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### Principal's Message

Welcome back and welcome to all new students, especially Year 7!

I have a message for 2021...make the most of the opportunities offered to you and think about the choices you make. You may make a bad choice and reflect on it making you a better person, OR you can make positive choices that can impact many. My best friends in 2021 are from my high school, finishing in 1982. I hope that when you are as old as me you still catch up with your friends you will make today and tomorrow. Mrs Jenny Weal

## New Beginnings

Welcome to The Ponds High School's 2021 school year! This message was prepared with great excitement as it signifies the start of a new, fresh year. On behalf of the Gazette, Happy New Year! We hope you had an enjoyable holiday and that you are relaxed, recharged, and ready to start a new school year. We welcome you with positive energy and look forward to seeing the dedication to excellence in education within you.

A new year signifies a new slate, new opportunities, and therefore new changes. We are counting on each and every student to continue to raise the bar, grow, work hard and have fun. We look forward to serving you this year and seeing you all have an enjoyable and successful year. Make this year incredible for yourselves and may the academic year of 2021 be the most engaging, inspiring, rewarding and memorable year yet.

Kind regards,  
The Ponds High School Gazette Team



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# Ways To Maximise Your 2021

1. **Having your own study space:** A designated study space will allow you to improve your concentration. Organization is key when it comes to studying and having your own study space not only increases productivity, it alleviates distractions and stimulates work ethic.
2. **Reduce Distractions:** This tip ties in with having your own study space. minimizing distractions improves concentration. Ways to eliminate distractions include turning off your phone, working in a quiet study space, and arranging efficient time management (RPM planning, Pomodoro technique, GTD method, etc.)
3. **Planning and Organisation:** Being organized is being in control. Planning a routine utilizing a to-do list, planner (school provided/your own), or scheduling provides coordination and increases overall productivity.
4. **Sleep:** Maintaining a good sleep schedule is equally as significant as all of the above. Studies show that adolescents who require 8-10 hours of sleep each day can help protect their mental and physical health.
5. **Where To Get Help/Support Systems:** There are a range of ways that you can acquire the support you may require. Our school homework club provides students with teacher guidance. A small study group with friends will also assist you to learn faster.

FIND A WORD

O	H	M	T	A	D	K	G	V	U	U	S	E	U
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O	W	B	V	R	E	E	F	C	W	O	F	U	H
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NEWYEAR  
READING  
RECESS  
VACCINE  
TEACHER  
LUNCH  
BACKTOSCHOOL  
STUDENT  
EDUCATION  
ROLLCALL  
CLASSROOM  
SPORT  
LIBRARY  
BACKPACK

FIND A WORD

Any new year 7 student interested in contributing to The Ponds Gazette are welcome to express interest and approach Mrs Byrant in the Library

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