



THE NEWS @ CONCORD

TERM 1 2019 ISSUE 78



CELEBRATING HARMONY DAY



Harmony Day is a day in our school calendar where we celebrate and recognise multiculturalism and diversity at Concord High School.

Every year on the 21st of March we come together as a school and we commemorate the many races, cultures and traditions we are privileged to see at Concord High School, through performance, food and more.

The colour to show your support and involvement in Harmony Day is orange. Orange is the colour chosen as it traditionally represents social communication and meaningful conversations, as well as freedom of ideas and encouragement of mutual respect. Statistics show that 49 % of Australians are born overseas or have at least one parent who was. Since 1945, more than 7.5 million people have migrated to Australia. We are very lucky to have a society where people can support and

welcome others for who they are and where they come from.

This year's theme is Concordia which is the Latin word for harmony as well as the main value of our school. This year at the Harmony Day Assembly, many of the cultural groups from around the school performed traditional dances and delivered speeches. These include the Year 7s United Nations speech, the Korean Group, the Whanau Group and the Chinese Group. Many of the groups demonstrated the uniqueness of their culture through dance and music. Rooley Lee performed a speech about how she has found a home in Australia and her experiences coming from Korea to Australia and feeling welcomed by everyone around her.

Mrs Fiona Milligan (organiser of the event) believes "Harmony Day is an important event in our calendar because

it is celebrated all around Australia and it is considered an important event to recognise Australia's successful multiculturalism."

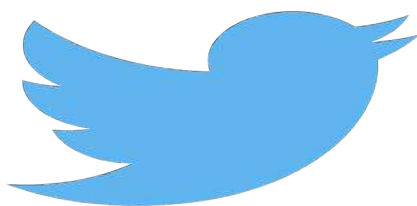
We asked Mrs Milligan how Harmony Day can make students feel more comfortable in our school and she said "Harmony Day plays a big role in multiculturalism as it makes students feel like they belong at school. This is because of the fact that EVERYONE BELONGS in Harmony is emphasised."

The prefects ran a food stall selling pizza, gelato and garlic bread. With all the sales they raised money for a local charity that helps kids be themselves. There was a special guest at the assembly and her name was Constable Anne Ferfolya, our local Police Youth Liaison Officer, to support harmony and unity at Concord High School. Students loved the day, and actively represented our school, and our value of Concordia.



YEAR 7 VS 11

Learning about the comparison between year 7 and 11.



@CONCORD_HS_NSW

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SWIMMING CARNIVAL

Concord swimming carnival held at Cabarita Pools.

A Camp To Remember

Story by Kobi Slaats and Georgia Durnford

Starting Year 7 isn't so bad, but making friends and getting to know everyone is usually where it starts to become a bit tricky. Concord High School runs a Year 7 camp each year to help the year 7s bond and get to know each other. They are joined by a range of teachers, support staff and twenty Year 10 peer support leaders to help them with the range of exciting activities and to offer advice and support. On Wednesday the 20th of February students were asked to make their way to school by 8am with a pillow, sleeping bag and positive attitude. With three days ahead, the buses headed to Stanwell Tops to begin the 'Tops Recreation Camp'.

Upon arrival, students were greeted by the instructors who would be leading the activities for the next few days. Activities included archery, abseiling, giant swing, leap of faith, high ropes course, bottle rockets and survivor themed challenges. The day started with some lunch before getting into groups and heading off to the first activities of the camp. After each group had spent 2 hours on a challenge, everyone met up again as a large group and Year 7s got a chance to tell each other what they had been doing. There was a feeling of excitement in the air as the students talked about making it to the top of the giant swing or finishing the survivor course as the winning team. The sense of pride and joy across the group was overwhelming.

The fun didn't stop after dinner! Once dinner ended, the Year 7's were led to the hall where they would spend the next couple of hours in groups participating in a fun trivia night. After a full on day of activities and bonding, it was time for everyone to settle down and go to sleep to prepare themselves for day 2.

The next day, students were informed to be outside the dining hall by 7:30 for breakfast which was sausages, poached eggs and stew, but if they didn't want hot food, there was fruit, yoghurt or cereal. After a big yummy breakfast, Year 7's split up into their groups and were led to their first activity of the day. It was quite cold and windy the whole day; and to add to this, it started rain-ing towards the end of the day. This made some of the activities such as the leap of faith more challenging as it required stu-dents to climb up a pamper pole that swayed in the wind. The rain increased the difficulty as the small platform at the top of the pole was a round metal plate which became very slippery.

One of the challenges Year 7 got to participate in was the survivor challenge. In this activity Year 7 got the chance to put warrior marks (charcoal) on their face and then trek through the bush completing obstacles in two teams such as tyre swings, climbing for apples and playing hide and seek amongst the trees and wildlife.

As the day dawned on our final morning at camp, bleary eyed students emerged for breakfast and one last activity. Miss Hoy told us that she 'had never seen as great a group as Year 7. The 2019 group have pushed themselves to new heights, and I couldn't be more proud'. As peer support leaders, it was a great experience to re-live Year 7 camp and to help make it an enjoyable experience for the Year 7's. With it came a sense of leadership and pride knowing that we were there for the Year 7's ensuring they had the most fun they could.

Camp was an unforgettable experience for many and through camp, new friendships were forged and fears conquered. All the peer support leaders and teachers did a great job and were so proud of everyone who tried something new or done something they would never had thought of doing.



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THE WORLD'S GREATEST SHAVE

Story by Thomas Abbott

This year, on the 20th of March, the School Representative Council (SRC) once again hosted our schools' World's Greatest Shave. The teachers of Concord High School shaved, cut and coloured the heads of many of our students and teachers, but why? According to the Leukemia Foundation, over 4900 people die of many of the currently incurable forms of blood cancer, including leukemia, and lymphoid.



In the aim of raising money to find an effective cure, the Leukemia Foundation hosts the World's Greatest Shave. This year we raised an impressive total of over \$5000, far exceeding our target of \$2500. This money will be used by the Leukemia Foundation to help the families of people with blood cancer get through the toughest time of

their lives and contribute to finding a global cure to save those who need it. Thank you to the SRC, the teachers who gave up their own time to do this for us, and finally, a great thanks to all the people who participated. A special thanks goes to Ms White, who each year brings her hairdressing skills to Concord High School, and supports this great cause. Good luck growing your hair back in time for next year!



