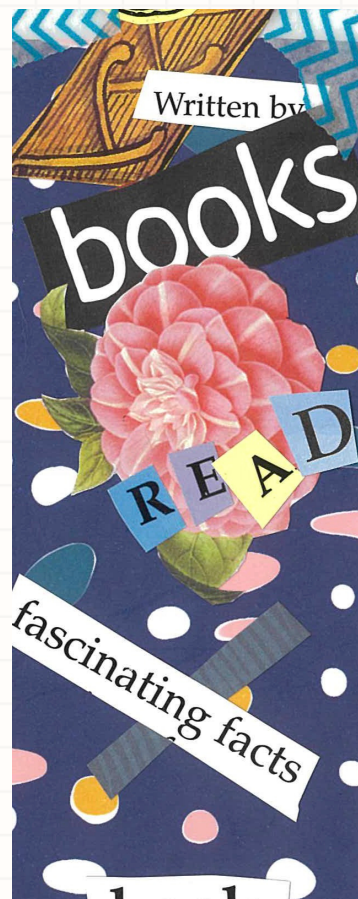
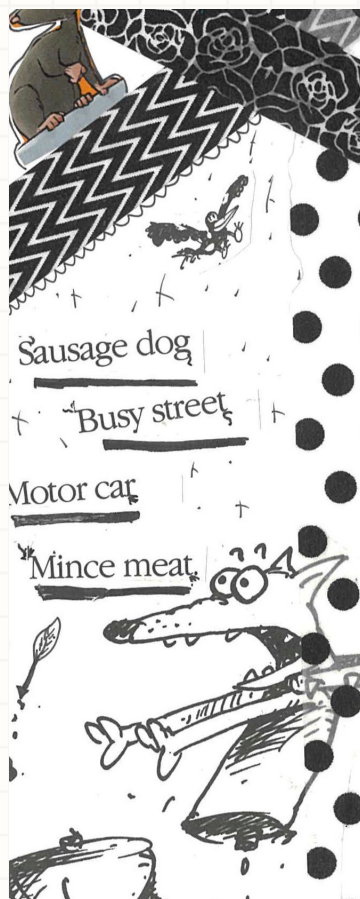


# THS STUDENT NEWSLETTER



- **CLOTHES SWAP**
- **YR 12 FORMAL**
- **ADVICE FOR YR 12**
- **R U OKAY DAY**
- **HOW TO PRINT**
- **LOOKING FORWARD TO TERM 4**



Dear Students,

Term three has been a busy time for everyone! Stretching across extreme sporting competitions, the Year 12 Formal, Book Week and much more, it is needless to say that everyone needs a break!

This is the final full term for our year 12 students. We bid them goodbye and good luck for their end-of-year exams. This also means that our current year 12 Captains have reached the end of their leadership role. We welcome in the new year 11 Leadership Mentees who have been a great help over the past couple of weeks! The future of Student Leadership is in great hands. Below are pictures of the year 11 mentees with their respective captains.

The front cover art displays the top three winners from the Book Week bookmark competition. In first place was Alivia Care, second is Audrey Altree-Williams, and third is Jemimah Douglas Gillett. Well done to all who entered the competition!

In the mean time, enjoy the third edition of the Student Newsletter!





## JOB/ VOLUNTEERING OPPORTUNITIES

Pg 3



## GLOBAL NEWS

Pg 5-6



## AUSTRALIAN NEWS

Pg 4-5



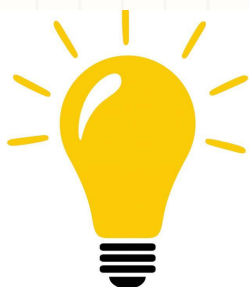
## SCHOOL NEWS

Pg



## CLUB NEWS

Pg



## THINGS OF INTEREST

Pg 26-29

# JOB/ VOLUNTEERING



## EMPLOYMENT SUPPORT at The Hub



Help searching  
and applying



Record video  
applications



Practice interviews



Writing resumes

Wednesdays 12:30 - 5pm

For people 14 -25 yrs.

No bookings necessary. Just turn up.

**DAREBIN YOUTH SERVICES**

T 8470 8926  
E [youthservices@darebin.vic.gov.au](mailto:youthservices@darebin.vic.gov.au)  
[darebin.vic.gov.au](http://darebin.vic.gov.au)

**Open 12:30 - 5:00 Tues - Fri**

Entry to the Hub is on the outside  
of Northland, next to Target.  
Entry is free.



