



JUNIOR NEWS

First edition June 2024

A Day in the Life of a Junior School Student

by Zach Servadei, Yr 11



HAVING RECENTLY ENTERED HIGH SCHOOL, our daily lives as Junior School students are littered with CATs, timetable changes on XUNO, homework, and dreaded period fives on a Friday, which all calls for one solution - routines! That's why today, I find myself chatting with Junior School Captain Milja Lin.

From what Milja tells me, her routine is well thought out. "I usually get to school a few minutes early and...chat with my friends. Then we go off to classes." As library monitors, Milja and her friends' recesses are spent "shelving books and chatting with Clare [the librarian]", whilst her lunchtime is devoted to attending "a club or meeting". Come period 5, she admits "it's a bit of a struggle to get through the final hour", but, like us, "it's always a good feeling when the bell rings and I get to head home".

This routine, according to her, "most of the time...runs smoothly", as long as she "gets [her] homework done in time", but "my sleep schedule" could be more "consistent". Constantly aware of the improvements she needs to make, Milja then describes the feeling we all dread of "[sleeping] in late" and being forced to "rush around" to get to school on time. She also talks about her "drive to school in the mornings", which many take for granted, and, Milja says, her daily routine could benefit from "more fresh air".

When I ask her about how she copes with change, she tells me she'd "like to say that [she] always copes well, but if it's last minute, it can be a bit stressful." This stress, however, has a surprisingly easy fix. "I always...check XUNO and my emails to make sure I can stay on top of everything," she informs me. How about the planner?, I ask. "It helps a lot too."

Sadly, the time has come for the interview to end, and I realise that it's my turn to make a routine, but I'm stuck. Luckily, Milja has all the answers. "A good routine doesn't have to be super intense", she says. And instead of having a "perfect routine [that] doesn't last", focus on the "small things that make your day better or a little easier". For example? "Checking your emails, because if you can stay on top of them, everything else will fall into place."

It looks like Milja's got the right idea, and after chatting with her, I've realised a routine is so much more than a healthy habit, it's an essential part of your school life too. Looks like it's high time to make your own, Junior School!



MILJA LIN
Junior School Captain





JUNIOR NEWS

First edition



source: picture by Lily Natalier May 14, 2024

WELLBEING GARDEN

Written by: Julia Ysobel Vitug 7F

The Welbeing Garden is a safe and quiet place for students who want to be in a quiet environment with their friends. Many of you may not even know that the garden exists. You can enter the garden through gates located just as your turn left after the canteen. The space provides a lot of seating areas for students to relax alone or with friends, surrounded by trees and plants.



The Welbeing Garden is also a place used by The Gardening Club. The Gardening Club has an excellent collaboration with the Welbeing garden as they provide us with plants to help with the environment. They are currently growing a range of herbs and veggies. If you would like to join the Gardening Club, feel free to! The link form will be on Xuno and it is held every Thursday Lunchtime.



page 2

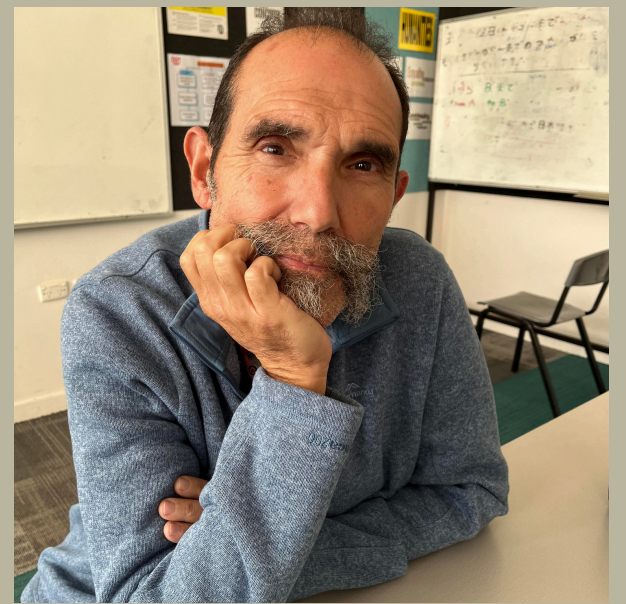


JUNIOR NEWS

First edition

ONE MINUTE TEACHER INTERVIEW

Our journalism team has decided to work on a one-minute teacher interviews with some of our dear teachers at GEC! Our two journalists, Owen Watters and Aliyah Osila, have interviewed these three teachers about their routine, favourite book, hot beverage and other cool stuff too!



