

## 2016 HSC Starts Today

P&C Federation would like to wish all the students in Year 12 who are starting their HSC exams today all the very best over the coming weeks.

This time can be a stressful one for both students and parents but it is important to remember that these exams are not “the be all to end all” and there are many paths to the same destination.

Our children are our most precious gift and as parents we want them to be the best they can be, we love and nurture them through the various stages of their young lives and before we know it they are finishing school.

They have done the hard work to reach this point in their lives and as parents there is not a lot we can do except provide them with support and positivity as many students put so much pressure on themselves, encourage rest breaks and keep that pantry full of brain food for the many snacks needed along the way.

It is also crucial that if a student feels they are not coping and I can assure you they would not be alone, that they to speak to someone, whether it be a friend, parent or a complete stranger via one of the help line agencies. This is also the case for parents who have concerns about their child, speak to someone for assistance.

A helpful resource for parents and students is the HSC Survival Guide to view go to:  
<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-for-surviving-the-hsc>

P&C Federation again would like to wish those students sitting their HSC well and ask them to remember, tomorrow is another day, the sun will rise and there is a world of opportunity out there waiting for them.

**Sydney, NSW, 13 October 2016**

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