



# Alexander Road High School

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Dear Alex Family Members

## **The Start of Term 4**

If you feel that your head is in a bit of a spin and you are not sure if the whoosh that you hear is the sound of 2025 disappearing or the southwester trying to tear your roof off, then you are in good company. It is a little surprising to me that most of 2025 is behind us, some sneaky shops are putting out Christmas decorations and the South Westerly winds of late have been trying to level the landscape.

We had two lovely assemblies today, one to celebrate the House shield winners and to announce the new house leadership for 2026. And the second to have an opportunity for the school to say thank you to the Grade 12s and for the Grade 12s to say thank you to the Head Student Leaders.

A big thank you to everyone who sent their children to school today. Ending the term on a positive note is a very important part of the school. It has been very frustrating to note the very high absentee rates over the last two weeks. It is vital that we have as much class time as possible.

We expect everyone back in fine form on Monday the 13<sup>th</sup> of October. Please don't let anyone tell you that we start on Tuesday the 14<sup>th</sup>. We do normally start on a Tuesday but not this time. We expect everyone including the Grade 12s to be in class on Monday the 13<sup>th</sup>. The last academic day for Grade 12s will be Thursday the 16<sup>th</sup> of October. They should all be at their valedictory assembly on Friday the 17<sup>th</sup> but they will go home after the assembly. Grade 8 to 11 will be in class until Friday the 24<sup>th</sup> of October. Internal Exams start on Monday the 27<sup>th</sup> of October. Please send them to school every day. We have important work to do with them.

## **Exam preparations**

We will be publishing the exam timetable once we have received final versions of the external timetables. Long before that we anticipate that everyone will have a study timetable. This should include a plan for every evening in term 4. There should be time for homework, time for revision and time to relax. The revision time should be divided among the subjects that need to be covered in the proportions that are dictated by the amount of work to be covered.

Please ensure that there is an appropriate space for revision to take place. It should be separate from the main living areas and have as few distractions as possible. Phone time should be curtailed during these sessions. Don't buy the narrative that all the work is on the phone. That is not true. Give them a few minutes to get what they need and then put the phone in quarantine.

Avoid access to too many snacks, insist on healthy meals. Avoid long late night sessions. Sleep is vital in getting the body and mind into the right zone.

Keep a close eye on stress levels. If you see a high level of stress over a long period of time, then you may want to intervene. Some stress is ok; it might help overcome the inertia but too much can be very damaging.

### **Exam day**

Our exams start at 09H00 and 14H00. For both of them the candidates need to be at school, in the venue 30 minutes before the start of the exam. Please check the exam timetable carefully to ensure that you have noted the time and date for all the exams. Lateness on exam day can be very stressful, please plan to avoid it.

If your child is not writing on any day they are entitled to stay home and study. Please do not allow beach trips or mall trips on these mornings. If you do not have a safe place for them to be in the day, you are welcome to send them to school. Please let me know that you are sending them so that I can ensure that our logistics can manage.

### **Thank you**

A big thank you to all of you for your continued support of your children this term. They may occasionally take your efforts for granted, we certainly do not.

Thanks must go to our dedicated teachers. They have worked themselves to a standstill this term. Doing the hard work of getting our children ready for life is often a thankless task. I am grateful to the Alexans who have poured their collective hearts and souls into the activities this term. They are the reason that we do what we do but we would get nowhere fast without their buy-in.

We must all expend our collective thanks to the admin team. Without their dedication none of us would know if we are coming or going. The grounds team also need a shout out. The campus looks the way it does through many dedicated hours of hard work.

Please look after yourself and those you love this week

Yours in education,



Matthew Ridgway  
Principal