



ACADEMICS MATTER
PARKTOWN BOYS' HIGH SCHOOL

Message from the Editor

We enter a vital week for academics in the Third Term. Next week's SBA tests present an opportunity for pupils to gain a firm grip on their academic results as they head into the final term. With this in mind, the focus of this letter will be on study and time management tips which you may utilise to incorporate into your son's learning programme. – Advancement Team (Ed)

Featured Subjects: Study and Time Management Tips

1. Starting the day in a panic. Do you wake up feeling groggy, hitting the snooze button five times, then letting thoughts rush to your head of the hundreds of things you need to do, feeling overwhelmed by everything before you actually start your day? Sound familiar? That's what happens when you are merely reacting to the day, instead of being proactive about it.

Change the habit: Develop a morning routine to give your day more structure. Be more productive earlier in the day, become energized and be motivated for what you need to do.

2. Skipping breakfast. Unless you are fasting, it can be a big mistake to skip breakfast. Think of it as fuel for starting the day that can help you to feel alert, energized and motivated.

Change the habit: Choose something that is balanced, light, yet filling, such as a combination of protein, healthy fats and fresh fruit.

3. Leading a sedentary lifestyle. Think about how many hours you spend each day sitting or just not moving your body at all. Add to that your commute time, which can be 2 hours or more, and then the evenings spent in front of your computer or TV. It's a lot! To boost your metabolism, to

strengthen your immune system, and to stay healthy, it's a great idea to incorporate more movement into your daily life.

Change the habit: Choose some type of physical activity that you can do consistently. It doesn't have to be a 2-hour workout at the gym. Even a shorter workout earlier in the day can get you energized.

4. Letting your radio take over your morning commute. Of course it is important to hear the news of the day and be informed - and some radio shows can be highly entertaining. However, everything else in between (especially commercials) can be a huge waste of your time and energy.

Change the habit: Feed your brain with targeted listening: select podcasts to get informed, learn new things and acquire a new skill. Develop your critical-thinking muscle, feed your imagination, or find new ways to improve your daily life. Bonus: you will likely feel less stressed and more energized by the time you get to your destination.

5. Checking your phone throughout the day. This habit doesn't only take a lot of time overall, it also distracts you to the point of even lowering your IQ by up to 10 points, according to the *Harvard Business Review*. Instead of reading everything that comes into your mailbox, leave checking your inbox for later.

Change the habit: Instead of going through messages in the first few hours of your day, take a look at your daily schedule so that you can strategize how and when to do your deep work. Get work done early. When your brain is well rested, and you can do more complex problem-solving tasks, it means you'll probably finish work sooner.

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6. Finding excuses not to sleep. The habit of trying to make up for time lost during the day by working late at night, can be destructive to your brain. Chronic sleep deprivation can reduce your cognitive abilities, negatively impact your concentration and can cause you to make more mistakes while working and driving.

Change the habit: Aim for a solid 7-8 hours of sleep. Train your brain to wind down at the same time each evening (to signal to your body that it is time to sleep), set a bedtime alarm on your phone about 30 minutes before you go to bed, and follow a simple night-time routine to help you unwind.

Source: https://www.quora.com/What-everyday-habits-drain-our-energy?ref=inc&rel_pos=3

Helpful Videos:

- *How to Help Your Child Deal with Exam Stress – Parents' Survival Guide to Exam Stress*
<https://youtu.be/QjxfGvcmxqg>
- *How To Motivate Your Teenager*
<https://youtu.be/STeSLWK0b5k>
- *Tips Tor Helping Your Child Focus At School*
<https://youtu.be/0W11Rj1qa-w>

English Olympiad Results

2016 English Olympiad Results

Congratulations to the following boys who achieved the following awards:

Gold Certificate

Zidaan Habib
Tieho Ramphore
Tristan Wilkinson: *Placed in the Top 100*
Tristan Lendrum

Silver Certificate

Gabriel Matthews

Bronze Certificate

Jesse Bwanali
Rushil Daya
Hoosen Muhammad
Muhammed Madhi
Paul Greyling

Merit Certificate

Griffen Alexander
Emilio De Paiva
Mohammed Elzubeir
Carl Germishuys
Ronan Morris
Inemesit Nkana
Daniel Taim



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