

Student Leadership Group

News Corner



News from the Student Leadership Group

COVID-19 has affected everyone worldwide. Countries in quarantine, people adjusting to a lifestyle they haven't encountered before – the situation evolved so rapidly that it affected students, teachers and parents alike. That being said, the Student Leadership Group (SLG) would like to provide our fellow students with some info on how we have coped during this time, as well as resuming normal study activities.

As students of Sydney Distance Education High School, we have been fortunate to be ahead of the game when it comes to online learning, but while most of us are already studying from home, a lot of our face to face learning and activities have come to an abrupt halt. We have not been able to attend the Sydney Distance Education Learning Hubs which I know many of you find to be a lifeline for keeping on top of your studies, meeting with your teachers and other students at the school.

The good news is that the Learning Hubs will reopen again from Monday 11 May. The Hub on Woolloomooloo Campus will run on Mondays, Tuesdays, Wednesdays and Fridays. The Glenbrook Hub will also reopen on Thursdays as usual. We would love for our fellow students to start

returning to the Hubs regularly from this date. It is still essential to continue to practise social distancing and do our best to remain 1.5 metres away from each other whenever possible, and to wash our hands regularly during the day in order to avoid the spread of germs. The Hubs have extra cleaning protocols in place at student study areas as safety precautions.

During the holidays, most of us have had our fair share of family and reflection time.



<https://www.depts.ttu.edu/rise/COVID19RISE.php>

Activities such as board games, trivia quizzes and movie nights have become a tool for togetherness – even clearing out the cupboards can be enjoyable! Truthfully, we have definitely taken advantage of being 'stuck together' – spending quality time is something to look forward to after quarantine. In this context, spending time to reflect on our values and

attitudes is definitely a plus. The newly released song *Stuck With U* is truly inspirational about how we can make the most of these changing times, even if it can be difficult. The singers of *Stuck With U*, Ariana Grande and Justin Bieber, opted to have the music video as a collage of regular people like us, at home with their families and pets, or celebrating. All in all, this song and music video are a reminder of a key point that we have discovered during quarantine: we need to make the most of what we have, in other words not to take everyday things for granted and to look at the positives of kindness and togetherness, which hopefully will continue long after quarantine.

There are plenty of other activities to do during quarantine. For example, it is a remarkable opportunity to catch up with schoolwork. Then, once schoolwork is up to date, we can be ahead of schedule and begin revision for the senior classes – it will only give us more free time! Tidying and organising study spaces is another beneficial and actually enjoyable task, because once everything has its place and is easily accessible stress around studying or even daily tasks is dramatically reduced. It can be frustrating to spend hours looking for a certain textbook or stationery item, which can make studying take longer and reduce the time available for other things, leading us to resort to the comfort of procrastination. Stress and procrastination can be easily avoided by taking the time to organise everything so that when we do need something, the process is seamless. Tidying can also be thought of as a scavenger for things that we didn't even know we had lost, but most certainly need!

In these times, being kind to each other and the community is essential. Simple acts of kindness can go a long way, such as checking if your friends and classmates are doing okay. Even if catching up with friends in person is not possible now, the modern era has made it possible to stay together through phones or emails. Of course something to note whenever we communicate is to be considerate of each other's personal or mental health needs,

especially at this time, as we are all in this together.

The Student Leadership Group (SLG) will continue to meet during Term 2. This is an exciting opportunity for you to become involved in our school as a part of the student voice.

Take care, and we look forward to seeing each other at the Hubs and the SLG to make a positive impact in representing our school community!



**The Student Leadership Group
News Desk**