

# NEWSLETTER

## AUBURN GIRLS HIGH SCHOOL LOCKDOWN LEARNING

### WELLBEING WEEK

Welcome to Issue 8 of the Auburn Girls High School Lockdown Newsletter. This week's publication coincides with some important news and events. It is Wellbeing Week and the school and Wellbeing Team are focusing on the wellbeing of staff and students as many students complete assessments and common graded tasks, teachers continue to prepare for on learning and lots of marking.

R U OK? Day is this Thursday and highlights the importance in asking family and friends if they are ok and having the conversations. Check out page 8 on how to ask and listen to others, especially during times that others may be facing the challenges of covid, but other personal and life problems too.

This week is SAAS Recognition Week which is a time we celebrate the wonderful work done by the Student Administration Officers and Learning Support Team in the school making sure they help the teachers and students of AGHS.

As you can see by the wonderful debating news, Auburn Girls High School have proven yet again that we love a great argument. We wish Mr Bailey and the debating team all the best in the upcoming semifinal.

Not long to go now. Keep up the great effort in your online learning and make sure that this week you focus on your wellbeing. We have all worked so well together and we can and will get through this lockdown!!

### HUGE DEBATING NEWS – AGHS PROGRESS TO SEMI FINALS!

The Stage 6 Debating Team has made it to the semi-finals of the NSW State Debating Competition after defeating the high achieving Gosford High School in a high-quality quarter final. To put this achievement into perspective, over 200 teams entered this competition and Auburn Girls High School is in the top 4 of those teams.

The team debaters including Hafsa Farooq, Rodah Eleman, Roba Goreishi and Muna Mohamed have all been amazing. Since the competition restarted, they have debated in afternoon time slots, often only minutes after finishing and submitting their online final assessment tasks. The manner in which the girls have articulated and responded to the opposition teams has been a testament to the hard work they have put in this year and throughout their junior years.

We are truly excited by the achievement of the team and regardless of the result in their semi-final against Sydney Girls next week. The girls have done themselves and the school proud and everyone in the Auburn Girls community wishes the student's the best of luck. GO TEAM AUBURN!

**Mr Bailey**  
Debating Coordinator



1. Ask



2. Listen



3. Encourage  
action



4. Check in

# R U OK



# GEOGRAPHY TIME...

Zoom Meeting

Rawan Khairallah | Raymond Lawre... | Aysha Malik | Khatera Frozan

play.kahoot.it/v2/gameblock?quizid=12737d48-46a4-425f-9bb6-23ab38b10052

What is NOT an example of black bears adapting to the Temperate Forest climate?

0 1 0 1

Show media

hibernates ✗ omnivores ✗

long claws ✗ little ears ✓

Next

End game

## MEANWHILE IN YEAR 9 ENGLISH...

The Three Questions by Leo Tolstoy

### Najiya Afnan

*Have you ever had a similar experience to the photo? What happened? How did you feel?*

It is most likely everyone has been in a situation like this once in their lifetime. One time I did poorly in an exam and I was very upset about it, but after I consulted with my teacher, she said that it was just like a guiding path. "Look at your mistakes and learn from them." That was sort of like the moral or lesson to be learnt.

### Alishba Ahmed

I have had a similar experience where I did really badly on an assignment or assessment. I felt angry and sad and wanted to rip my test paper into a million pieces. I got a bad mark on my science half yearly. This took place this year after we got our results for our half yearly geography test. It taught me the lesson that even if you study for half a week, you can still get bad marks, and maybe I should give myself a break every once in a while. I just got a really bad mark in my half yearly geography test. As soon as I got my test back, I took a quick look at it and then I got home and never looked at it again. I refused to look at it again. I don't even really remember what my mark was. I'm still not going to look. All morning I was memorising an essay that I wrote the night before, that we were supposed to write. I spent so much time memorising the beginning of it that I ended up forgetting the last two paragraphs completely. I was quite angry but also sort of scared because I was so caught up in my own anger that I think I forgot to tell my family my mark. Whoops! I learnt that I should try not to procrastinate and leave studying for the night before. I did this for every test that wI could have done a lot better.

