

### Test Anxiety



#### WHAT IS TEST ANXIETY?

Too much anxiety about a test is commonly referred to as test anxiety. It is perfectly natural to feel some anxiety when preparing for and taking a test. In fact, a little anxiety can jump start your studying and keep you motivated!

#### WHAT CAN I DO ABOUT TEST ANXIETY?

1. Use good study techniques.
2. Maintain a positive attitude as you study.
3. Go into the test well rested and well fed. Get enough sleep the night before the test. Eat a light and nutritious meal before the test. Stay away from junk foods.
4. Stay relaxed during the test. Taking slow, deep breaths can help. Focus on positive self-statements such as "I can do this."
5. Don't worry about other students finishing the test before you do. Take the time that you need to do your best.
6. Once you finish the test and hand it in, forget about it temporarily. There is nothing more you can do until the graded test is returned to you. Turn your attention and effort to new assignments and tests.
7. When the graded test is returned to you, analyze it to see how you could have done better. Learn from your mistakes and from what you did well. Apply this knowledge when you take the next test.

You have to know the material to do well on a test. You have to control test anxiety to show what you know.

#### Preparing to Study: A Good Study Place

You need a good study place to be prepared to study. You should be able to answer **YES** to all of the following questions:

1. Is my Study Place available to me whenever I need it?
2. Is my Study Place free from interruptions?
3. Is my Study Place free from distractions?
4. Does my Study Place contain all the study materials I need?
5. Does my Study Space contain a large enough desk or table?
6. Does my Study Place have a comfortable chair?
7. Does my Study Place have enough light?
8. Does my Study Place have a comfortable temperature?

Having a good Study Place is important for good studying!



The Staff and Students at Oceanview will be working hard this term to bring to life all of our favorite Dr. Seuss characters, including Horton the Elephant, Gertrude McFuzz, Lazy Mayzie, and all of the Whos of Whoville! The score emerges as a Seussian Gumbo of musical styles, ranging from Latin to pop, swing to gospel, and R&B to funk! So let your toes tap, your fingers snap, and your imagination run wild for "Oh, the things you can think, When you think about Seuss!"

Auditions will be held the last week of January. We encourage everyone to come out and participate. Production dates are May 7th, 8th and 9th. If you would like to help in any way, please do not hesitate to contact Shannon Behan or Roy Carson and 485-2756. We will need help with painting, artwork, costumes, choreography and just about every other aspect of successful musical making!

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### DATES OF INTEREST

- Jan. 28-31 - Semester 1 Final and Mid-Term Formal Exams
- Jan. 17 - School Dance
- Jan 24 - PAC Mtg. 7:00 pm
- Feb. 4 - Pro D Day
- Feb. 5 - Semester 2 begins
- Feb. 11 - LEAD/LEAF
- Feb. 14 - Report Cards Issued.
- March 17 - 28 - Spring Break

**Help your Child Study for Exams****The days before the exam**

Make sure all the memorizing is done a few days before the exam. The best way to avoid last minute cramming is to review what has been taken in class on a daily basis. This makes it easier to learn as the exams draw near. Cramming the last minute sometimes causes panic. Students tend to forget what they spent so much time studying. Have your child go over class notes everyday and then again a few days before the exam. This will build confidence in your child's ability to perform well.

If it is a Math exam, pin up or stick a sheet complete with all the formulae on the wall in their room. The more they look at it, the better their chances of recollection.

**Have your child make a set of Cornell notes.**

This is a very effective method of organizing material for an exam! You will be pleasantly surprised at how much they know, and they will be amazed at how much they can pull from their daily class work.

**Mock exams**

Encourage your child to prepare mock question papers and answer them. If they are in the habit of studying with friends, ask them to prepare papers for each other. You too can prepare papers for them.

**Review**

Once your children complete the mock exam, go over their difficult areas. If they are willing to talk it over with you, great, or else encourage them to go over them with their friends. These areas are usually the topics that they had trouble understanding when they did their homework. If your children want to go back to their teacher for clarification, make sure they do so well in advance.

