

# Trials for all...

**As the Journal goes to print it is trials time for our HSC students and only a term till the HSC starts.**

Is your child and your family ready for this? Have they gotten the great study habits embedded into their routine or are they and you going to wing it?

Are they doing the twenty hours a week of study that is recommended? Have they cut down on their social lives and work commitments? Have they got a quiet and organised spot to study, are they eating right? Have they applied for early entry for Uni if that is what they plan to do? Do they even know what it is they want to do next year?

These are all things that are suggested to help your child through the trying time that is the HSC year. This is of course also added to the teen angst of formals and drivers licences, friends and their many crises.

As a parent of one of these red laptop cohort I have found some useful websites including [www.boardofstudies.nsw.edu.au](http://www.boardofstudies.nsw.edu.au)

**A quiet, organised spot to study is very important**

and [www.hsc.csu.edu.au](http://www.hsc.csu.edu.au) which also has a useful parent carer section. We were disappointed that the Govt has closed the HSC advice line which was staffed by teachers as we thought that was a great resource for our students.

If all these things are not in place is it too late? Oh I hope not... Teen Queen is coasting, is there anything more frustrating for a parent? Knowing that your child isn't working to their best ability... to know that they are mainly at school for their social life. I should perhaps take the time here to apologise to my mum formally and in print as that is what I did too, and now I see your frustrations.

Teen Queen has had a rough year at school, it was very disrupted during first term with issues resulting in her not being in one of her classes for the whole term, this then spilled over to her other subjects and I'm still not sure that she has managed to close the gap between her and the other students in the class she missed for so long, and as she is only doing ten units they all count!

So to give her the best chance to have the least amount of stress and therefore less stress for everyone else let me tell you what we have attempted to put into place at home and at school to support her. It might give you some ideas for you red laptop child.

Sadly I can't and don't want to farm out the three younger siblings, but we have spoken to them all about noise in the house and being patient with teen queen, (and not using all the internet for watching you tube star wars lego and mine craft videos) not sure how much of that they will take notice of but it's a start.

We have a great relationship with her teachers and the school which allows for good open communication and the ability to know that support is being provided when and if needed. This is something that I can't stress highly enough to parents as a great way of being able to support your child. You know your child and are there to be their support, and sometimes you do need to be able to pick up the phone or email the year advisor or the wonderful Maths or English teacher and just let them know what you know about your child and how they might need some extra support.

We have supported teen queen while she attends her dance classes, she isn't competing this year. She also has cut back on her job with less shifts during the week and not as many late nights.

We have ensured that she gets as much free time as possible and that we have food that she likes and is healthy at home. With four children sometimes the food they like isn't the same.

**We hope that we have managed all the big issues for her and that we make the next few months as stress free as possible.**

**Good luck to all of you also on this journey. Look forward to hearing what you did and how your red laptop child goes, and maybe some helpful tips for the blue laptop parents coming...**

**Rachael Sowden**

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