Multitasking
It is not uncommon to hear that our students are good at multitasking. Because they have grown up with technology they can switch between e-mail, iTunes, Facebook, SMS and TV while studying for exams; or at least that’s the assumption many people, including students, make.

Unfortunately, there is a burgeoning quantity of research to indicate that the reality is that multitasking is largely counterproductive.

David Meyer at the University of Michigan has spent the past few decades studying multitasking.

For tasks that are at all complicated, no matter how good you have become at multitasking, you’re still going to suffer hits against your performance. You will be worse compared to if you were actually concentrating from start to finish on the task, Meyer says.

Meyer goes on to say that multitasking causes a kind of brownout in the brain. He says all the lights go dim because there just isn’t enough power to go around. So, the brain starts shutting things down — things like neural connections to important information. The technical name for creating, or recreating these neural pathways is spreading activation. It involves building connections step by step.

Professor Clifford Nass and his team, researchers at Stanford University found specifically that multitaskers performed more poorly than non-multitaskers in the areas of identifying relevance, short term memory, and distractability.

Professor David E. Meyer, a world renowned psychologist concurs and says that a teenager trying to do three things at once, like a conversation, e-mail, and homework, will have a decrease in efficiency compared to doing those tasks one at a time. His results show that multitasking increases the number of errors made and often the time taken more than doubles. Multi-tasking is an inefficient method of working.

I write this in the awareness that many students will want to study while engaging with technology such as SMS, Facebook, and the ubiquitous iPod playing in their ear. Despite what they say, it is highly unlikely that there will be any beneficial effect on their concentration or their learning. In fact the opposite is more likely to be true. The best way to improve performance is to engage in consistent, focused, timely practice.

So if parents/guardians are keen to assist their child to prepare for their exams and complete assignments, ensuring a distraction-free environment would be a good first step.

Child Protection Week 4-11 September 2011
Child Protection week is symbolised by white balloons which were first used in 1996 in Belgium after the tragic deaths of a number of young girls at the hands of a convicted and released paedophile. It has been adopted by Australia and in particular, the Bravehearts organisation. The aim is to protect children from sexual assault by making child protection everybody’s business. The official slogan is BREAK THE SILENCE because we do not know how many children in our schools are silent victims of this crime. The intent is to EDUCATE, EMPOWER AND PROTECT our children. This is a responsibility of all individuals and organisations which work with children.

Collaroy Camping trip
Mr Russell French together with Ms Dorota Cook and parent Mr Stephen Bella took twelve year 11 girls for a camping weekend to Collaroy station. A great time was had by all and
encounters with the wildlife including platypuses, wild pigs, koalas, and emus were common. Thanks to Mr French, Ms Cook and Mr Bella for providing the girls with a memorable weekend.

**F1 Racing**

Mr Simon Korneliussen hosted the F1 racing car competition at St Pat’s Hall last Friday. There was a huge industry representation, and the day was very successful and enjoyable for the students. Even better, his team finished runners-up and will now progress to the state final. Thanks to Mr Korneliussen for his organisation.

**Lesley Fraser – Assistant to the Principal: Religious Education**

This week has been a big week for all OP-eligible Year 12 students in Queensland. My prayer for them is to be calm and focused so that they can demonstrate what they can do to the best of their abilities. The past few weekends have been quite busy for the school with a trip to Rockhampton with some of our students to celebrate World Youth Day and our debaters going to Bowen for the regional finals and then our Paddies camping trip. Not all students are lucky enough to have opportunities like these come their way. Some of them are going through very difficult times in their life and we need to keep them in our prayers.

One of the world’s greatest musicians, Ludwig van Beethoven, began to lose his hearing when he was only 26. This was particularly tragic for someone so gifted in using sound as music. When he realised he could not be cured of his deafness, he wrote the following prayer. As we hear his words, we can pray for those who are going through difficulties at this time:

**O God, give me strength to be victorious over myself.**

**O guide my spirit and raise me up from these dark depths,**

**so that I may fearlessly struggle upward in fiery flight.**

**For it is you alone, Lord, who understands me and can inspire me.**

**Amen.**

Part of Beethoven’s 9th Symphony (which is called “The Choral”) has become the Anthem of today’s E.U. – the European Union. When this symphony was first performed in Vienna in 1824, Beethoven was completely deaf. During the performance he faced the orchestra and, before each of the four parts (or “movements”) of the music, he beat the speed (or “tempo”) to let the conductor know how fast the music should be played. In his last years, his only experience of his own music was not through hearing, but through watching the musicians, imagining what they were playing. At the end of this symphony, the audience stood and applauded enthusiastically, but Beethoven could not hear them; someone turned him round to face the audience so that he could see their appreciation of his music.

