FOCUS THIS WEEK

SURVIVING COLLEGE! LOOKING AFTER YOUR SELF

EXERCISE

The problem is that as your body develops and matures, it is vital to get a healthy amount of exercise. It is estimated that 23% of teenagers are overweight.

Apart from being healthier it is also a valuable coping tool. The best thing for mental alertness, mental health and memory is exercise, not to mention a good stress-buster and physical strength.

A word of warning though: if you have any health problems that might affect your ability to exercise, talk to a health provider before you head for the gym or anywhere else.

UPCOMING EVENTS

Friday 5th September: Applications for 2nd AST sitting closes
Tuesday 9th September: Café 1:05-1:45pm
Thursday 11th September: Café 10:45-11:05am
Tuesday 9th September – Thursday 11th September: Cross Line Testing

TIMETABLE TESTING SEMESTER 2 2014

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Time</th>
<th>Subject</th>
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<tbody>
<tr>
<td>8</td>
<td>Wednesday 10 Sept</td>
<td>8:45 am - 10:45 am</td>
<td>Year 11 Maths All levels</td>
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<td></td>
<td>11:00 am - 1:00 pm</td>
<td>Year 12 Maths All levels</td>
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<td></td>
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<td>1:40pm – 3:15pm</td>
<td>Year 11 T students only</td>
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<td>Thursday 11 Sept</td>
<td>9:00 am – 10:30 am</td>
<td>Business Admin, Information Technology, Sociology, Psychology Years 11 and 12</td>
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<td>11:00am – 12:30pm</td>
<td>Biology Year 11</td>
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There are still a bunch of NSW bus passes at the front office for collection, if you have sent an application in and not received/picked up your card, can you please come to the front office to see if we have your card.

Kickstarter café open TUESDAY, WEDNESDAY and THURSDAY mornings before school!

Queanbeyan Roadrunner Representative Trails

**Date:** Saturday 6th September 2014  
**Venue:** Queanbeyan Basketball Stadium  
**Trail Times:** Under 19 Girls and Boys (Born 1999/1998/1997)  
4:30pm-5:30pm

For further information contact Rosie- pete35@tpg.com.au

2014 ACT COLLEGES GOLF CHAMPIONSHIPS

**Week 1 (school week 8):** Thursday Sept 11- First Round (9 holes)  
Gold Creek Country Club- 1.45 pm start  
$10 Green Fee

**Week 2 (school week 9):** Thursday Sept 18- Second Round (9 holes)  
Murrumbidgee Country Club  
First Tee time-1.45pm start  
$5 Green Fee  
Club Hire TBA

**Week 3 (school week 10):** Thursday Sept 25th  
Reserved in case of bad weather

Please see Mark Armstrong to register your interest no later than September 9.
PUBLIC SERVICE TRAINEESHIPS

Department of Finance

Applications now open

Information session 1.00pm TODAY in the Science Theatrette

CERTIFICATE III BUSINESS ASBA

A position is available for a Cert III Business ASBA with an accounting firm in Deakin. This position has the potential for a full time position on completion of year 12. They are looking for someone with a high level of professionalism, commitment and maturity and someone who would be happy working in an accounting arena. They would be the first point of contact for clients and involved in general administrative duties including telephones, meet and greet, filing, scanning, data input.

See Lyndall in eknex for more details if interested.

OCCUPATIONAL HEALTH AND SAFETY CONSTRUCTION INDUCTION WHITE CARD AND ASBESTOS AWARENESS TRAINING

Under government guidelines, it is compulsory for a person to have an Occupational Health and Safety (OH&S) Construction Induction White Card and to have done Asbestos Awareness Training to do work experience or a work placement on a building site, including casual work and Australian School Based Apprenticeships (ASBAs).

Erindale College Careers has organised OH&S Construction Induction White Card Course and Asbestos Awareness Course to be run at Erindale College in Week 10. Exact dates are yet to be finalised. Please see Vanessa in eknex to register your interest.

The prices of the courses are very competitive:

- $110 for OH&S White Card Course
- $50 for Asbestos Awareness Course
- $160 for both Courses

Dates for the White Card and Asbestos

- White Card – 24 September - $110 per person
- Asbestos – 25 September - $50 per person
UPCOMING EVENTS

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<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>ADFA Tour—Military and University</td>
<td>Monday 8th September</td>
<td>08:45am - 10:30am</td>
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<tr>
<td>ADFA Information Session</td>
<td>Tuesday 9th September</td>
<td>6:00pm</td>
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<tr>
<td>Defence Force Recruiting Centre</td>
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<tr>
<td>ARMY Reserve Information Session</td>
<td>Tuesday 16th September</td>
<td>6:00pm</td>
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<tr>
<td>Defence Force Recruiting Centre</td>
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<tr>
<td>TRADES Information Session</td>
<td>Tuesday 23rd September</td>
<td>6:00pm</td>
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<tr>
<td>Defence Force Recruiting Centre</td>
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<tr>
<td>PFA and Information Session</td>
<td>Wednesday 15th October</td>
<td>4:45pm</td>
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<td>RMC Gym</td>
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<tr>
<td>Over Water Obstacle Course</td>
<td>Friday 24th October</td>
<td>9:45am - 11:30am</td>
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<td>ADFA</td>
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To book in please e-mail: contact@dfr.com.au

ADFA EDUCATION AWARD

The Australian Defence Force Academy Education Award is presented annually to Year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during Year 11. The award comprises of a laptop computer and certificate for you, along with a plaque of recognition for your school. There are up to 100 awards available on behalf of the Navy, Army and Air Force which will be presented to suitable applicants who have applied for entry to ADFA.

Key Dates

1 May
Applications open (of the year the applicant is in Year 11)

28 February
Applications close (of the year the applicant is in Year 12)

March to April*
Officer Selection Board

May
Notification of Award Winners

Second school term
Presentation of Awards

January the year after you graduate from Year 12^
Entry to ADFA

* Boards are held in Canberra (travel, accommodation and meals provided).
^ Subject to Year 12 final results in competition with other applicants.

Congratulations to Lewis Bates, Marco Gayer, Daniel Linstead, Jono Turek, Jordan Tsekenis, Sonja Sheedy, Lauren Keir and Kristy Helmers with their participation in the ACT Schoolboys and Schoolgirls teams last week with both girls and boys teams coming 3rd in their competitions.

Also big congratulations to Lauren Keir and Jordan Tsekenis on being selected for the National Schoolgirls and Schoolboys team and Kristy Helmers on being selected in the Shadow National Schoolgirls team.

Well done to all.

JACKSON FREW

Jackson Frew recently returned from Whistler in Canada where he competed in a number of Junior Elite (16-18yrs) Mountain Biking events. These events are international events with competitors from Nth America, Japan, and Europe (Italy, Spain in particular).

**His results were**

- Gabonzo 3rd
- Air Downhill 4th
- Dual Slalom 1st
- Canadian Open 3rd

Congratulations Jackson