




**Weekly E-Newsletter**  
**Stay Connected @ BCSS**  
 Friday, January 18, 2019

**Dear Parents and Guardians,**

**EXAM ADVICE**

- Get enough rest. Teens need 8 hours.
- Go outside. Breathe some fresh air.
- Get some exercise.
- Make healthy eating choices.
- Stay healthy by washing your hands.
- Drink water.
- Avoid drugs and alcohol.
- Put away your phone. Seriously.
- Put exams in perspective. Exams are important to your mark but they are not a reflection of your value as a human being. It is just a test.



Week 18 ends the last full week of classes for semester 1. Final evaluations start Wednesday at 11:30. You can feel the anticipation of the end of the courses/semester and a bit of anxiety for the upcoming exams, especially from the grade 9's, most of whom will be writing their first set of exams. Hopefully, the graphic to the left will give you some pointers on how to stay calm and be prepared for the upcoming exams.

The e-newsletter goes on a bit of a hiatus during the exam period and will be back on Friday, February 8<sup>th</sup>.

I am always open to suggestions and comments, so please contact me at [twilkinson@scdsb.on.ca](mailto:twilkinson@scdsb.on.ca) if you have something on your mind.

E-newsletters are available on the Bear Creek website: <http://bss.scdsb.on.ca/>

Please follow me on Twitter: @VPWilkinson

Please follow me on Instagram: spfx8691

If you see a topic you want to learn more about, you go to the item and press the “Ctrl” button while you click your cursor and you will be “magically” transported to the topic you chose. To “magically” transport back to the table of contents, go to the “Back to the Table of Contents” words at the end of each article, and press the “Ctrl” button while you click your cursor and you will be “magically” transported back to the table of contents.

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## What's Happening at BCSS?

### Wednesday, January 23<sup>rd</sup> Schedule

Here is the altered schedule for Wednesday, January 23<sup>rd</sup>:

Morning exercises	8-8:05
Period 1	8:05-8:40
Travel Time	8:40-8:45
Period 2	8:45-9:20
Travel Time	9:20-9:25
Period 4	9:25-10
Travel Time	10-10:05
Period 5	10:05-10:40
Lunch	10:40-11:30
Exam	11:30 – 2:30 (to allow for extra time and different length of exams)

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### Exam De-stressing

Are you stressed out about exams? Me too. Come to the career center at lunch on Monday or Tuesday to learn a little about mindfulness and some techniques to help you de-stress. Seriously. Come try it. That's Monday or Tuesday in the career center. Lunchtime. Let's de-stress a little!

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### Semester 1 Exam Schedule

Here is the present exam schedule:

**CURRENT EXAM / PA DAY SCHEDULE - JANUARY 2019**

WED. JAN. 23	THURS. JAN. 24	FRI. JAN. 25	MON. JAN. 28	TUES. JAN. 29	WED. JAN. 30	THURS. JAN. 31	FRI. FEB. 1
Period 1 exam 11:30	Evaluation Day 1 Period 2 exam 8:30	Evaluation Day 2 Period 4 exam 8:30	Evaluation Day 3 Period 5 exam 8:30	Evaluation Day 4 Conflicts	Evaluation Day 5 Conflicts	PA DAY	PA DAY

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## Inclement Weather Days & Road Conditions

The Simcoe County Student Transportation Consortium (SCSTC) provides student transportation services within Simcoe County for the Simcoe Muskoka Catholic District School Board (SMCDSB) and the Simcoe County District School Board (SCDSB). The role of the SCSTC includes contracting bus and vehicle operators on behalf of the SMCDSB and SCDSB.

As winter weather approaches, the SCSTC reminds all students and their families that school vehicles may be cancelled due to poor weather, road conditions or visibility concerns.