[/darebinyouthservices](https://www.facebook.com/darebinyouthservices)

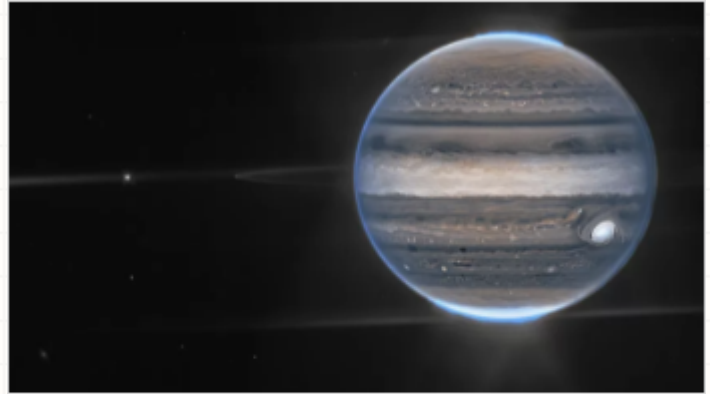


# GLOBAL NEWS



### Kentucky floods kill dozens as authorities expect to be 'finding bodies for weeks'

Dozens of people die in floods unleashed by torrential rains in eastern Kentucky, and more fatalities are predicted



### Stunning new Jupiter pictures released as NASA plans for moon rocket launch

Taken on the James Webb Space Telescope, the pictures capture Jupiter's northern and southern lights



### 'Extreme' summer temperatures cause loss of glaciers in Swiss Alps, with fears tourist...

Glaciers in the Swiss Alps are on track to record their highest loss of mass in at least 60 years, new data shows



### Injuries, destruction reported in fast-moving California fire

Another fire has spread in California as the state battles a prolonged heat wave, with a blaze that started on a lumber mill near the Oregon border



### German glaciers could disappear, says expert

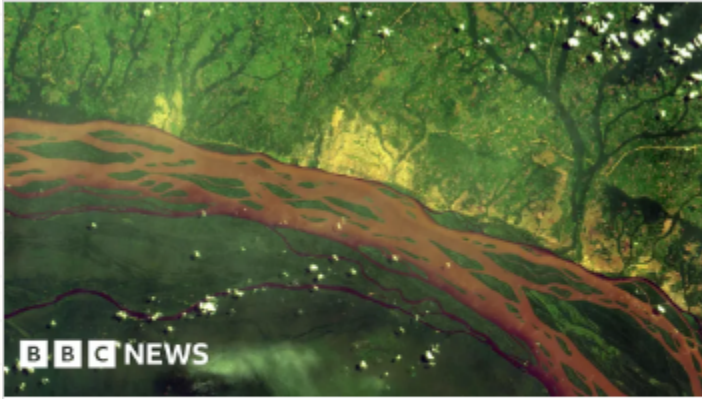
Glaciologist Christoph Mayer thinks Germany's five alpine glaciers could melt within 50 years.



### Her on-court tennis career was impressive, but Serena's extra-curriculars are...

Serena Williams tops most of the winning stats you could want to talk about in tennis, but even that doesn't quantify the impact of her 20-plus-year care...

# GLOBAL NEWS



### The space tech helping to tackle deforestation

How the International Space Station is helping to



### Why is climate 'doomism' going viral - and who's fighting it?

Climate "doomers" believe it's far too late to do anything about climate change - but they're wrong.



### Beyoncé and Lizzo have removed ableist language from their lyrics — but the...

As much as we all like to think we're careful with the words we choose, ableist language is pervasive and examples in pop culture are everywhere.



### Climate change: 'Staggering' rate of global tree losses from fires

A report says around 16 football pitches of trees per minute were lost to wildfires in 2021.



### Anteater rescued from wildfires ravaging protected areas in Bolivia

Bolivian firefighters rescue an anteater as they toil to put out a blaze that's been sweeping through



### 'Africa is not a country': How the West still misunderstands this massive continent

The West has a long, complicated relationship with Africa. This writer says there's a long way to go.

# AUSTRALIAN NEWS



## Archie Roach remembered as a truth-teller and activist who gave voice to many

Songman Archie Roach is remembered as the voice of generations and a truth-teller whose death is a loss to his community and the world.



## We seem to have passed the winter COVID peak — so what comes next?

Scientists say Omicron is unlikely to be the last variant we grapple with. So what's likely to come



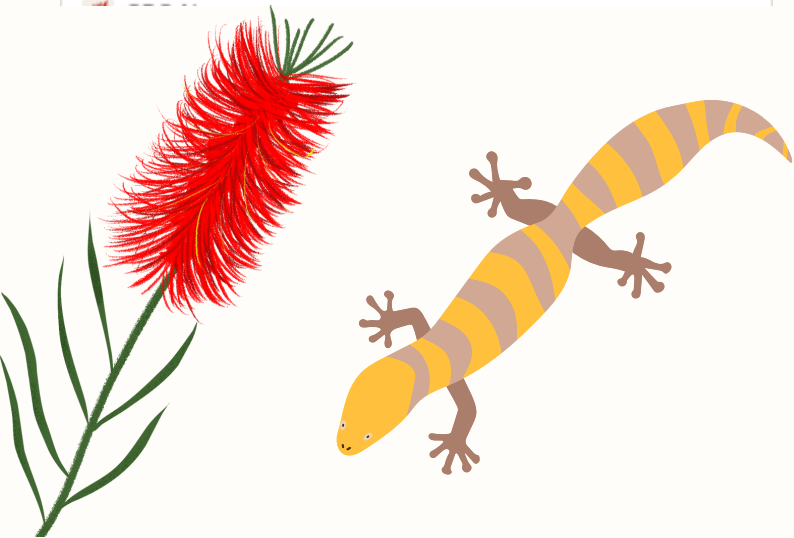
## Emma McKeon becomes the most successful athlete in Commonwealth Games history

Emma McKeon, dubbed the "little mermaid" by her father, is now an unrivalled swimming giant.