INTERNATIONAL WOMEN'S DAY.

By Aaliyah Alamedine and Mohamad

International Women's Day is a day to acknowledge sexism and discrimination that women face every day. We celebrate on March 8th, and this year Concord High School students, our P&C, and teachers gathered together to recognise the day in a special way.

On March 6th, the women of Concord High School came together to host "Celebrating Women", a forum for Year 7-12 students and their families to discuss women's achievements, mentoring and resilience.

Two speakers attended the event; Aleta Knowles (Head of R&D, Virbac Australia), and Tara J Lal (mental health advocate for Beyond Blue.) The women of Concord High School were very excited to attend an event promoting women and their rights, and the speakers were ecstatic about attending.

We interviewed one of the main organizers of the event, Miss Leung; "The parents in the P&C are very passionate about girls education because Concord High School is 60% boys on average so a P&C member Donna Hogan decided to host an event for international women's day

and I invited two speakers who are successful in male-dominated fields" "I believe females face barriers compared to males and I believe that girls should be aware of the barriers they're facing and how to overcome them. In Australia were very far from reaching gender equality."

We also interviewed the speakers Tara J Lal and Aleta Knowles. We asked why they felt it was important to come and speak at the event; "I think women in STEM visibility is really important because it's hard for women to become something if they can't see it."-Aleta Knowles.

We also asked Aleta what International Women's Day means to her and she told us "It's about the role that women play and giving a voice to women. I think international women's day is important for not only for women and for men as well and any equality that women get men to have the beneficiary of it." Tara told us that it's important to spread the word to young women "because they are our next generation, young people have such power to change how they think and the way they evolve. For young people I think it's good they have a good ed-

Concord High School presents

CELEBRATING WOMEN

A forum for Year 7-12 students and their families on women's achievements, mentoring and resilience

WED 6 March 2019

Concord High School

6pm-7pm

(light refreshments from 5:30pm)

RSVP BY 27 FEB at <http://bit.ly/concordwomen>

SPEAKERS



ALETA KNOWLES

Head of R&D, Virbac (Australia)



Tara J Lal

Fire fighter, author, public speaker, mental health advocate

ucation and good mental health."

An important message for all of us as we reflect on International Women's Day.

MEET THE TEAM!

By Amy McGee and Sophie Gors

This term many new students joined Media Industries Studies. We spent time interviewing students from Years 9 and 10 who this year will be studying the course, which focuses on the study of journalism. We learn about radio, soft news and advertising. Overall we learn about different news platforms, such as radio, print and social media. We also get the opportunity to write in the school newspaper every term which informs people on the many activities and events happening in the school which the students and families can read.

We found in Year 9 many people joined media industry studies because they were interested in writing and viewing the media from a different point of view. Some wanted to do something new and challenge themselves or because they enjoy writing. We asked all of them who their biggest influence was, and received a common response. Most of the Year 9 student's biggest influences were their family.

Though some noted celebrities as their biggest influence, such as Shane Dawson and Ariana Grande. We finally asked them what their favourite thing about writing the school newspaper was. The main answer we got was hearing other people's opinions and informing students, and that it expands their writing skills and helps them be creative.

Year 10 students have experienced Media Industry Studies for a year now, and they understand more about what Journalism is. The first question we asked was "Why did you choose Media" and we mostly got the response that they like writing, wanted to improve in their writing skills, had a passion for writing or they wanted to try something new. We asked them "Who's your biggest influence" and we got mature answers like Shakespeare, Rupi Kaur and their parents. For the final question, we asked: "What's your favourite thing about writing the school newspaper?"

One of the lucky things for people who choose journalism is we get the opportunity to spread our opinions in the newspaper. The year 10's said they love the ability to be creative, the ability to express an interest in what she likes from her creative perspective, working as a team and getting to have a voice and share your own opinion.

In media, we get incredible opportunities, like getting to write the school newspaper and share our opinion with all of Concord High School and the community. Students who choose Media Industry Studies learn a whole set of skills including researching, investigating, interviewing and reporting. We also learn technical skills such as video, editing, shorthand, audio, content management, journalistic photoshop and web design. All the students who choose media industry studies like that they get to have a voice and share their opinion with Concord High and the community.



FIRM BUT FAIR, COLLABORATIVE AND CONSULTATIVE

Story by Taiki Millar and Justine Castrogiovanni

As 2019 has ushered in a new school year, Concord High School also has a new Principal, Mr Victor Newby, our two reporters, Taiki Millar and Justine Castrogiovanni sat down with our new principal to understand what the future holds for CHS.