Beethoven’s last words before dying are said to have been: “I will hear in heaven.”

**Edna Galvin – Assistant to the Principal: Curriculum**

**R6 Ladders**

This week we will be putting up the R6 and R3 ladders – all students are asked to check these carefully and report any possible errors to teachers or Heads of Department. These are not the final Year 12 Verification ladders – these will go up after the October Review Meetings and positions become more permanent. The Year 11 ladders are only the beginning of the Certification process.

**Congratulations**

Congratulations to Mrs Janelle Agius – one of her Robotics assignments has been selected as an exemplar on the Queensland Studies Authority website. Congratulations to Mrs Agius for an excellent Robotics trip as well!
Bianca Johnston - Cultural Coordinator

This week the College moves into exam preparation mode. Students have pens to paper, arms stretched up tall to ask for final assistance and heads buried in books. But I ask you, is your student’s study effective? Learning by repetition and memorisation are the common methods of study for exam preparation and exam coaching, but without efficient brain activation, this can create mind blanks during exams, extreme stress and long hours of study. My reflection is drawn from the text “Dynamic Performance with Brain Gym”.

Brain Gym is a series of simple and enjoyable movements and activities that enable us to integrate our brain functions with whole body movements, allowing us to learn, perform and adjust to change with greater ease and effectiveness. Brain Gym enables you to learn anything faster and more easily, overcome learning challenges, enjoy new levels of excellence and be more focused and organised.

Below is a series of movements called PACE (Positive, Activate, Clear, Energy). They are surprisingly simple, but very effective! Everyone has a unique PACE and these activities will help all become and feel positive, active, clear and energetic for learning.

1. Drink Water (Energetic) As Carla Hannaford says, “Water comprises more of the brain (with estimates of 90%) than of any other organ of the body.” Having students drink some water before study and exams can help “grease the wheel”. Drinking water is very important before any stressful situation (as we tend to perspire under stress, and dehydration can affect our concentration negatively.)

2. "Brain Buttons" (Clear) This exercise helps improve blood flow to the brain to “switch on” the entire brain before a lesson/exam begins. The increased blood flow helps improve concentration skills required for reading, writing, etc.
   • Position one hand so that there is as wide a space as possible between the thumb and index finger.
   • Place your index and thumb into the slight indentations below the collar bone on each side of the sternum. Press lightly in a pulsing manner.
   • At the same time put the other hand over the navel area of the stomach. Gently press on these points for about 2 minutes.

3. "Cross Crawl" (Activate) This exercise helps coordinate right and left brain by exercising the information flow between the two hemispheres. It is useful for spelling, writing, listening, reading and comprehension.
   • Stand or sit. Put the right hand across the body to the left knee as you raise it, and then do the same thing for the left hand on the right knee just as if you were marching.
   • Just do this either sitting or standing for about 2 minutes.

4. "Hook Ups" (Positive) This works well for nerves before a test or special event such as making a speech. Any situation which will cause nervousness calls for a few "hook ups" to calm the mind and improve concentration.
   • Stand or sit. Cross the right leg over the left at the ankles.
   • Take your right wrist and cross it over the left wrist and link up the fingers so that the right wrist is on top.
   • Bend the elbows out and gently turn the fingers in towards the body until they rest on the sternum (breast bone) in the centre of the chest. Stay in this position.
   • Keep the ankles crossed and the wrists crossed and then breathe evenly in this position for a few minutes. You will be noticeably calmer after that time.

Brain Gym is certainly a marvellous tool to use whilst preparing and undergoing any stressful situation. I know I have personally used the “PACE” movement before performances, examinations and stressful times. I invite you to try this and see what effect it has on you.

Rats of Tobruk

Last Friday afternoon, a group of singers participated and represented the College at the Rats of Tobruk Service. The students presented themselves well and performed the National Anthem and God Save the Queen with dignity. Thank you to Ms Edna Galvin and the group of singers who made such a great contribution to the community.
Eisteddfod rehearsals
Over the next few weeks the co-curricular groups will be busy preparing their items for the upcoming local Mackay Eisteddfod. It is important all students attend EVERY rehearsal. Please find below the rehearsal schedule.

