

# **THS STUDENT NEWSLETTER**



- **IDAHOBIT AT THS**
- **UNIVERSITY OPEN DAYS**
- **HOW TO DEAL WITH PROCRASTINATION**
- **THE ATHLETICS CARNIVAL**
- **WORD SEARCH**



Dear students of THS,

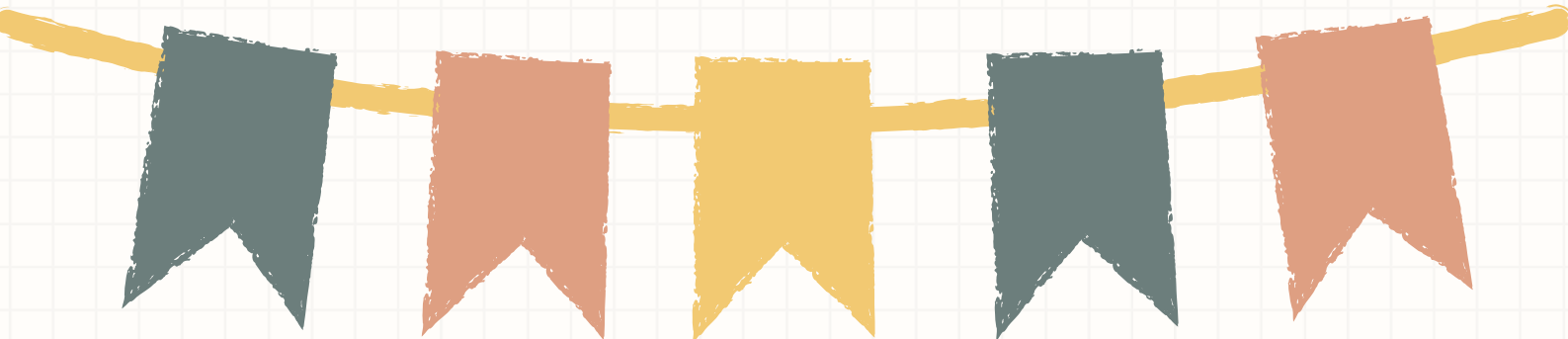
The Student Leadership released the first issue of the Student Newsletter two months ago. Since then we have continued to research and gain bucket loads of resources that may interest YOU!

Thank you to everyone who supplied their feedback after the first issue, we have tried to include a range of more engaging resources from different websites. We have also brainstormed a number of new ways to make this newsletter more accessible to you.

As always we would love for you to send your feedback or any work that you would like to include to Mia Armstrong or Ms Perkin via email.

We hope that this second edition of the newsletter is a nice way to reflect on the events of Term 2, but also supplies you with the resources to push forward into Term 3.

Warm regards,  
Student Leadership





## **JOB/ VOLUNTEERING OPPORTUNITIES**

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## **GLOBAL NEWS**

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## **AUSTRALIAN NEWS**

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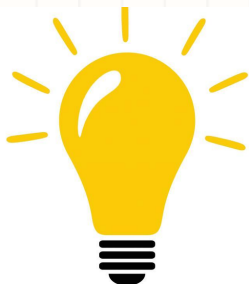
## **SCHOOL NEWS**

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## **CLUB NEWS**

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## **THINGS OF INTEREST**

Pg 26-29

# JOB/ VOLUNTEERING



- <https://govolunteer.com.au/volunteering?goodfor=1&page=7> Good site for volunteering opportunities
- <https://www.schoolstrike4climate.com/join> Volunteering with School Strike for Climate
- <https://www.youthcentral.vic.gov.au/jobs-and-careers> Tons of resources for Australian youth on work in the future such as applying for a job, how to find a job, job interviews, volunteering and work experience, etc.
- [https://careers.colesgroup.com.au/content/My-First-Job/?locale=en\\_GB](https://careers.colesgroup.com.au/content/My-First-Job/?locale=en_GB) Coles Job Opportunities. Learn what Coles is looking for in an employee
- <https://www.wowcareers.com.au/> Explore careers at Woolworths
- <https://careers.mcdonalds.com/australia> McDonalds careers
- For more information look at the Thornbury High School Careers Website <https://www.thornburyhscareers.com/>



## Yr 10 Work Experience - Lewis Manterfield

For work experience, I did a placement in the CBD for 'Whats on Melbourne'. It mostly involved learning about the marketing involved with social media, and it was really enjoyable and a terrific experience. I was involved in planning, meetings, officey things, and even got to be part of photoshoots and publishing them! The office environment was a productive and cooperative space where I felt very comfortable, and I was treated with respect like an employee, which is the proper manner to be part of actually experiencing an office-style work environment. I felt the radiated passion and youthfulness of my lovely peers, who encouraged me to get involved and really experience the true meaning of teamwork. I am very appreciative and thankful of the brilliant opportunity I had, to discover the ways in which social media is managed, and the great people who are involved in entertaining any social media audience. In conclusion, this week of work experience was a great learning experience and has encouraged me to consider a future career in a cooperative office space, and helped me understand how much behind the scenes work is put into advertising and social media.