Home-to-school transportation for Bear Creek is cancelled when the SCSTC announces:

- 1) All school vehicles are cancelled in Simcoe County; or
- 2) Central Weather Zone school vehicles are cancelled in Simcoe County

These announcements are made by the SCSTC through the local media. Cancellation information for Simcoe County is also available through the SCSTC website at: [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca) or via Twitter @SCSTC\_SchoolBus. When school vehicles are cancelled in the morning, the decision remains in effect for the entire school day.

**If you are on Remind, I will let you know almost immediately when the cancellation message comes through.**

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## How Inclement Weather Will Affect the Exam Schedule

Again, here is the present exam schedule:

### CURRENT EXAM / PA DAY SCHEDULE - JANUARY 2019

WED. JAN. 23	THURS. JAN. 24	FRI. JAN. 25	MON. JAN. 28	TUES. JAN. 29	WED. JAN. 30	THURS. JAN. 31	FRI. FEB. 1
Period 1 exam	Evaluation Day 2 Period 2 exam	Evaluation Day 3 Period 4 exam	Evaluation Day 4 Period 5 exam	Evaluation Day 5 Conflicts	Evaluation Conflicts	PA DAY	PA DAY

1. Should we have a one inclement weather day, the entire evaluation schedule will shift forward.

2. In the event of two inclement weather days, Thursday, January 31, 2019 becomes an Evaluation Day, Day 4 evaluations will be held in the morning, Day 5 evaluations will be held in the afternoon.

3. In the event that we experience three inclement weather days, the PA day slated for Friday, February 1, 2019 will also be needed as an Evaluation Day. This PA day is obligatory and will be rescheduled for Monday, February 4, 2019. The first day of Semester 2 would then fall on Tuesday, February 5, 2019.

**A. EXAMPLE OF EXAM SCHEDULE IN THE EVENT OF ONE BUS CANCELLATION DAY**

WED. JAN. 23	THURS. JAN. 24	FRI. JAN. 25	MON. JAN. 28	TUES. JAN. 29	WED. JAN. 30	THURS. JAN. 31	FRI. FEB. 1
Period 1 exam	SNOW DAY	Evaluation Day 1 Period 2 exam	Evaluation Day 2 Period 4 exam	Evaluation Day 3 Period 5 exam	Evaluation Day 4 Conflicts	Evaluation Day 5 Conflicts	PA DAY

**B. EXAMPLE OF EXAM SCHEDULE IN THE EVENT OF TWO BUS CANCELLATION DAYS**

WED. JAN. 23	THURS. JAN. 24	FRI. JAN. 25	MON. JAN. 28	TUES. JAN. 29	WED. JAN. 30	THURS. JAN. 31	FRI. FEB. 1
Period 1 exam	SNOW DAY	SNOW DAY	Evaluation Day 1 Period 2 exam	Evaluation Day 2 Period 4 exam	Evaluation Day 3 Period 5 exam	Evaluation Day 4 Conflicts	PA DAY
						Evaluation Day 5 Conflicts	

**C. EXAMPLE OF EXAM SCHEDULE IN THE EVENT OF THREE BUS CANCELLATION DAYS**

WED. JAN. 23	THURS. JAN. 24	FRI. JAN. 25	MON. JAN. 28	TUES. JAN. 29	WED. JAN. 30	THURS. JAN. 31	FRI. FEB. 1	MON. FEB. 4
Period 1 exam	SNOW DAY	SNOW DAY	SNOW DAY	Evaluation Day 1 Period 2 exam	Evaluation Day 2 Period 4 exam	Evaluation Day 3 Period 5 exam	Evaluation Day 4 Conflicts	PA DAY
							Evaluation Day 5 Conflicts	

If you are confused by this or have other questions, please do not hesitate to contact me.

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**Bell Let's Talk Day is January 30**

On Bell Let’s Talk Day, Bell donates to mental health initiatives in Canada. Each time you watch the Bell Let’s Talk Day video on Twitter, Instagram, Snapchat or Facebook, or tweet using #BellLetsTalk, Bell donates five cents towards mental health initiatives.