Kai Kurashige

Perfect burger toppings: Burger - meat free patty, beetroot, cheese, tomato, lettuce + chips

Fav book: Haruki Murakami

Morning routine: Wake up at 5:30, coffee, walk + work, school

Drink: Coffee

Holiday destination: Kyoto, Japan

If you weren't a teacher: Travel guide in Japan

Dean West

Perfect burger toppings: Fried chicken, coleslaw, sweet chilli + aioli, swiss cheese, bacon, avocado on milk bun

Fav book: Fashion coffee-table books

Morning routine: quick 20 minutes, shower, skincare, lunch (from the fridge + hot chocolate)

Drink: Hot chocolate

Holiday destination: Sicily, Italy

If you weren't a teacher: Artist or youth mental health practitioner

Elias Tsaparlas

Perfect burger toppings: Cheese, onions, tomato sauce, medium rare patty

Fav book: His year 12 books

Morning routine: Wake up and hop in the shower, coffee, breakfast toast and Vegemite, another coffee, go to school and have a third coffee!

Drink: Coffee Coffee Coffee Coffee Coffee!

Holiday destination: Alan City, New York

If you weren't a teacher: Butcher



JUNIOR NEWS

First edition

EASY RECIPES

EASY PEASEY OMELETTE

Written by: Julia Ysobel Vitug 7F

Step 1

Season the beaten eggs well with salt and pepper. Heat the oil and butter in a non-stick frying pan over a medium-low heat until the butter has melted and is foaming.

Step 2

Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.

Step 3

Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.

Step 4

At this point you can fill the omelette with whatever you like – some grated cheese, sliced ham, fresh herbs, sautéed mushrooms or smoked salmon all work well. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve.



<https://www.bbcgoodfood.com/recipes/basic-omelette>

Ingredients:

2 beaten eggs

A teaspoon of fresh herbs (basil, thyme)

Diced tomatoes and mushrooms (optional)

A slice of tasty cheese

A slice of ham (optional)

In every edition we will bring you another easy recipe to cook at home when you are peckish. Stay tuned for our next delicious meal that will be brought to you by Aliyah!





JUNIOR NEWS

First edition

Pride Forum

By Shresta Pulaparthi, 7B

Students participated in various activities at the IDAHOBIT Pride Expo run by the Rainbow Retreat, including: cupcake decorating, flag painting, badge making, and bracelet beading. The International Day against Homophobia, Biphobia, Intersexism, and Transphobia (**IDAHOBIT**), which is held annually on **May 17** started in 1990 when the World Health Organisation decided to **educate people, raise awareness, and combat discrimination.**

If you are still figuring out your identity that's okay, but be safe when you are online. Here's how:

<https://www.esafety.gov.au/young-people/being-out-trans-gender-diverse-online>.

We have come a long way for equality and liberty for the LGBTQIA+ community, but we still have a lot to do to make the world a better place. We have the power and voice to make things right.

*Glen Eira College is a safe space for all students to be themselves



*You can join the Rainbow Retreat in room 109, at lunchtime on Thursday, run by Ms Zander and Ms Moon.

Cyber Safety

On Friday the 10th of May, we had Sam from the Cyber Safety Project come to GEC to educate us about Cyber Safety and the Online World. He talked about different real-life scenarios of cyber safety incidents, and what to do if we ever faced them. He also mentioned the E-safety Commissioner and helplines. To make it more interactive, he took an online survey from students the previous week and put it onto a slideshow to make it more realistic and connected to us.

To find out more about e-safety and how to stay safe online, visit the e-safety commissioner website at:

<https://www.esafety.gov.au/>



Helplines:

- **Kids Helpline:** <https://kidshelpline.com.au/> - 1800 55 1800
- **Cybersmart Helpline:** 1800 880 176
- **Lifeline :** 13 11 14.
- **E-Safety Website:** <https://www.esafety.gov.au/>



JUNIOR NEWS

First edition

Can you spot the difference ?



The Tabby Cat News

by: Zoe Mccoy



Word Find !

