

the ponds high  
**Gazette**  
issue six

Olympic Games  
Paris 2024



**IN THIS ISSUE:**

**LEO's** Community service and food collection

**Olympics** Your favourite sporting event - History and AUS participation!

**Tips and Tricks** Trials and Prelim study help!

**Leadership Induction** Welcome our senior leadership team 2024-2025!

**MS Readathon** Read together for a cause!

**Japanese Exchange Students** How 'Exchange' works, How they've been!



# Leadership Induction

Welcome to our 2024-2025 Leadership team!

On Thursday, 25 July, our school held its annual Leadership Induction Ceremony, welcoming the new junior and senior leaders for the year. The ceremony began with the induction of the junior leaders, who will be taking charge of the five key portfolios: Creativity and Innovation Team (CAIT), Sports, Environment, Social Justice, and Multiculturalism. These young leaders have shown exceptional promise and commitment, and we are excited to see the positive changes they will bring.

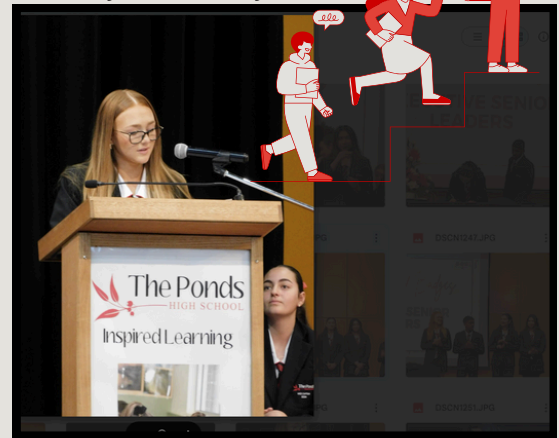


Following the junior leaders, the senior leaders were introduced. We are proud to announce the senior leadership team for this year:

- **School Captains:** Austin Boyd and Georgina Reece
- **Vice Captains:** Deeya Bhatt and Vidun Silva
- **Principal's Representatives:** Chloe Lee and Anoushay Zaidi
- **CAIT:** Annalise Acraman and Inayat Kaur
- **Environment:** Finlay Hill and Sristi Pannu
- **Multiculturalism:** Kaushal Naidu and Shania Puranik
- **Social Justice:** Prayosha Dave and Rakshitha Gowri Kesavraj
- **Promotions:** Madison Alcantara and Krishika Rana
- **Sports:** Shayaan Faruque and Skye Montgomery
- **Stage 4:** Sevan Hettiarachchy and Emily Quan



The ceremony also provided an opportunity to thank last year's senior leaders for their commendable work and dedication. Their efforts have set a high standard and left a lasting impact on our school community. We extend our heartfelt gratitude to them for their contributions. Additionally, we want to acknowledge the unwavering support and guidance of our teachers. As we look forward to the year ahead, we are confident that our new leaders will continue to uphold the values of our school and inspire their peers. Congratulations to all the newly inducted leaders, and here's to a successful year of leadership and growth.





# OLYMPICS!

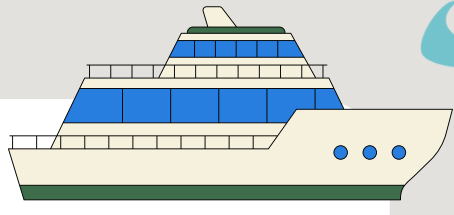
PARIS  
2024



## the events

The Paris Olympics for 2024 have started! The opening ceremony took place on the 27th of July, 2024, at 3:30 am EST. The Olympic events will be running from 27 July - 11 August, with 329 events in 32 sports! Some of the popular events are Artistic gymnastics, badminton, beach volleyball, basketball, equestrian, lots of water sports, football, hockey, fencing and so much more! Make sure to tune in and watch the events live!

## fun fact!



For the first time in the modern era, the opening ceremony will not be held in a stadium but instead through the heart of Paris in boats along the river Seine. In fact, around 80 Australian athletes took part in the Paris 2024 Opening Ceremony with canoeist Jessica Fox and hockey star Eddie Ockendon leading the lines as flag-bearers.

## auStralia's

### PARTICIPATION

Over 460 athletes are competing in the Paris Olympics for Australia. More than half of the Australian team will be women, with the team having 256 female and 204 male athletes competing. Out of this group, the oldest competitor is Shane Ross, who at 51 years is competing in equestrian. Our youngest representative, at only 14 years old, is Alisa Trew. Alisa will be representing Australia in skateboarding!