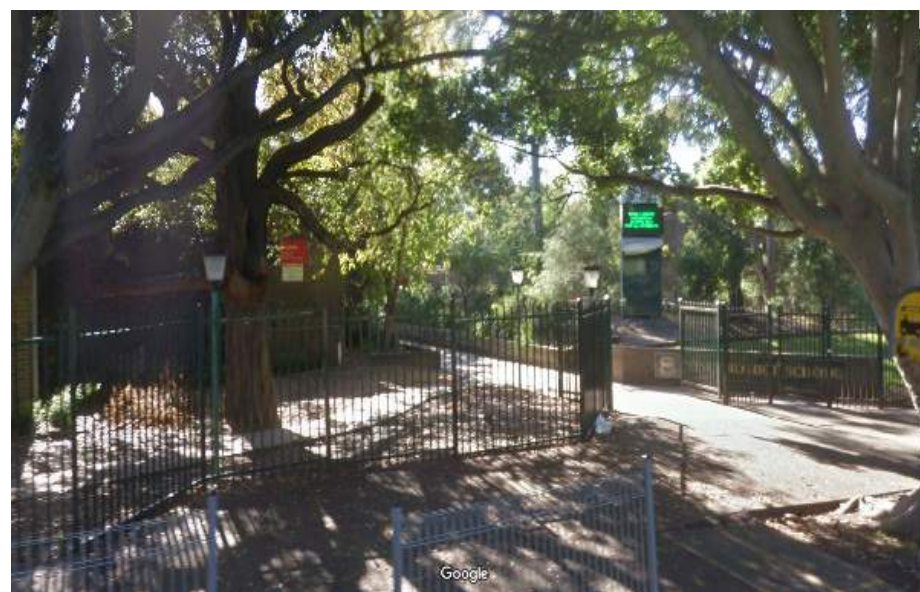
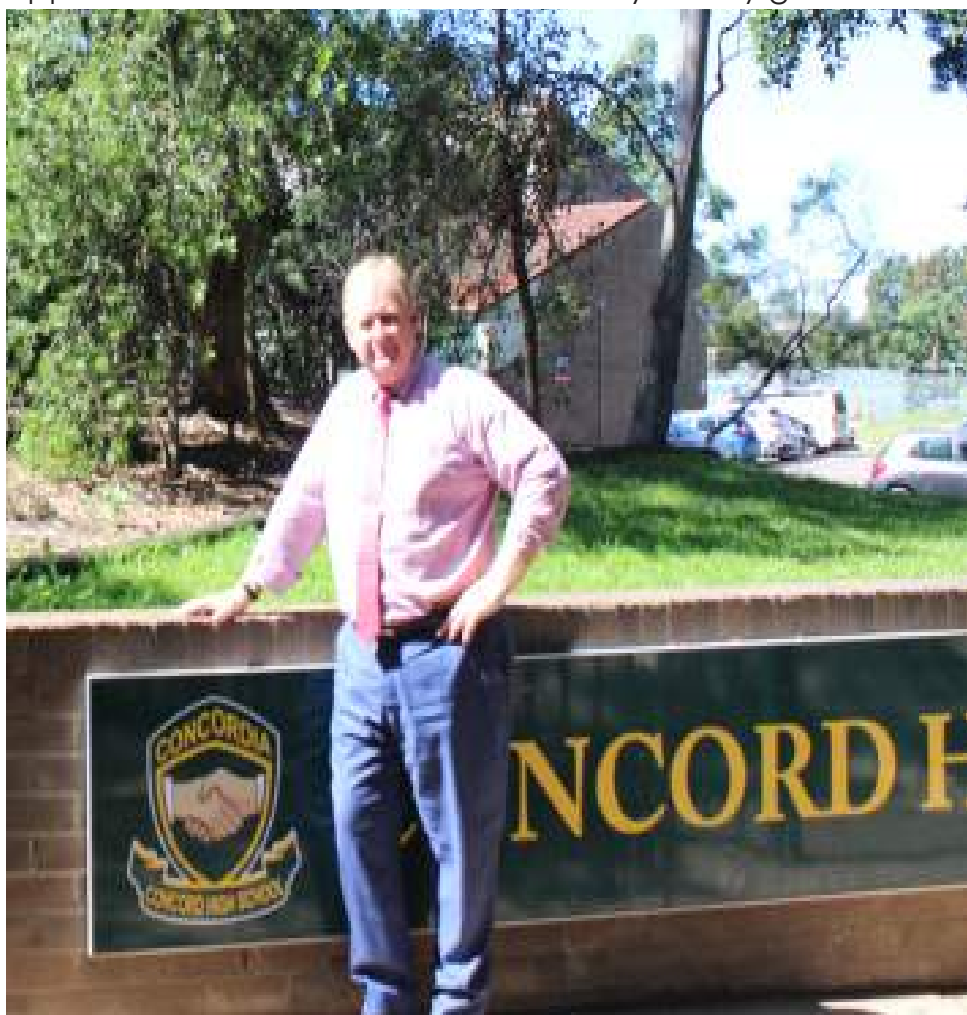
"I come to Concord High with a broad range of management and leadership experience developed in private enterprise, business and in education over a 35 year career. My background is in Science and Mathematics and most recently I have worked as Deputy Principal at both Moorebank High School and Fairvale High School in South-Western Sydney. I am looking forward to meeting with many of you over the coming months as we work together to improve the educational outcomes of all students at Concord High School" says Concord High Schools new Principal Mr Newby, as he introduces himself to Concord, and News@Concord, demonstrating his passion and experience that he is bringing to the role.

Respectful, Responsible and Achieving, Concord High Schools PB4L core values are what Mr Newby wants to inspire with great pride and efficiency. Mr Newby often describes himself as firm but fair, collaborative and consultative, always encouraging students and staff to perform the best of their own ability. Mr Newby gives us some very powerful pieces of advice on how to achieve the best of your ability whilst at CHS "Make that extra effort to get to school everyday. I think attendance is an important aspect of schooling, as well as working in partnership with the teaching staff to achieve your best. To regularly review content and work and to not leave things to last minute, and finally to utilize all the things that are happening and being offered, i.e after school tutoring, atar club, all other extracurricular activities available." Mr Newby also encourages students to make the absolute best of their time at Concord High School and says "Students should embrace all the opportunities handed to them because you only get one shot

at highschool and even though they are ways of making up for highschool the easiest path is to make the best of the highschool years".

Mr Newby says he is enjoying the school community a lot and believes it has a lot to offer. He also states that his aim for the school would be to move Concord High School to the next level, to have it recognized as a school of great growth for all students in literacy and numeracy and for recognising the wellbeing for staff and students. "I believe the one thing that makes CHS so unique in this particular area is it is co educational, multicultural, truly representative of inner west community" says Mr Newby as he tells us he believes this is what makes the CHS community so unique. We asked Mr Newby what his strengths were when it came to his role as our Principal. "I listen to people and consult with people, value peoples inputs and opinions, and that I've got high expectations of everyone in the school community as well as a creative and flexible approach to getting things done." Mr Newby's leadership and management roles in other schools has created a wealth of experience for him to draw on in taking on his first role as a school principal.

Mr Newby is making sure our school is a respectful, responsible and achieving and is ensuring all students and staff at Concord High feel confident in themselves and confident in the work they produce. This is only the first term we've seen Mr Newby at our school and its safe to say that we're all excited to see just how much potential he has for the school.