- **Wednesday (TODAY)** 3:00pm (All handbell members)
- **Thursday (01/09/11)** 7:00am (All stage band members)
- **Thursday (01/09/11)** 7:00am (All choir members)
- **Friday (02/09/11)** 12:50pm (All FOLK singers)
- **Monday lunch (05/09/11)** 12:50pm (All NOVELTY Choir Students)
- **Tuesday (06/09/11)** 7:00am (All choir members)

Exam block eisteddfod rehearsals

- **Wednesday 07/09/11** Percussion Ensemble 2:00pm – 3:00pm
- **Wednesday 07/09/11** Handbell Ensemble 3:00pm – 5:00pm
- **Thursday 08/09/11** Stage Band 3:15pm – 4:30pm
- **Friday 09/09/11** Choir / Novelty 2:00pm – 3:00pm
- **Monday 12/09/11** Folk Group 2:00pm – 3:00pm
- **Tuesday 13/09/11** Choir 2:00pm – 3:00pm
- **Wednesday 14/09/11** Folk Group 2:00pm – 3:00pm
- **Wednesday 15/09/11** Handbell Ensemble 3:00pm – 5:00pm
- **Thursday 15/09/11** Choir / Novelty 2:00pm – 3:00pm

Janelle Agius – Technology Coordinator

IPT/Robotic Competition Tour
From 18 – 22 August Year 11/12 IPT students travelled with Mrs Janelle Agius and Mr Anthony Gibbons (Information Technology Technician) to attend the Queensland Robocup State Championships held in Brisbane at the University of Queensland campus. The construction of robots together with programming and problem solving skills was one of the many rewarding experiences for all students who attended. A special thanks to Mr Russell French who assisted the team with their new creation premier robot “Russ”. The Year 12 Team “RoboAlpha” consisting of Blake Bath, Curtis Holdsworth, Dean Gardner, Jaden Capra and Kelsey O’Brien finished in 4th place in the premier division after being 3rd throughout the rounds. The Year 11 “Team Nerve” - David Budden, Kathryn Wilson, Nathan Moyle and Ryan Sander won the Novice Plate section, whilst team “Usko” - Brendan Blackwell, Charles Langfield, Jake Farrell, Nathan Hazel and Yale Hudson gained 1st in the Bowl section. Team “Robo Omega” – Alistar Ingram, Andrew Gibson, Blake Harris, Enan Haque and Justin Simpson were placed 3rd followed closely by Team “Variable” - Callum Breen, Chloe Sampey, John Hannan, Joshua Rillera and Matthew Jones. Whilst in Brisbane students also visited the QUT Engineering and Computing sections, Qantm Multimedia and Dreamworld.

In 2012 St Pat’s wishes to continue the development and expansion of soccer robots with the use of C language and electronics. If any of our wider community would like to assist with either sponsorship or interest please contact Mrs Agius at the college. Planning for 2012 will commence next term.
Simon Korneliussen – F1 in Schools

Last Friday our hall was transformed into a race track. The occasion was the F1 in Schools Regional Finals with St Pat’s again the host. Sixteen teams from five schools battled it out to see who had the best F1 team in the region. The idea behind the day is for students to experience Engineering as a career. Each team must design an F1 car on CAD software and machine the car out of Balsa wood on a 3 axis milling machine. In doing so, they will have been exposed to the Engineering industry through collaboration with various local businesses in order to help with designing and testing of cars and team identity and marketing. This competition is now worldwide with 6 million students competing annually.

Report from Shoubhik Bhattacharjee

Last Friday, four of the students – Bryan Reitano, Shoubhik Bhattacharjee, Corey Ward and Damien Agius - competed in the F1 in schools competition organised by Re-Engineering Australia. These students called themselves “Split Second Racing Team” and wanted to cover the 20m track in less than one second! Along with designing and manufacturing a F1 prototype car, the team had to collaborate with industry and seek sponsorship from different businesses around the town.

On racing day our car was not the fastest but was awarded the runner-up in the senior professional class competing with six other teams. The judges were impressed with the team’s effort and their ability to justify their actions. These students will be commencing the next stage of the competition and will travel to Brisbane for the State finals from 2 – 4 November, 2011.