Join the conversation! Share how mental health and well-being is supported in your school or workplace using #SCDSBwellbeing.

Use the Bell Let’s Talk Facebook frame or Snapchat filter, and Bell will donate an additional five cents! [More information is available on the Bell Let’s Talk website.](#)

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## I Give A Sh!rt Campaign Results

Here is an e-mail, I received from the I Give A Sh!rt Challenge:

“Hello Bear Creek Secondary School,

Thank you for participating in the 2018 #IGiveAShirt Challenge. During Waste Reduction Week 2018, 70 schools from across Ontario and British Columbia collected over 16,100 kilograms of clothing that will be reused and recycled.

Congratulations are in order because Bear Creek Secondary School is the **Collection Participation Prize** winner in Ontario for the 2018 #IGiveAShirt challenge! **Your school collected 359.7 kg of material!** By diverting 359.7 kg of clothing from entering landfill, **910.0 kg of Greenhouse Gases were avoided!**

Bear Creek Secondary School will be awarded **\$500** that your school can use towards an environmental project or initiative. Your cheque will be mailed to your attention by the end of January. If you do not receive your prize by end of February, please reply to this email and let us know.

We look forward to hearing how your school plans to use the prize. Please let us know about your environmental initiative or project by sharing your school’s story using #IGiveAShirt or send us an update at [giveashirt@rco.on.ca](mailto:giveashirt@rco.on.ca)

We want to let you know how much we appreciate your participation.

Stay tuned! We have exciting new challenges for High School students coming in 2019!

Congratulations again,

The #IGiveAShirt Team”

Thanks for all of your donations and hopefully we will donate more next time! - TW

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## Get Hired! Teen Job Fair

**January 19, 11 am – 2 pm @ the Downtown library**

Don't miss this opportunity to meet with multiple employment agencies and employers at one location! Learn about employment pathways and opportunities from various local agencies and employers. Bring your resume to get tips on ways you can improve it. Some employers in attendance will even be accepting job applications on the spot! Ages 16-20.

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## Get Hired! Successful Interviewing for Teens

**February 2, 1:00 - 3:00 pm @ the Downtown library**

Join us for an informative presentation about job interviewing tips and strategies by Nav Kaur, Talent Acquisition Specialist at Loblaw Companies Limited. Get ready to earn that summer job by preparing for an amazing interview!

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## **It's In You to Give**

Bear Creek Secondary Parent Council invites you to join their 2019 Blood Drives at the

Barrie Blood Donor Centre  
231 Bayview Drive, Suite 100

Thursday, February 14<sup>th</sup> and Tuesday, March 5<sup>th</sup>

10 APPOINTMENTS available each day at 3 p.m. and 6 p.m.

To book one of the reserved spots, please Email: [councilchairbss@scdsb.on.ca](mailto:councilchairbss@scdsb.on.ca)

PFL # BEAR04982

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## **Canadian Blood Services Needs Your Help!**

During the winter months, hectic schedules and snowy weather often result in a decrease in the number of blood donations. Canadian Blood Services (and all those in need of donations) want to remind you to be part of Canada's lifeline this holiday season and give the gift of life. You can book online at [www.blood.ca](http://www.blood.ca). Look for a clinic in your area!

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## **Scholarships**

ScholarTree is still committed to helping reduce student debt in Canada by making scholarship more accessible. Most people don't realize how many scholarships are awarded early in the school year. ScholarTree.ca has \$997,500 worth of scholarships that are currently accepting applications. Students can find which scholarships are best fit for them by signing up at [ScholarTree.ca](http://ScholarTree.ca).

To help with students prepare and transition to post-secondary life we have launched the [ScholarTree Blog](#). University students write the blog because we want the information to be as relevant to current student life as possible. The main areas of focus for the blog are:

1. Student Life: general advice and hacks
2. Scholarship Tips
3. Entrepreneurial Spotlight: stories about students starting their startup or not for profit
4. How to: tips for applying and getting into prestigious programs

Make sure to subscribe, so you don't miss the weekly updates.