# UNI OPEN DAYS



**Latrobe**

- In person and online: Sunday 7th Aug

**Monash**

- Caulfield Campus: Sunday 7th Aug
- Parkville Campus: Sunday 21st Aug

**Swinburn**

- Sunday 31st July

**Melbourne**

- Sunday 21st Aug

**Victoria University**

- Sunday 21st Aug

**RMIT**

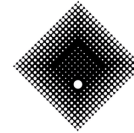
- Enroll for open day:  
<https://openday.rmit.edu.au/register>

**More info:**

[http://www.aussieeducator.org.au/tertiary/university\\_opendays.html](http://www.aussieeducator.org.au/tertiary/university_opendays.html)



**MONASH**  
University



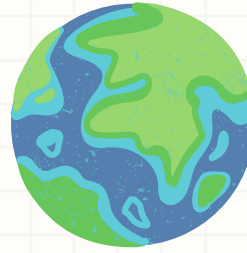
**VICTORIA**  
**UNIVERSITY**



**LA TROBE**  
UNIVERSITY



# GLOBAL NEWS



- <https://www.bbc.co.uk/programmes/p02nq0gn> **The BBC Global News Podcast** (daily podcasts touching on news events across the globe). Also available on Spotify
- <https://www.abc.net.au/radio/programs/coronacast/> **Coronacast**, answering your questions and concerns concerning Coronavirus. Available on the ABC Listen App, Apple Podcasts and Google Podcasts



**After almost 100 days of war in Ukraine, the UN says 5.2 million children need...**

At least 262 children have been killed and 415 injured in attacks since Russian forces invaded



**Aid groups under siege from Russian forces alongside Ukrainian civilians – as...**

Representatives from aid groups attempting to help in Ukraine say their teams are facing attacks from



**A Nepali Sherpa has managed to scale the world's tallest mountain for a record 26th...**

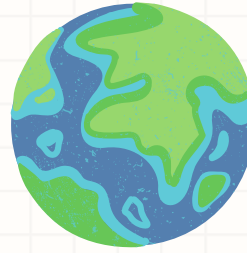
Over the weekend, Kami Rita Sherpa, at 52, beat his own previous record set last year for the number of times he has scaled Mount Everest, by clocking up h...



**Ncuti Gatwa is the new Doctor Who in a first for the series**

Ncuti Gatwa will be the first black actor to play the lead role in British sci-fi series Doctor Who, taking

# GLOBAL NEWS



BBC NEWS

### Climate change: 'Fifty-fifty chance' of breaching 1.5C warming limit

Scientists say there's now a strong chance that the



BBC NEWS

### Climate change food calculator: What's your diet's carbon footprint?

Check the environmental impact of what you eat and



### Joe Biden and Jacinda Ardern discuss gun control at White House meeting

US President Joe Biden and New Zealand Prime Minister Jacinda Ardern have discussed gun reform and Pacific security during a 90-minute sitdown at th...



### K-pop supergroup BTS visits White House to discuss anti-Asian hate crimes

South Korean supergroup BTS visited the White House on Tuesday to discuss hate crimes targeting Asians with US President Joe Biden



### Bunds are doing their job: regreening Kenya and reducing flooding | Dutch Water Sector

Together with Maasai communities, Justdiggitt dug 78,400 semi-circular bunds to catch rainwater and brought back vegetation to the once degraded area...



### Renewable electricity powered California just shy of 100% for the first time in history

On Saturday, California's electricity demand was 99.87% met by renewable energy for the first time in history



# AUSTRALIAN NEWS



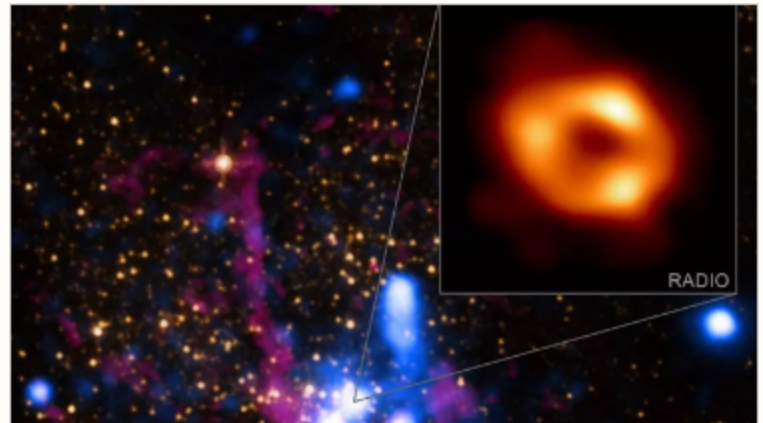
<https://open.spotify.com/show/6eHW3ZeUIO8kytACR9fQ3h?si=db26fed3d2a44844>

**Young, Dumb and Informed, podcast covering Australian politics for young people**



**Sheldon Riley was told his autism meant he'd never achieve his dreams, but he...**

Ahead of his appearance at the Eurovision Song Contest in Turin, Australia's entrant Sheldon Riley opens up about the struggles in his childhood...