The afternoon before the exam, get them to review their notes. They can solve some questions and go over what they memorized. If they have listed summaries of topics, they can go over these too. The night before the exam, get them to relax. If they have done their review well, they deserve a bit of loosening up. Allow them to do something fun like watching a movie, going out for dinner, playing their favourite musical instrument and so on. For some children, the fear of competition may prevent them from doing so. Try and encourage them to relax. The final one hour before the exam, get them to go over their formulae sheets. It is always better to tell them to avoid talking to their friends as something they say may confuse them. Most important, make sure they do not cram at the last minute. Anything they learn in such panic may just slide in from one ear and out through the other.

**Exam Tips from your Teachers****French**

1. Study the plastic dividers provided for each lesson.
2. Study main concepts in your textbook and workbook.
3. Review all quizzes and tests we did this year.
4. Go on the website [www.classzone.com](http://www.classzone.com) and practice with the flash cards and quizzes.

**Math**

1. Review "keep sharps" and review packs which teachers have assigned.
2. Seek help at lunch time.
3. Be sure you know which concepts and skills will be tested.

**English 9**

1. Make sure you can recognize the different types of paragraphs.
2. Study punctuation.
3. Review paragraph tips and information...what makes a good complete paragraph?
4. Review short story terms.
5. Study complete/incomplete/sentence combining.
6. Cornell notes...Antagonist/protagonist/setting/theme etc...

**English 8**

1. Study your Cornell Notes.
2. Make sure you can identify a complete or an incomplete sentence.
3. Review Punctuation.
4. Review Parts of Speech.
5. Review Subject and Predicate.

**Science**

1. Study your Cornell Notes.
2. Review Unit vocabulary lists.
3. Review Key Terms at the end of each unit in your textbook.

**Social Studies**

1. Study your Cornell Notes.
2. Review Chapter Tests.

**Spanish**

1. Study your Vocabulary.

**Klah ah men**

1. Study your Vocabulary.
2. Study previous daily 4 quizzes and tests.
3. Review Worksheets
4. Use your flash cards.





# LEAD/ LEAF - February 11th

As part of the Health and Career curriculum each year, all students at OV receive education about substance abuse and career possibilities.



At the grade 8 level, all students take part in a Drug Education Fair (Let's Educate About Drugs) presented by the RCMP, New Life Counselling, and Public Health. These community sponsors make the day productive and educational for the kids. The format is fun and factual with a keynote speaker and several information booths. The students have always benefited from this day as well as enjoying it. Many thanks to Susan Hill, who is the coordinator of the activities and who puts in hours of hard work on the Fair.

## Take Your Kids to Work on February 11, 2008!



All grade 9 students at Oceanview Secondary will be invited to join a parent at work, on February 11th, 2008, for "Take Our Kids to Work Day".

Take Our Kids to Work™ is a one-day job-shadowing experience.

It's a chance for students to connect what they are learning in school with what happens in the workplace. Students also have an opportunity to see how a parent or another adult spends his or her day. Take Our Kids to Work day starts young people thinking about the many choices available to them after high school.

Since the first Take Our Kids to Work™ event in the Greater Toronto Area in 1994, the program has gone national, involving more than 1.3 million students and 75,000 workplaces.



Parents invite their own teenager to spend a day on the job. If you are unable to host your own teenager, consider asking a relative or family friend. For more information please visit [www.takeourkidstowork.ca](http://www.takeourkidstowork.ca)



### Student Council Up-date

The December Fun Assembly was great with the boys competing against the girls in 8 challenging activities ranging from pudding eating, hammering nails & scooter racing to duct-taping "contestants" to the wall! Thanks to Bryce Adams and Sean McGuire for taking care of the "shopping supplies" and "thank you" to Mrs. Mastro who emceed the event. The girls WON by 5 points because of their awesome spirit BUT according to the boys - it was REALLY a tie. A tie sounds excellent! Our appreciation to the P.E. Department for creating a great assembly!

