

Monash Student Space

Written by Students for Students

ISSUE 2 – JULY 2019

www.monash.vic.gov.au

Mayor's Word

Welcome to this issue of the Monash Student Space. It's the second edition of this great publication written by our young people for their peers.

There's a lot happening in Monash and the students who've put this bulletin together have chosen stuff that they think will be of most interest to other young people – everything from advice, recipes, book reviews and upcoming events.

I'd like to give a particular shout out to WordFest – our annual literary festival presented by the Monash Public Library Service. There's a competition called SnapStory with a category for 15-18 year-olds where you tell a story through photography. There's also the Short Story Writing competition open to ages 12-14, 15-17 and 17-plus. I'm looking forward to the entries!

Cr Shane McCluskey, Mayor



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November 2019 Family Fun Day

What's happening in Monash?

WORDFEST

July-August Library Services

BOOK MARK DESIGN COMPETITION

August-September Library Services

ALL DAY FRITZ CONCERT

Sunday 7 July, 2pm-4pm, Oakleigh Carnegie RSL, 95-97 Drummond Street, Oakleigh

NAIDOC WEEK CELEBRATIONS (DURING SCHOOL HOLIDAYS)

Welcome to Country with a Wurundjeri elder on Monday 8 July at 12.30 till 2pm at the Civic Centre plus the Aboriginal flag raising ceremony, traditional didgeridoo performance and FREE a bush tucker BBQ!

FREE ART WORKSHOPS

Indigenous Artist and storyteller Heather Kennedy and local artist Naomi Bishop will conduct free art workshops with the community to produce artworks that will be exhibited at the Track Gallery, Mt Waverley Community Centre from July 3rd till July 15 – check Monash website for details.

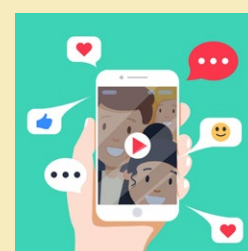
BITTER SPRINGS MOVIE SCREENING

Friday 12 July, 7pm, Glen Waverley Library FREE – Bookings required

<https://www.monlib.vic.gov.au/Events/Event-Listing/Bitter-Springs-Movie-Screening>

For more information check out the Monash website:

www.monash.vic.gov.au



Feature Article: Balancing School and Work

Are you like me and working part time while studying?

Here are my four main tips on how to balance the growing demands of school while also making the most of a part-time job:

1. Manage your time - keep a diary or a calendar as this will mean that you are **aware of all the events coming up**.
2. Prioritise - make sure that you are **completing the tasks due first** before moving onto homework and other assignments that you have more time to do.
3. Work hard at school - make sure that you are **using class time** to your advantage. Many people make the mistake of talking and getting distracted in class only to have to catch up when they're at home. Unfortunately, if you are working a couple of times a week this luxury isn't available, so make sure that you are using the time you have at school effectively.
4. **Communicate** - it is important, especially if you are a casual worker, to ensure that you have your plans organised in advance so that you can easily outline to your managers the days you are available and plan your homework/ assignments around these dates too.

Things to remember when employed:

- Ensure you are paid the correct wage and that your rate per hour is not below the minimum wage. This is easy to look up, simply look at the website:
<https://www.fairwork.gov.au/pay/minimum-wages>
- Save your pay slips and check your bank account regularly to make sure you are getting paid correctly. If something is wrong, speak to your manager and family as they will be able to help you sort out any issues.

And finally, just remember being in secondary school is ultimately about learning new things, building lifelong friendships and having fun! It's not all about academic excellence nor the amount of money saved away. Ensure that you pencil in time to actually have a break - either with your friends or with your family. You won't regret it!

Hayley, 17



Talking Sports with Divi: Netball

Netball is a popular ball sport played between two teams - seven players on each team.

First developed in England in 1890, it is derived from early versions of basketball. By 1960, international playing rules had been standardised and the International Federation of Netball and Women's Basketball was formed.

Personally, I go to Jells Park every Saturday and watch a number of clubs compete in their weekly games. The object of the game is for team members to pass the ball around and to shoot it into the goal ring to score goals. Each position can only play in a certain area. These positions are centre, wing attack and defence, goal shooter, goal keeper, goal attack and goal defence.

I love netball because it teaches people so much more than the sports rules. Being a member of a netball team teaches skills that people take with them into their wider worlds of school and work, such as team work and discipline. It is a fun game to play and makes you feel alive!

There are many netball clubs in Monash such as the Waverley Netball Club, Mount View Netball Club, Brentwood Netball Club,

Glen Waverley Hawks Football and Netball Club, Highvale Netball Club and Mount Waverley Netball Club, to name a few. Jump on their webpages to find out more!