## Australian fashion company thriving on Paris catwalks but struggling at home

The fabrics this company makes locally end up on the catwalks of Paris, Milan and New York, but the



# AUSTRALIAN NEWS



## How do I know if I've got long COVID? Here's what we know about symptoms and...

Wondering if that brain fog is a symptom of long COVID? Here's a look at the symptoms and what help is on offer near where you live



## From St Kilda to Warrnambool, hundreds gather to say farewell to the legendary...

Much-loved Indigenous singer Archie Roach makes the long journey home from the inner suburbs of Melbourne to the windswept south-west Victorian...



## An Island, a federal judge, and the fight over a multi-billion dollar Santos gas project

Traditional owners on the remote Tiwi Islands have given evidence in a special beachside federal court hearing, in a bid to stop a major Santos gas project...



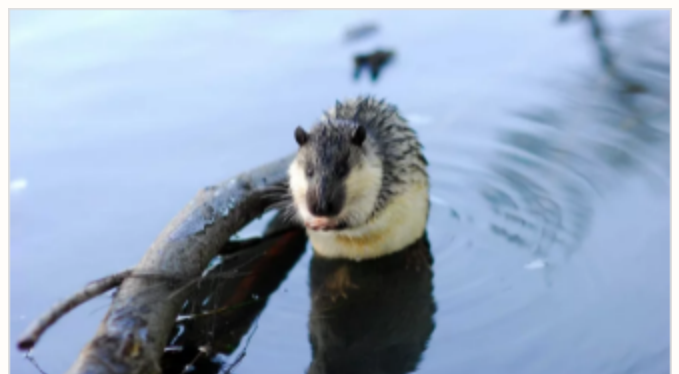
## Australia's first out-of-season coral spawning gives hope to Great Barrier Reef

Queensland researchers have made coral reproduce in the middle of winter, providing a breakthrough in the race to restore the reef



## For half an hour on Friday, Australia was running on more solar power than coal

Solar energy eclipsed coal as the lead source of power across the national energy market at lunchtime on Friday, something experts say will become more



## A quarter of Australian mammals are rodents. Now we know how — and when —...

A new DNA study maps the origin and evolution of one of Australia's largest groups of mammals: rodents



