

the ponds high Gazette

issue five

Featuring

INSIDE OUT 2



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EID! Eid Mubarak!

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TPHS Leadership

Junior Leadership!

Over the past few weeks, students in each year have had the opportunity to join our school leadership team for 2024-2025. This process includes submitting a written application and then presenting a speech, if selected through the first round. Leadership is a great way for students to build their teamwork, communication and problem solving skills. It allows students to have a voice at our school and organise events and activities that bring our school together. Congratulations to all the junior leaders that have been elected!

Portfolios

Creativity and innovation- The CAIT team focuses on creative problem-solving and innovative thinking skills. Some of their events include the Sphero Olympics.

Environment- The environmental team looks at raising awareness about environmental issues and promoting sustainability within our school and community.

Multiculturalism- The multicultural team brings our diverse community together and celebrates all the different cultures that make up our school. Some of their events include Harmony day and Diwali night.

Social Justice- The social justice team looks at social equity, diversity, inclusion and social issues in our school and wider community. Some of their events include Day for Dolly and Biggest Morning Tea.

Sports- The sports team connects our school through sporting events and promotes the importance of remaining active. They organise major school sporting events such as cross country and the swimming and athletics carnival.



Junior Student Leadership Team
2024 - 2025

| | Year 7 Portfolio Leaders | Year 8 Portfolio Leaders | Year 9 Portfolio Leaders | Year 10 Portfolio Leaders |
|---------------------------------------|--|---|---|---|
| Creativity and Innovation Team | Parth Pandey Chloe Swaab Mewan Wickramasinghe Mudiyanselage Finnyx Zozobrado (Promo Officer) | Aneesh Akella Aarav Bhandari Shreya Jaganmohan Aditya Upadhyay (Promo Officer) | Anvi Karanjkar Youkabd Mirzaei Nikhil Mogili Ashlyn Wibberley (Promo Officer) | Shaldeen Gorthi Jacob Hadba Paul Jung Rishi Sahasrabudde (Promo Officer) |
| Environment | Harley Fyfe (Promo Officer) Stirling Hobby Kanak Joshi Tanvi Shanbhag | Aleesha Ayub (Promo Officer) Gureet Kaur Justin Lee Sravan Sreenivas | Riva Barot Madelina Moreitz Jiya Patel (Promo Officer) Vedika Rajput | Paakhi Chaturvedi Ananya Gorthi Bhavika Sharma Maanya Sudharsan (Promo Officer) |
| Multiculturalism | Advika Anoop (Promo Officer) Avni Awasthi Miguel Marques Khater Zoeya Saqib | Prisha Duggal (Promo Officer) Parnavi Juneja Snigdha Panta Sanvi Vulchakoti | Drishika Agarwal Qi Yuan Ng Devika Praveen Chahat Rai (Promo Officer) | Krishna Agrawal (Promo Officer) Ameerah Hassan Madhuhasini Talagama Saanvii Yadiraj |
| Social Justice | Anderson Ghetto Anaya Gupta Madison Isaacs (Promo Officer) Aanya Maharaj | Kanishk Karunakaran Abiya Mansoor (Promo Officer) Mikaela Rumi Badger Blake Spencer | Isatu Bah Aayan Mahmud (Promo Officer) Jade Rajagukguk Janya Sharma | Kamal Sa'di Maher Mann (Promo Officer) Rajveer Masrani Sanah Wilson |
| Sports | Sudhith Chittam Ramesh (Hawkesbury) Heidi Kim (Lachlan) Neil Parekh (Murrumbidgee) Koyal Santosh (Nepean) | Moksh Gupta (Hawkesbury) Monalika Mekala (Nepean) Grace Quan (Lachlan) Harry Roberts (Lachlan) | Bhanu Sree Chennupati (Nepean) Khushdeep Kaur (Lachlan) Vansh Panirwala (Lachlan) Darsh Patel (Hawkesbury) | Ranita Joe (Nepean) Ritesh Kanteti (Hawkesbury) Thomas Spencer (Lachlan) Viraj Thakur (Murrumbidgee) |

A big congratulations and best of luck to all the candidates!





Japanese Incursion

Year 10 Incursion about a future with languages

On the 17th of June, Yr 10 students studying the elective language Japanese were given an opportunity to listen to a webinar about the future of studying the Japanese language. The webinar was given by Macquarie University who shared and explored experiences of people choosing Japanese and possible careers/benefits for taking Japanese/languages as a subject in Years 11 and 12. Which includes :

- Going to Japan
- Becoming an exchange student in Japan
- working in Japan



Not only was The Ponds High School invited to listen to the webinar, various schools from around Australia (NSW, QLD, WA, etc.) also had the opportunity to get insight on a future with languages. After the information, several Kahoot's were played against hundreds of schools across Australia to compete for a prize of a Japanese snack box on each game.

Is your Japanese better than a 7th grader?

1) What character makes the sound 'GA' in hiragana?