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## **Host Families Needed For International Students**

Our partner in providing homestay to the SCDSB's international students, Canada Homestay Network (CHN), is recruiting host families to welcome international students into their homes.

Host families help international students realize lifelong dreams, and benefit from a unique experience with another culture. As a host, you also receive an allowance to offset expenses.

[Learn about a current homestay family here](#) or get more details about the program on [the Canada Homestay Network website](#).

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## School's In For Summer At The SCDSB

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school!

Each year, the SCDSB offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are offered in-person or online. Interested students can also travel and earn credits with the summer EduTravel program.

Summer school program details can be found on the Learning Centres website at [www.learningcentres.com](http://www.learningcentres.com). Current SCDSB students should speak to their guidance counsellor for information and to register. Registration opens January 14!

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## Questions About Your Teen's Health?

Health Connection offers free, confidential health information from nurses and health inspectors on:

- 📞 Birth control, sexually transmitted infections, stress, drugs and alcohol, safe food and water, quitting smoking
- 📞 Health unit clinics including dental, vaccines, sexual health
- 📞 Web resources for school projects
- 📞 Community resources for mental health, addictions and quitting smoking

Contact Health Connection at 1-705-721-7520 or 1-877-721-7520 Monday to Friday, 8:30 a.m. to 4:30 p.m., or <http://www.simcoemuskokahealth.org/>. If English is not your first language, we have a telephone interpretation service.

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## Your Child's Immunization Record

The Simcoe Muskoka District Health Unit is required to keep up-to-date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. The immunizations that the health unit requires records for include:

- 📌 Diphtheria, tetanus, polio and pertussis
- 📌 Measles, mumps and rubella
- 📌 Meningococcal
- 📌 Varicella (chickenpox) (for those born in 2010 or later)

It's easy to update your child's immunization status. Go to [www.smdhu.org/immsonline](http://www.smdhu.org/immsonline) to update your child's record or call Health Connection at 705-721-7520 or 1-877-721-7520 (toll free).

## Badminton Club

Something new this year is the Badminton Club. It is on Thursday nights from 8 p.m. until 10 p.m. Students can come and play for fun or to be competitive. There will be coaching available. Come for fun! Come for training! Come for exercise!

We are opening this opportunity for the family of schools for Bear Creek. Grades 7 and 8 students are welcome to participate as well, from 8 p.m. until 9 p.m.

See Mr. Wilkinson for more information.

## Volunteer Opportunities

**VOLUNTEER!  
GET INVOLVED!  
BE A PART OF YOUR COMMUNITY!**

Do you want to volunteer or get a summer job? Not sure where to start? Check out Bear Creek's volunteer and student job opportunity board located outside of the Guidance office. It is updated weekly with fantastic opportunities! Still not sure what to do? Make an appointment with your Guidance Counsellor for some further suggestions.

**Remember, EVERY student must complete a minimum 40 hours of volunteer work to graduate.**

Please submit your "Completion of Community Involvement Activities" sheet (this sheet can be found either on-line or at the Guidance office) to the Guidance office as soon as it is signed by both you and a parent.

1. Do you like sports? Are you in need of community service hours? Do you want to get a jump on community service hours? Well the home game crew might be for you! We are in need of capable and trustworthy students to help with sports scorekeeping for the year. Basketball and volleyball are the main sports in which we require help.
2. Mr. Wilkinson is looking for students to be part of the Grounds Crew. Please see him in his office (upstairs admin tower) on Thursday for more information.
3. Mr. Wilkinson is looking for students to be part of the Breakfast Club. Please see him at the Breakfast Club table any day for more information and to sign up.
4. Are you a grade 12 University bound student currently taking advanced functions? If you are interested in tutoring mathematics to a younger Bear Creek student for either cash or community involvement hours, then come see Mr. Gunson, in Guidance, to learn what's available.
5. **Teen Advisory Board (TAB)**  
Build your leadership skills. Join the Teen Advisory Board (TAB) which meets monthly to help plan new programs and services for teens. There will be pizza!