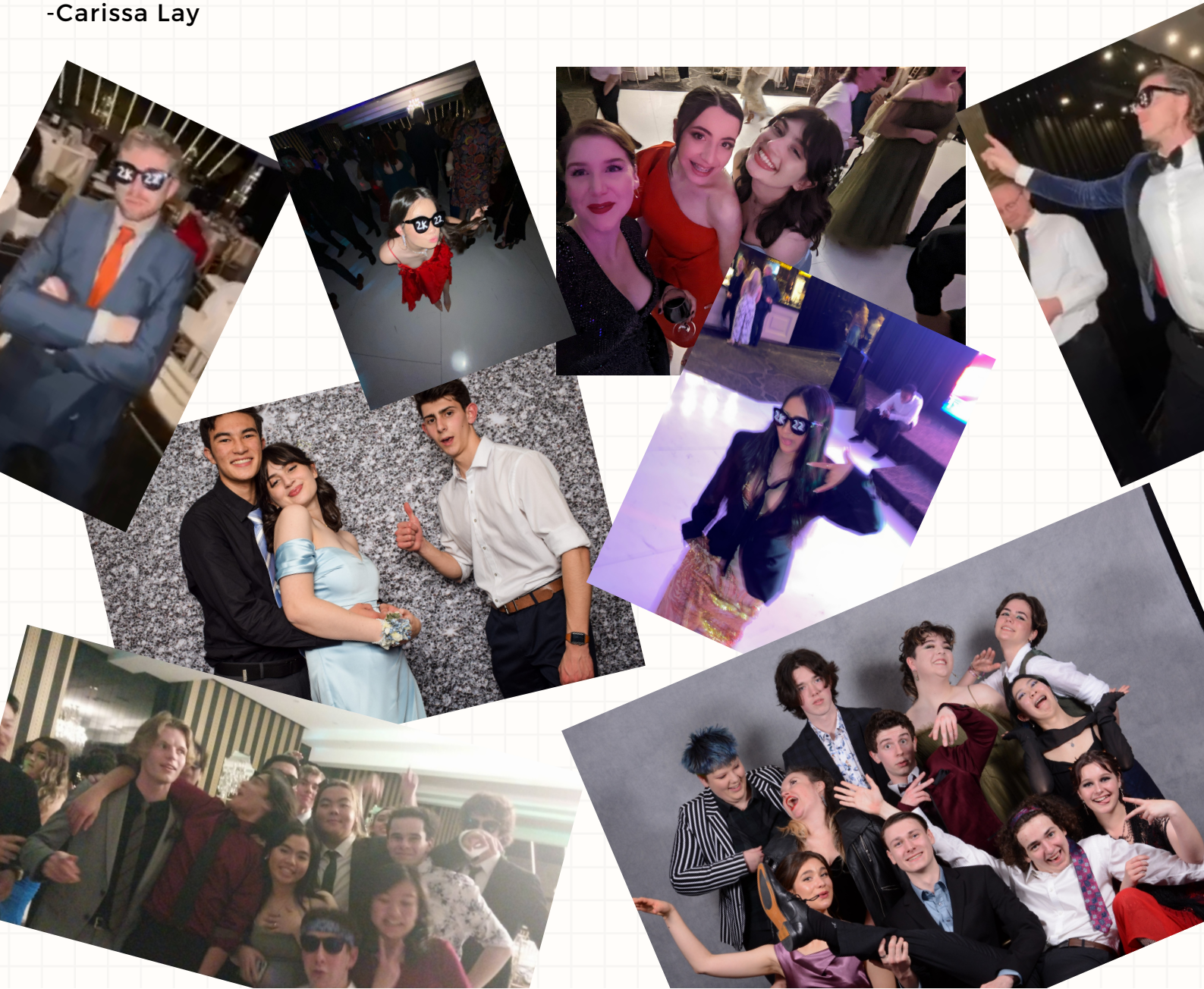
# SCHOOL NEWS

# YR 12 FORMAL



Formal 2022 was definitely a night to remember. It was a night of dancing and fun, as well as reminiscing the past 6 years of our strong, close-knit cohort. Many memories were made, and the Year 12 formal video was most definitely the highlight of the night. Overall, it was amazing to see everyone come together looking spectacular to celebrate our hard work and achievements so far :)

-Carissa Lay



# SCHOOL NEWS



## Leadbeater Workshop Exhibition

On the 23rd of May, Melbourne artist and graphic designer Steve Leadbeater visited the school, running a fantastic workshop where we experimented with his highly unique approach to creating art. Leadbeater introduced us to creative and fun ideas, such as using 3 word prompts, crude drawing styles and incorporating words alongside images. We were encouraged to use a wide and diverse range of materials, from charcoal and pastel to POSCA markers and cardboard. As a result, students produced a collection of distinctive artworks which displayed a meeting of Leadbeater's eccentric approaches with their own individual styles. The Working Parts Committee curated a brilliant exhibition, which opened on 18th of August in the Atrium, showcasing the amazing work which students created with Leadbeater during this workshop.

-Jack Reed



# SCHOOL NEWS



## Futsal World Cup!

First, there were six and then there was one. Congratulations to Poland for your victorious win in the Grand Final. A big shout out to Mr Rambaldi, our dedicated coach who helped us to World Cup Glory! Special mention to 'The King' Abubakar Yuusuf who put the team on his back when they needed him most!

Overall, the competition was a sweat-breaking, teamwork-harboursing experience that we are happy will be happening again next year. If you are in VCE or will be next year, make sure to remember to sign up your name for the Futsal World Cup when it comes up again.

-Harvey and Tess



# SCHOOL NEWS



## Advice for future Year 12s:

- Top tip: Listen to your body Year 12 is the year for burnout. Listen to your somatic responses to stress and TAKE TIME OUT. Don't leave it to the breaking point. It's better, in the long run, to stay home if you're sick than toughing it out at school every day and making yourself even worse!
- Communicate with your teachers, They are there to support you. If you feel overwhelmed, talk to them about strategies or extensions, the teachers want you to pass.



- Year 12 to say the least is nothing short of a rollercoaster! As with all years, it's never a smooth journey but it definitely will be the most memorable. My favourite thing about year 12 is the ability to get closer to the year level. I've also gotten many opportunities to participate in major school sports, as well as attending our school formal - definitely made my year! One major piece of advice I'd give is the usual: never give up. I never got the concept of this until I was in year 12. As much as it seems that you may be losing your capabilities at the start of the year, after completing the first of the many challenging SACs, it means less than we perceive it to be in the wider scheme. We always say there's room for improvement after the next, but this is extremely true when it comes to year 12! There's a never-ending list of chances to regain your shine in what you want. So my biggest tip is always back yourself even if you feel like you're falling because it gets much more comfortable and almost like something familiar that you will adapt by the end of the year

# SCHOOL NEWS



## Advice for future Year 12s:

- Don't wear yourself out! If you're stuck on a question or idea, take note of it, move onto another subject and ask the teacher tomorrow. Don't stop being productive because of one small thing!
- Year 12 is an experience that will stay in your life forever. My favourite memory was year 12 formal with everyone that has helped us throughout year 12, also another favourite moment is making it to state footy finals with the year 11/12 boys. I don't have bad moments in year 12, what to expect in year 12 is constant homework and coursework being due, and also having 3 to 5 sacs a week, but you will get through it. Ways to survive is to have a plan for your week. Plan out your day and follow that plan, and take breaks but not for long as work can build up.
- Survive the year by making small goals. Jumping right into everything would make management really difficult whilst not doing anything at all some days would pile up too much work due last minute.
- The best start in Year 12 is to get ahead in your studies. You have 2 units of work to study for in each subject and less than 12 months to get them down pat in your head before exams. The long summer break is a great time to familiarise yourself with the content and what you are going to cover over the year. Also, consider checking out the previous year's exam papers on VCAA if you're planning to sit the exams – one great way to find out what sort of questions will pop up.