NAVIGATING HIGH SCHOOL

STORY BY REYA PALKHIWALA

Many students remember how it felt to be in year 7. They remember their first day, how it went, who their favourite teachers were, who helped them the most and how they became friends with the people who were in their grade. Being in year 7 was for many, enjoyable. It would have felt like entering a new, clear path towards maturity. Three years ago, the year 10 students were first welcomed into Concord High School where they met several new students and teachers. Many of the students were thrilled to be in high school, others might have thought it was high school without the musical. Many students wished they knew someone who was able to share their experience of what it felt like when they first entered year 7. So, here's some of the advice the year 10

students have for the current year 7 students. **Which teacher gave you the most advice and helped you the most when you arrived?** "Mr Anderson helped me the most because he is a very understanding Deputy and deals with personal issues in a less 'teacher like' way, and is more of a friend than a deputy."

How did you feel when you first came? "I loved that I was going into high school. It made me feel more mature and on the path towards my future."

What do you want to tell the year 7's? "Behave, listen to your teachers and be sensible. It helps you out in later years and will let your teach-

ers trust you more than those who act up in class." Although high school is hard enough to navigate, other struggles outside of school can create a lot of added pressure if you don't know how to handle them. Here are a few common problems kids face while going through this period in their lives.

If you are having family issues, it's important to remember that you are not alone and there are people you can talk too. Such as teachers, friends, family members or our school counsellors.

If you are having problems with a friend, talk to your family and other friends. However, if this friend is being particularly nasty, think about whether you really want this person in your life. Remember that people come and go in your life, and it isn't healthy to keep mean or toxic people around you.

It is very important to keep up with schoolwork from year seven because as you get older the work gets harder. Keeping up in year seven will prepare you for what is to come in your older years.

Overall, high school is full of highs and lows but it is always a fantastic learning experience. Good luck year sevens!



LANDING YOUR FIRST JOB

BY CLARISSA EMANUELE AND KAI PROOPS

As students move into their senior years of high school, they may want to have some, cash, make new friends, or more important- money. Realise that it's time for them to start learning what it's like to start working. What better than to get a part-time job to start earning money getting important life skills?

There are many different job opportunities for students aged between 14 - 18 looking for their first job. These include jobs such as fast food, retail, dog walking, tutoring, babysitting, restaurants and car washing. These jobs teach students important life skills, like how to start saving money and building communication skills. Once students get their first job they will have to start engaging with customers and teammates and deal with difficult situations.

Ready to get a job and start working? To get your first job you will need to:

Create your resume which should include information such as name, date of birth, contact information, education information and interests or hobbies. Once you have created your resume you will need to start searching for businesses that are hiring. When you've found a few businesses that are hiring, submit your resume online or in person (the more places you hand in your resume to the more chance you have of getting a job). The last thing you have to do after you've handed in your resume is to wait, some businesses take a few months to get back to you whereas some reply within a week.

So you've landed a job! On your first day of work make sure that you arrive on time and are dressed appropriately. Make a good impression and get to know your team members. Ask them for help when you need it and start learning what it's like to work.



Year Seven versus Year Eleven

Story by Elise Prevett and Isabella Carbone

Starting Year 7 or Year 11 is significant. Because of this, we decided to interview a few students in these year groups about their experiences and expectations going in. After listening and comparing their responses, it was interesting to see how their answers varied, and perspectives changed over the years.

To start, we asked both year groups what the easiest and hardest part about this year was and Year 7 discussed how easy it was to create a bond with everyone. Evie and Jamie specifically mentioned a bond with new friends, whereas Mitchell mentioned a connection with teachers. Alex of Year 11 stated there were not many things which he found comfortable. In contrast to this, our seniors talked about the immense workload and the great expectation to achieve. Ava stated, "There is a lot more pressure placed on us this year to succeed... a lot of the classes I have are increasing the pressure a lot since Year 10 and the previous years..." Year 7, on the other hand, found their biggest struggle was trying to navigate the school grounds!

When asked what their goals were for this year, both year groups answered that they wanted to improve and achieve better grades. Jack and Evie, both from separate year groups, also mentioned they wanted to improve in math in particular, highlighting how students feel that math is a high priority.

An interesting difference we found between the two-year groups, was when we asked them about their homework and workload in general. Year 11 stressed how heavy the

workload has become as Alex mentioned completing an average of 5 ½ hours of homework per night. Year 7, on the other hand, said their workload is easy to handle, with Evie doing a maximum of 30 minutes per night. Mitchell, from Year 7, felt strongly about this topic and told us, "It is kind of annoying because if you want to do something fun, you can't do it... I feel like they should lay back on homework. You don't retain as much information if you are doing it at home anyway because when you're at home, you are doing it just to do it..."

The answer to the question "was Year 7 or Year 11 harder" was easy for most of our Year 11's; however, Alex said something a bit different. "On an academic scale, Year 11 is a lot harder, purely just because you're doing more advanced subjects, you're doing more specific subjects and you have a lot more to remember in each of them... however, Year 7 was more difficult on a social level, trying to get used to everyone and find out who your friends are and who aren't, and just trying to form relationships with anyone really and creating a new support network because your primary school one has fallen away."

Our question for Year 7 related to how they thought they would cope once they reached their senior years. Most replied with comments expressing worry about a heavier workload and having trouble keeping up. One student, Evie stated, "There will probably be more work, but it will still be fun.... I think I will be able to cope well, but I'm not sure." Others revealed having no clue how they would manage when they reached

that point, which is understandable as it is far into the future for them. Although we can confirm from the Year 11 students we talked to that the workload is heavier; they said despite their doubts and uncertainties; they are coping better than they thought.

We also asked Year 7 for advice to give the seniors. Most carried themes of focus and study. One student, Mitchell, shared a helpful tip that said, "just relax and try not to stress, I know it's hard but.... sometimes you focus on thinking you are going to stress, so you end up stressing. Just have a positive attitude, and normally you'll find that it will turn out positive." Year 11 also had some advice to give. Alex said to work hard but have fun, and Ava told us, "don't worry too much now... make sure you take the time to learn it all and understand it all before you put pressure on yourself to complete it... just don't burn yourself out too quickly."