Ms. Mayert and Mr. Carson organized the annual Christmas Follies showcasing the talents of students and teachers. It was emceed by Kirsten Dobler and Brett Martin. The event was enjoyed by all - thanks to Ms. Mayert, Mr. Carson, the musicians and to the teachers who participated in the "THE NEXT TOP SANTA" contest! AND WHO WON? G Dawg a.k.a. Mr. C was the winner!

Just a reminder that the profits from school dances promote Spirit Day prizes, supports our student phone, and contributes to our foster child in Africa. Thank you to all the parents and teachers who volunteer for our school dances.



## GRADE 9

### IMMUNIZATION

All grade 9 students were given immunization forms to return to the school. Please

sign them and have your child return them ASAP. Immunization

will be coming up in the next few weeks. If you would

like more information please Call the Public Health Office.





## OV Sports – Oceanview – 2008

### Basketball



Practices for the 2008 season have just begun. Mr. Miller, just back from his Australia exchange, will be coaching the Grade 9 boys. Mrs. Mastrodonato will be coaching the Grade 9 girls. Mr. LeClair and Mr. Radcliffe will be coaching Grade 8 boys and Mr. Skinner will coach the Grade 8 girls team. The season is very short so all players are encouraged to find a time to shoot and play as much as possible in the next month.

#### Practices are as follows:

**Grade 9 Boys** – Monday afterschool (Upper gym), Wednesday morning at 7:30 am and Friday afterschool drop in. The boys have also been playing during the lunch break.

**Grade 9 Girls** – Monday afterschool (Mal-U gym) and Tuesday after school (Upper Gym). The girls are also encouraged to attend the drop in session on Friday afterschool.

**Grade 8 Boys** – Monday, Tuesday and Wednesday after school from 5:00 – 6:30 pm. The boys are also encouraged to attend Friday afterschool drop in.

**Grade 8 Girls** – Tuesday mornings at 7:30 am, Wednesday and Thursday afterschool from 3:30 – 5:00. The girls are encouraged to practice at lunch and Friday afterschool.

#### Area III's

The Area III's are the championships for Powell River, Courtenay, Cumberland and Campbell River. The dates are as follows:

**Gr. 8 Girls** – Feb. 15-16 – Lake Trail School in Courtenay

**Gr. 8 Boys** – Feb. 15-16 – Cape Lazo School in Comox

**Gr. 9 Girls** – Feb. 8-9 at Cumberland School in Cumberland

**Gr. 9 Boys** – Feb. 8-9 at Vanier Secondary in Courtenay.

### Mountain Biking

**The Oceanview Mountain Biking Club has started.** The club's goals are to introduce the sport of mountain biking to kids and/or introduce new trails to experience and enjoy. All rider abilities are welcome, as are parents. Rides will include those around Powell River and Lund, as well as trails on the Sunshine Coast and Courtney/Cumberland area. Athletes will also be attending the High School Provincial Mountain Biking Championships later in the spring if they choose. Here's to mud and dust.

Coach Graham Cocksedge.



**NEWSLETTERS** are available by email. If we have your address we will send it to you online. Please forward your email to [caustin@sd47.bc.ca](mailto:caustin@sd47.bc.ca)

### Oceanview Exam Schedule

#### February 2008

Monday, Jan. 28th	9:30 – 11:30	English 8
	1:00 – 3:00	Socials 8 / Science 8
Tuesday, January 29th	9:30 – 11:30	English 9
	1:00 – 3:00	Socials 9 / Science 9
Wednesday, January 30th	9:30 – 11:30	Math 8
	1:00 – 2:30	Languages 8
Thursday, January 31 <sup>st</sup>	9:30 – 11:30	Math 9
	1:00 – 2:30	Languages 9
Friday, February 1st	9:00	Exam make-up day

**All exams will be held in the gym. Students must stay the whole time. Students may leave the school after exams. Buses will run at the usual times.**

#### Healthy Schools

Want to feel great? Then think about what goes into your body. Fast food can bog you down. Eat well and you'll be stronger, have better concentration and more stamina. Your hair, skin, teeth and nails will show the results – and you'll feel better, mentally and physically.

