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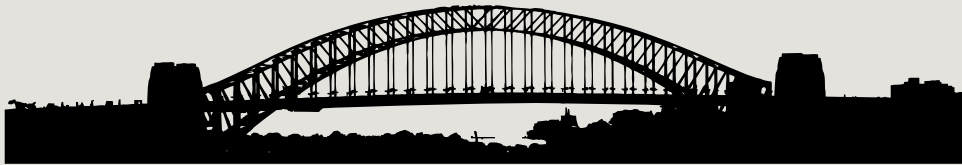
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Clean Up Aus Day

Blacktown Design Thinking!

On Friday the 28th of February, TPHS along with other schools took part in Clean Up Australia Day!! Year 7 students wanting to participate, volunteers from other grades wanting to help as well as senior leaders for environmental contributed to picking up rubbish around our school in the burning heat! Thank you to all our volunteers and senior leaders of environmental, you guys are amazing!



What is Clean Up Australia Day?

Clean Up Australia Day is a community event where people come together and volunteer to collect rubbish from public areas like parks, beaches streets etc. The aim is to improve the environment by reducing waste and promoting sustainability.





Ramadan

The Holy month of Islam

This year Ramadan started on the first of March for many countries around the world including Australia.

What is Ramadan and what is it about?

Ramadan is the holiest month in the Islamic month where Muslims all around the world wake up before sunrise to start a month of fasting from dawn to dusk. It is all about calling on those practicing Islam to strengthen their connection to God (Allah SWT).

Why do people fast during Ramadan?

Muslims fast during Ramadan to practice self-discipline, worship, and empathize with those who are less fortunate. Fasting is one of the pillars of Islam/ five basic tenets of the Muslim religion.

Fun facts about Ramadan

- Ramadan is the ninth month of the Islamic calendar
- Ramadan begins with the sighting of the new moon, called Hilal in Arabic
- The word Ramadan means “scorching heat”
- Dates are a traditional gift during Ramadan
- Eid ul-Fitr marks the end of Ramadan.
- Ramadan increases the rewards of charity and teaches gratitude and sharing.





Ramadan

Study Tips

Ramadan is a month of reflection, discipline, and spiritual growth, but let's be real- it can be SO hard to balance schoolwork, fasting, and other responsibilities. Whether you're waking up before sunrise for Suhoor, powering through afternoon classes on an empty stomach, or trying to stay awake after Iftar to study, maintaining focus and energy can feel like an uphill battle.

But- with the right approach, Ramadan doesn't have to slow you down! This month can be an opportunity to develop strong study habits, time management skills, and resilience that will benefit you well beyond Ramadan. Whether you're fasting or not, these tips will help you stay productive, balanced and accomplished!

What Helps?

1. Plan when you study: Schedule intense study sessions at night, the early morning or after school depending on what time you focus best!
2. Eat cheat foods that fuel you long term: Focus on eating proteins and complex carbs during Suhoor, avoiding fats and excessive water to prevent dehydration.
3. Study at night: After Iftar can be the best time for you to study, when your brain is fresh with nutrition and rest from napping in the daytime!



My Cheat Foods!

Hydration: mix in water (duh) with lemon (detox) and basil seeds (long term hydration) as well as Himalayan pink salt (electrolytes). Don't have too much water too quick, or it'll flush out before your body can process it

Avoiding hunger: Eating complex carbs for breakfast helps avoid hunger because they take longer to break down, oats are the best option as well as whole meal bread!

Energy: Protein, protein, protein. Have eggs or chicken for breakfast. Avoid eating red meats because the fat in them will make you thirstier. Add peanut butter in your oats, and munch on a variety of nuts for brain boosts!

Avoid those pangs of hunger, and stop yourself from getting too tired near the afternoon. Can help any students with assessments!



International Womens day

Annual personal awareness day



International Women's Day, celebrated on March 8th, reminds us of the progress made for women, celebrating achievements and advocating for a gender-equal world.