**Australian scientists help capture image of Milky Way black hole**

Astronomers say the black hole at the centre of



**Meet the young Aussie with four wheels and a dream to show your kids they can...**

From his humble "old Troopy", Jameson Harvey is mixing dirt and determination to shape the next



**Bum-breathing Irwin's turtle resurfaces in Queensland river after 20 years, delighti...**

A bum-breathing freshwater turtle has conquered water turbidity and crocodiles to resurface in the Lower Queensland River for the first time in more than



# AUSTRALIAN NEWS



## KFC menu change highlights plight of flood-ravaged farmers

Queensland lettuce farmers grappling with months of devastating floods are calling for financial help as a supply shortage prompts fast food company KFC to



## First Nations talent on display at Australian Fashion Week

Following the astonishing success of last year's inaugural First Nations Fashion Design showcase, the return of Australian Fashion Week will have fashion



## Anthony Albanese's Inner sanctum: What you need to know about the prime...

Prime Minister Anthony Albanese's cabinet has been sworn in. Here's what you need to know.



## Australian Federal Election 2022 Live Results



## Who are the Nadesalingams? The story of the Tamil asylum seeker family who call...

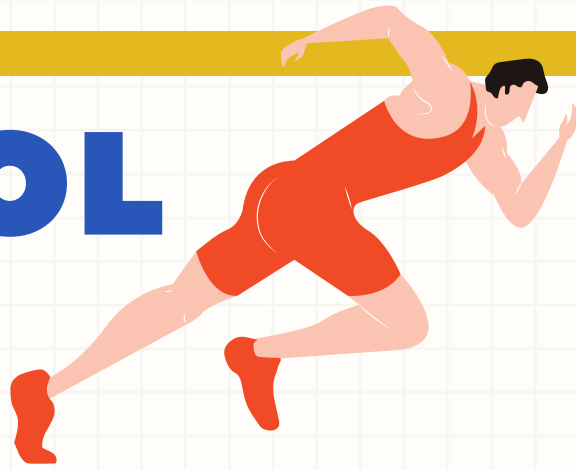
The Nadesalingam family became the public face of Australia's strict stance on boat arrivals when they were removed from their home in central Queenslan...



## How a start-up secured the 'impossible' dream of launching NASA rockets in...

In two weeks, NASA is scheduled to launch rockets in Australia for the first time in more than 25 years. But the plans didn't come from nowhere - in fact, they...

# SCHOOL NEWS



## Athletics Carnival:

The school had high expectations for the 2022 Athletics Carnival, and the carnival itself did not disappoint! The weather threatened to be abysmal earlier in the week, however the rain stayed away all day and it was a great success. The participation was as good as we've seen it and students from all year levels got involved. Our card game area and costume contest were also a hit with the main 'Keenan's Choice' Prize going to Year 12 Jules Robinson, claiming 50 house points for Saunders! Nicholls continued their dominance of the 2022 House Cup and claimed victory once more, practically solidifying their cup hopes. All in all it was a terrific day and one that we hope can be made even better next year!

-Harvey Constable



Athletics Day | Thornbury High School 2022



Share



**THORNBURY**  
HIGH SCHOOL  
ATHLETICS DAY  
2022

Watch on YouTube

# SCHOOL NEWS



## Charlie and the Chocolate Factory

The school's production of Charlie and the Chocolate Factory played from May 5th - May 7th and was a huge success. Despite the fact that the scenes, dances and songs were all rehearsed in under 5 months, the crew, cast and band shocked the audience with their preparedness and excellence. Foreseen COVID setbacks left a skeletal cast and band but luckily we had the fabulous Ella, Sam, Lauren, Majd and Angus to quickly take on the absent roles. The audience rejoiced as the crew completed the impossible 'Invisible corridor' scene correctly and the band played a soaring version of Candy Man to end the show. All of the teachers, student peers, family and friends were amazed by the acting and singing talents on stage.

Charlie and the Chocolate factory will go down in Thornbury High School History as one of the best productions ever staged.