The Monash Council is currently working with two netball clubs - Ashwood Netball Club and Oakleigh District Football Netball Club - on a pilot program that aims to increase diversity in our sports clubs, to benefit both clubs and our community more broadly. Read about it [here](#).

Divi, 14

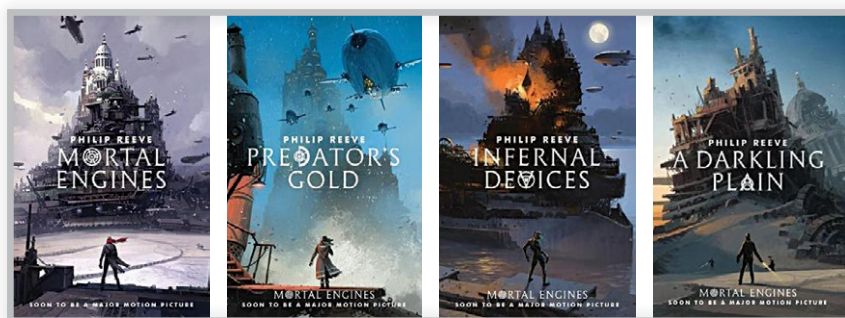


Book Review: Mortal Engines

Imagine if the whole world was turned into a hunting ground.

Whole cities have been mobilised and there are no rights to protect you. Larger cities, called predators, eat smaller ones and the victims are made slaves. This is exactly the world Phillip Reeve explores in his most recent work of literature – the Mortal Engines Quartet with the first book Mortal Engines made into a movie (2018).

Reeve's writing style is quite unique and unpredictable. The world was supposed to be like what it is today – peaceful and static – and then the 60 minute war broke out and the world became a polluted hunting ground. America became a dead continent and for centuries people believed that life could no longer thrive there.



The main characters Tom and Hester Shaw manage to find ways to overcome the most powerful people in this post-apocalyptic world. Traction cities are not even the most exciting part of the book, new beings called Stalkers are also introduced.

This world is full of cut throat, back stabbing traitors – a truly thrilling experience to travel along with the characters as they find their ways back to each other. 10 out of 10 for this series – I would definitely recommend this to any reader of any age. You can borrow the series at your local Monash library!

Wesley, 13

Make a Scrunchie!

Scrunchies are everywhere at the moment – why not make your own!

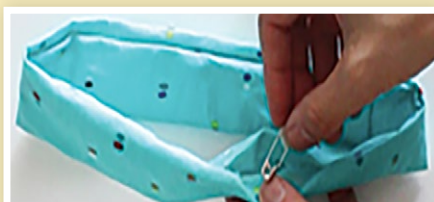
WHAT YOU NEED

- Small amount of non-stretch fabric
- Elastic – you can pick some up from Spotlight or even your local supermarket
- Scissors – that can cut fabric
- Sewing machine or a needle with thread (the thread needs to have some elasticity to it)
- Pins
- 1 safety pin

1. Cut a rectangle of fabric approximately 12cm wide and 45cm long.
2. Fold the rectangle in half lengthways – so that the good side of the fabric is on the inside.
3. Sew along the length to connect the two edges.
4. Turn the rectangle inside out so that the good part of the fabric is now on the outside. It will look like a tube.
5. Put a safety pin onto one end of the elastic.
6. Feed the elastic using the safety pin through the tube.
7. Connect the two elastic end by either tying them together in a double knot or sew the two ends together by placing one end onto of the other.
8. Close the tube by hand sewing the edges together. Make sure you don't sew the fabric onto the elastic length that is inside the tube.

Enjoy your scrunchie! Make some for your friends.

Caitlin, 15



Sustainable Energy

Sustainable Energy is a form of energy that can be used over and over again, does not cause any harm to the environment and is widely available.

Renewable energy can be generated from a wide range of sources like, wind, solar, hydropower, biomass, geothermal and the ocean. The use of sustainable energy not only benefits normal households but at the same time makes a huge difference to our community and to our planet!

Renewable energy releases minimal greenhouse emissions, helps to slow global warming and can keep our environment cleaner. With a cleaner air environment we may be able prevent diseases and many illnesses like lung disease. Households could save hundreds of dollars a year by using electricity generated by solar panels. They could also sell the unused electricity back to the grid for a small credit. Households will not rely so much on a coal powered energy grid if they have solar panels installed in their house.

With the installation of batteries we can store unused solar electricity for future use which can make us even more independent from grid power. Renewable energy has the potential to increase employment opportunities and boost our economy. In this day and age, people are looking for new job opportunities in the renewable energy sector as most fossil fuel jobs, in extraction or other supportive activities, have been declining since 2012 - when the gas and oil industry peaked.