## 6. **BPL Teen Reviewers**

Practice your writing. Read a book, watch a movie, or play a video game and submit a review to earn two hours of volunteer time.

7. Life Skills will be hosting their annual Winter Ball on January 30<sup>th</sup>. This year's theme is Enchanted Forest. We need volunteers for this full day to give opportunities to students with exceptionalities to attend a semi-formal event that they might not have the opportunity otherwise.

There are plenty of jobs for volunteers throughout the day from hosting, organizing food, decoration preparation, concession stand and many more.

This is a great opportunity to give back to your community, accumulate volunteer hours and get a free lunch. Plus, it looks fantastic on a resume!

To sign up come see Ms. Chappel in room 108 for more information.

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## Sports News

The scores and schedules across the County are on [www.hometeamsonline.com](http://www.hometeamsonline.com); type "scaa 'your sport'" in for league (i.e. scaa football).

Next week's sporting events look like:

Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>	Friday 8 <sup>th</sup>
	<b>Boys' Curling @ Nantyr</b>	<b>Alpine Skiing Giant Slalom @ Osler Bluff</b>	<b>Jr./Sr. Girls' Volleyball @ Innisdale</b>	
			<b>Nordic Skiing @ Highlands @Nordic Duntroon</b>	

If you see "vs.", that means it is a home game; if you see "@", that means it is an away game.

Are you a new student to Bear Creek in grade 10, 11, or 12 and are interested in playing sports? Did you transfer from another high school? Please come to see Mr. Wilkey in Student Success, room 110, to fill out the necessary forms so you can play sports this year.

All girls interested in trying out for the **Girls' Varsity Soccer** team are asked to sign up on the list posted outside the Dance Studio (room 190) this week. If you have any questions, please see Miss Bruno.

If you are a downhill skier and you are interested in joining the **Alpine Ski** team, there is a sign-up sheet in the phys. ed. area. You do not need any racing experience, but you do need to know how to ski. There was a meeting this week. If you missed it, see Mr. Doucette ASAP.

Congratulations to **C.J. Buelow** on his **Silver** medal yesterday at the **Nordic Ski** race. A big shout out to **Amber Fisher** who finished 5<sup>th</sup> overall.

The **Boys' Hockey** team continued their winning streak as they beat the Banting Marauders by a score of 3 - 0. Goals were scored by **Cam Knight, Jayden Steele, and Noah Janicki. Dan Greeley** claimed to have earned

three assists, and **Mike Brassor** picked up the shutout. The win secures them second place seeding in the league, and the boys will now enjoy the two weeks off before facing Eastview in their last regular season game.

The **Swimming Club** is starting up practice again in the second semester and we are looking for new swimmers. Practice is every Thursday, from 3 - 4 at Holly Rec Centre. Cost is only \$30 for the entire semester. If interested, please see Mr. Gunson in guidance.

Now, if you don't want to touch anyone who is hot, sweaty, and gross, (or hugging) like in wrestling, try **Badminton** – Thursday nights, from 8 - 10. There will be team tryouts/practices starting Tuesdays and Thursdays, from 4:15 – 6, starting on Tuesday, February 5<sup>th</sup>. See Mr. Wilkinson for more information.

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## Important Dates

Wednesday, January 23 -  
Wednesday, January 30  
Thursday, January 31  
Friday, February 1  
Monday, February 4  
Friday, February 15  
Monday, February 18

Semester 1 Final Evaluations  
P. D. Day  
P. D. Day  
Semester 2 starts  
Semester 1 reports out  
Family Day

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## Positively Speaking

You can never have enough tips, even if some of them are repeats!