Tess M

CATCF Alto Saxophonist



# SCHOOL NEWS

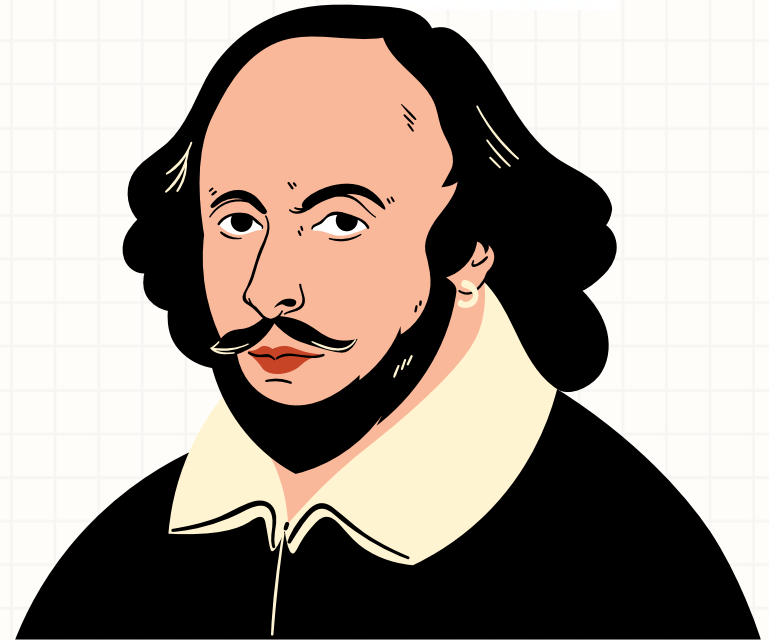


## Shakespeare Fest

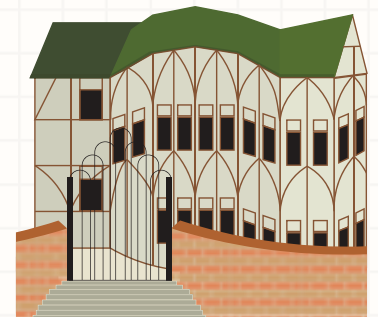
Thornbury High School's 2022 Shakespeare fest composed of 'A Midsummer Night's Dream' performed by the Year 9 drama students and 'Macbeth' performed by the Year 11s took away the night. First on was the Year 9's performance of Midsummer which got the audience both laughing when Christine slipped on the tomato sauce while showing her love to a dead 'Bottom' and grabbed their full attention during the more serious scenes, one of them being 'Egeus' throwing his daughter onto the ground and going against the king's word stressing that his daughter cannot marry a loyal 'Lysander' but a warrior more like 'Demetrius.' Next was the breathtaking 'Macbeth' performed greatly by the Year 11s. From the intuitive set which utilised the light bars to hang their banners to the fog machines in the cauldron, producing a cloud of fog as if there was this blood-boiling 'hell-broth' within. There were mixed emotions throughout the whole night but one thing is for sure, everyone was very excited and happy to be performing for such a supportive audience. At the end of night, you could clearly hear the guests saying how much they enjoyed everything and that they were left wanting more of such good performances.

Cyrus Sajjadi

Acted as Egeus - A Midsummer Night's Dream



Thornbury High's  
Shakespeare Festival 2022  
*"A Midsummer Night's Dream" & "Macbeth"*



# SCHOOL NEWS



## IDAHOBIT

On the 17th of May, this year was IDAHOBIT which is the International Day Against Homophobia Biphobia and Transphobia. This day marks 32 years since homosexuality was removed from the World Health Organisations' classification of disease and related health problems. Rainbow lounge collaborated with the student leadership committees to run activities throughout the week to encourage students to show their support for their LGBTQIA+ peers. During the week there was a board in the atrium that displayed information about influential LGBTQIA+ people, a workshop on how to be a good ally and 'how to come out' run by Cas Darlington from Rainbow Lounge. We ended the week with a casual clothes day for a gold coin donation and ran badge making stall and a pledge wall in the atrium.

We successfully raised over \$700 for The Zoe Belle Collection, the funds will be used to deliver workshops to trans and gender diverse young people in our community.



Overall it was a very successful week leaving Rainbow Lounge and the student leadership committees very impressed with how the entire school showed their participation.

We hope that students will continue to show their support for the LGBTQIA+ community every day!

Chelsea Zhong, Year 12



# SCHOOL NEWS



**BE BRAVE.  
MAKE CHANGE.**



**NATIONAL RECONCILIATION WEEK 2022**



27 MAY – 3 JUNE

#NRW2022

## Reconciliation Week

It was great to see floods of students come down the main atrium on Thursday the 2nd of June to pledge their support for Aboriginal and Torres Strait Islander people. Students wrote how they aim to show support for the traditional custodians of Australia. Several responses including educating themselves on Indigenous traditions and histories. A beautiful pledge wall was created as the result.

On the following Friday the film 'The Sapphires' was screened in the main auditorium, as a fun and interactive way to get students involved in REC week. Finally, special announcements were made on 26th and the 27th of May to acknowledge National Sorry Day and the Anniversary of the Referendum. This was followed by an announcement on the 3rd of June which aimed to explain the significance of Mabo Day.

Overall Reconciliation Week was an educational and engaging time for all students, and helped highlight the significance of Aboriginal and Torres Strait Islander cultures within Australia's history.



# SCHOOL NEWS



## Yoga Club

**Need to de-stress before a CAT/ SAC?  
Join yoga club!!**

**Every second Thursday lunchtimes (1:25-2:05) in the  
sports atrium (outside the gym)**



**Wear sports uniform OR VCE students (who do not own a  
sports uniform) can bring a change of pants to wear for  
the activity.**

**Classroom Code: szxxiqu**



**EVERYONE IS WELCOME**

# WANT TO BECOME A LEADER?

15

THS offers a range of committees that can help YOU become more involved in the school.

## The Academic Committee

Meetings every gold Tuesday (lunch) in the large conference room. Contact Tess for more information; [mar0078@thornburyhs.vic.edu.au](mailto:mar0078@thornburyhs.vic.edu.au)

Classroom code: **n56ux4a**

## The Arts Committee

Meetings every gold Thursday (lunch) in room 118.