### Hania Ahmed

*What lessons do you think the people in the photographs may have learned?*

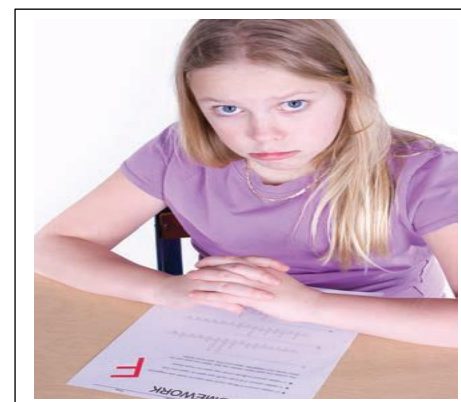
That giving up isn't the answer and that with hard work and determination you can achieve what you want. It is a bitter pill to swallow when you fail and feel destroyed. I have faced this problem countless times in my life and I thought I could have done better or could have changed the past. I faced this in many ways such as getting bad marks on an exam. I felt devastated and destroyed because I didn't reach my full potential. The lesson I learnt was that you should never give up and keep striving for what's best.

This occurred when I received a bad mark in a science exam, but it made me realise that I should have tried harder and studied more. So, the next science exam I worked ten times harder and got the highest mark in my class. My dad was very supportive, and my sister had a great impact on me to do better than last time. I failed an exam and was really bummed out because of it so I worked harder next time to achieve my goal of a better grade. I was sad and disappointed with myself about how I could have done better just like my other classmates. I felt like I had to do way better than before. That you shouldn't give up and always try your best and keep striving for your goals. This was a valuable lesson as I saw that the amount of work

### Duaa

*Last covid lockdown I didn't really care about doing my work and did not do it and failed most classes because of it. Now I regret not doing it and this time I am trying my best to do everything I can. My teachers used to call my mum and I would ignore it and think it's not that important but really it was and learn it the hard way by falling. I didn't care at first but later I felt bad and learnt from my mistake. Just because I'm not at school doesn't make it a good excuse not to do schoolwork. The moral is I think that it was trying to tell me 'what goes around comes around' and giving up isn't the answer.*

My friend cheated on a math test, and this was right before our year six formal. The teacher saw her, and she yelled at her in front of the entire class and my friend started crying and explained that if she didn't do well her parents would be disappointed. I felt so sorry for her. Our teacher however was not sympathetic at all, and neither was our deputy. She got sent straight to the office where she got a suspension warning, and she was not allowed to come to the formal. I felt so upset for her and pitied her. Marks are not that important and impressing our parents is not necessary at all. It taught me that no amount of validation is worth getting into such serious trouble for.



**STUDENT STORIES AND POEMS...****. Our Broken World- Daniella Ronquillo 7S**

Our choices, our decisions have become the cause  
Of the growing flowers and the ones that fall  
Covid-19, lockdown, bushfires, and floods  
That's the effect of what we have caused  
Our greed for money, our fear of the truth  
Because of our dangerous thoughts, all hell breaks  
loose

A world full of people spreading germs and disease  
People not being people but leeches and spreading  
slurs  
Hearts so cold, thoughts so morbid  
The people of our generation oh so toxic  
People who I thought I was close with turned out to be  
like the stars  
Slowly became distant, but eventually became far

Bullying will never end nor will false rumours  
But wherever or whenever we are in life,  
we will find those will forever remain next to us  
The people who brought us to society, our blood, sweat  
and tears  
When we are hurt, they are the ones that appear  
A single hug or a kiss on the cheek  
They are always there for us when we are weak  
When the end is coming, it's my family is who I shall  
seek  
Wherever we may be at the end they'll be welcoming  
us at the shining peak

Just think of the people who had taken control  
The trilogy of the Kim, Hitler, Stalin  
Twisted lies, rules curved  
That is just the truth of our broken world

**HANDHORN**

I stare in wonder, holding my breath  
There's too much to see but not much left  
For the walls are old, ancient if you may  
They look as if it would come crumbling down, in the  
light of day.

Yet, that's nearly not enough to erase the smell  
of cookies that have a sweet chocolate oh, the lies  
they tell.  
This place is far from sweet, smells bitter indeed.  
But I'll forgive the bitter I shall follow the creed.

The creed that serves as a facade of the broken  
place  
Where everyone agrees to have the bad replaced  
Not by construction however, just by themselves  
Friendliness is free, to do for oneself.