It is suggested that Australia could switch entirely to renewable energy within a decade by building more large-scale solar and wind powered stations, upgrading existing renewable energy infrastructure and developing comprehensive government policies that would encourage the development of renewable energy sources and reduce the subsidies to fossil fuel industries!

Boris, 13

SUSTAINABILITY EVENTS TO GET INVOLVED IN!

National Bird Week - Bird Watching	Mulgrave Reserve	21 October
Sustainable House Day - Energy Efficiency	Wellington Reserve	15 September
War on e-waste - presentation by Craig Reucassel	Monash University	21 August

WORDFEST Competition

The City of Monash is conducting the 4th annual Monash WordFest SnapStory Competition.

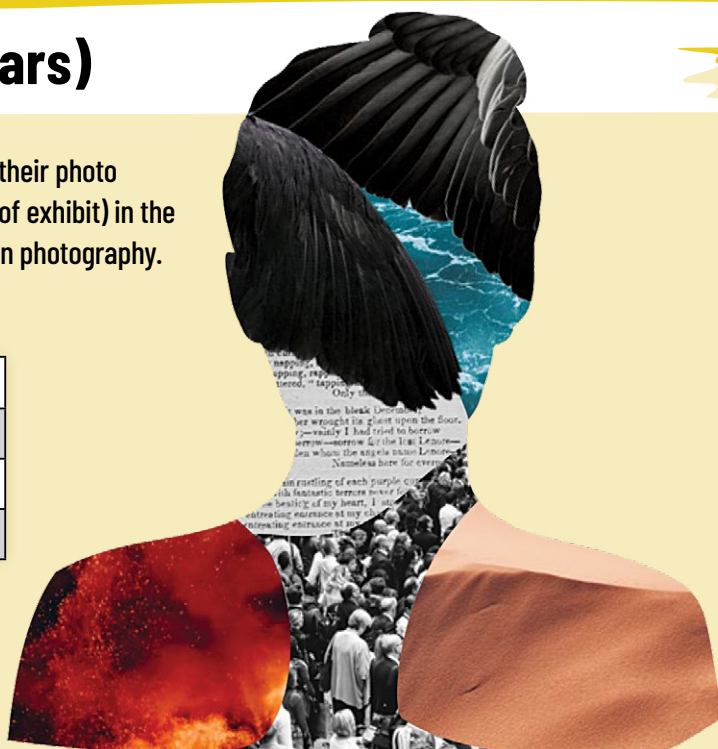
PRIZES - Category A (15-18 years)

1st PRIZE: The winner will receive a \$100 voucher and have their photo professionally printed, framed and exhibited for (length of time of exhibit) in the Ramp Gallery of the Monash Gallery of Art, the home of Australian photography.

2nd PRIZE: Runners up will receive a \$100 voucher.

Competition opens	Friday 21 June
Competition closes	Saturday 27 July
Category A - Free photography workshop	Saturday 6 July
Prizes awarded	Thursday 22 August

Full competition details will be available online from 22 May, visit www.monlib.vic.gov.au/wordfest



Celebrating Women

On 8 March 2019, Glen Waverley Secondary College celebrated International Women's Day by inviting members of the community to participate in a panel to discuss the impact of gender stereotypes in daily life.

The panel participants spoke about how they had to overcome obstacles created by gender bias at work in order to succeed. For example, a cadet sergeant stated that although she went through the same training as the male sergeants, she was assigned more office-based roles instead of the more physically demanding roles that really interested her. Eventually, she confronted her leaders about this and soon after they gave her roles she found more fulfilling. She stands as a role model to female students, as she inspired them to stand up for their career goals and ambitions even in the face of ongoing challenges that women may deal with in the workplace.

International Women's Day is about acknowledging the struggles against gender discrimination that women have faced and are still facing today. Although we have moved past many stereotypes, many are still present in today's society and largely account for economic and professional inequality between men and women. Indeed, according to the Australian Government's Workplace Gender Equality Agency, even today Australian women are paid 14.1% less than a man! The event also reinforced how important it is for men to understand and recognise that a woman who works just as hard as a man deserves the same pay. It's that simple!

In order to better understand and raise awareness of gender stereotypes, students participated in classroom activities to demonstrate how certain words are often unconsciously (and unfairly) associated with each gender. These awareness programs have helped students to create a more positive future by understanding and appreciating that gender stereotypes should not define a person or limit their potential. This point was further impressed on the students by Cindy, a former GWSC student and business owner, who emphasised that in business what should count is not your race, gender or age but your skills and social intelligence.