Contact Sarah for more info; [arq0004@thornburyhs.vic.edu.au](mailto:arq0004@thornburyhs.vic.edu.au)

Classroom code: **ggruhvj**

## Civics and Citizenship Committee

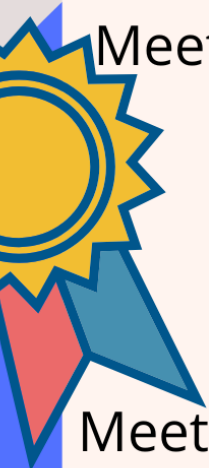
Meetings every blue Wed (lunch). Contact Mia for more info; [arm0017@thornburyhs.vic.edu.au](mailto:arm0017@thornburyhs.vic.edu.au)

Classroom code: **nhvnhby**

## Sports Committee

Meetings every gold Friday (lunch) in room P15. Contact Harvey for more; [con0016@thornburyhs.vic.edu.au](mailto:con0016@thornburyhs.vic.edu.au)

Classroom code: **5zc23t6**





# SCHOOL NEWS



## Events for Term 2:

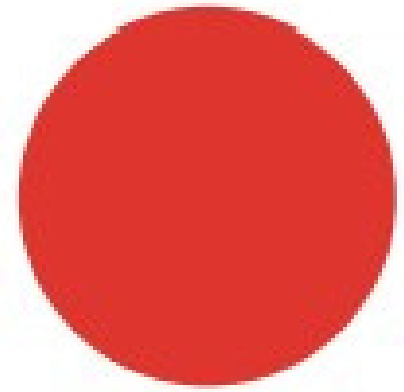
- 26th April First Day of Term 2
- 27th April-29th April School Production Camp
- 6th May Sports Carnival
- 5th and 6th May Charlie and the Chocolate Factory
- 10th-18th May NAPLAN
- 12th May International Nurses Day
- 20th May IDAHOBIT
- 26th May, Shakespeare Fest
- 30th May 30th-3rd June Reconciliation Week
- 3rd-16th June Year 10 Exams
- 9th-16th June Year 11 Exams
- 20th June-24th June Year 10 Work Experience
- 24th June Last Day of Term 2

## Looking Forward to 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 Counseling (no yr 9 or 10)
- 24th August Book Week Costume Parade
- 26th August Wear it Purple Day
- 7th Sep GAT (No yr 11 or 12 classes)
- 8th Sep RUOKAY DAY
- 12-18 Sep (Central Australia trip)
- 15th Sep yr 7-11 parent teacher interviews (no classes)
- 16th Sep end of term 3



# Reg Saunders

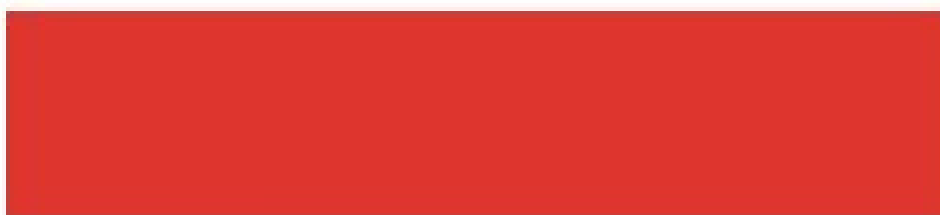


**A courageous soldier who broke new ground.**

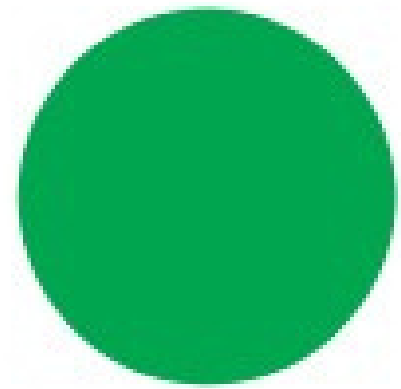
Reginald 'Reg' Saunders was the first Aboriginal person to be commissioned as an officer in the Australian Army; a significant accomplishment at a time when Aboriginal people were often discriminated against.

Recognised as a valuable role model for Indigenous Australians, Reg was recruited to the Office of Aboriginal Affairs in 1969 and made one of their first liaison officers. The role required him to engage with Aboriginal and Torres Strait Islander communities around Australia. Reg continued to work at what was to become the Department of Aboriginal Affairs in Canberra until his retirement in 1980. He was an active member of the Returned and Services League (RSL).

Reg displayed courage and leadership during Australia's wartime years, earning him the respect of those he served with, and the gratitude of all he defended. Importantly, he offered proof to future generations of Indigenous Australians that the seemingly impossible could be achieved.



# William 'Bill' Onus

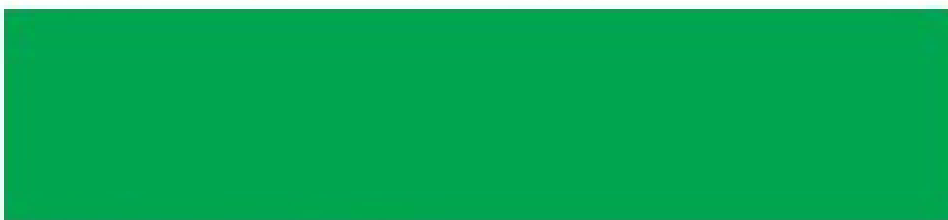


## **A leader and pioneering entrepreneur.**

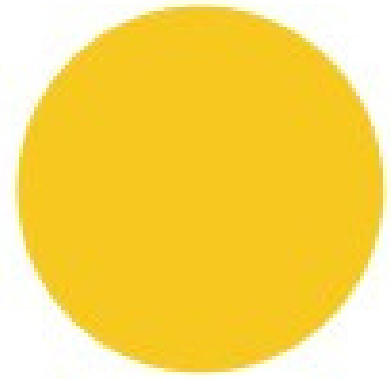
William 'Bill' Onus was a high profile activist and successful entrepreneur. He campaigned to obtain civil liberties for Aboriginal people and mentored a new generation of leaders who were able to build upon his legacy in Aboriginal rights.

