



KILLARNEY
HEIGHTS
HIGH SCHOOL

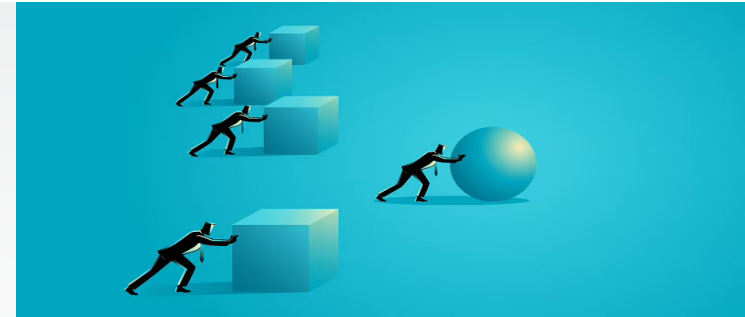
Year 12 2023

Year Adviser – Ms Higgs

Deputy Principal – Ms Walters



Class of 2023!



Expectations for the year group:

- Organisation is key
- Work ethic will define overall performance
- There is allwwaayyysss study/homework/revision/assessments to work on
- Year 12 has a responsibility to themselves
- Get to school on time, use the time in class as valuable time, "free periods" are study periods

If students are struggling

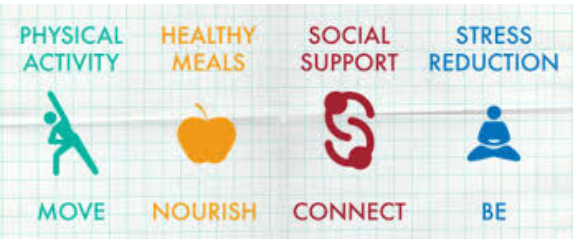


- **Year Adviser** - Ms Emma Higgs
- **Head Teacher Welfare** – Mr Julian Aguilera
- **Deputy Principal** – Ms Sabina Walters

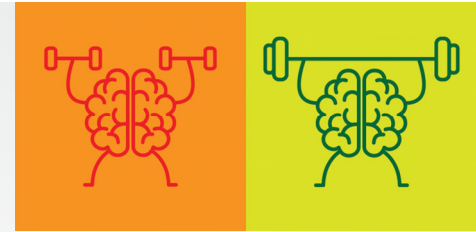
- **Counsellor & Learning Support staff** – learning and welfare issues. Counsellors are on site each day, students can self-refer or parents can ask wellbeing team to organise. Can communicate with external support and support students with a variety of issues.
- **Student Support Officer** - Candice works with individuals and small groups in wellbeing support.
- **Mentors** – students chose a mentor teacher earlier this year, they can discuss study habits and learning goals with these teachers or make a time for a mentor meeting.

Study Habits

- Be mindful that there is a lot to achieve in their HSC year – the HSC is a marathon, not a sprint
- Visual reminders for tasks: use a wall planner – all students have been issued with a school wall planner
- Quiet place for regular study
- Develop regular study habits and a timetable
- Include regular revision
 - Time management is key!
 - Seek feedback



Tips for Success



- Not only do we want to see our students achieve well at an academic level, but, we also want to see our students grow into healthy, happy students who succeed at life. Tips for a healthy wellbeing include:
 - Sleep is very important!
 - Technology can propel and hinder wellbeing
 - Get moving get active
 - Socialising is just as important as studying
 - Limit employment to 8 hours a week
 - Avoid the planning of lengthy holidays for the HSC year



Communication

- All Year 12 students have joined the 'Class of 2023' Google classroom, this is the main way I am communicating with students and is additional to regular year meetings.
- All resources such as study timetable planners and tips are posted on here.
- Students are reminded to also keep an eye on daily notices on sentral and the careers google classroom for scholarship, university, TAFE and job opportunities throughout the year.

Key Support sessions

- All students were provided the opportunity to take part in exam preparation sessions prior to Yr 11 exams, feedback from this was positive.
- Elevate will present a parent support session around Term 1 wk 4 2023 to provide tips to parents/carers in supporting HSC students.
- Elevate Education will be presenting to students around Term 2 wk 10 prior to their Trial Exam period about final preparations they can complete before their Trials in Term 3 weeks 3/4.



Resources to utilise



- Reducing stress - <https://www.beyondblue.org.au/get-support/staying-well/reducing-stress>
- Mindfulness - <https://www.beyondblue.org.au/personal-best/pillar/wellbeing/what-is-mindfulness>
- Sleep and why it is important - <https://kidshelpline.com.au/teens/issues/why-sleep-so-important>
- Year 12 KHHS information - <https://killarney-h.schools.nsw.gov.au/year-information/year-12.html>