  
Nahli Keen  
Matthew Prior  
Alex Nolan



**Congratulations**

## NARELLAN LIBRARY - HSC LOCK IN

**Tuesday, 1 October 2019 at 5:00pm**

With the HSC fast approaching the Library will once again be holding its HSC Lock In.

Get locked into some study after hours at the library alongside your peers and study partners.

There will be roving tutors to help with any questions you might have, a relaxation space, pizza and snacks to keep you fuelled. Representatives from Traxside and Headspace will also be there to help in any way they can.

For more information contact Narellan Library on (02) 4645 5039 or visit [www.library.camden.nsw.gov.au](http://www.library.camden.nsw.gov.au)



## TIPS FOR EFFECTIVE STUDY

### Establish a routine

Set aside a particular time of day for studying and revision.

### Set a timetable

Create a timetable that allows you to cover all subjects in an organised manner rather than jumping from one to the other or procrastinating about what to do. Make sure to timetable breaks for no more than 20 minutes, every 2 hours. Timetable in all your commitments to sport, dance etc so you can manage the time you have left. Put your timetable on the wall so you can always see it.

### Get your room in order and limit distractions

Limit your distractions by making sure your room and desk are clean and organised. An organised room = an organised mind. Remove your Facebook, iPad, phone or any other devices that will distract you from revision. Find a quiet space and get to work.

### Develop healthy habits

- i) **Sleep:** A good night's sleep (7-9 hours at least) does wonders for your concentration and memory recall.
- ii) **Eat:** Eat healthy foods and keep junk food to a minimum when the big exams are coming up.
- iii) **Dink:** Plenty of water.
- iv) **Exercise:** Timetable regular exercise to boost your energy levels and minimise stress.

### Test yourself

Practice, practice and more practice is the key to success. Use your flash cards, text books, past exams, tutoring sheets or even ask your parents to quiz you, in order to test your skills.

### Reward yourself

Take a walk or watch your favourite TV show as a reward for sticking to your study timetable, or reaching a personal best.

### Ask for help

If you get stuck on a topic or section or even on how to get started, ask someone (parent, tutor or teacher) for help.

### Believe in yourself

If you've put in the work you will reap the rewards. The power of "positive thought" really is one of the keys to success, not just in exams but in all aspects of life. Being prepared come test time decreases your nerves and will allow you to perform at your best.

*We look forward to seeing you all again in Term 4 and trust that you all have a safe break.  
Regards, The Team at Master Coaching*