D	I	G	I	T	A	L	T	E	C	H	X	S	A	C	L	W	L	S	A
A	E	D	W	Y	U	U	S	H	D	T	E	B	V	S	O	G	Q	S	L
V	S	C	R	P	A	N	F	X	F	O	O	D	T	E	C	H	M	A	Y
W	M	U	S	I	C	A	N	L	W	P	L	W	L	T	O	W	S	H	H
X	F	T	K	N	Q	L	I	B	R	A	R	Y	F	S	A	N	C	R	U
A	M	S	E	S	Q	A	A	S	R	Z	W	G	W	M	C	N	L	A	M
I	A	E	V	O	H	Q	C	E	H	S	H	A	W	N	E	K	A	P	A
S	V	W	K	I	A	V	M	F	S	B	A	W	V	R	X	A	R	T	N
W	S	C	A	G	G	E	C	H	G	A	M	V	F	A	C	S	K	Y	I
J	L	A	R	W	V	S	E	Q	S	X	A	F	C	G	A	Q	L	A	T
A	E	S	V	X	C	W	S	U	K	G	R	W	D	L	V	S	S	D	I
P	W	F	A	M	O	I	P	O	H	A	D	H	Q	E	P	A	W	P	E
A	G	S	T	F	N	J	O	I	J	Y	J	I	G	A	E	E	R	A	S
N	H	J	W	F	N	B	A	Q	D	A	W	F	F	R	N	W	F	C	X
E	A	S	Q	A	E	G	S	U	G	O	A	F	I	N	G	S	F	W	Q
S	O	W	P	M	C	K	J	C	R	H	W	H	L	S	L	A	C	C	S
E	F	F	O	U	T	F	B	G	R	F	P	V	Y	R	I	X	C	H	M
Q	H	R	U	B	Y	X	Q	Q	C	P	S	D	F	X	S	F	T	Q	H
X	H	G	S	A	A	D	Y	F	A	D	W	Q	A	U	H	A	C	A	E
C	A	W	Y	O	F	W	F	S	R	P	U	S	C	F	M	F	O	E	X

Questions:

1. Can you list all of the words hidden in the wordsearch puzzle?
2. How many were there?

Hint: All of the words are about life at GEC eg. Subjects, Year 7 Coordinators, Houses and Values





JUNIOR NEWS

First edition

Journalism Team !



Julia Ysobel Vitug



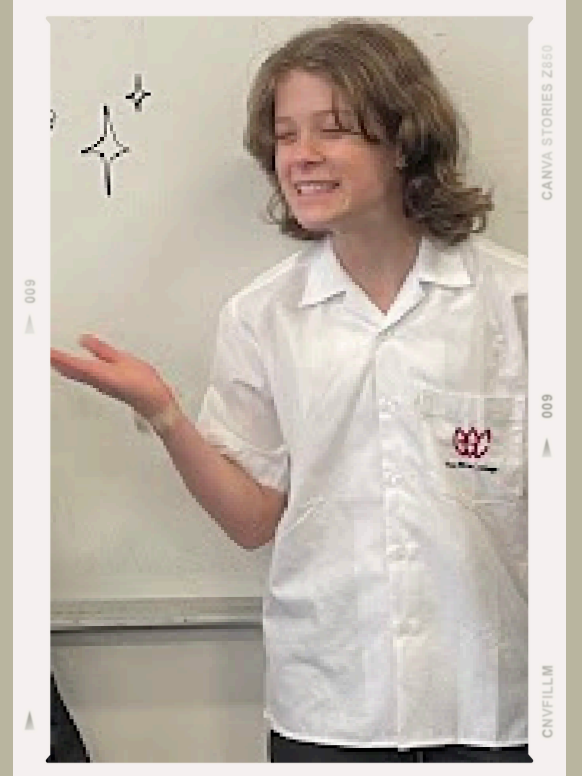
“ I NEED MY DAILY COFFEE “
President · Chief Editor · Main writer