# THE HISTORY OF THE

# OLYMPICS!

PARIS  
2024



Every four years, the world waits and watches as the international spectacle, The Olympic Games, comes to fruition. Beginning in 776 BCE in Olympia, Greece, the Olympic Games are now a staple for the most renowned athletes in the world. They serve as a platform for various sporting events held in famous cities worldwide for athletes to compete as representation for nations participating in the games. In ancient times, the games were held in honour of Zeus as part of a larger collective of games. The original events ranged from running races, wrestling, boxing, pankration (a mix of boxing and wrestling), and chariot racing.

Over time, more were added. Originally, only Greek men could compete and the games flourished into a major religious and cultural festival for all until the end of the games in 393 CE. The first modern Olympics were held in Athens, Greece in 1896 as testimony to its origins. They featured 13 countries and 43 events along with a committee formed 2 years prior called the International Olympic Committee (IOC). The 1900 games in Paris were the first to include women and later in 1924's Paris games, they introduced the Winter Olympics. Although the games were loved internationally, political tensions caused the 1934 Olympic Games held in Nazi Germany to be used as propaganda for example among a few others.



2024 Olympics Google Doodle

The Olympic's expansion grew in global acclaim by increasing their range of sports over time, which caused far more participation in highly notable games such as Sydney in 2000. Along with recent developments, the 2020 Olympics in Tokyo were postponed to 2021 due to the COVID-19 pandemic which left the world unable to participate.



This year, France holds the honour of hosting the 2024 Olympic Games in Paris where many memorable events will take place once again. At this stage in the history of the Olympics, we acknowledge the diversity that the games seek to involve as well as the economic impacts and technological advancements created by the games every time it is held. Take a seat and enjoy the 2024 Olympic Games!

***The Paris 2024 Olympic mascot, Phryge, represents freedom and showcases important historical figures of the French Republic!***

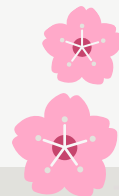






日  
本  
人

# Exchange Students



On the 24th of July, our school welcomed an amazing group of Japanese exchange students. These students had stayed with host buddies, whom made their visit both enjoyable and memorable. This program had allowed them to include themselves in the Australian culture and lifestyles, and to form new friendships maybe even lifelong.



One of the highlights of their stay was a trip to a wildlife park and a zoo, where they had the opportunity to see and learn about various animals native to our region. Not only this but throughout their visit, the Japanese students participated in numerous fun activities organised by their host families, from exploring local attractions like the three sister to trying as many different kinds of famous Australian restaurants as they could. This program has been a wonderful experience for everyone involved and its an amazing thing to look forward to every year!



留学生





# MS Readathon

Claim your FREE T-shirt!



What is Multiple Sclerosis (MS)?

This is a neurological condition that affects more than 33,000 Aussies. MS is a progressive condition that affects the central nervous system and interferes with nerve impulses from the brain, spinal cord and optic nerves. There is no cure, or cause, however there are treatments available to help people live well with the condition.

In 2023, Aussie kids read and raised \$1.5 million to support their fellow Australians and made a huge difference to those living with MS.



What is the MS Readathon and how does it work?

The MS Readathon has been an annual sponsored reading event since 1978! Last year, more than 181,903 books were read and this August, they are looking for even more books as well as participants. When registered through their website, participants can log all sorts of reading materials like comics, magazines, novels, audiobooks, through the online dashboard to earn badges, review books and share progress. **You can also join a school or group as a collective!**







# LEOs

Leo's community service and food collection

## What is the Leo Program?

The Leo program is a youth initiative within the Lions organisation that encourages young people to engage, take action to make a positive impact in their community. The Lions organisation is an international union of people serving and putting the needs of their neighbors, communities, and world first.

Lions Clubs International is made up of 1.4 million members across 49,000 clubs, bringing hands and hearts together to communities across the globe including here in the Ponds.

The Ponds Highschool is joined to the Blacktown Ponds Lions Club Inc., where students that are in the Leo's club get to participate in community service-related activities such as monthly food drives/collections and others.

On the 27th of July, the Ponds High School student Leo members contributed their time to help collect food in a food drive/collection in front of The Ponds Shopping Centre. Food drives/collections happen monthly to ensure that all community members have access to nutritious foods. The Leo club not only serves hunger, they also for diabetes, vision, environment, childhood cancer, and disaster.