In 1951, Bill helped produce a hugely successful performance at the Princess Theatre, billed as *Out of the Dark: an Aboriginal Moomba*. The Australian Aborigines' League had successfully lobbied to have Indigenous people represented in the Golden Jubilee of Federation celebrations that year. In 1954, Bill proposed the name 'Moomba' for the Melbourne City Council's new autumn carnival. The Moomba Festival remains an important annual event in the city.

In 1967, Bill became the first Aboriginal president of the Aborigines Advancement League, as well as its representative on the Victorian Aborigines Welfare Board. He was the Victorian director of the Aboriginal referendum movement and helped campaign during the 1967 referendum. Bill was also the first Aboriginal Justice of the Peace.



# Sir Douglas Nicholls

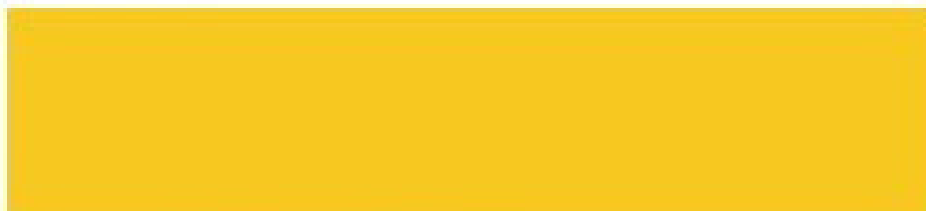


## A trailblazer who won hearts around the nation

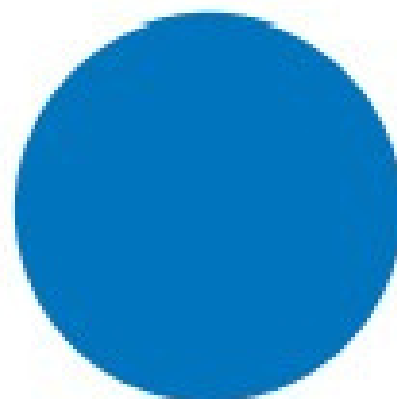
The achievements of Sir Douglas Nicholls are many and varied, taking in the fields of sport, politics and social justice. He broke new ground — as the first Indigenous Australian to receive a knighthood in 1972, and the first to be appointed to vice-regal office, when he became Governor of South Australia in 1976.

As a young man, Sir Doug had been a founding member of William Cooper's Australian Aborigine's League, created in 1936. In 1957, he helped found the Aboriginal Advancement League (AAL), which absorbed its predecessor. Sir Doug was appointed the organisation's first field officer and also edited its journal. The AAL went on to take a leading role in lobbying government on Indigenous issues, including during the 1967 referendum that saw Indigenous people counted in the national census — a symbolic win in an ongoing battle.

For all the recognition and honours, it was for his modesty that Sir Doug was equally famed. He never shied away from exposing the realities of prejudice and inequality. By the end of his life in 1988, Sir Doug was credited with helping to return a sense of pride and hope to people who had lost both. That he enacted real change for the better is unquestionable and a statue in Parliament Gardens in Melbourne attests to his status as one of Australia's truly influential figures of the 20th century.



# Harold Blair



**A renowned opera singer with a social conscience.**

Harold Blair's beautiful voice captured the imagination of the Australian public. His unprecedented achievement as the nation's first Aboriginal tenor opened the door for future generations of Aboriginal artists, and he used his high profile to demand better treatment for his people.

In 1962, Harold arranged for a group of Aboriginal marching girls from Cherbourg to perform at Melbourne's Moomba festival. The success of the visit led to the creation of the Harold Blair Holiday Project. For more than a decade, hundreds of Aboriginal children from country areas of Australia were treated to trips to Melbourne.

As an opera singer, Harold challenged long held misconceptions about what Aboriginal people were capable of. Whether in concert halls or at rallies, he moved audiences with the power of his voice. It is a voice that continues to resonate.



# CLUB NEWS



## Art Club

Every Wednesday at lunchtime in room 118, opens its door for all students of all ages to come and work on art projects of all kinds. Run by Miss Keystone, There's an abundance of materials available for everyone, so you can bring your lunch and do some relaxing craft, painting, collaging, drawing, clay baking, pom pom making- the list goes on! If you can't find something, just ask the art staff in the room, they will be more than happy to help! Everything is right where you need it, especially if you want to finish something you didn't in class :D

Many of the older year levels like to do some online art projects for their subjects, and others enjoy grabbing what they need to do what they choose! If you aren't sure what to do at lunch, or perhaps your friends are absent, come on over and get a full 40-45 minutes, and can eat and drink as well! The great thing is you can meet others in an upbeat environment and since it's the biggest art room, there's space for everyone to enjoy! Another aspect is that it's not a commitment, come and go when you please!