As a team we would like to thank our sponsors and all the students who visited on the day to provide support. This competition is an absolutely amazing opportunity for everyone who is considering engineering as their career. Along with engineering, this competition is an excellent chance for those who are seeking careers in Graphic Design, Public Relations, Management roles and many more to put their skills to good use. Our team would like to ask anyone who can contribute in any way to help them get to the State finals to contact them immediately at racing.splitsecond@gmail.com. Your support will be acknowledged and very much appreciated.

Brendon Brauer – Sport Coordinator

Capricornia Track & Field Trials

Following last week’s Capricornia Track & Field trials, three St Patrick’s College students have been selected in the Capricornia team that will now attend the state titles in Brisbane in October. The successful students and their qualifying events are listed below:

- Brianna Hutchinson 16 years 800m, 400m
- Matthew Skaife 16 years Triple Jump, Long Jump, High Jump
- Scott Schulte 16 years Discus, Javelin, Shot Putt

Mackay Rugby League Schoolboy Grand Final

St Pat’s Blue were defeated 24 - 16 by Mackay High School in the Mackay Secondary Schoolboys grand final that was played last Wednesday night. The game was played in good spirits and both teams should be congratulated on the way they conducted themselves in what was a very close final game to the Mackay Secondary league season.

Open Boys Soccer

Congratulations to the open boys’ soccer team who have qualified for the semi-finals after defeating Mackay High School 4 - 1 in the quarter-finals of the open boy’s football competition. The team will now play Pioneer High School tomorrow afternoon at Rangers Football Grounds with kick-off at 4:00 pm. The winner of this game will progress through to next week’s Grand final. Good luck boys.
Coles Sports For Schools (Reminder)
St Pat’s is a registered school in Coles Sports for Schools. Please collect your vouchers and place them in the collection box in the college office. The response so far has been pleasing. Thanks to all those families who are assisting in our endeavours to collect as many tokens as possible.

St Patrick’s Blue Basketball Team (Mr Robert Sparks)
St Patrick’s Blue or social team continued to entertain the crowd and enjoy their basketball in their latest game playing Mackay High Bushrangers. Confidence was high after an opening week win, positive training session (attended by every player, well done lads) and the ‘signings’ of Jack Coll and Jeff Wilkinson. These signings were the result of players wanting to join a fun team with great team spirit.

The opening quarter was slightly disappointing with the Blues feeling a little overawed by their experienced opposition. By the second quarter though, the team regained its values of enjoyment and team work. As a result some great basketball was played by the blues and they regularly added to their score.

The half time talk focused on the main objectives of the team; enjoyment and every player getting on the scoresheet. Every player worked hard to try and ensure all their team mates scored a basket. All players received equal game time, another reason for the great team spirit. The new signings both scored, with Jack Coll scoring a spectacular basket. By the end of the game everyone had scored except Christian Odena and Jia Jun ‘The Entertainer’ Peng. The latter might well have scored if he had tried for the simple baskets instead of going for the amazing and entertaining. Some of his efforts were spectacular and if they had been successful would have been in the running for ‘basket of the season’ and would have made the great Michael Jordan proud.

The ‘coach’ was proud of the team’s effort and their improving skills and fitness. He is especially proud of the values the players display. They show the true meaning of team sport and play for enjoyment. The lads also work hard and attend training. Special praise goes to John Hannan, Hayden Collishaw and the greatly improved Alex Wilson. Man of the match went to top scorer Curtis Holdsworth, who also defended superbly.

Boys Soccer Report v Mackay State High School – Quarter Final (Mr Robert Sparks)
The St Patricks boys’ soccer team faced Mackay High School for the second time this season in the quarter final of the open boys’ soccer competition. The team felt quite hard done by in the first meeting and were unlucky not to record a win. The match finished 1-1. The lads were certainly up for the challenge and were highly motivated after a rousing team talk from the coach, Joel. The team started with the 3-5-2 formation they finished with last week. This formation and the lads’ enthusiasm contributed to St Pat’s dominating the first 20 minutes. Their domination paid off when Cameron Stewart’s strong header flew into the back of the net from a well-placed corner. St Pat’s continued to control the game for the rest of the half but were unable to add to their lead with the Mackay goalkeeper making some good saves.