Cici Cao



“ Cici so pretty “
Vice President

Zoe McCoy



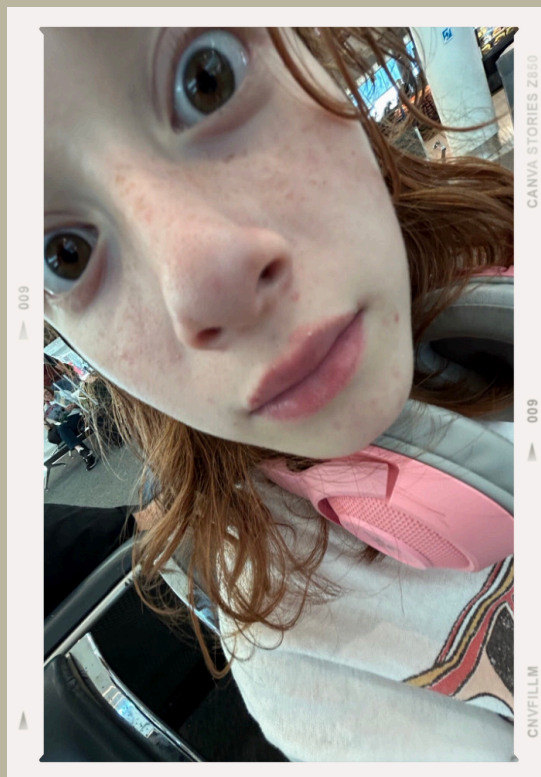
“ I dont know if I’ll be able to finish this “
Secretary · Main cartoonist

Aliyah Joyce Pagtalunan



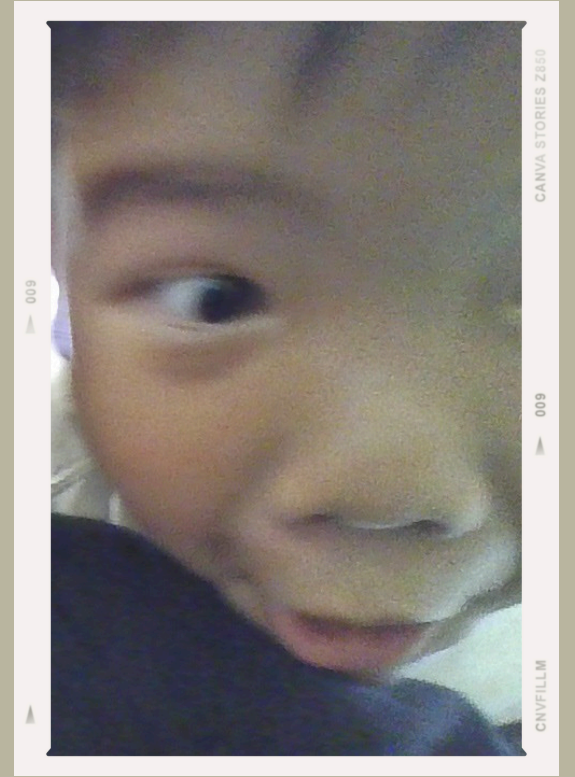
“ Best Cici Main in MLBB “
Photographer · Editorial Assistant

Lily Maree Natalier



“ Stan Jeon Soyeon ”
Main Photographer

Jayden Clarence ONG



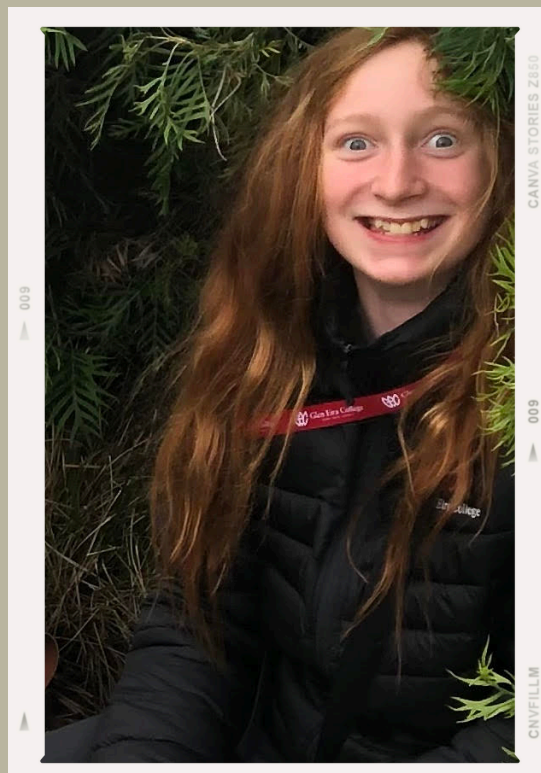
“ I dont know ”
Entertainment writer · Treasurer

Zachary Servadei



“ HOPELESS ROMANTIC!!! ”
Executive Assistant · Writer

Owen Watters



“ AHHAHAHAHAHAHA ”
Blogger · Technical Writer

Alastor



“ NOTHING IS WORTH THE RISK “
Cartoonist Assistant