Here are a this month's tips.

**Choose low fat milk products.** Make low fat milks, yogurts and cheeses your choice. Or consider the non-dairy alternatives such as calcium fortified soy milk. Salmon with bones, almonds, baked beans and broccoli are also good sources of calcium.

**Get out of food ruts.** Avoid ordering the same foods at lunch from the school store or only eating your favourite foods.

**What have you got for lunch?** A healthy lunch should include fruit, vegetables, meat or alternatives, dairy products, whole grains and water. If you're still hungry and need more energy, go for low-fat, high-fibre or otherwise healthy alternative like pretzels, granola bars, a baked potato or tortilla chips.

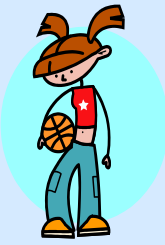

#### OCEANVIEW FOOD CARDS

**Oceanview is now selling Food Cards for Canteen purchases. The cards will be \$20 each, with \$1, \$.50 and \$.25 amounts to be punched out for the amount purchased at the canteen. The cards will not be redeemable for cash.**

# January 2008 Oceanview Secondary School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hot Dogs \$1	<b>1</b> Hot Dogs \$1 Soup - \$1.50	<b>2</b> Pizza \$3.00 Soup - \$1.50	<b>3</b> Subway \$2.00 or \$3.75. Wraps = \$3.25 Soup - \$1.50	<b>4</b> Subway \$2.00 or \$3.75 Wraps = \$3.25 Soup - \$1.50	<b>5</b> 
	Soup will be served Tues.-Fri. for as long as it lasts.					
6	7	8	9	10	11 Friday 1  Brooks Band Concert – 11:22 – 12:22	12
13	14	15 Arrival of Mr. Lawson who will take Mr. Nelson's place	16	17  <b>DANCE</b>  6:00 – 9:00 pm	18 Friday 2  Mr. Nelson leaves for Australia	19
20	21	22	23	24  <b>PAC Mtg.</b> 7:00 pm	25 Friday 1	26
27  	28 <b>Grade 8 Exams</b>  9:30-11:30 English 8  1:00-3:00 Science/Socials	29 <b>Grade 9 Exams</b>  9:30-11:30 English 9  1:00-3:00 Socials/Science	30 <b>Grade 8 Exams</b>  9:30-11:30 Math 8  1:00-3:00 Languages (1 hr. exam)	31 <b>Grade 9 Exams</b>  9:30-11:30 Math 9  1:00-3:00 Languages (1 hr. exam)  <b>Nutrition Mtg</b>	<b>Exam Make-up Day</b>	

# February 2008 Oceanview Secondary School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hot Dogs \$1	Hot Dogs \$1  Soup - \$1.50	Pizza \$3.00  Soup \$1.50	Subway \$2.00 or \$3.75. Wraps = \$3.25 Soup - \$1.50	I Subway \$2.00 or \$3.75 Wraps = \$3.25 Soup - \$1.50  <b>EXAM makeup day</b>	2  
	Soup – Tues.- Fri. as long as it lasts!					
3	4 <b>PRO-D</b>  <b>DISTRICT DAY</b> <b>No School for Students</b>	5  "SEMESTER 2 BEGINS"	6	7  MARKS TO OFFICE	8 Friday 1  Basketball—Area III's Grade 9 Girls & Guys in Courtenay	9
10  Set up for LEAD conference.	11  LEAF – Grade 9  LEAD – Grade 8  ALL DAY	12	13	14  2 <sup>nd</sup> REPORT CARD	15 Friday 2  Basketball—Area III's Grade 8 Girls & Guys in Courtenay	16
17	18	19	20	21  PAC Mtg 7:00 pm	22 Friday 1	23
24	25	26	27	28	29 Friday 2	March 1