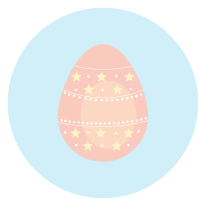
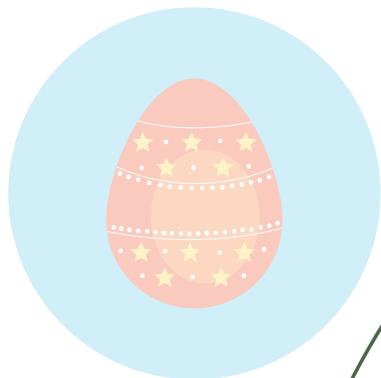




# Borinya Career News

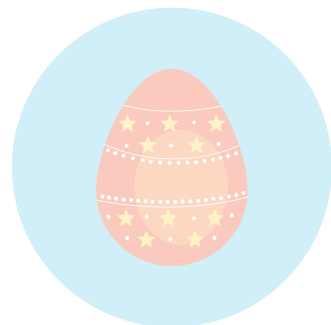
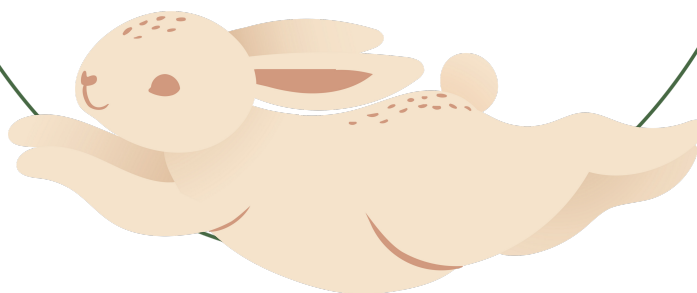
March 2024

“You have brains in your head,  
you have feet in your shoes,  
you can steer yourself any direction you choose”  
- De Suss



## UPCOMING EVENTS

- March 1 - HEAL program
- March 7 - Zonta Girls Breakfast
- March 15 - HEAL program
- March 21 - Zonta Boys Breakfast
- March 27 - Wicked Excursion
- March 28 - Last Day Term 1
- March 29 - Good Friday



RESILIENT



INCLUSIVE



COURAGEOUS

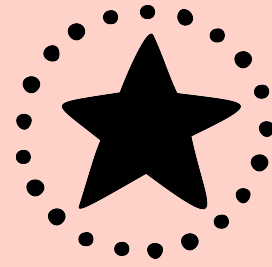


CURIOS

# THINKING OF VOLUNTEERING: LOADS OF BENEFITS FOR EVERYONE!

Well, you won't get rich financially – but you'll get rich in many other ways:

- Experience
- Learning new skills
- Reduces stress
- Combats depression
- Mentally and/or physically stimulating
- Provides a sense of purpose
- Helps other people
- Makes you feel better about yourself
- Great for your resume
- Benefits your community
- Make new friends
- Network
- Challenging
- Fun



## Skills you could gain or improve on:

- Industry-related skills
- The ability to work in a team
- Leadership
- Problem solving and adaptability
- Communicating with clients and stakeholders
- The ability to plan and prioritise work
- Sales skills
- Time management
- Report writing
- Improved interpersonal skills

## Some ideas for ways you can volunteer your time:

### Environmental initiatives

- Participate in community clean-up events.
- Join a local tree planting or gardening project.

### Aged care

- Visit nursing homes to spend time with and support the elderly.

### Homelessness and hunger

- Volunteer at a local food bank or soup kitchen.
- Distribute food and essential items to homeless individuals.

### Animal welfare

- Volunteer at an animal shelter or rescue organisation.

### Healthcare and support

- Offer companionship and assistance to patients in hospitals.

### Disaster relief

- Join the SES - disaster response teams to provide aid in emergencies.

### Arts and culture

- Volunteer at local museums, galleries, or cultural events.

### Sports and recreation

- Coach youth sports teams or lead fitness classes.



# Healthy Eating And Living



A BIG thank you to NESAY for facilitating

Our Senior Students are currently into  
week 2 of the **HEAL** program

The HEAL program is a five week program that provides an avenue  
for young people to learn healthy cooking and build on other  
independent living skills.