# SCHOOL NEWS



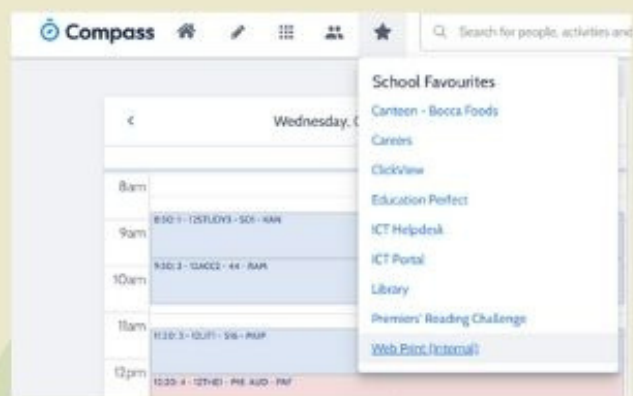
## Advice for future Year 12s:

- A schedule set up for the year would be a wise choice, but if you're anything like me who can't stick to a schedule, then try planning to stay one chapter ahead in your subjects. Before each class, attempt to find out what you'll be learning – this will enhance your understanding and focus as you know what to expect.
- Staying motivated throughout the year will be difficult, there will be stress and sometimes you'll feel like it's too much. Year 12 will be hard and I won't sugarcoat it. But it can be manageable. Qualities such as perseverance and resilience –even your mindset– can set the difference between drowning in the workload or swimming through it.
- Enjoy the year, embrace the good and bad moments, because nothing beats the feeling of being at the top of the school as seniors.



- Utilize your study periods
- Don't be afraid to reach out to teachers for help
- Use the study room out of school hours (this helps if you have trouble concentrating at home)
- Favourite moments - going to formal - being involved in the formal committees - honestly just being a Yr 12 in general
- Look at past exams on the VCAA website
- Mr Ding is right about the Pomodoro method TAKE BREAKS whether it be a day off from school or just going out with friends don't forget to give yourself a break!
- Make a study schedule to help you plan ahead and make sure that your goals for each day are realistic.

# HOW TO PRINT FROM YOUR PERSONAL DEVICE

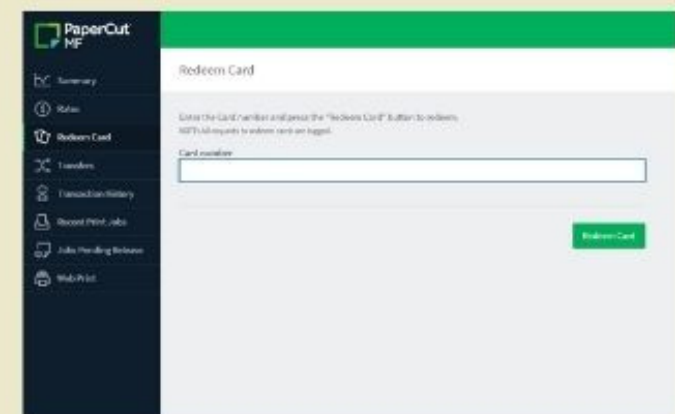
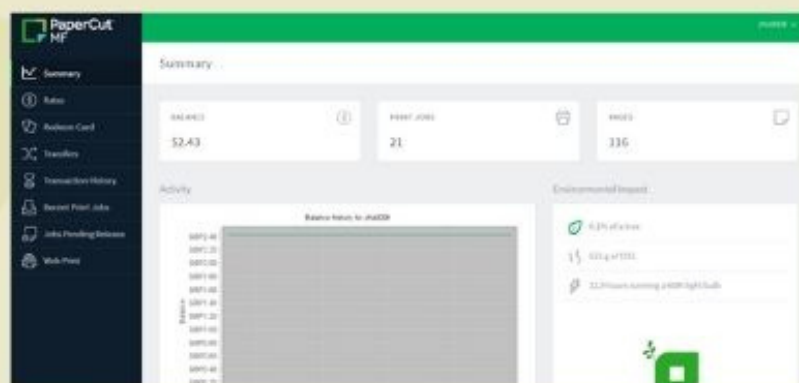


## GO TO COMPASS

Click on school favourites or the star icon then select web print

## PAPERCUT

This should open a new window for a website called papercut. Here you should be able to see how much money you have on your account, and how many pages you're able to print.