Rumaisa Ahmed

The winter breeze hits her face  
As she stands in disgrace  
As a magpie swoops  
She leaves with her troops  
Looking back at them all  
She leaves her kingdom once more  
With no good nights  
She follows the blinding lights  
Of equal love and hate  
She thought to herself  
I am a warrior  
A fighter after all  
What was there to fear  
Her beloved family she left  
To search on this narrow path  
Vrunda 7S

**DIVERSITY**

Diversity is important to me because growing up as a young Arab girl with an Islamic background had its fair share of differences. I was never picked up as being Lebanese because I have fair hair and a light complexion, so I wasn't bullied or teased for being different like others. But playing sports taught me a great deal about diversity.

Playing sports is in my blood. I come from a sport loving family and from a young age they encouraged and supported me to follow my passion for sports. We played weekend sports and trained during the week and every year we travelled to different parts of NSW to play representative touch football.

Playing sports gave me the opportunity to play with girls who come from various cultural backgrounds, many different beliefs and perspectives. Aussie, Turkish, Italian, Greek, Christian, Muslim or Atheist. As a Lebanese girl who played sports for fitness and fun I didn't realise that I was actually learning about life, friendship, team spirit and the wonderful lesson of diversity.

Playing the sport, I loved did mean I faced various challenges. It was a 'boys sport' so I often had people raise their brows when I told them I played football. But, there was the issue of playing while fasting during the holy month of Ramadan as part of being Muslim. This meant I could not consume food or water from sunrise to sunset and sometimes my fasting and daily prayers would interfere with my games.

As a Muslim teenager, I have had to fast during many games. My teammates often couldn't understand my religion and constantly asked questions like "not even just a sip of water?", "I won't tell anyone if you eat around me". Watching the Auburn Giants documentary, highlighted what many teenagers and women have to go through the same struggles, and have to have numerous repeated conversations explaining and defending our religion and way of life. As well as praying before games for Goodluck, praying at half time or between games. This often made my teammates curious as to why I did it. But eventually they stopped asking and accepted it, even appreciated, and respected it. That's diversity.

The Tokyo Olympic Games are a great example of how sport highlights diversity. of all the nations coming together from worlds and cultures far and wide. "We will welcome everyone equally and accept all people regardless of age, ethnicity, nationality, gender, sexual orientation, sexual identity, religious beliefs or intellectual or physical impairment". Tokyo 2020

Therefore diversity is important in our society because it allows for all people to live actively, peacefully and with respect for all our differences. We learn about other beliefs and religions and become more accepting of others because in the end we're all on the same team.

Hiam 8S

**IT'S SASS APPRECIATION WEEK!!**

It's SASS Recognition Week 6-9<sup>th</sup> September. SASS stands for School and Administrative School Staff and includes all the people who work in schools who are not teachers. This includes the front office staff, student services, student administration, print room, the school learning and support officers who support students with disabilities, our TAS, Science and Library assistants, the General Assistant, Business Manager and SAM.

Everyday these wonderful people play an important role by taking care of all the non-teaching responsibilities, so that the Principal, Deputies and teachers can ensure that the teaching and learning of the students at AGHS runs smoothly.

We appreciate the amazing work they do every week, but this week from 6-9<sup>th</sup> September, we reflect upon and give gratitude to the value of what they do to contribute to the quality of school life.

Dear SASS Team

I wish you a happy SASS week!

Our school could not function without the support, kindness and hard work of our dedicated SAOs and SLSO team members.

A huge thank you to Raz and Fadime for their wonderful work.

We will have to postpone our usual celebrations to when we return back on site.

Thank you to all our team and I hope you and your families are staying safe and are well.

Can't wait to catch up in person!

Anna Tsoutsas



NAME: **Linda Oner**  
 ROLE: **Front Office**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **My beautiful colleagues and all those cheeky students!**  
 IN MY SPARE TIME I LOVE TO: **Draw, practice Calligraphy & flower arranging**



NAME: **Joanne Southam (MS JO)**  
 ROLE: **Library Assistant**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **The loud students eating the lunch and leaving a mess in the library.**  
 IN MY SPARE TIME I LOVE TO: **Cover hundreds of books and print in colour!**



NAME: **Raz Demir (Ms Raz)**  
 ROLE: **Business Manager**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **My wonderful colleagues**  
 IN MY SPARE TIME I LOVE TO: **Spend time with my family and friends and go hiking.**