## How do I join?

*To join the Leo's club come to the Leo's meetings that happen every week A Monday recess and ask Miss Burns for more information!*

**For more information, see:**

<https://lionsclubs.org.au/our-programs/youth-opportunities/leo-clubs/>







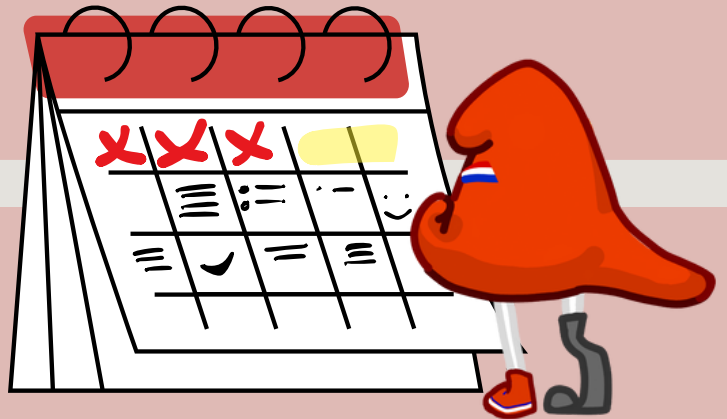
# Tips and Tricks

## HSC Trials and Prelims

As the year 11 and 12 students hit their exam blocks for preliminary exams and trials, effective strategies and techniques as well as a focused mindset should be implemented to achieve high marks. Here are some practical tips and strategies to keep in mind for the upcoming exam block for stage 6:

### 1) Create a study schedule:

To efficiently manage your study time, organize all your subjects and set study goals with a well-structured study schedule. Utilizing apps such as 'YPT' to track hours spent on each subject, or 'Flora' to maintain focus and monitor study time, can be particularly beneficial. Incorporate regular study breaks to prevent burnout; for instance, take a walk in a nearby park or experiment with a new recipe. Consistency and discipline are essential, so adhere strictly to your planned schedule.



### 2) Use a variety of study techniques:

Methods such as mind mapping, utilising flashcards, and summarising key syllabus points can significantly improve your comprehension of concepts and retention of information. Notable techniques include the **SQ3R study method**, the **Feynman technique**, and the **Leitner system**. It is recommended to experiment with these methods to determine the most effective approach for your learning style.



### 3) Take Mock exams

Various tutoring centres organise mock exams for Year 11 and 12 students, replicating the environment of actual trials and preliminary exams. Practicing papers individually can sometimes be challenging due to distractions but completing them in a supervised setting with strict conditions may prove more effective. If tutoring centres are not an option, consider printing past papers and working with a group of friends under timed, strict conditions in a library. Some examples of tutoring centres include **Ace HSC**, **Intuition**, and **Art of Smart**.

**Most importantly - remember to take care of yourself!**

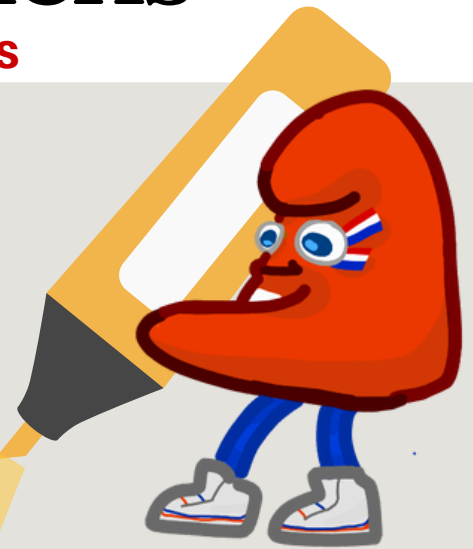


# Tips and Tricks

## HSC Trials and Prelims

### 4) Understand the syllabus

Download the syllabus for each subject you are taking and thoroughly review each syllabus dot point. Familiarise yourself with the specific content and skills the syllabus outlines, as exam questions are derived directly from it. Highlight sections you find difficult and consider watching **Atomi** or **Edrolo** videos to enhance your understanding of those topics. Identifying key areas of focus helps you prioritise your study time and ensures comprehensive coverage of the necessary content.



### 5) Set SMART Goals

**SMART (Specific, Measurable, Achievable, Relevant, Time-bound)** goals can help you stay focused and motivated. Break down your study objectives into smaller, manageable tasks and track your progress regularly. Make your tasks precise which you wish to accomplish and tick them off when complete as it can create a sense of validation.



**the ponds high**  
**Gazette**  
*issue six*

A decorative graphic element consisting of a stylized leaf and a small cluster of berries, positioned to the left of the word 'Gazette'.