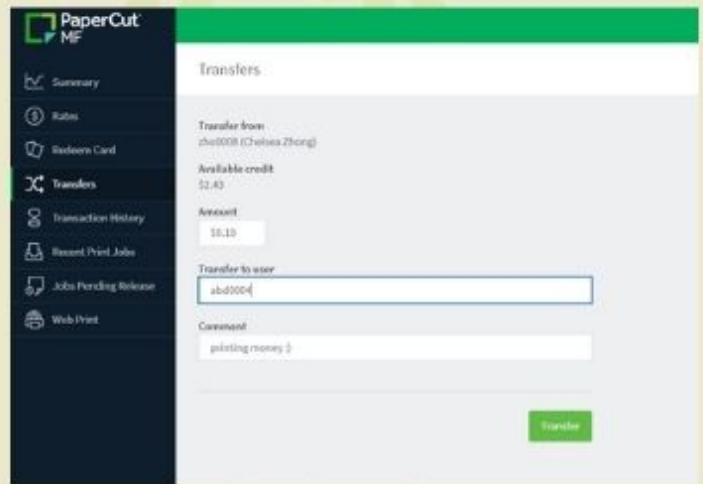


## TOP UP

If you don't enough money for printing you can go to the front office and give them the amount you want to top up. They'll hand you a paperclip with the same amount. Go to redeem card in papercut, and enter the code.

# TRANSFER

If you or a friend don't have any money, one of you can transfer the money to the other. Select Transfers, and enter the amount, and their cases code e.g adc0014



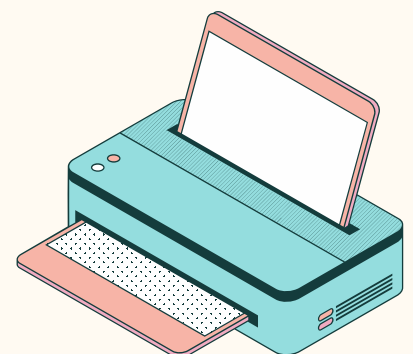
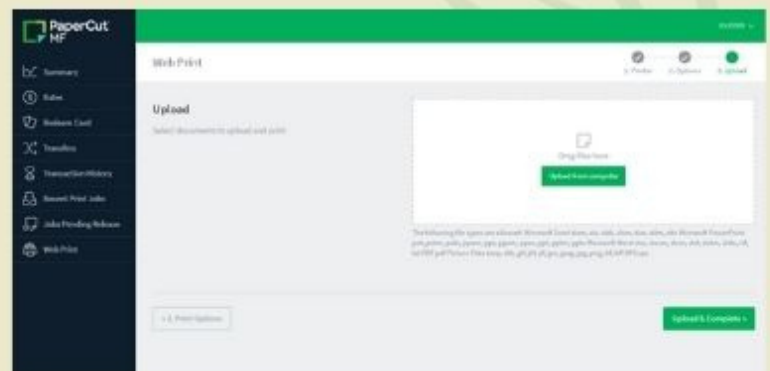
# PRINTING

To print click web print> submit a job> select a printer> print options and account selection> upload the file from your laptop> upload and complete. The status of your file should read "queued for printing"



# UPLOADING YOUR FILE

The file has to be downloaded first so that you can upload it from your computer. Papercut doesn't work with google drive. Happy printing :)





# SCHOOL NEWS



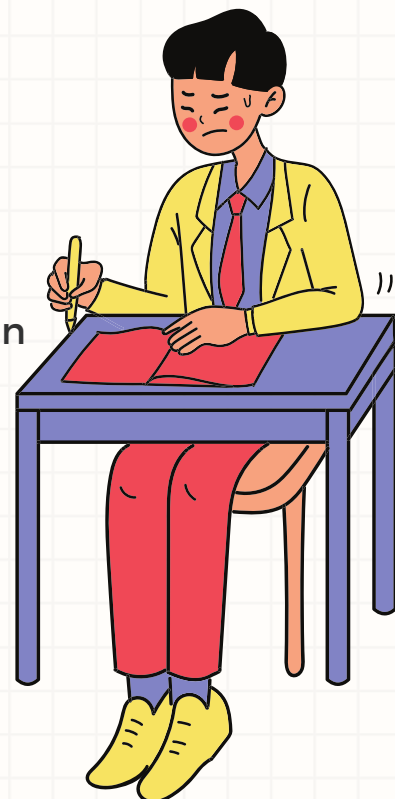
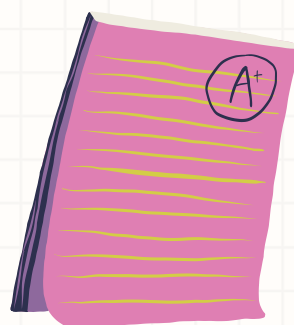
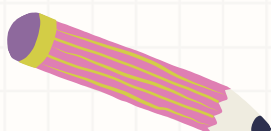
## Events for Term 3:

- 19-22nd July Mid Year Awards
- 25th July Mid Year Music Concert
- 26th July Yr 10-12 Industry Fair
- 29th July Yr 12 Formal
- 4th August Futures Expo
- 11th August Course Counselling
- 24th August Book Week Costume Parade
- 26th August Wear it Purple Day
- 7th Sep GAT
- 8th Sep RUOKAY DAY
- 12-18 Sep Central Australia trip
- 15th Sep Yr 7-11 Parent Teacher Interviews
- 16th Sep end of Term 3



## Looking Forward to Term 4:

- 10th - 14th Oct Create Week
- 14th Oct Yr 12 Celebration Day
- 24th - 28th Oct Y10 PAT Testing
- 31st Oct Student Free Day
- 1st Nov Melbourne Cup Public Holiday
- 2nd to the 18th Nov Yr 12 exams
- 11th to the 18th Nov Yr 11 and Yr 10 exams
- 23rd of Nov to the 2nd Dec Yr 11 and Yr 12 Orientation
- 9th Dec Last day Y7-9 classes
- 12th Dec VCE results
- 12th Dec Yr 7-9 Funfields
- 15th Dec Yr 12 Graduation



# CLUB NEWS



## Debate Club

Debate club takes place on Mondays during lunchtime and welcomes students of all levels of interest and ability. There are opportunities to enter formal debates and compete with other schools, winning cash prizes for the school and providing opportunities to practice public speaking and real-time debating.

Our sessions during lunch time tend to be more informal. They range from open discussions about topics of interest to quick-fire debates in small teams.

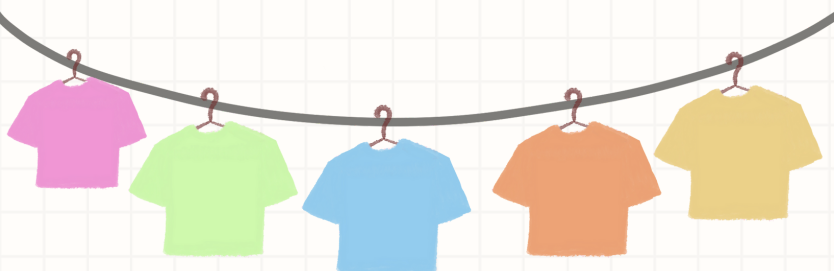
The atmosphere is always welcoming and respectful, focussing on communication skills and collaboration



## Green Team - Clothing Swap

The Green Team Clothing Swap on Thursday the 8th of September was a huge success. Many people contributed to the donations and the posters attracted a crowd. The Clothing Swap was run in an attempt to curb the fast fashion trend and encourage sustainability. I was very happy with the outcome of this event and am looking forward to an even bigger Clothes Swap next term.

-Casey Gelicrisio



# CLUB NEWS



## Wear It Purple Day

For the last two years, Thornbury High School has been forced to celebrate 'Wear It Purple' Day online, during lockdown. However, on Friday, the 26th of August 2022, Thornbury High School finally celebrated Wear It Purple day on school grounds by selling baked goods, treats and colourful LGBT-themed accessories. 'Wear It Purple' Day is a day that honours members of the LGBT+ community and their strength, spirit, resilience and pride as well as raising awareness of suicides by LGBT people and any other harmful experiences by LGBT youth such as thoughts of suicide, depression, self-harm, etc. The event was organised by the Rainbow Lounge with the help of the school's SRC and other staff members. Baked goods including cookies, cupcakes, brownies, cinnamon doughnuts, macarons, purple soda and Frog In The Pond were sold.

Badges were also made and sold including pronoun badges, badges with LGBT-themed flags and lovely messages. Other items sold included flags. In the end, the event attracted a huge crowd and raised an amazing \$697.60. This money will be donated to Minus18, a youth organisation dedicated to improving the health and wellbeing of, and providing a safe and welcoming environment for members of the LGBT community. A special thanks to all staff members, school community, Rainbow Lounge and SRC students who helped organise and support 'Wear It Purple' Day 2022.

-Hugo Cooper



# CLUB NEWS

**RUOK?**<sup>TM</sup>

## R U OKAY DAY

R U OKAY DAY was a smash! It literally was. On Friday the 9th of September Thornbury High School celebrated the national R U OKAY DAY through the smashing of four different piñatas. Students from all year levels gathered around the VCE basketball courts to watch representatives from yr 7 to 10 smash piñatas which contained lollies, and mental health fun facts and resources. Year nine was the first to smash their piñata!

Earlier in the week students participated in an R U OKAY art making session and were involved in the folding of paper cranes. Small prompts were also displayed on TV screens around the school, with a different challenge for students to complete each day of the week. This event was the last run by our School Captains. However, it was also the first time that our Year 11 Leadership Mentees were able to get a taste of what it's like to be a school captain.