I hope you find this helpful!

## 20 Study Strategies for Finals Week

Finals week can be the most stressful time for a student, whether in high school, college or graduate school.

Ensure you're prepared for your exams with these study tips, which can help you conquer your finals. Follow this list as finals week approaches (the earlier you prep, the better) so you can ace your exams from start to finish:

### 1. Create your own study guide.

While many teachers provide a study guide, creating your own can help you understand the material better. Outlining the important information you need to learn can be helpful, both in creation and to refer to during your studies.

### 2. Ask questions.

Your professors and TA's (teaching assistants) are there to help! Ask them questions regarding the material and the exam so that you're prepared when exam time arrives.

### **3. Attend the review session.**

Review sessions offer vital information on exam format, what will be on the exam and key concepts you should be focusing your studies on.

### **4. Start early.**

If you always start ahead of schedule, you'll never be cramming the night before an exam. You'll almost always perform better in doing so!

### **5. Organize a group study session.**

It can be helpful to study in groups – sometimes. Evaluate whether or not studying with others will be beneficial to the subject as well as your learning process.

### **6. Study things not on the study guide.**

Study guides aren't always comprehensive – they're just suggestions of the main concepts to learn. Use your study guide for its intended purpose: a guide. Be sure to fill in the blanks with related information.

### **7. Take breaks.**

You won't be able to memorize or comprehend all the material at once. Balance is key - ensure that you reward learning with break times to recharge and relax.

### **8. Stay well-rested.**

There's a lot to be said about a good night's sleep. Make sure you're [well-rested](#) so that you can be fully focused during your exams.

### **9. Create a study schedule - and follow it.**

Splitting the material into chunks you can actually achieve can be very beneficial. That way, you can keep track of what you've accomplished instead of looking at the big picture and getting overwhelmed.

### **10. Prioritize your study time.**

Some exams will be more difficult than others, some you may find easier to study for. Some may be worth more of your grade than others. Make sure to evaluate all of your exams to consider and determine all of the involved factors so you can study accordingly.

### **11. Study for the style of exam.**

If it's multiple choice, you'll need to know definitions and concepts. For essay exams, focus on your understanding of all the concepts presented, with examples in mind.

### **12. Quiz yourself.**

If you think about and create actual exam questions, you will likely become more familiar with what you need to study and, in the meantime, familiarize yourself with the type of language that will be on the exam. Draft potential exam questions and quiz yourself so that you can set expectations of what you need to focus on.

### **13. Meet with your professor or TA.**

Often times, meeting with an instructor, whether it's a professor or a TA, can give you helpful hints for what to study and ways to prepare for the exam.

### **14. Reorganize your notes.**

Evaluate and reorganize your notes into what's important, outlining important concepts, formulas dates and definitions so they're easy to understand.

### **15. Pace yourself.**

Make sure you stay focused and don't burn yourself out. A great way to do so is to pace yourself rather than opting for the dreaded all-nighter. You can easily pace yourself by following tips like starting early, creating a study schedule and taking breaks when necessary!

### **16. Teach classmates.**

Learning by teaching is a method that really works! If you work with a study buddy and explain concepts to one another, you're re-learning the material all over again. It's a great way to reinforce what you've learned and help someone in the meantime!

### **17. Revolve your focus.**

Switching up your subjects is a helpful way to learn everything for your exams while preventing burnout on one topic. Make sure to switch it up before your eyes glaze over! That way, you can keep studying for longer periods of time while maintaining your focus.

### **18. Color code it.**

Create a system that allows you to color code material that's going to be on the exam by what's most important, less important, etc. This will help you focus on the most pertinent information and prioritize the material.

### **19. Visualize.**

If you're a visual learner, it can help to create mind maps or diagrams to visualize how the concepts you're learning relate to one another. This is especially beneficial when learning concepts that build upon the understanding of one another, like in science courses.