- a. え
- b. か
- c. ち
- d. が

Answers on the last page!



2) What does 'なに' mean?

- a. Yes
- b. Excuse me?
- c. What?
- d. Please





New Members

Meet our newest members!



ZOEYA S (YR 7)

My name is Zoeya Saqib, I'm in year 7 and my role in the TPHS Gazette Team is writer. A fun fact about me is that I can crochet and have made several bags! Two core memories I have is when I went to the eras tour this year and when I was 5 years old, I remember I used to love feeding the ducks bread whenever I went to a pond every Saturday.

SRIVATSA G (YR 7)

Hello everyone! My name is Srivatsa Gorthi, or Sri for short. I am in grade 7 and got accepted into the school gazette as an article designer and photographer. A fun fact about me is that I am in the HPGE class for year 7 2024. One of my core memories is when I received my academic award in year 4. I was so happy that I nearly exploded. I am so happy to be on the Gazette team!

AVANTIKA S (YR 9)

Hi! My name is Avantika Shenoy and I'm a writer for the TPHS gazette. I love reading, movies, shows and costume design video essays in my free time. Much like Riley in the sequel to Inside Out, my core memory centres entering high school for the first time and being separated from my friends. It was a major obstacle to overcome, but is one I am grateful for, making me the person I am today.

ROKSANA T (YR 8)

Hey there~! My name is Roksana Tabrizi, and my position is designer/photographer. A fun fact about me is that I'm half Malaysian-Chinese and half Persian, and a core memory of mine is visiting Japan. I loved seeing the sakura, catching the Shinkansen, and going on insane roller coasters. Admiring Fuji Mountain, the Golden Temple, and Osaka Castle, plus savouring the intricate and delicious food are other prominent parts of my core memory.





New Members

Meet our newest members!

ASNA Z (YR 10)

Hey! I have four names, but you can call me Asna (with an 'S' not a 'Z!'). I watched the new Inside Out 2 Movie in the cinemas on the 21st, and it reminded me of a core memory I had, with fear! I was on a carnival ride and the lights shut off. I thought I was going to die and caught myself contemplating the fragility and spontaneity of life. Crazy, huh?

ANVI K (YR 9)

Hello! I am Anvi Karanjkar in yr 9, a writer at the TPHS Gazette. A fun fact about me is that I can solve more than 30 types of Rubik's cubes! In light of the new Inside Out movie one of my core memories is fondly remembering young me being told we were moving to a country entirely new, Australia. This "unknown" country is now my home, and I am very excited to join the Gazette team!

NAISHA B (YR 11)

Hii! My name is Naisha Bajaj and am one of the new writers. A fun fact about me would be that I was a leading cadet in the Australian Defence Force cadets for 3 years and had the opportunity to co-pilot a fighter plane across the Nepean River. A core memory in my life is getting the opportunity to celebrate the kite festival in my home country with all my family dancing and joking around, after many years due to covid-19.

HEIDI P (YR 10)

Hey everyone, I'm Heidi Park and I serve as your new photographer for the TPHS Gazette team. A fun fact about me is that I don't like maths - I find it boring (don't we all?). A core memory of mine was when I traveled to Korea with my family last year, where I got to see all parts of Seoul and have good food. Looking forward to bringing fresh, exciting content to our gazette!

LAVANYA N (YR 10)

I'm Lavanya Neeraj and I have recently been accepted into the gazette as a designer. Something most people assume about me is that I am a Doritos lover. I am not. I despise Doritos so much that sometimes I catch myself pondering upon why they even exist. If Inside Out was based on me, with the emotions controlling my brain, my core golden memories would include my trip to New Zealand with my family.





عيد مبارك Mubarak



Eid is a significant religious holiday that is celebrated by Muslims around the world.



During Eid al-Adha, Muslims celebrate by performing prayers, sacrificing animals (such as sheep, goats, or cows), and sharing the meat with family, friends, and those in need. Instead of sacrificing animals, devoted Muslims in foreign countries celebrate this day by donating to charity organizations which provide for those in need e.g. refugees. On this day, mosques and places of worship in Islamic culture are overcrowded with religious worshippers and devotees who commemorate their test of faith by praying.

Eid al-Adha, also known as the "Festival of Sacrifice," is an important Islamic holiday that commemorates the willingness of Ibrahim to sacrifice his son as an act of obedience to God. However, before the sacrifice took place, God provided a ram to sacrifice instead.





TINA BANGEL

TPHS EXCLUSIVE; Silver medalist at GLOBAL WCW Awards

Tina Bangel is a vocal coach, situated in Kellyville Ridge. She is a Filipino author who recently was nominated an award at the Global Women Changing the World awards, and came second! She is also the founder of the OneVoice School of singing.



Can you tell us anything about your musical journey and what led you to become a vocal coach? Who are your inspirations?