NAME: **Rosemaree Maroon** (Ms Maroon)  
 ROLE: **School Learning Support Officer**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **Females (I have an all-male household)**  
 IN MY SPARE TIME I LOVE TO: **Spend time with my mum and sisters**



NAME: **Fadime Yavuzcehre**  
 ROLE: **School Admin Manager**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **I miss driving to work, seeing everyone, the morning rush and the noise in my space.**  
 I LOVE TO: **Read, bake and eat**



NAME: **Loubana Aaron** (MS Lulu)  
 ROLE: **TAS Assistant & School Learning Support Officer**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **Seeing the excitement on the girl's faces during pracs and the smell of food in the school.**  
 I LOVE TO: **Exercise, cook and listen to music**



NAME: **Azi Salaman** (Ms Azi)  
 ROLE: **Principal Assistant & Front Office**

WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **Delicious pumpkin soup and falafel wraps made by Mrs. Saleh and the wonderful support students.**

IN MY SPARE TIME I LOVE TO: **Play netball with my daughter and take our puppy for walks.**



NAME: **Leonie Singh** (Ms Singh)  
 ROLE: **School Learning Support Officer**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **Their smiles and hugs as well as working with students in the classroom**  
 IN MY SPARE TIME I LOVE TO: **Cook, play netball, tennis, NRL – Go Manly!**



NAME: **Connie Puntillo**  
 ROLE: **Print Room/Admin Officer**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **Chatting with wonderful staff and students**  
 IN MY SPARE TIME I LOVE TO: **Relax and catch up with family and friends, I love to relax in the sun, go for a walk or watch a movie.**



NAME: **Masuda Bahram**  
 ROLE: **Student Services, First Aid, Enrollments, Translating, giving numerous ice-packs each day.**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **I miss seeing the beautiful faces of students**  
 IN MY SPARE TIME: **I love to play Uno with my kids and watch Netflix.**



NAME: **Amanda Clipsham**  
 ROLE: **School Learning Support Officer**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **Playground Duty (not!) I miss seeing the girls and helping them with their learning.**  
 IN MY SPARE TIME I LOVE TO: **Bake and decorate cakes, watch TV and chochet, travel and see new places (thanks Covid)**



NAME: **Rita Saade** (Ms Rita)  
 ROLE: **Science Lab Assistant**  
 WHAT I MISS THE MOST ABOUT AGHS DURING LOCKDOWN: **Preparing pracs and talking to the wonderful science teachers, I miss the friends I've made at AGHS and really miss the noisy corridors and the 'morning miss', 'can I help you miss?'**  
 IN MY SPARE TIME I LOVE TO: **Watch anime**



## TEACHER FEATURE

**Name:** Ms Turkoz

**Favourite subject:** Studies of Religion OR History. I can't decide between these two.

**What movie or TV show do you watch when you just want to zone out and feel better?**

I love anything that is a comedy. Lately, my go to show would have to be Superstore. But I also love Seinfeld, The Simpsons, The Big Bang Theory and Friends.

**If you could only listen to one singer or band for the rest of your life, who would you choose?**

This is a hard one. My choice in music depends on my mood. But I would have to say BOYZIIIMEN would be a band I could listen to for the rest of my life.

**What would be your perfect day?**

Having my whole family over for a BIG breakfast. Food and family is a great combination!

**What are your top three biggest pet peeves?**

1. Not having any chocolate or ice-cream left in the house when I really want some.
2. When technology just doesn't want to work when I am teaching.
3. When I need to write something down quickly and I can't find a pen OR I find a pen and it doesn't work!

**What do you never leave home without?**

Lately its been my hand sanitiser and mask, but generally I will NEVER leave home without spraying perfume and applying sunscreen.

**If you could only eat one thing for the rest of your life, what would it be?**

Chocolate, chocolate and chocolate.

**If you were down to your last \$10.00, what would you buy:**

A box of Raffaello's from Woolworths. Oh my goodness that stuff is amazing!

**What's your biggest fear?**

My biggest fear is having my birds fly away when they see the door open. They are well trained, but it is definitely one of my biggest fears.

**What's your absolute dream job?**

I would have loved to be a fashion stylist. Creating outfits is one of the things that I love doing!

**What's the worst thing about lockdown?**

The worst thing about lockdown would be not having the opportunity to wear the new clothes/jewellery/accessories I have purchased lately (because I am in my pyjamas majority of the time!).