Overall the week saw a lot of student participation and engagement. However, it could not have been done without the INCREDIBLE job of the Student Leadership Coordinator, Bec Perkin, who made sure that the events for the week went ahead. Thank you to all students and teachers involved. Special shout-outs go to: Mr Millar, Mr Lowe, Mr Polwarth, Mr O'Sullivan, Ms Vassos, Mr McDowell, and Ken Sellers.

-Mia Armstrong



# CLUB NEWS

# R U OKAY DAY



# WELLBEING HEALTHY RELATIONSHIPS



Relationships are a core part of our lives from the moment we are born. Our ideas and beliefs around relationships often come from our family of origin, that is the family we are raised in as infants and young children. The relationship we have with our caregivers when we are infants sets the tone for our attachment style and how we might experience relationships throughout life. This is of course changeable and experiences we have all the way through our life shape how we experience relationships.

Adolescence is a time for increased autonomy and independence. As young people begin to shift away from their family of origin and form close bonds with their peers, it is an excellent time to reflect on what you really value in a relationship. A helpful way to assess the relationships in our lives in to remember the four key relationship elements;

- **Respect:** Everyone Deserves respect.
- **Consent:** Saying yes without force or pressure, feeling ok to say no.
- **Mutuality:** Relationships are beneficial for both partners.
- **Communication:** Feeling free and able to say what you think and always listening to the other person.

These elements are needed in all relationships for them to be healthy.

Healthy (Smiley Face)	Unhealthy (Sad Face)
I feel free to be myself	I feel like I have to change myself for people to like me
I have the freedom to express my opinions	I often feel judged or criticised by my friends
I feel free to choose who I would like to be friends with	I feel like other people have control over who I'm friends with
I feel respected, appreciated and included by my friends	I often feel hurt, put-down or excluded by my friends
We can talk and work out problems when we need to	We fight a lot and struggle to work out any problems
There is give and take in my friendships	I feel like it's all give and no take

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GROWING OUR FUTURE GENERATIONS  
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# WELLBEING



If you are feeling used, disrespected or pressured by a friend, family member or intimate partner and don't feel comfortable speaking up about it with them, it is a good idea to speak to someone else about how healthy that relationship is. Relationships impact our health, our resilience and our ability to succeed in life. If you are wanting to check in with someone about the relationships in your life; you can speak to the school wellbeing team:

- [peggy.oberthier@thornburyhs.vic.edu.au](mailto:peggy.oberthier@thornburyhs.vic.edu.au)
- [rachel.kraan@thornburyhs.vic.edu.au](mailto:rachel.kraan@thornburyhs.vic.edu.au)
- [stephanie.ruberto@thornburyhs.vic.edu.au](mailto:stephanie.ruberto@thornburyhs.vic.edu.au)
- [jessica.manzie@thornburyhs.vic.edu.au](mailto:jessica.manzie@thornburyhs.vic.edu.au)

Call 1800 Respect (1800 737 732)

Visit the One love website Learn to Love Better - One Love Foundation ([joinonelove.org](http://joinonelove.org)) <https://www.joinonelove.org/>

Or Reach Out Relationships | ReachOut Australia <https://au.reachout.com/>



# THINGS OF INTEREST



**'I first read it, jaw open, in one sitting':  
These are the books the world's best...**

Miles Franklin winner Tim Winton, crime writer Michael Robotham, non-fiction author Sarah Krasnostein and others share the books they re-rea...



**Library Cinema - What's On Melbourne**

See contemporary, classic and documentary films on the big screen at Library at The Dock.



**Bricktionary: The Interactive Exhibition -  
What's On Melbourne**

Discover the biggest and best LEGO creations this



**Oktoberfest at Hofbräuhaus - What's On  
Melbourne**

The wait is over - Melbourne's most iconic

*Chess Lounge*

**FRIDAY 9TH SEPTEMBER, 4 - 6:30PM**  
**THE HUB NORTHLANDS, FOOD AND DRINK**  
**COACHES, AGES 12 - 25 AND PRIZES**



# THINGS OF INTEREST -EVENTS



## Imaginaria - What's On Melbourne

An interactive dreamlike landscape where imagination meets futuristic play.



## Europa Night Market - What's On Melbourne

Bringing your favourite European street eats to



## Melbourne Craft Fair - What's On Melbourne

Enjoy a contemporary craft fair at Queen Victoria



## Docklands Community Market - What's On Melbourne

A food and craft market held twice a month.

# THINGS OF INTEREST



**Coming Soon,  
Women's Drop In  
at the Hub**

This is a safe space for all young people between  
12 - 25 years who identify as female

**FREE WEEKLY SPORTS**

**TERM 3**

**FREE FUTSAL & BASKETBALL**  
**EVERY MONDAY**  
**3:30 - 5:30**

For 12 - 17 year olds, just turn up!  
Darebin Community Sports Stadium  
857 Plenty Road, Reservoir

DAREBIN YOUTH SERVICES

T 8470 8926  
E youthservices@darebin.vic.gov.au  
darebin.vic.gov.au

Entry to the Hub is on the outside  
of Northland, next to Target.  
Entry is free.



/darebinyouthservices



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