Personally, coming to high school, I really wanted to join things, so I was introduced to the club by a few of my friends, who suggested that I come along. I also do other art- oriented things, such as the Art Committee! I love collaging, and there's specific drawers dedicated to magazines and newspapers to cut out and arrange. I now do collaging at home and I've created several pieces of art in the club! Most of which I've hung in my locker, and the ones I haven't I store in a room 118 cupboard to finish next wednesday ;D Head on over to room 118 the next chance you get!

Written by Greta. S, year 7



# HOW TO WRITE AN EMAIL TO A TEACHER



Are you struggling to communicate your needs with your teachers or coordinators over email? Follow this simple tutorial to build your skills to write an informative and concise email!

## 1) Make a clear subject line (do not leave blank!!)

Simply a few words summarizing the topic of your email. Make sure you do not write the actual email within the subject!

## 2) Open your email with a greeting.

For example, Dear, Hi, To whom it may concern... make sure that the opening of this email matches the tone of your message (eg, friendly, polite, respectful etc)

## 3) Structure your email

Leave gaps between important 'paragraphs' within your email. Eg, a gap under the greeting and then start the email. After each issue that you address, leave a gap.

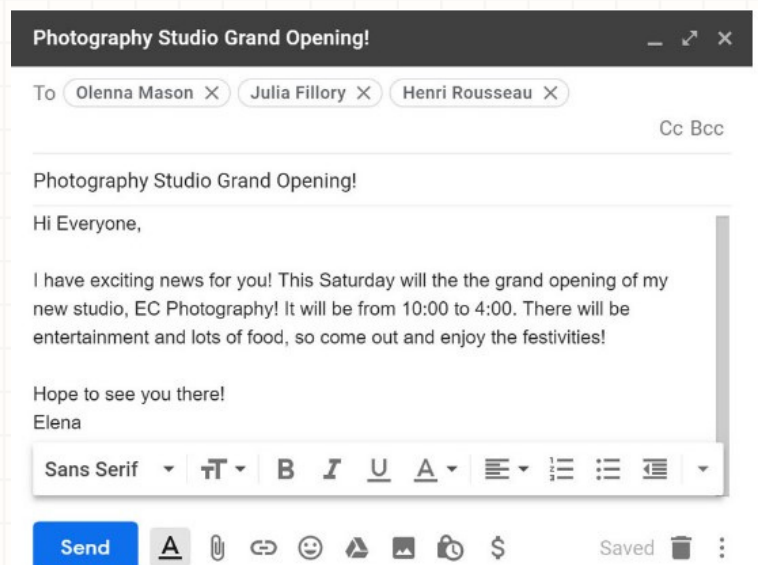
## 4) Determine your tone

Is your email friendly? Is it polite? Or is it informative? If you are emailing about an issue that you have, do not use an aggressive tone. Rather, phrase your email to sound respectful yet assertive. You are able to download a Chrome 'Grammaly' extension that will appear in the bottom left hand corner of your email and tell you what your tone for the email sounds like.

## 5) Appropriately sign off your email.

This is similar to the opening of your email. Make sure that your sign off matches the tone of your email. For example: Cheers, kind regards, warm regards, regards, thanks... When signing of your email consider the recipients of your email and how formal you wish it to be. For instance 'Kind regards' and 'Thank you' are more appropriate sign offs for teachers you are not too familiar with. Although 'Cheers' is definitely appropriate to use when emailing your friends!

An example of a great email:



# WELLBEING



### Quiz: Are you burning out?

Do you feel drained, run down and unmotivated? Take this quiz to help figure out if you're burning out and what you can do about it.



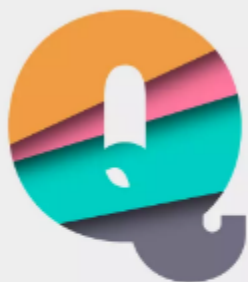
### 7 free health and wellbeing apps we recommend

Our selection of the best health and wellbeing apps, tested and recommended by our highly trained



### Beyond Blue

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health.



**3PM to MIDNIGHT, EVERY DAY**

**LIFE**

**qlife.org.au**

QLife

QLife

## 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- Do the Task for Just a few Minutes**  
Use the Zeigarnick effect – once you start something your brain remains alert until you finish it.
- Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



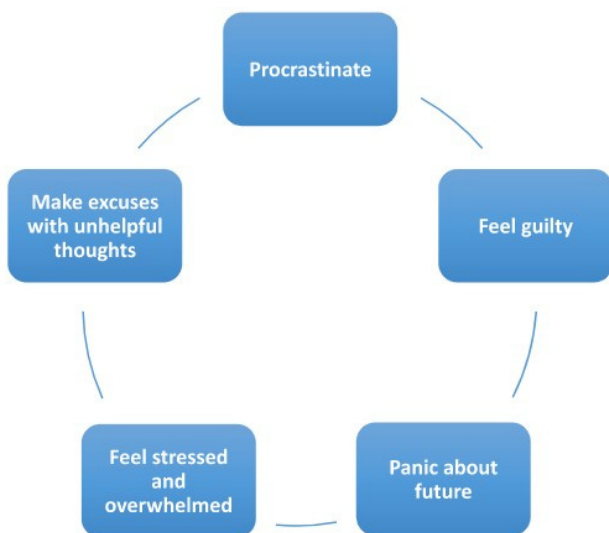


# WELLBEING -PROCRASTINATION



Procrastination is a common occurrence and can generally be described as putting off a task by instead doing something of lesser importance. Quite often people can associate procrastination with laziness or just not wanting to complete important tasks such as home work. However, there is very often some difficult thought patterns linked with the procrastinating behavior. Thoughts such as fear of failure, a need to complete tasks perfectly and low self-belief can all result in procrastination. Often people will justify their procrastination in an attempt to avoid the shame or negative feelings that come with not completing the task. It is common for people to tell themselves that they are better off waiting until another time to complete the task so it can be completed properly. See some common thought patterns below.