### **20. Make it fun.**

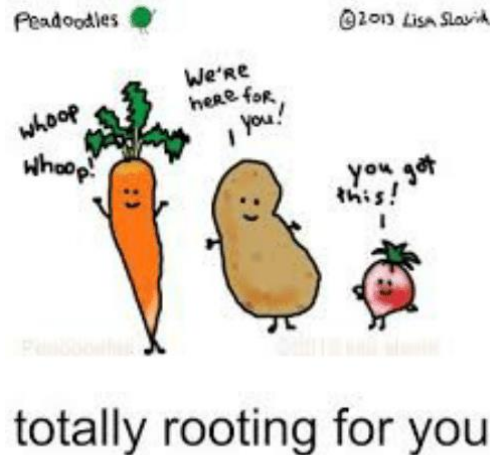
It's easier to focus if you adapt to studying by quizzing yourself, creating acronyms or rewarding yourself for a job well done. Create a game plan - literally - that allows you to accomplish tasks and be rewarded for each. For example, why not reward yourself with a piece of chocolate or a sip of your coffee after you've accomplished a new chapter or allow yourself five minutes of free time for every chunk of material you digest? You can even

add in fun factors like power-ups every time you learn a new definition and lose a life, which means you add another definition to your list, when you get an answer wrong!

Good luck!

Source: "20 Study Strategies for Finals Week", by Elizabeth Hoyt, September 8, 2018, <https://www.fastweb.com/student-life/articles/the-20-study-tips-for-finals>

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## Parent's Corner

Exams can be stressful. Here are some ways to support your teen through that stress

So, I found a story from a parent who helped her daughter deal with exam stress. I hope you find it useful.

### Exam Stress

#### Supporting your teenager through their exams

Exam time can be very stressful for everyone in the family as your teen may be feeling anxious and under pressure.

The impact of exam stress

Exam season can be a really daunting time for some young people, whereas others seem to just take in in their stride. You may also be feeling under pressure as you want them to be able to do their best and put the effort in.

You may find that helping them get organised for revision is an uphill struggle but it is important to note that each young person has their own way of revision that often works for them. If they are struggling, have a chat to their school/college in the first instance for support and advice.

If you're worried about your child's exams and the marks they might get, imagine how overwhelming it might be for them. Preparing for and sitting exams can be a very pressured time, and then, once the exams are finished, it's a countdown to the results which can be equally stressful for everyone.

As a parent you can really help your children through this time, just by being there for them and encouraging them to talk about their feelings and fears. Arrange some downtime for them in between the exams so they can fully recharge before the next exam. Having some balance is very important and can help them manage their stress and anxiety levels.

## Top tips for exam revision

It is important to remember that every teenager will approach their exam season in their particular way and whether it is listening to music whilst revising or studying with friends together in a group. Read our top tips below.

- 📖 Make sure they have a comfortable place to work and study which is quiet.
- 📖 If you do not have a suitable spot, make it easy for them to study elsewhere, like the library or at someone's home. It may be better to go out and let them have the house to themselves at crucial times for an hour or so.
- 📖 Accept that some people can revise better with music or the TV on in the background.
- 📖 Establish a revision routine by re-arranging the family's schedules and priorities that works for them.
- 📖 Talk to the school or attend the parent information evenings so you can get the best tips on supporting them.
- 📖 Be lenient about chores and untidiness as much as you are able to.
- 📖 Give them a break and understand lost tempers and moodiness.
- 📖 Try to avoid nagging them as it can help them lose focus.
- 📖 It is never too late to study, revise or ask for help.
- 📖 Don't go in for bribes; encourage them to work for their own satisfaction.
- 📖 Schedule small and frequent rewards for the effort they are putting in.
- 📖 Arrange some downtime so they can have a break from revision and exams.
- 📖 Be calm, positive and reassuring and put the whole thing into perspective.
- 📖 Research good study sites such as [BBC Bitesize](#) for tips and ideas.