In addition to being an occasion for raising awareness of the many challenges women still face, International Women's Day was an inspiring celebration of how far women have come (from voting to STEM etc.) as well as the many achievements women have made and continue to make.

Chiara, 13 and Arshia, 13



Your Councillors



You can contact Councillors via phone or email.

Glen Waverley Ward



Cr Geoff Lake
0411 645 281
Geoff.Lake@monash.vic.gov.au



Cr Lynnette Saloumi
0466 465 355
Lynnette.Saloumi@monash.vic.gov.au

Mount Waverley Ward



Cr Brian Little
Deputy Mayor
0407 878 033
Brian.Little@monash.vic.gov.au



Cr Rebecca Paterson
0437 959 163
Rebecca.Paterson@monash.vic.gov.au



Cr MT Pang Tsoi
0466 465 376
MT.Pang.Tsoi@monash.vic.gov.au

Mulgrave Ward



Cr Robert Davies
0416 000 777
Robert.Davies@monash.vic.gov.au

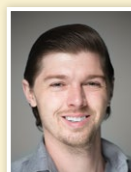


Cr Paul Klisaris
0412 516 026
Paul.Klisaris@monash.vic.gov.au



Cr Shane McCluskey
Mayor
9518 3524
0466 345 406
Shane.McCluskey@monash.vic.gov.au

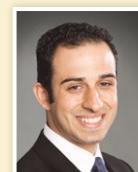
Oakleigh Ward



Cr Josh Fergeus
0466 465 421
Josh.Fergeus@monash.vic.gov.au



Cr Stuart James
0413 184 250
Stuart.James@monash.vic.gov.au



Cr Theo Zographos
0430 316 911
Theo.Zographos@monash.vic.gov.au

Cooking with Duvaraka: Maple Syrup Pancakes

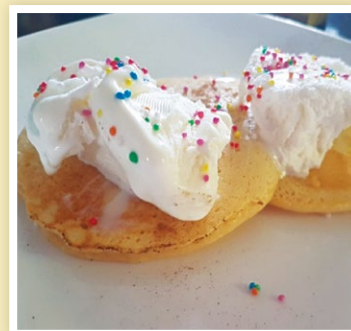
INGREDIENTS

- 3 eggs
- ¼ cup sugar
- 1 cup milk
- 1 ½ cups self-raising flour
- ¼ tsp vanilla essence
- ½ tsp cinnamon powder (optional)
- Butter – to fry the pancakes
- Vanilla ice cream
- Maple syrup

METHOD

1. In a large bowl, beat the eggs and sugar till they become light and fluffy.
2. Add the milk and the vanilla essence into the bowl and beat the mixture again until smooth.
3. Add the flour and cinnamon powder to the bowl and mix with a wooden spoon until all the ingredients are combined.
4. Heat a frying pan and add a bit of butter to the pan.
5. Pour some of the mixture into the pan to form a pancake.
6. Flip the pancake once you start to see bubbles on the top.
7. Once the pancake is golden take the pancake out of the pan.
8. Top the pancake with ice cream and maple syrup!
I have added some hundreds and thousands to mine!

Duvaraka, 11



Ask Anastasia...

Hi Anastasia, I've got a group of friends at school that have started picking on me quite a bit. I don't know why this is happening – what should I do? Joanne

Hi Joanne, it sounds like you are being bullied. According to Kids Helpline bullying is when someone, or a group of people, are repeatedly being mean to a person by using words or actions that are hurtful. It can happen anywhere, at school, on the bus, in a group of friends/strangers and even online!

When bullying does occur, it can be difficult to know who you can turn to for help. If you are experiencing bullying **assert yourself**, tell a trusted adult such as a teacher or parent/guardian; take a screenshot of the bullying if it happening online and report it to the online platform that it is occurring on. **Don't respond to the bully** – remove yourself from the situation because then the bully doesn't have any power.

In your case it might be a good idea to focus on doing things that you like and hang out with different friends that you feel happy with.

Dear Anastasia, homework just seems to be piling up really high and I feel like I'm not coping. Do you have any advice? Tom

There are many students out there who feel exactly the same as you Tom – it sucks! Here are some techniques you can use to help you cope with a lot of homework:

- Give yourself a couple of minutes after school to relax
- Make a timetable
- Give yourself extra time to focus and complete tasks
- Prioritise your work
- Make a 'to do' list
- Do the more challenging tasks first because if you leave them last, you are more tired and are more likely not to complete the task to the best of your ability
- Don't leave things to the last minute because you will most likely stress out even more!