Topics include; budgeting skills, mental health support, drug and  
alcohol support, positive relationships and local community  
supports available.

# A Pathway Spotlight

**JOCKEYS ARE PROFESSIONAL ATHLETES WHO RIDE HORSES IN COMPETITIVE RACES. NOT ONLY DO THEY NEED TO HAVE A HIGH LEVEL OF ATHLETICISM, THEY ALSO NEED LOTS OF KNOWLEDGE AND EXPERIENCE WITH HORSES.**

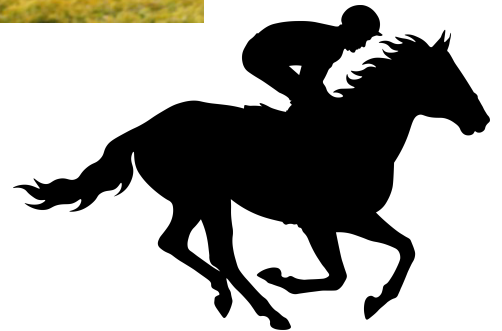


## About you:

- High level of physical fitness
- Resilient and dedicated
- Love horses and the outdoors
- Willing to work long hours
- Great communicator
- Tough under pressure
- Competitive and driven
- Can meet age and weight requirements

## The job:

- Competing in racing trials and events
- Working with trainers to decide on strategies
- Discussing a horse's performance post-race
- Maintaining a high level of fitness
- Attending practice sessions and training
- Adhering to strict racing rules and regulations
- Maintaining riding equipment
- Undertaking promotional activities



## How to become a Jockey

Try to get experience working with and riding horses if possible. Also consider undertaking a traineeship as a stablehand or trackrider.

Apply for an Apprentice Jockey Training Program (usually 4 years) in your State or Territory, usually through your State or Territory's racing organisation.

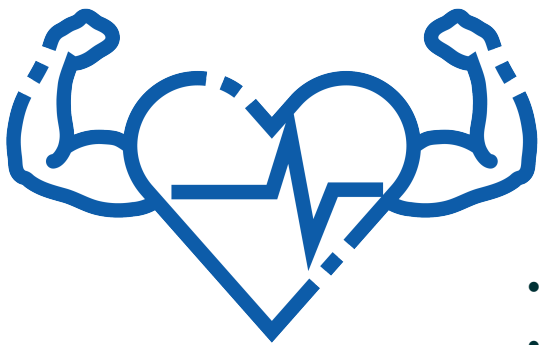
Once you finish your apprenticeship and have ridden in a minimum number of barrier trials, you can obtain a license and become a fully qualified Jockey.

Keep up with personal and professional development throughout your career as a Jockey.



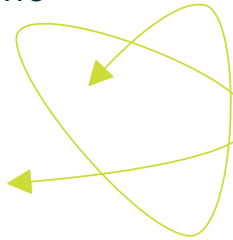
Literacy is an  
'must do' class  
at school!!

LET'S EAT KIDS  
LET'S EAT, KIDS  
PUNCTUATION  
SAVES LIVES



## self care checklist

- Try and stay away from your phone
- Write down how you're feeling
- Drink plenty of water
- Remember to breathe deeply



Get regular exercise. Just 30  
minutes of walking every day can  
boost your mood and improve your  
health!



# EMPLOYABILITY SKILLS

Employability skills refer to a set of transferable skills and key personal attributes which are highly valued by employers and essential for effective performance in the workplace.

*Employability skills include things like:*

- good communication
- motivation and initiative
- leadership
- reliability/dependability
- following instructions
- team work
- patience
- adaptability
- emotional control
- resilience



RESILIENT



INCLUSIVE



COURAGEOUS



CURIOS





# LAUNCHING THE CAREER & PATHWAY REFERRAL FORM



## Career & Pathway Referral Form

This form is use to initiate contact with Borinya' Career & Pathway person - Leanne.  
Reason's for contact might be:

- Resume
- Tax File Number
- Vocational Education Training Delivered to School Students - VETDSS
- Part time employment

This referral form can be found in [Simon > School Links > Student Links > Career & Pathway Referral Form](#) OR approach your SEL/Teacher



RESILIENT



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