**What three words would your friends use to describe you?**

Unique, sassy and stubborn.

**Who do you look up to the most, and what qualities do you love about that person?**

I look up to my amazing sister. She is the strongest, smartest, kindest and most caring human being in the whole world.

**If you had three wishes, what would they be?**

- 1) Eat everything I want and stay healthy.
- 2) For the pandemic to end so that I can go on a loooong holiday.
- 3) For hairdressers to open up, I NEED A HAIRCUT!



AT THE END OF THE DAY,  
ALL YOU NEED IS HOPE AND  
STRENGTH. HOPE THAT IT WILL  
GET BETTER, AND STRENGTH TO  
HOLD ON UNTIL IT DOES.



## STAR LEARNERS OF THE WEEK

Every week students will be nominated by the DP's to be awarded the **ONLINE LEARNING GOLD STAR AWARDS** for excellent engagement in online learning. So, keep working hard for your chance to be nominated. Congratulations to this week's winners who will receive a Principal's Gold Award.

### Year 7

- Tamama Naim
- Rumaysa Mamdani
- Jaydhra Kodarusman
- Atkia Fatiha
- Rihana Souaid
- Malak Grawak
- Ayah Nsouli
- Rahme El Saleh

### Year 8

- Nawal Khan
- Roxanne Pitak
- Sakina Bahrami
- Yasmeen Hawashin
- Rawan Al-Jashaam
- Nora Bakaloglu

### Year 9

- Mary Aoud
- Khadiga Gungiah
- Fatima Imran
- Serena Khatib
- Sarah Younes

### Year 10

- Mahdia Ahmadi
- Alice Chan
- Fatima Jafari
- Annisa Elcheikh
- Soma Jafari
- Joyce Zhang

### Year 11

- Fatima Sohrabi
- Christina Kadel
- Zahra Benkabbour
- Saffiyah Khan
- Asra Alaridhi
- Cecilia Do



### Schooling At My House



Artwork By Omera Batool



# Wellbeing Corner



CLICK THE LINK FOR R U OK? VIDEO & INFO

<https://vimeo.com/594607773>

<http://www.ruok.org.au/how-to-ask#howtoask>

## R U OK?

**A range of circumstances can lead to a young person feeling low, including:**

- Big life changes like moving house or school
- Experiencing grief or loss
- Being around people going through tough times
- Being bullied
- Arguing with someone
- Problems with school work
- Being bored
- Having a medical condition or chronic illness
- Not sleeping well
- Not exercising enough
- Hormonal changes
- Special needs

**Be aware of certain behaviours and signs that can indicate a young person might be struggling. The first thing to look out for is changes in behaviour. When people feel low, they often:**

- Withdraw from their friends or their family
- Lash out at people and get angry or upset really easily, including towards the people they care about
- Cry or become emotional
- Lose interest in activities and things they usually love
- Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day)
- Have a changed appetite. They could be eating more than usual, or less.

**Young people cannot be expected to fix someone's problems, nor know the best way to help and support.**

However, they can listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend.

**By promoting an environment of positive peer support and accessing support channels via an adult, young people can learn that asking, "Are you OK?" is a key life skill.**

R U OK? has 4 Conversation Steps to help navigate a conversation someone says:

**"No, I'm not OK". These steps are:**

- ASK
- LISTEN
- ENCOURAGE
- TAKE ACTION
- CHECK IN

**Useful contacts when a young person is not OK:**

- School Counsellor, GP or psychologist
- Kids Helpline on 1800 55 1800
- Lifeline on 13 11 14
- Dial 000 if someone's life is in imminent danger



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



**Ask them today**

Learn how to ask at [ruok.org.au](http://ruok.org.au)

**RUOK?**<sup>TM</sup>  
A conversation could change a life.



## STAFF SHOUT OUT TO FRIENDS AND COLLEAGUES

### MR BAILEY

I miss my buddy- Mr Lindsay- He is always good for a deep or shallow chat. When I'm faced with great moral choices I always ask 'What would Mr Lindsay do?'

### MS MUSTAFA

My shout out is for Ms.K who when I arrive to school every morning greets me with "Welcome, thank you for coming!" I miss that, it has been a while since I have heard it.