If you need any more information on bullying whether you are being bullied or have a friend who is getting bullied and you want to know how to support them, **Kids Helpline** and **Bullying No Way** are some of the many organisations that can provide you with information on how to deal with bullying.

If you have any questions for Anastasia please email your question to: childfriendly@monash.vic.gov.au

Anastasia, 17



Headspace in Monash

A third of Monash youth are losing sleep due to worry and are constantly under strain. According to stats published on the Monash website, a quarter of Monash's young people are not eating well or able to concentrate in class.



Young people around us are suffering during this critical time in their development. It is very easy for those in positions of leadership and power to simply ignore these young people and sweep the problem under the rug.

Monash currently lacks adequate support services needed to treat young people with mental health concerns such as depression and anxiety. We don't have a headspace centre as yet. The closest headspace centre in Wantirna South at Westfield Knox, which is not easy to access when you can't drive and don't live in that area.

Fortunately, we have those in health organisations such as Link Health and Community, Monash Council and numerous other members of the community that are passionate and committed to making a difference.

For over half a decade everyone was making an effort to be heard in the Federal Government. We started a campaign, sent post cards to Greg Hunt, the then Minister for Health and created videos and created a banner imprinted with our handprints.

But recently, we have finally been able to make a difference and I am pleased to share with you that our fight is over. The Federal Liberal Government has promised to fund a new headspace in Monash! Prior to the recent Federal Election the campaign also received support from the Federal Labor Party. Our efforts have been successful and we have been able to deliver our promise to help young people who are suffering from depression/anxiety each day.

Although we still have a long way to go before we solve all the problems in our proud nation, it has been a big step forward towards creating a strong and happy community for young people in Monash.

Wesley, 13



Junior Advisory Group

Earlier this year Grade 4 students from St Mary Magdalen's PS, Essex Heights PS, Mount Waverley Heights PS and St Leonards PS attended a council-run session where they got to ask the attending Councillors questions regarding their community. Here's what some of the students had to say about the event:

Diyen - My question was, 'How do you control personal hygiene in swimming pools?' The Councillor that answered my question was Cr Rebecca Paterson. She explained that if a pool is contaminated, children will be removed from the pool for safety reasons until the area is cleaned and filtered.

Victoria - When Councillors Rebecca Paterson and Josh Fergus entered, I acknowledged the traditional custodians of the land. Cr Paterson and Cr Fergus gave detailed answers to all the children who asked thoughtful questions.

Savi - I asked the Councillors how they stop pollution in Scotchmans Creek and Dandenong Creek. They said that there are litter traps and chemical stoppers. Now I know that there are Local Governments, State Governments and a Federal Government.



The Junior Advisory Group is open to students in grade 4 from Monash-based Primary Schools. Ask your teacher to email: childfriendly@monash.vic.gov.au for more information.

Supporting the RSPCA

Unfortunately, animals are regularly abused, maltreated and abandoned - this is where the RSPCA steps in.

Also known as the Royal Society for the Prevention of Cruelty to Animals, the RSPCA is a charity that helps animals by promoting their care and protection.

The RSPCA gives animals the opportunity for a better life full of love, support, and care through many adoption and foster care programs available.

If it wasn't for the RSPCA, there would be many stray animals roaming the streets, lonely and neglected. Additionally, placing animals in RSPCA shelters may prevent harm to people and the animals themselves. For example, stray animals could run onto the road and cause accidents or themselves be seriously injured.

It is important to support the RSPCA so that they can continue the amazing work that they have been doing.

Monash City Council also works with the RSPCA. If a resident spots a stray pet, they can call the council, collect the animal and take them to the RSPCA until the owner is located and contacted.

You can foster, adopt, volunteer, donate and attend charity events. Jump on the RSPCA website for more information and opportunities to participate!

<https://www.rspca.org.au/facts/students>

It's up to you to make a difference in the lives of animals.

To make sure that we can return your pet to you if they get lost and end up at the RSPCA, make sure that your pet dog or cat is registered with the Council!

Jennifer, 14



STALL HOLDERS PLEASE!

NOVEMBER 2019 FAMILY FUN DAY

Do you want to host a Stall at Council's Family Fun Day event on Sunday 17 November from 11am-3pm at Batesford Reserve Ashwood?

We have a limited number of stalls available to students 10-17 years of age

Contact childfriendly@monash.vic.gov.au or call 03 9518 3635 for more info.



MAKE!

SHARE!

SELL!

If you would like to get involved with the next Monash student Space newsletter or you would like to submit an article, please email: childfriendly@monash.vic.gov.au for more information. **Next Edition due out in November 2019.**