While Year 7 and Year 11 are very different in their own right, it was fascinating to bear witness how these year groups look at the straightforward aspects of student life in opposite ways. These students are also very similar, as they look at school life and what they want to achieve with a similar outlook. We are sure that as Year 7 evolve throughout high school and that Year 11 have so much in store for their futures.

Even though these students are going through different struggles, they unite through their school community and school logo.

Year 7: Charlie, Mitchell and Layla



Year 11: Alex



Year 11: Ava



Year 11: Ella and Jack



Year 7: Jamie and Evie



Year 11: Maddie

A GREENER CONCORD

Story by Mikkel Estep



Concord High School offers a wide range of clubs that you can join, one of which is the Enviro Club.

Enviro Club was started in 2017 and is run by Miss Bekheet. It currently has 20 students and began when Mr. Anderson approached Miss Bekheet with the idea. Enviro Club is located in Common Seven and meets every Thursday at lunch, where they do a wide range of activities including watering plants and feeding animals in the animal room. It has brought students together from a range

of year groups and made them a strong, cohesive and supportive group. This group has enabled students to flourish and become leaders and advocates within their local community.

I have spoken with Jaali Goodwin Ward in Year 12 who has been attending Enviro Club since 2017. "Before Enviro Club had started, I was already doing gardening for the school in Year 9 for personal enjoyment" he says. He helps plan and organise events for Enviro Club, man-

aging costs and other things, as well as watering plants and weeding.

While speaking with him, I asked him what his biggest achievement with Enviro Club had been so far: "Well, last year's planting and weeding day on the wild-life corridor was a big achievement. We managed to weed everything and plant new trees".

He recommends Enviro Club to anyone who's "not afraid to get their hands dirty and put in some work and effort."

For 2019, Miss Bekheet says that Enviro Club will "continue to maintain the large veggie/herb garden outside Common 7 and has sought out a collaborative partnership with the TAS Department, namely Hospitality, work on the concept of Pad-dock to Plate."

Enviro Club members have shown a strong interest in looking further into the preservation of local Fauna, with community links between Concord High School and WIRES to be established in 2019.

So, if you ever feel bored at lunch on Thursday, why not go to Common 7 and check it out. You might even find a new hobby.

GRADE AND RECREATIONAL SPORT

Story by Liam Penwill



Grade and Recreational Sport has started for this year and there is a large range of sports to choose from. For Recreation Sport, sports run the gamut of Gymnastics, and Power Walking to Basketball, and Touch Football. For Grade Sport, sport ranges all the way from

European Handball to Cricket to Volleyball. Grade and Recreational sport (or Rec Sport to the students) are for years 8-10 only. Grade Sport costs \$70 for the two terms you play that sport. Rec sport has a range of costs, ranging from free of charge to 100 dollars. Grade and

Rec sports are played every Tuesday. Grade and Rec

sport, requires you to either travel to other schools to play your sport, walk to a close park around the school, or do an activity in school.

Miss De Silva, the Recreational Sport Coordinator, told us that "It would be great to have an increase in participation."

We asked her about her favourite element of Rec Sport, she told us "I can work with the students on a day to day basis and get to know them. It is also good that the teachers are getting into the fresh air and getting to know the students that they are teaching/coaching. We are also allowing the students to learn new skills and enjoy themselves."

Sport is a fantastic way to get involved and enjoy some time away from the classroom.

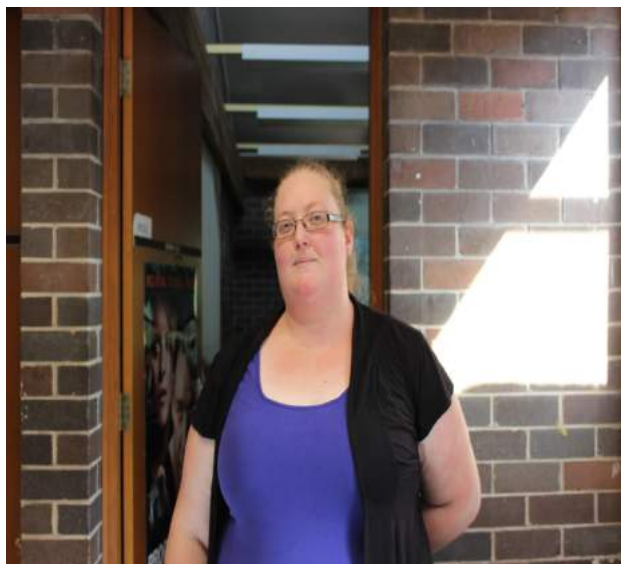
Good luck to our Grade sport teams this year.

NEW FACES

Story by Kasia Burgersen and Chris Pulitano



Ms Nelmes is one of Concord High School's new English teachers. Ms Nelmes came from a high school that only taught years 7-10 on the Central Coast. Ms Nelmes wanted to broaden her horizons and endure the experience of interacting with senior years. Ms Nelmes believes her favourite thing about Concord High School is the students. She stated, "Most students are respectful and have the drive to learn." Did you know, Ms Nelmes favourite book is 'To Kill a Mockingbird' by Harper Lee?



Mrs Prescott is a new teacher that works in the HSIE department, particularly in teaching History, was offered a placement here at Concord High School. Ms Prescott claims that the humour of her classes is one of her favourite things about teaching here at Concord High School. Did you know that she has read over 4000 e books?



Mr Park is a new maths teacher at Concord High School as he was offered the job. He saw this a great opportunity to work in an "awesome place." We asked him one thing that he likes the most about being at Concord High, he told us that a supportive staff is very important and that's what he likes the most. Did you know that Mr Park served 6 years in the Australia Defence Force as a reservist rifleman and worked in the security industry from the age of 18?



Miss Harding is a new teacher at our school whose abilities lay in the English department. She had work experience at Concord High during 2017, and after staying in contact since with Mrs Lombardo, she was able to pick up a more permanent job due to Mrs Lombardo departing on maternity leave. The resources at Concord High makes it much easier for her to teach, having a good computer loan system, available textbooks for appropriate departments, and keeping smartboards in good condition is what has made this job at Concord much more enjoyable for Miss Harding. Did you know that Miss Harding worked as a travel agent for seven years?