### MS PARK

This morning I was trying to change batteries - it was really difficult and I nearly gave up. I suddenly missed Ms Jo, Library SASS. I always depended on her 'mechanic' skills (as well as other skills of course) e.g. fixing faulty staplers, working out what fitted with what. I miss working in a physical place with all the AGHS staff with their diverse personalities and skills. I can appreciate the value of diversity more deeply now.

### MS NOLAN

I miss Ms Young a lot. She is funny, kind, clever and has such a passion for helping everyone in the school. Her accent is one thing I do not miss as it is not as nice as mine. But she compensates for this by making me a lovely cup of tea (but could do this more often). I also miss Dr Moller because he loves talking about books, soccer and putting the world to right - but also he is so old that he has lots of stories about the past. I miss Ms Schwiebert with her crazy stories of constantly fixing and refixing her house, her flexing of her arm muscles from exercising with tins of tomatoes and her great choice of trousers. I miss my desk buddies - Mr Barr and Mr Bailey (though not his messy desk). I miss our 'bit' of the school - the English/History faculty of course - but also the Languages, Social Science and Unit staffrooms who are all lovely and energetic.

### MS CHARIF

I miss Mr Baxters subtle humour  
I miss Ms Jreije and Ms El-Timani's greetings in French, Arabic and English  
I miss Rawans Saber Ayoub (A saint's patience)  
I miss Ms Young and Ms Mahmoud's smiles that always light up a room  
I miss Ms Schwiebert's reassurance  
I miss my right hand Ms Diana  
I miss every single teacher for so many different reasons :)



### MS SCHWIEBERT

Ms. Matta ... you are so incredibly funny...a Superwoman...a great mate and support. Miss her coming to staffroom with her stories!

### MS YOUNG

I miss Ms Schwiebert with her calming voice and cheese crackers, Ms Nolan for her support and pep talks, the bright and colourful Ms Turkhoz, Mr Barr calling me 'Katie' and the laughter from the EALD/Languages staffroom.

### MS MATTA

I miss Georgia's smile and willingness to help..the English faculty who make me laugh and always have my back, the TAS faculty who never say no when I need their help to bake or borrow, the beautiful SASS staff who are always so helpful and ask me how I am going.. the Year Advisers who work so hard and always do so with a smile...the laughs and friendship of the Languages/EALD/ Social Science faculty...the wonderful staff that is AGHS..Can't wait to see you all again!!

### MR LINDSAY

Miss being spoilt by all my wonderful Support Unit colleagues who feed me and look after me everyday with food, drinks and sweets. Can't wait to see you all again.

### MS DIAMOND

A big shout out to the amazing, fantastic, fabulous, committed and dedicated Wellbeing Team. The hard work that all the Year Advisers, Ms Matta and Ms Doyle have put in to support our beautiful students. There is so much happening behind the scenes and on weekends to make sure that everyone is looked after.

### MS FIDANBOY

A shout out to my amazing Mathematics Faculty & Family. Where do I start? I am missing ....

Mr Al-Khalidy for being an early bird, being so happy to start the school day

Mr Kim for his jokes and humour

Ms Nguyen being an all-rounder and her impressive organisation of faculty tasks and board work

Mr Kazzi great skills and expertise with setting assessment tasks

Ms Lu the food flavours brought to our faculty and her pet photos

Ms Wang her enthusiasm and her bag of lollies

Ms Phan being a thorough checker and always being there to say bye to at the end of each school day

I am missing seeing the whole Mathematics Faculty Family. It was not the same celebrating my birthday in lock down without the cutting of the cake in our staffroom with the team. I am looking forward to seeing everyone soon.

### MS DOYLE

I miss all my wonderful friends in Music and Art, but all the staff as well because they support me, make me laugh and always make me feel better when I am down

### MS PARRY

Ms Rita and her friendly demeanour, always eager to assist and support us in all our odd requests. She is always keen to try out new techniques and equipment in an effort to find a solution

Mr Baxter's tidy capable and organised thoughts and considerations contrasted with his physical surroundings ;)

Ms Scariot's thoughtful hints related to resource ideas and organisation

Mr Nguyen's well planned lessons that he pulls out like a rabbit out of a hat.

Ms Kaur's cheeky smile as she cuts off only a third of a piece of cake.