Truth	Unhelpful Thought
I feel tired	I am better off waiting to start after I have rested
I might miss out on fun if I start this now	I'm better off waiting until I know nothing else is happening
I don't have all the things I need to fully complete this	I am better off not starting until I am fully prepared
I have plenty of time to complete this	I have so much time, there is no rush starting, I'm better off waiting
I have so many other things to do	I can't afford to start this when I need to do so many other things.



These thoughts and beliefs are often what lead to procrastination. Once people establish a pattern of postponing tasks, it can be difficult to break. Procrastination is often seen in a cycle.

However, learning to get on top of tasks and stop putting things off is a skill everyone can learn.

To begin with it's important to start challenging some of the unhelpful thoughts. The table below has the same truths but some slightly more helpful thinking patterns to try.

# WELLBEING -PROCRASTINATION




Truth	Helpful Thoughts
I feel tired	I am able to complete a small part of my work and then have a rest
I might miss out on fun if I start this now	Once I have completed my task I will go out and join in with some fun activities
I don't have all the things I need to fully complete this	I am able to complete part of the task and that is the part I will concentrate on
I have plenty of time to complete this	I know I have enough time; however, I am still going to start today so I don't feel rushed
I have so many other things to do	I have multiple tasks I need to complete; I will start with this one and try to move onto the others when I have finished.

One of the most helpful ways to stop procrastinating is to get organised and have a plan. The Pomodoro Technique is a study method proven to help achieve results and reduce procrastination

The structured technique relies on short, manageable bursts of productivity followed by short breaks. Once a task has been decided on, you set a timer for 25 minutes and work on that task until the timer goes off. You then have a 5-minute break. After completing four rounds of this, you are able to take a longer break. By dividing tasks into smaller sections, the task appears less overwhelming and easier to accomplish. By giving yourself regular breaks you are less likely to feel overwhelmed or burnt out.

To find out more and explore how to help your procrastination, check out these Headspace procrastination activity and motivation activity. If you need any more study tips remember you can always make time to meet with your coordinators and make a plan together.

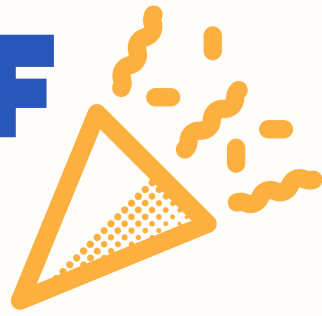


**Procrastination | headspace interactive activity**



**Motivation**  
headspace.org.au

# THINGS OF INTEREST



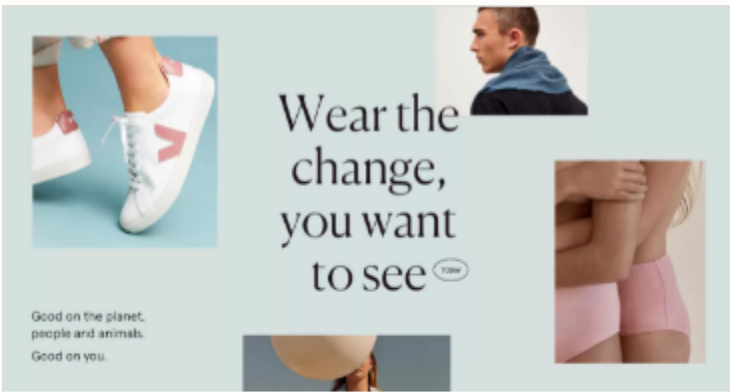
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# THINGS OF INTEREST -EVENTS



### Get ready for the return of the Queen Victoria Winter Night Market

Stay warm with cosy eats like spicy dumplings and cheesy pasta while sipping on spiced cider and



### Board game BBQ Melbourne Game Day Winter 2022

Join hosts of the Board Game BBQ in a family fun day of board games! We will be teaching and playing



In-person event

### The Boy in the Dress - Author Talk with Jonathan Butler

Come along to an author talk with Jonathan Butler



### An immersive, after-dark experience is coming to the Royal Botanic Gardens

See the Royal Botanic Gardens in a whole new light at this immersive and wintry installation



### This out-of-this-world immersive space exhibition is coming to Melbourne

Get your tickets for this out-of-this-world experience from the Van Gogh Alive team.



### Warm Up With An Indulgent Hot Chocolate Festival This August

Try 31 different flavours of hot chocolate at the Hot Chocolate Festival this August. Yummy flavours.



# WORD SEARCH



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# WORD SEARCH

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Lenora Hills

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