My musical journey began with a passion for performing, which led me to audition for musicals and enter talent quests. However, I quickly realized that I lacked the mental and vocal training needed to succeed in these auditions and competitions. This realization fueled my mission to seek out mentors and learn various vocal techniques. I also delved into understanding how the mind works and how to overcome limiting beliefs. These experiences and learnings have equipped me to teach my students not just vocal techniques but also the mindset needed to excel. My inspirations include legendary vocalists and mentors who have shaped my path, such as Broadway star Lea Salonga and other international celebrities I've had the privilege to support and do backing vocals for and learn from. My students also inspire me to be a better version of myself.

Can you tell us a bit about your experience at the Women Changing the World Awards?

The Women Changing the World Awards was an absolutely incredible experience. Being surrounded by world-class leaders and changemakers was both inspiring and empowering. The event highlighted the remarkable achievements of women from diverse backgrounds who are making significant impacts in their respective fields. It was a humbling experience to be a finalist and win the People's Choice Cultural diversity and inclusion award and to have the opportunity to share my journey and mission with such an esteemed audience. The connections made and the stories shared will remain with me as a source of inspiration and motivation. I was able to meet and greet the Duchess of York - Sarah Ferguson and Humanitarian Dr Tererai Trent.



TINA BANGEL

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Please tell us a bit about the work you're doing that's making a positive impact!! How are you using your platform as the founder of the One Voice School of Singing to empower your students and the wider community?

As the founder of the One Voice School of Singing, my goal is to empower my students and the wider community through music. We focus on developing both the vocal skills and the confidence needed to perform and succeed in life. By creating a supportive and inclusive environment, we encourage students to overcome their fears and believe in their abilities. Additionally, we participate in community events, concerts, and charity work, which helps to spread positivity and bring people together through the power of music. Our programs are designed to nurture talent and foster a sense of belonging, making a positive impact on everyone involved.

What are some of the biggest challenges you see facing aspiring singers, and how do you help them overcome them?

One of the biggest challenges aspiring singers face is overcoming self-doubt and limiting beliefs. Many talented individuals struggle with confidence, which can hinder their progress. To help them overcome these challenges, I focus on both technical training and mindset coaching. We work on building a strong foundation of vocal techniques while also addressing mental barriers. Through personalised coaching, workshops, and supportive community activities, we help students build their confidence and resilience, enabling them to pursue their dreams with determination and positivity.





TINA BANGEL

TPHS EXCLUSIVE; Silver medalist at GLOBAL WCW Awards

What advice would you give to young women who are passionate about singing and making a difference in the world?

To young women passionate about singing and making a difference, I would say: Believe in yourself and your unique voice. Embrace your journey, with all its challenges and triumphs, as it shapes you into the artist and person you are meant to be. Seek out mentors and opportunities to learn and grow. Use your platform to spread positivity and make a difference in your community. Remember that your passion and dedication can inspire others and create a ripple effect of positive change. Stay true to your values, and never underestimate the power of your voice to impact the world.

Is there anything else you'd like to share about your work or your mission?

In addition to my work as a vocal coach and founder of the One Voice School of Singing, I am also an Amazon best-selling author of "Goodbye Busy, Hello Happy." This book is a guide to finding balance and happiness in a busy world. I also created children's videos with a twist like the "Wheels on the Jeepney" "Calamansi Jive" and "5 finger family" video to explore and Filipino culture. These videos compliment my Children's book My Lola (My Grandmother) I hold music and music experiences for early learning centres.

As a certified Jack Canfield trainer, I hold confidence workshops tailored to different audiences. My mission is to empower individuals through music and personal development, helping them to realize their full potential and make a positive impact in their lives and communities.

Mental health month

+ **Inside Out 2**

In celebration of Mental Health Month, alongside the release of the much anticipated Inside Out 2, it is essential to understand and acknowledge our emotions. Emotions significantly influence our thoughts, actions, and relationships, and recognising them is key to achieving a better mental health.



Inside Out displays the importance of all emotions, showing how Joy, Sadness, Anger, Fear, and Disgust interact in our minds. However new emotions like anxiety, ennui, embarrassment and envy were introduced. Through the introduction of these emotions, Inside Out 2 displays the complexity of our inner lives, and how difficult it is to contain and work with each one. But trying your best to understand and cooperate with all these emotions can reduce stress, improve relationships, and stimulate personal growth. Unfortunately, it is not always easy to do so, but seeking help, talking about feelings to others, and taking time for yourself can seriously help.

This Mental Health Month, everyone should commit to embracing and understanding their emotions, recognising each ones value, and overall aiming to increase their own well-being. Remember everyone has their own islands of personalities, created with their own core memories, so take time to keep your islands thriving, because they are what makes you, well, you.

If you're struggling with Mental Health, don't be afraid to reach out.

Kids Helpline - 1800 55 1800, kidshelpline.com.au

Beyond Blue - beyondblue.org.au

LifeLine - 13 11 14, lifeline.org.au

IS YOUR JAPANESE BETTER THAN
A 7TH GRADER? Answers

1) a

2) c