## Preparing for an exam

Get them ready for an exam with plenty of planning and support. Encourage them to get all their pens, pencils and equipment ready the evening before. Try to get them to go to bed early so they are able to have a restful sleep. In the morning, arrange for them to have a healthy and nutritious breakfast to help them focus and concentrate. Go through a checklist to make sure they have everything they need. Give your child lots of encouragement so they feel more positive before they leave. Let them know how proud you are of them regardless of how they think they do.

## After the exam

After each exam, allow them the opportunity to talk about how they have done and allow them to do the talking while you listen. Encourage them not to dwell on mistakes they may have felt they have made. They may want some space to compare notes with other friends. You may want to share your experiences of exams as this may reassure them.

Exam results mark the end of one phase in your child's life, and the beginning of another. This can be unsettling and difficult so let them voice their worries and expectations and listen out for any underlying serious issues.

Plan an event to mark the results, whatever they are and have some fun now with your child. Make it clear that you love and value your child for who they are, and not for what happened in an exam. You may want to take a look at our top tips for exam results for more advice.

## Further support

If you would like further support and advice about homework and how to help your children, you can call our helpline on 0808 800 2222 too. If you feel that your teenager is very stressed out and it would help them to talk things through, encourage them to call [The Mix](#) for support.

Source: "Exam Stress", <https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/>

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## Parent Pointer Calendar for the following weeks (Jan. 21 – Feb. 8)

Monday 21 <sup>st</sup>	Tuesday 22 <sup>nd</sup>	Wednesday 23 <sup>rd</sup>	Thursday 24 <sup>th</sup>	Friday 25 <sup>th</sup>
Tune to a radio station that neither you nor your teen listens to. Discuss what you hear.	When studying for a big test, set the timer for five minutes. Many short reviews work better than one long review.	Don't say "I know how you feel". Teens believe their feelings are unique.	Encourage your teen to do a good deed for someone, like a neighbour or a teacher.	At dinner tonight, tell your teen a story about yourself at their age.
Monday 28 <sup>th</sup>	Tuesday 29 <sup>th</sup>	Wednesday 30 <sup>th</sup>	Thursday 31 <sup>st</sup>	Friday 1 <sup>st</sup>
Can your teen sew on a button? It's a basic life skill that everyone should	Teenage boys are one of the main markets for smokeless tobacco.	Teens need some space of their own, even if it is just a drawer or the corner	Emphasize the importance of regular school attendance. It's	When you talk with your teen, who does most of the talking? After 30 seconds,

learn.	Know the dangers and share them with your teen.	of a room.	important in every job.	stop and wait for him to respond.
<b>Monday 4<sup>th</sup></b>	<b>Tuesday 5<sup>th</sup></b>	<b>Wednesday 6<sup>th</sup></b>	<b>Thursday 7<sup>th</sup></b>	<b>Friday 8<sup>th</sup></b>
Kids who take part in extra-curricular activities do better in school. Is there an activity that interests your teen?	If there's no activity that interests your teen, find out how he/she can start a club or activity he/she would like.	Mail your teen a Valentine. It should arrive in time for the weekend. Teens love getting mail (actually, we all do).	Watch a television show with your teen. Discuss how it does and does not reflect your family's moral values.	Encourage your teen to spend 10 minutes at night getting ready for the next day to make mornings easier.

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Have a great weekend!

Drive safely! Stay warm!

Good luck to your teens on their exams!

Back in 3 weeks, in semester 2!

Be well!

***Terry Wilkinson***

Vice-Principal  
Bear Creek Secondary School

**P.S. (Positive Statement):**

“Stay positive; work hard; make it happen!”

- Unknown



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**P.P.S.: If you like what you have read so far, please tell another parent/guardian, get them to e-mail me, and I'll add them to the e-mail list.**

Exams ARE important but don't forget to focus on other important things as well, like eating properly, rest, etc.

