Teaching and Learning 24 July 2015

Year 12 HSC Trial Exams

Year 12 begin their Trial exams on Monday using the timetable set down by the Catholic Secondary Schools Association. A reminder that medical certificates are required in the case of absence from an exam.

Subject Selection

Thank you to those parents and students who attended the Year 11 2016 Subject Selection night last week. A reminder that forms are due back by Thursday 6 August.

Mrs Dein and I will be available for interviews in weeks 3 and 4 - refer to the email sent to all Year 10 parents for the details.

The subject selection process for Year 9 2016 will begin soon. Ms Keir and the Year 8 team will work with the boys in homeroom to look at their interests and talents while KLA coordinators will present to students information about the subjects they will offer for Year 9 2016. The information evening for Year 9 2016 will be held in the College Hall on Wednesday 26 August.

Study Skills Tip for July from Dr Prue Salter Enhanced Learning

WHY STUDENTS NEED TO TURN OFF DEVICES AN HOUR BEFORE SLEEP

Artificial light from electronic and other devices generally emit a blue light (it may not actually look blue, but that is the underlying light). Blue light, along with ultraviolet light is a type of non-visible light at a very short wavelength. You can see an image of the spectrum here: http://www.bluelightexposed.com/#what-is-blue-light.

What does blue light do to the human body?

Non-visible light has a lot of energy and studies show that a lot of exposure to this type of light can do damage to your eyes and also impair your sleep cycle. During sleep lots of essential physical processes take place and it is also when learning from the day is consolidated in memory. So getting enough sleep is essential for students.

Blue light is naturally generated only during the day, from sunlight. When it gets dark, naturally occurring blue light ceases, signalling the body to produce melatonin, the hormone associated with sleep. Using artificial lighting and devices which emit a blue light at night confuses the body-clock (the body’s natural sleep-wake cycle) by stopping the body from producing melatonin. This can result in disrupted sleep patterns including difficulty in falling asleep and staying asleep and shortened sleep duration.

Those at greatest risk from night-time exposure to blue light are those with existing sleep disorders and adolescents who often experience delayed sleep patterns as a result of biological changes.

What can I do to limit my exposure to blue light at night?
Some suggestions include:

- Be exposed to sunlight during the day to assist in accurately setting your body clock.
- Stop using all electronic devices preferably at least 2 hours before bed.
- Turn off all artificial lighting 1-2 hours before bed.
- Get a red or orange reading lamp, which does not emit blue light.
- Use blue light blocking glasses at night.
- Install a program or app on your computer or device to change the type of light it emits. A variety of programs are available including F.lux, EasyEyez, Night Filter, Zzz iPhone filter, Bluelight and Twilight.
- Invert the colours on your iPhone or iPad.
- Turn the brightness down on your device for a few hours before bed (not perfect, but better than nothing!).

You can learn more about how to optimise your performance as a student at www.studyskillshandbook.com.au

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