Mr Galea is a new science teacher and came to Concord as he heard it's a nice area to teach in. Mr Galea's favourite thing about our school are the students. Did you know that Mr Galea has a Rhodesian ridgeback cross cattle dog named Zac?



Mrs Karamamos is a new English teacher at Concord High School and came here as she heard good things about us as a school. One thing she loves about Concord High School are the students and their distinct personalities. Did you know she likes to dive and often goes shark diving?



Mrs Ticehurst is our new PE teacher here at Concord High School. Mrs Ticehurst wanted to work full time and really liked this job placement which is why she is here at Concord High School. Mrs Ticehurst loves how the students are friendly and how we have a great school initiative. Did you know she is a professional competitive ladies golfer?

Student Mental Health: What to Know and How to Cope

Story by Neva Mikulic



Image Source: Pixabay.com

We're all concerned about the mental wellbeing of those that we love, but how often is it that we stop and think about our own mental health? It's no stranger to students and teachers that adolescence is rife with various internal and external pressures and stresses. This is usually the first time that young people are dealing with peer and media expectations, and our mental health can often suffer as a result.

We spoke to one of Concord High School's counsellors, Ms Joy, about the mental health of students at our school. "There are many different things that can impact on a young person's mental health and there are many different types of mental health conditions. And sometimes, in the way that society is structured at the moment, there's a lot of labelling that goes on...and I think the most important thing you can do is actually to try to understand the person and how they view their world and how their concerns are coming from a position of their own life experience."

The state of our mental wellbeing can impact on our quality of life and our self and world perception, as well as the relationships we have with other people. As a result, it is important that we maintain good mental health and not feel intimidated or isolated in seeking help. Ms Joy says that there are a few ways for students and teachers generally to support their mental wellbeing. "Looking after their health by eating well, by ensuring that they are getting enough sleep, by having ... healthy lifestyle practices with exercise. Those areas are very criti-

cal underpinnings of general health, but they actually relate quite strongly to mental health. "Try to organise a life where you have balance between academic work, between physical outlets like sport and exercise, between socialisation, because social outlets are really, really important in adolescent development."

"Next thing they can do is look at maybe whether the way they're thinking about things is actually creating more stress for them. "Learning maybe not to get so caught up in thoughts and hooking onto a thought that makes them feel bad about themselves, but instead recognising our minds are full of many thoughts and we can actually choose which thoughts we pay attention to...Some people find using regular techniques like meditation, in whatever form they find works for them, actually also really helpful." When left unhelped, mental health problems can spiral into mental illness.

Genetic predispositions and experiences growing up can play their role, but Ms Joy reflects on the ways in which friends and family can support each other in fostering mental wellbeing. "Be loyal to (your) friends. Being caring, noticing changes in friendship groups." And as for these changes, there are a few tell-tale signs of mental distress. "Sometimes it can be a drop in their academic performance or they might be moodier in a different way...Changes in what's been going on and those changes impact on how they're functioning with relationships ... and also with their academic performance."

"In Year 12, there's often an increase in the number of young people with significant anxiety and sometimes depression. That develops as they're facing pressures...added to the "What am I going to do after school?". Concord High School provides many support services for those in need and strongly urges students to make use of these support services if they feel that they are struggling.

"Usually the first go-to person is their Year Advisor. Sometimes they will also go to the girls or boys advisor, the Head Teacher Welfare, Ms Milligan or the school counsellors. But, in this school, the deputies also have a very strong role in supporting young people...Often kids have a favourite teacher...then that favourite teacher can assist them in getting the appropriate sort of support." Whilst seeking help can be hard, Ms Joy recommends being persistent and not being afraid to talk to somebody. If students feel uncomfortable talking to a counsellor, there are many other staff members such as their Year Advisors or trusted teachers that can support them. Ms Joy even suggests going to the counsellor with a friend or trusted teacher the first time. "Not saying that seeing the counsellor is the only thing that you can do, because there are lots of other supportive people there, but you're not alone. Please don't feel that you are alone with your pain, without anybody to turn to. There is always somebody to turn to. And reaching out is risky, because you don't know how it will work out, but if you don't take the risk to do that, then things may not change, and so it's worth taking a deep breath and sometimes even one conversation can be enough, just to make you feel a bit lighter and a bit free-er."

Helping a Friend

1

Look out
for the
signs

Sometimes it can be hard to know if a friend is going through a rough patch or whether there is something more serious going on like depression or anxiety. You might notice that they are not hanging out with their friends as much anymore or are always tired and feeling down. They might be snappier at times or perhaps look a mess. When you notice these changes, check in with your friend to see if they're OK.

2

Listen to
your friend's
experiences

Sitting and quietly listening is the next step. Don't rush to offer advice. Let them know you are there for them and that you want to help when you can. If they don't want to talk about it, respect that. Let them know you are worried and that you are happy to listen when they want to talk, or suggest other people. By listening and responding in a non-judgmental and reassuring manner, you are helping in a major way.

3

Talk about
what's
going on

Knowing what to say can sometimes be difficult. You might not be sure how to start a conversation with them, or you might be worried about saying the wrong thing. You could say things like "I notice that you seem a bit down lately", or perhaps, "You seem like you are really down, and not yourself, I really want to help you. Is there anything I can do?" Showing that you are willing to listen to what is going on can be really supportive for your friend. You don't need to have all the answers.