Mackay started the second half a lot stronger and the back three of James Smith, Ayden ‘Avatar’ Daniel and Jordan Martin had to be on the top of their game to defend their lead. The Mackay defence tried to push up the field and play the off side trap at every opportunity. They appealed strongly every time St Pat’s played a through ball. Luckily the referee was not to be fooled by their appeals and after some good build up play by the St Pat’s midfield, Captain Dean Berry finished off a lovely through ball with a crisp finish. Although 2-0 down, Mackay were certainly not beaten and continued to cause the St Pat’s defence plenty of work. Their persistence paid off when the solid St Pat’s goalkeeper, Andreas Baum, was finally beaten by a well struck shot. This spurred St Pat’s on to restore their lead and Damian ‘Spaniard’ Van Der Berg, Daniel ‘Feisty’ Coleman and Liam Hennessy provided plenty of attacking options out wide. Cameron Stewart and Luke Pierpoint dominated and controlled the middle of the park. St Pat’s were duly rewarded when Dean Berry once again beat the defence to the ball and slotted the ball easily past the Mackay goalkeeper. St Patrick’s continued to attack and the Mackay defence was starting to fade. An obvious foul in the penalty area gave Luke Pierpoint the opportunity to add a fourth from the spot. Luke kept his cool and struck the penalty...
superbly. Mackay never gave up and the fighting spirit of St Pat’s was required to keep the score at 4 - 1. Josh ‘the hooligan’ Walker showed this spirit in an aggressive tussle in the centre of the park and even James Daramola conceded a foul.

The coach, Joel, was very impressed by the whole team’s performance but gave special praise and the man of the match award to James Smith, who stopped many Mackay attacks and defended resolutely throughout the game and distributed the ball well. On this performance he was even compared with his old man, the Kiwi legend, Brian ‘The Hat’ Smith. The manager, Rob Sparks, was very impressed by the teams passion and commitment and compared the team with the legendary English team, Huddersfield Town. Just like Huddersfield, St Pat’s played a fluid, passing game with all players showing commitment and pride.

The team now look forward to their semifinal fixture against Pioneer this Thursday at Rangers FC. Kick-off is 4:00 pm and all supporters are welcome.


Rugby League Fundraising

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<tr>
<th>Date</th>
<th>Result</th>
<th>Score</th>
<th>Team 1</th>
<th>Team 2</th>
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<td>Broncos</td>
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Important Dates

October 12       Brisbane Lions Cup Open Competition (Boys/Girls) Proposed start date

Edie Weiss: Guidance Counsellor

Mackay Sugar Limited Open Day - Sunday September 3 from 10.00am to 2.00pm at the Racecourse factory. Talk to the experts about Apprenticeships for 2012, and participate in a site tour (long clothing and closed shoes necessary).

Griffith University Engineering for students who do not have the prerequisite subjects or marks: Griffith University offer an Aptitude for Engineering Assessment test as an alternative pathway. Registrations close on September 9, and the test is in Mackay on September 28. Registrations at www.acer.edu.au/aea/registration.html See Mrs Weiss for more details.

Discover QUT in the holidays: If you are in Brisbane in the holidays you might like to visit QUT on their ‘Discover QUT’ days. Different days and campuses are for different subjects. Check out www.qut.edu.au/explore/events for more information and registration. Open day seminars can also be accessed at www.qut.edu.au/openday if you were unable to attend.

QTAC applications are now well under way. QTAC administers all the applications for Queensland universities. This year QTAC is also administering special consideration for students affected by financial hardship, through the EAS scheme. Please tick the appropriate box on the QTAC application if you think you may be eligible. It may mean an OP bonus and a bursary.

QTAC Applications – fixed closing dates: Some courses have fixed closing dates after which applications will not be accepted. These are listed on pages 4 and 5 in the QTAC guide and are also in the Course Descriptions and Entry Requirements for individual courses. While they are mostly for courses involving portfolios and auditions, there are also some health sciences courses. Some QUT courses close on 2 September! It is the responsibility of the student to know what is required, and to get applications in on time.
### Year 11 & 12 Mid Semester Exam Timetable – September 2011

Students are asked to note the exam timetable below and see Mrs Agius for alternative times if they have an exam clash. All students are required to be in attendance at least 15 minutes before the start of the exam with all materials. Learning Support assistance will be available in Room D20 during the exam period.

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<th>Day</th>
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<td>Year 11 Industry Placement exams – catch-up</td>
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