But how did this day come to be? The origins of International Women's Day trace back to February 28, 1908, when 15,000 women marched through New York City demanding shorter working hours, better pay, and the right to vote. Following this, the Socialist Party of America declared the first National Women's Day on February 28, 1909.



≡ International Women's Day ≡



Clara Zetkin

Though not yet international, this marked an important step in women's rights activism. In 1910, Clara Zetkin proposed the idea of an International Women's Day at the second International Conference of Working Women in Copenhagen. The rise of women in the workforce during World War II helped elevate the movement, and eventually, the UN declared International Women's Day a national holiday for all nations. Today, the more recent advancements made through the '#MeToo' movement and '#TimesUp' prompted protests all over the world to finally recognise the ongoing injustices faced by women even in an age that is supposedly in alignment with equality.





International Womens day

Annual personal awareness day



International Women's Day is not just a day to acknowledge how far the world has come to understand the **power** that women have the right to hold in the heavily patriarchal societies of the past, but also to recognise the remnants of those societies today, as a sign to continue to push for **progress**. International Women's Day not only prompts us to confront our **past**, but see the flaws in our futures as a warning to continue to acknowledge the vast contributions of Women all over the world where we would be lost without them. So take this moment to thank a woman in your life, young and old, following the tradition of the shared experiences of women across the globe and in turn, growing the vital bond that encourages women to lift each other up beyond the the surface of an otherwise unappreciative world.

**Left to right,
top to bottom**

Amelia Earhart, Marie Curie, Rosa Parks, Ada Lovelace, Florence Nightingale, Frida Kahlo, Jane Austen, Susan B. Anthony, Anne Frank, Harriet Tubman, Malala Yousafzai, Queen Elizabeth I, Rosalind Franklin, Mary Wollstonecraft, Ruth Bader Ginsburg, Eleanor Roosevelt, Joan of Arc, Maya Angelou, Mother Teresa, Nellie Bly, Queen Victori, Sojourner Truth, Eleanor of Aquitaine



World News

A New Leader, Taiwanese Myopia and a Beer Mug

On Saturday the 1st of March, two world leaders sat down in the White House for a crucial political discussion, asking for foreign aid as many European politicians have tried to do this past week. The professional meeting quickly spirals into a heated 'shouting match' as some journalists report. Volodymyr Zelenskyy, the President of Ukraine, pleads for support during his meeting with Donald Trump, two-time president of the United States, who accuses him for "gambling with World War 3" and that "he wasn't ready for peace". Context: Ukraine was the country which was attacked unprovoked by Russia back in 2022. So this is an especially interesting comment from a major politician and leader of one of the biggest economies and highly influential countries of the world. Several European leaders as well our very own Anthony Albanese have spoken up for Zelenskyy. Appalled by Trump's ignorant remarks, a chain of global leaders have stated their unwavering support for Ukraine and indirect disapproval of the United States president.

EU foreign policy chief Kaja Kallas states **“the free world needs a new leader”**.

Ursula von der Leyen praised Ukraine's

bravery and committed to continued support for peace. British Prime Minister Keir Starmer and other European leaders, including French President Emmanuel Macron, Italian Prime Minister Giorgia Meloni, and Spanish Prime Minister Pedro Sánchez, expressed strong support for Ukraine. Canadian Prime Minister Justin Trudeau affirmed continued support for Ukraine as a defense of democracy.

However, Hungarian Prime Minister Viktor Orbán praised Trump's stance for peace. He posted on X: “Strong men make peace, weak men make war. Today President @realDonaldTrump stood bravely for peace. Even if it was difficult for many to digest. Thank you, Mr. President!” This world leader maintains his strong ties with Russia, Ukraine's main enemy.

Although European pleads for US aid have proved futile against Russia's attacks upon Ukraine, Europe sustains its united front and support for their fellow nation.