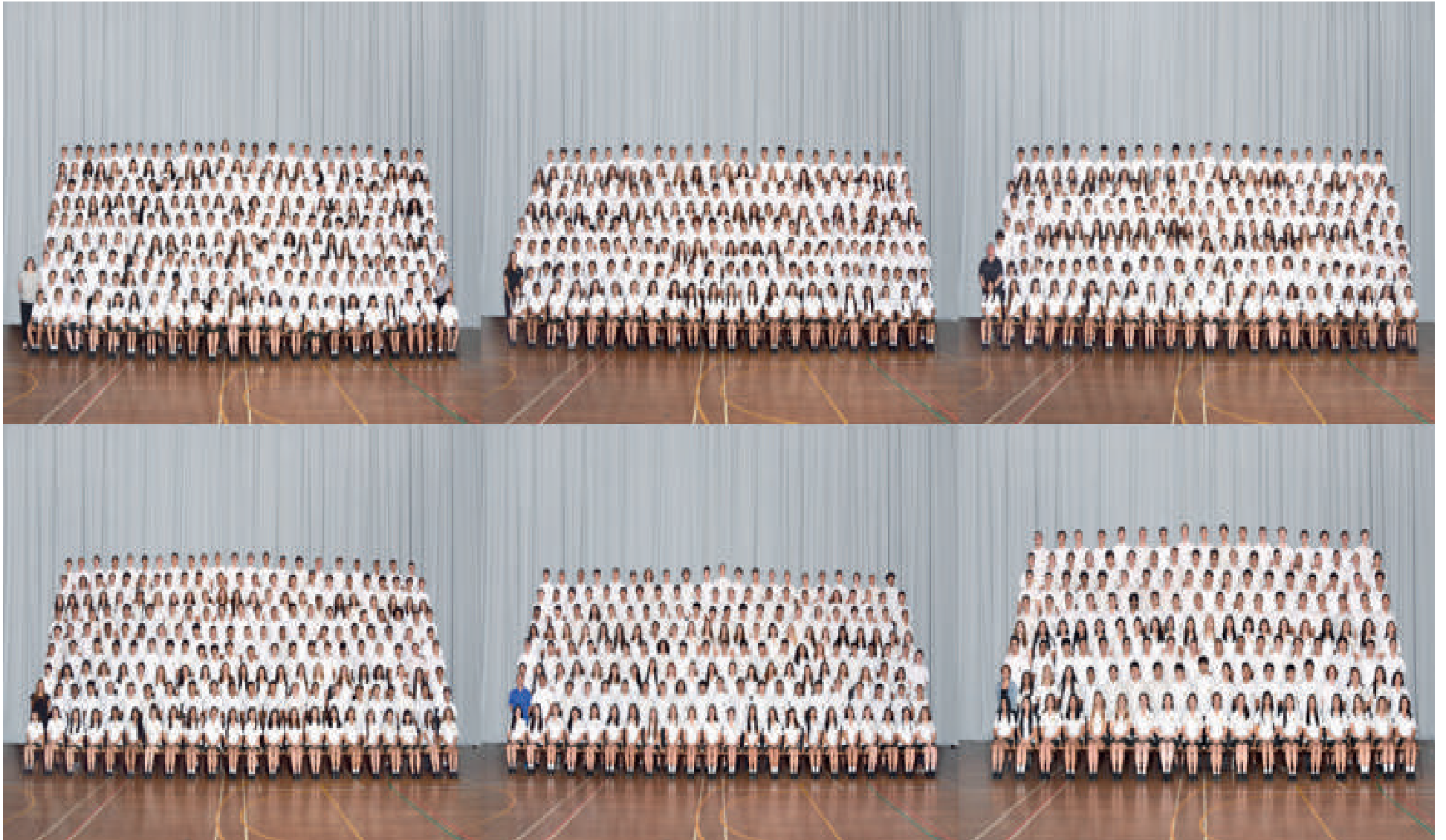
4

Seek help
together

Encourage your friend to get some support. They might want to start by talking with their family about what has been going on or they may prefer to talk to someone that they do not know, like a doctor or health professional. You could help them to find and arrange an appointment with a health professional; you might even offer to go with them to their first appointment to help them feel more relaxed about it. If they don't feel comfortable with the first health professional, then you could help them find another.

Smile For The Camera

Story by Bianca Grose



School Photo Day is one of the most important days of the year. Scrubbing the stains out of your shirt and polishing your leather shoes to make sure they are perfect for the one day you have to look good. The one picture that sticks with you for the whole year needs to look just right, it's what your whole year group sees in their year book and what your family sees when they see your photos. This day is especially important for the Year 7s.

For the Year 7s, this day is special because it's their first photo day in high school, this picture will mark an important period of their life and will be kept as a memory by family and friends. Unlike the Year 7s 2019 is the last year for the Year 12s to have their school photo taken, in celebration of the Year 12s graduating they will take a silly photo in memory of the good times and they'll have their Year 7 photo hung up in the side office windows in memory of their first year at Concord High School. Some Year 12s have siblings, meaning it's their last year

they have a photo with their sibling or siblings.

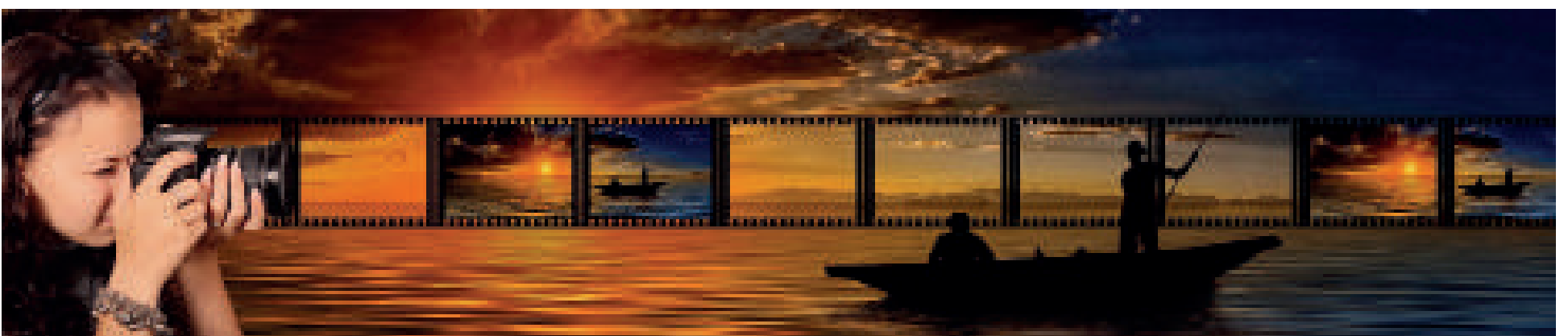
If you have a sibling or siblings you would know the struggle of taking a family photo and living up to your parents' expectations of the perfect picture, making sure you look decent until lunch is just a few of the difficulties. If you don't have a sibling you only have to focus on yourself for the day, this makes photo day a lot easier for some students but not for the staff.