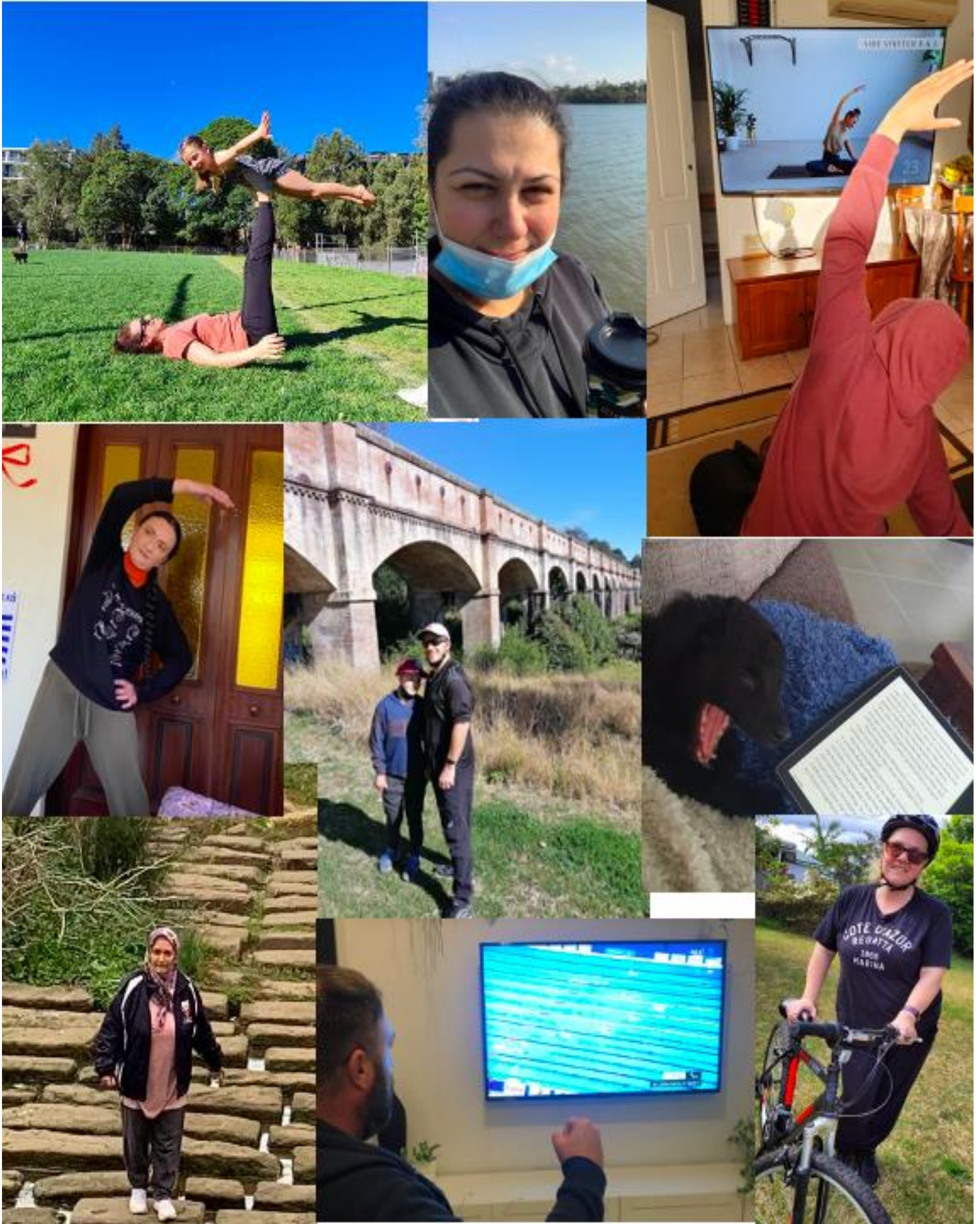
Ritu's conversations about family and what the kids are up to, especially her daughters cooking adventures.

Dr Wallis' can-do attitude, always eager to assist everyone, students and peers alike

Ms Hardford, new to the team but already doing a great job connecting with students with thoughtful lessons and feedback

Overall, I miss having a chat with everyone as we have a bite to eat or a cuppa.

