

All the Best Year 12

P&C Federation would like to wish all the students in Year 12 'Good Luck' for the upcoming 2017 Higher Secondary Certificate (HSC) examinations commencing on Monday, 16 October.

P&C Federation President Susie Boyd commented, "The academic pressure for achieving high grades in Year 12 exams often leads to too much stress among students as they associate their future success with their scores."

"I am all for encouraging our students to strive for the best they can but would like to take this opportunity to once again emphasise that these exams are not 'the be-all end-all' and there are many paths to the same destination."

"Adopting the right attitude to combat stress is what will help achieve excellence. I encourage students to ensure they get enough sleep, take regular breaks and engage in a physical activity like sport, yoga or walking to reduce stress," added Ms Boyd.

"Some parents are anxious about their child's academic performance in the final year of secondary school but it is important to stay positive and provide children with as much support and remind them that their scores don't determine their capacity to fulfil their dreams and aspirations."

If a student feels they need more assistance with coping stress or help with how they are feeling, speaking to someone – a parent, friend or a helpline support service can help. If you need help, please contact Beyond Blue: <https://www.youthbeyondblue.com/do-something-about-it/surviving-year-12>

"P&C Federation would like to wish all students taking their HSC exams all the very best and remind them that whilst it is important to put in your very best – this is only an exam and not the end of opportunities."

Sydney, NSW, 13 October 2017

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