The staff of Concord High School have been working hard for a long time to organise this day but most of the credit goes to Ms Yuan, the director of this event. She has been organising School Photo Day for 4-5 years now, which gives her experience in making this day perfect but having experience doesn't protect her from having a few struggles along the way.

Managing over 1000 photos in 6 hours is stressful, making sure the pictures get deliv-

ered to the right students and keeping everyone under control during the day must be tiring. Ms Yuan has worked hard to make sure School Photo Day goes smoothly but thinking about things that are unpredictable like the weather makes Ms Yuan worried. When it's hot your hair frizzes up, you get sweaty and tired easily and when it's cold you don't want to take your jacket off, your hair gets ruined by the wind and the seats are freezing. The way the students react to the unpredictable was one of Ms Yuan's biggest worries.

On the brighter side Ms Yuan has said a couple words to the staff and students who helped out on the day, she said "Thank you to the students and the staff for their patience and support on the day". She has also suggested that all students keep their photos from Year 7 to Year 12 to track their growth throughout the years. From Concord High School to Ms Yuan, we would like to thank you for the hard work you put into School Photo Day to make sure it ran as smooth as possible.



CHINESE NEW YEAR

Story by Yasin Haidary



On Tuesday 5th February Concord High School celebrated Chinese New Year to really set off the school year with a bang. This year just so happens to be the year of the pig, according to the Zodiac calendar, which is represented by a, wait for it, pig! The pig first and foremost represents luck within the Chinese zodiac, and being born in the year of the pig is said to be very lucky,

with the person experiencing this luck from birth. According to nationsonline.org, the Year of the Pig and those born under it signifies “luck, overall good fortune, wealth, honesty, general prosperity, symbolizing a, hardworking, a peace-loving person, a truthful, generous, indulgent, patient, reliable, trusting, sincere, giving, sociable person with a large sense of

humour and understanding. Born under the zodiac Pig, a person’s character might be naive, over-reliant, self-indulgent, gullible, fatalistic, materialistic.” To celebrate such an important event at Concord High School, the Languages Faculty outdid themselves, organizing a giant dragon to be walked around the school by various students and, giving out red envelopes filled with lollies and sweets. As well as the majestic dragon that roamed the school, many Chinese decorations were hung up around the school so that absolutely no one could forget the special occasion. The last year of the pig we had was all the way back in the year 2007, which means that some of our year 7’s attending the school currently actually have the pig as one of their zodiac signs, Kung Hei Fat Choi!



JAPANESE TRIP

Story by Ethan Li



On the 20th of April this year, students of Concord High School will be leaving Australia and making the extraordinary trip to Japan. On this voyage will be 29 lucky students as well as three teachers overseeing them on this experience. While in Japan, the students will be spending 14 days exploring the country of Japan, and 13 nights to catch up on their beauty sleep.

They will be heading to several cities and towns in Japan, including Nagano, Kyoto, Tokyo and Hiroshima. There are many activities that have been planned for the students heading off to Japan, the most exciting of which students will be visiting a number of schools while in Ja-

pan. These include a high school and a middle school, one of which has been sending students from Japan over to us, and this year it’s our first time visiting them.

They will be heading to several cities and towns in Japan, including Nagano, Kyoto, Tokyo and Hiroshima. In Tokyo they will be visiting the Toyota Car Centre, which reportedly has the most advanced technology in the world, which is quite impressive. The trip was planned by Mrs Yuan, who said in an interview that planning the trip was very challenging, but rewarding, as it required

a very large amount of planning as well as department approval, which all ended up being very complicated paperwork!. Mrs Yuan also said that she hopes the students will improve their Japanese and to just experience the Japanese culture and lifestyles for themselves. We hope they have an amazing time on the trip!



JUST KEEP SWIMMING

Story by Georgia Durnford and Kasia Bergerson

Nautical is defined as sailors and the sea but Concord High School's definition was abso-lutely amazing. Nautical was the new Concord High School Swimming Carnival theme of 2019. Every year Concord High School students have the privilege of attending the annual swimming carnival at Drummoyne Swimming Centre.

On the 15th of February 2019, Years 7-12 hopped on a bus and headed for Drum-moyne. Many students and teachers were dressed up as sailors, lifeguards, sea creatures or simply in their house colours determined to bring some fun to the day. All students left by 9:45am and were greeted by Mr Slocum and Mrs Cesta, who commentated upon arrival.

"BANG" the starter gun went off, and the whole swimming carnival vibe locked into place whether you were swimming or not. As time led on, cheers grew louder as war cries were about to begin. Many houses brought their A-game with completely new war cries but in the end there could only be one winner and that was Yaralla. Throughout the whole day you could hear the yelling, shouting and sports-manship coming from each house captain.

As it was Year 12's last swimming carnival, Year 12's enjoyed the day at their own pool in the Drummoyne Swimming Centre. Year 12 had their own race, racing for the last time. They were also joined by their Year Adviser Mr Chappelow and Assistant Year Adviser Mrs Kalachian. With peer pressure, even Mr Bilbija went in for a splash.

The weather couldn't have been better! With the sun beaming down it was warm and sunny per-fect for a swim in the pool. Everyone who participated in a race automatically won a point whether you came first or last for your house.

The overall winner was house Brays on 619 points followed by Yaralla on 501 points, then Kendall on 406, Kings on 294 and Majors on 229 points. Each houses biggest helpers were the age champions as winning gets you extra bonus points. This year there were many re-cords broken and the age champions were -



12 girls age champion Maisy Wright-Smith
12 boys age champion Julian Mantle
13 girls age champion Caitlin Oeser
13 boys age champion William Chiang
14 girls age champion Miriam Blaikie
14 boys age champion Harrison Woodley
15 girls age champion Rachel Seo
15 boys age champion Joseph Natalegawa
16 girls age champion Grace Rosier
16 boys age champion Benjamin Comer
17+ girls age champion Kisha Chabo
17+ boys age champion Curtis Woodley