# TEACHER SELF-CARE PICS





Whether it's walking, running, having a coffee, playing at the park with their kids, cooking, wearing face-masks, watching the sports, BBQ's with family, riding or stretching the AGHS teaching staff love to practice self-care! During this current lockdown it's important to take time to care for ourselves... so learn from our staff and implement **SELF-CARE**

# SELF CARE

Here are some tips on how to practise self care during these tough times:

## Staying healthy

It is important to stay healthy inside and out during this crisis. You may make a smoothie or have some vegetables. Not only does staying healthy help you physically, it also helps you stay healthy emotionally too. This can help to stop yourself from worrying so much.

## MEDITATION

Remember to meditate if you're worrying too much or stressing out. It's a great way to calm down and set your mind to the things you love! Whether you've had a great day or not, always meditate.

## GETTING REST

It's important to have a good amount of rest before starting something. It can refresh the brain from what is happening in the outside world.

## AND

LET'S GO ON ADVENTURES...

have fun on your imaginary lockdown adventures!

FIRST PRIZE WINNER TAMANA NAIM

### Self Care

Self-care is very important these days especially with lockdown and everyone getting stressed. To me, self-care isn't just making sure you are protected from COVID-19 and wearing a mask, but to make sure you are happy with life and taking care of yourself. Here are some examples of self-care that I usually do:

Healthy eating is a perfect way to care for your body! Fruits and veg

#### HEALTHY EATING

are vital to keeping your body fresh and healthy. In my photo, I have broccoli and mashed potato, which is my most favourite veggie combos. Remember to have at least 3-4 veggies per day!

Another way you can keep healthy is by making a nice smoothie. This is great for self-care as (for me) it calms me down and helps me relax. I love especially love having smoothies while reading a book, watching a movie or just simply by the window.

#### Home Spa

One way of self-caring is doing something you love! I love getting my nails done and having henna designs on my hand. Since there aren't any spas open, places to get a manicure and any professional places to get henna, I thought I would just DIY (do it myself)! I found some henna in my drawer so, since I love henna, I just fingered it just DIY. The same goes for my nails, just found them in my drawer and glued them on! I thought I would freshen up my face with a face mask!

So as you can see self-care is just doing the things you love & taking care of yourself! Doesn't have to be making sure you don't get sick and wearing a mask. Of course, you don't have to choose one of these to do but just remember to do at least one type of self-care every day!

Rest and self care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.

- ELIZABETH BRUNN

-MALAK GRAWAK 7

### ACTS OF KINDNESS

Areeba Haq

- Do your chores without being asked and without complaining.
- Let your parents know you love them and that they are doing a good job being your parent.
- Be kind to your siblings.
- Text a friend from school that you don't talk to often.
- FaceTime friends from school to say hello.

### 5 TIPS FOR SELF-CARE!

FEEL BETTER EVERY DAY!

- READ A BOOK!**
  - At least 5 mins before bed
  - reading a book you enjoy
  - Go to your local library
- GO FOR A WALK!**
  - Take a walk around your block and see how it makes you feel.
  - Walk at the park or even along the beach.
- UNPLUG FROM TECHNOLOGY!**
  - Take a break from your screens and meditate.
  - do crafts or play board games with family.
- JOURNAL!**
  - Journal your best moments.
  - Journal about your favorite thing and what you are grateful for.
- SLEEP EARLIER!**
  - If you don't sleep early you won't have your full energy for the next day.
  - 8-10 hrs of sleep is recommended.

WINNERS ARE GRINNERS!

Congratulations to all the winners of the self-care poster competition. First prize goes to Tamana Naim with a \$30 voucher. The following girls: Areeba Haq, Malak Grawak and Emaan Ali will receive a self-care pack in the mail.

### SELF-CARE

HOW I SELF-CARE

- DRINK LOTS OF WATER AND EAT HEALTHY. DON'T EAT TOO MUCH SUGAR!
- ORGANIZE CLUTTER AND HAVE A CLEAN SPACE.
- SPEND SOME TIME OF YOUR DAY GETTING FRESH AIR. IT'S A NICE WAY TO RELAX AND REWIND.
- DO SOME HOBBIES AND ENTERTAIN YOURSELF!

AN EXAMPLE OF NINE LETTERING

hope  
OKAY YOU ALL ARE DOING  
lockdown!!!

THE MOST IMPORTANT ONE: LOVE YOURSELF! TELL YOURSELF A COMPLIMENT EVERY DAY AND MAKE SURE YOU BELIEVE IT <3