World News

A New Leader, Taiwanese Myopia and a Beer Mug

In **Taiwan**, 90% of young people have myopia. Experts believe this trend can be reversed. Dr. Wu Pei-chang, a Taiwanese researcher, emphasizes the importance of eye health and explains that myopia is caused by the abnormal elongation of the eyeball, which leads to light focusing in front of the retina. "Once they onset myopia, the progression is very fast," says Wu. In the 1990s, myopia rates in Taiwan, Hong Kong, South Korea, and Singapore surged from 20% to over 80%. Myopia is linked to excessive nearwork like reading and computer use, while increased outdoor time helps protect against it. The high rates in East Asia are due to cultural emphasis on education and study time over outdoor play. This problem is spreading globally, with myopia rates tripling between 1990 and 2023. By 2050, nearly half the world's population could have myopia, with earlier onset and greater severity. Rates in Taiwan are still high, but experts say the peak has passed and the country is making progress in reducing rates. When asked where the pressure comes from, teachers laugh and say, "Everywhere."



Isaac Newton's **wooden beer mug**, a prized possession, will be displayed for the first time in 160 years at the Royal Society in London from 4 March. This display will also feature Newton's famous work, the Principia, and his death mask. Scientists Carmichael Wallace and historian Stephen Snobelen spent 20 years uncovering the mug's history using various records. Newton, who drank beer sparingly, may have used beer in his homemade ink for the Principia. His experiments included studying fermentation and using beer in his ink. Snobelen explained that the Wickins family considered the mug a holy relic because it belonged to Newton. Although chemical analysis hasn't been done, many 17th-century authors used beer in their ink, and Newton's recipes show he did this while at Cambridge.

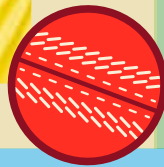


World Sport

Cricket, NRL, AFL



Cricket: Recently on Tuesday 4th March, India and Australia competed in their semi-final match for the ICC Champions Trophy. Unfortunately, Australia lost but they played incredibly well in the series. Australia batted the first innings scoring 264 runs. India chased this score and hit 267 runs. Overall, we wish the Australian Cricket Team good luck and we look forward to seeing their success throughout other sporting events.



NRL: The NRL teams in Australia headed out last week to Las Vegas to play a few games to the Aussie crowd in Las Vegas. There were 4 games played (Canberra Raiders v New Zealand Warriors, Penrith Panthers v Cronulla Sutherland Sharks, Wigan Warriors v Warrington Wolves, and Australian Jillaroos v England Women's Team. On the NRL Men's Table, the Canberra Raiders sit on top! Good luck to all the teams as they progress throughout the tournament.

AFL: The AFL has unfortunately gotten its seasons opening clash between Brisbane and Geelong along with Saturday nights match between Gold Coast and Essendon as Tropical Cyclone Alfred continues to threaten the Queensland and northern NSW Northern coast.





School Sport

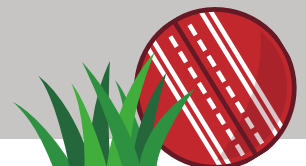
TPHS vs Auburn Girls High School



Our TPHS Girls Cricket Knockout Team competed on the 25th of February at Jonas Bradley against Auburn Girls HS. TPHS were able to secure the victory, winning by 294 runs. TPHS batted the first innings and had many achievers. TPHS scored 328 The captain of the TPHS team, Neha Joshua, scored 100 runs as well as Trish Yadav who majorly contributed to the fantastic score put on by our side.



The second innings was played by Auburn Girls HS and TPHS were able to get Auburn all out for 34. Overall, it was a great match and all of the TPHS Girls contributed to our amazing performance. We wish good luck to the TPHS team as they progress throughout the knockout tournament.



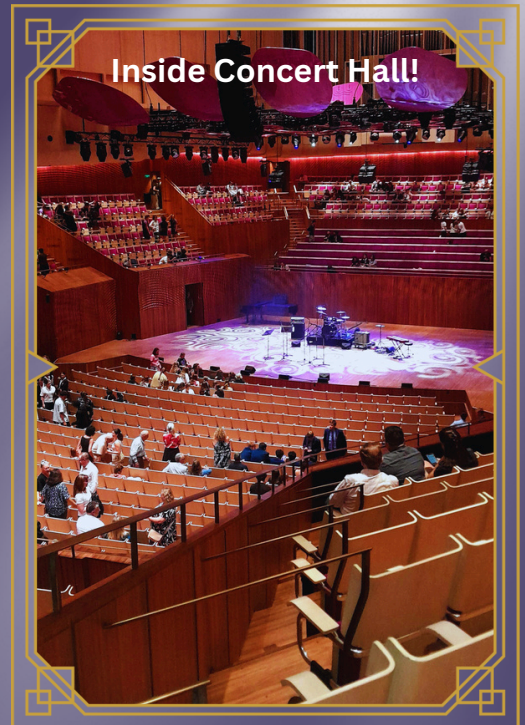


Encore

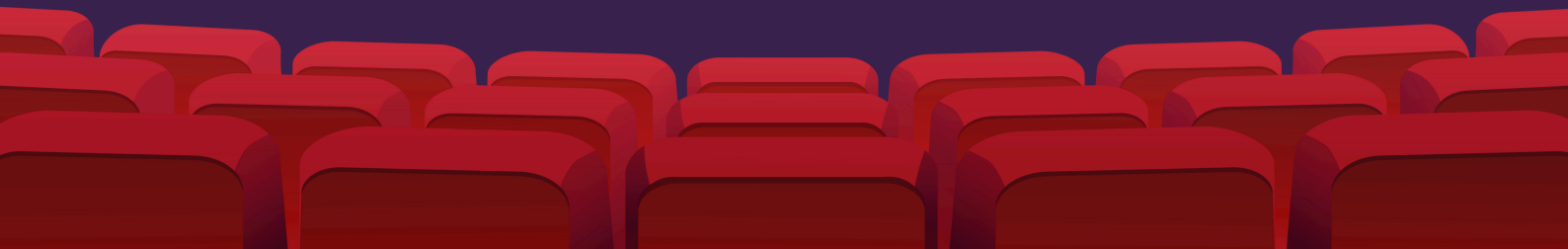
At The Opera House



On the **24th of February** was the Opera House Encore! Students from Music Electives and Senior Music were recently given the opportunity to attend Encore at the Sydney Opera House. This prestigious event showcased some of the most outstanding HSC musical performances live on stage.



Held in the Concert Hall, the night was a celebration of musical excellence and a truly unforgettable time for all who attended. The atmosphere was full of excitement & anticipation as the event showcased the amazing talents of young musicians from across the state, leaving students both amazed and inspired. **Overall**, it was an unforgettable and highly enjoyable experience for everyone! A huge thanks to the CAPA facility for organising this event!





Year 11 Camp!

2025 year 11 seniors



remember me?



canoe!



Rock
climbin



From the 10th to 12th March, Year 11 students attended camp at the Great Aussie Bush Camp as part of the 'Life Ready' program.

The camp was filled with fun activities, unforgettable memories and life-preparing lessons. Throughout the camp, students participated in a variety of engaging activities that encouraged them to step out of their comfort zones, build resilience, and strengthen their connections with others. Team-based challenges and leadership exercises helped students develop independence and decision-making skills through enjoyable activities. The camp also provided a safe and supportive environment in their workshops for open discussions on important topics such as mental health, healthy relationships, and personal safety.

A huge thank you to the teachers and facilitators who made this unique experience possible!



Did you see me there?



honeyeater spieces



Activities

Ramadan!

E A I B T Z D S H P X E F E V T M G S L
T S E E Q V U U U B V Q J T F M I Y B I
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B M C R E S E N T S J I L L H V H A U X
S N N I L Z W Z R J X I L N B B W P L F
Y C R F S T T L I M J W M Y V O Y F Q Z

reflection

crescent

ramadan

family

gifts

dusk

fast

festivals

friends

sunrise

sunset

month

night

moon

kindness

prayers

service

suhoor

dawn

love

light

eid

Give us feedback! :)

Please Use Your Education Email



or... <https://shorturl.at/Apml3>