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and
The 2024 Performing Arts Captains.

Grapevine

Semester 2 edition



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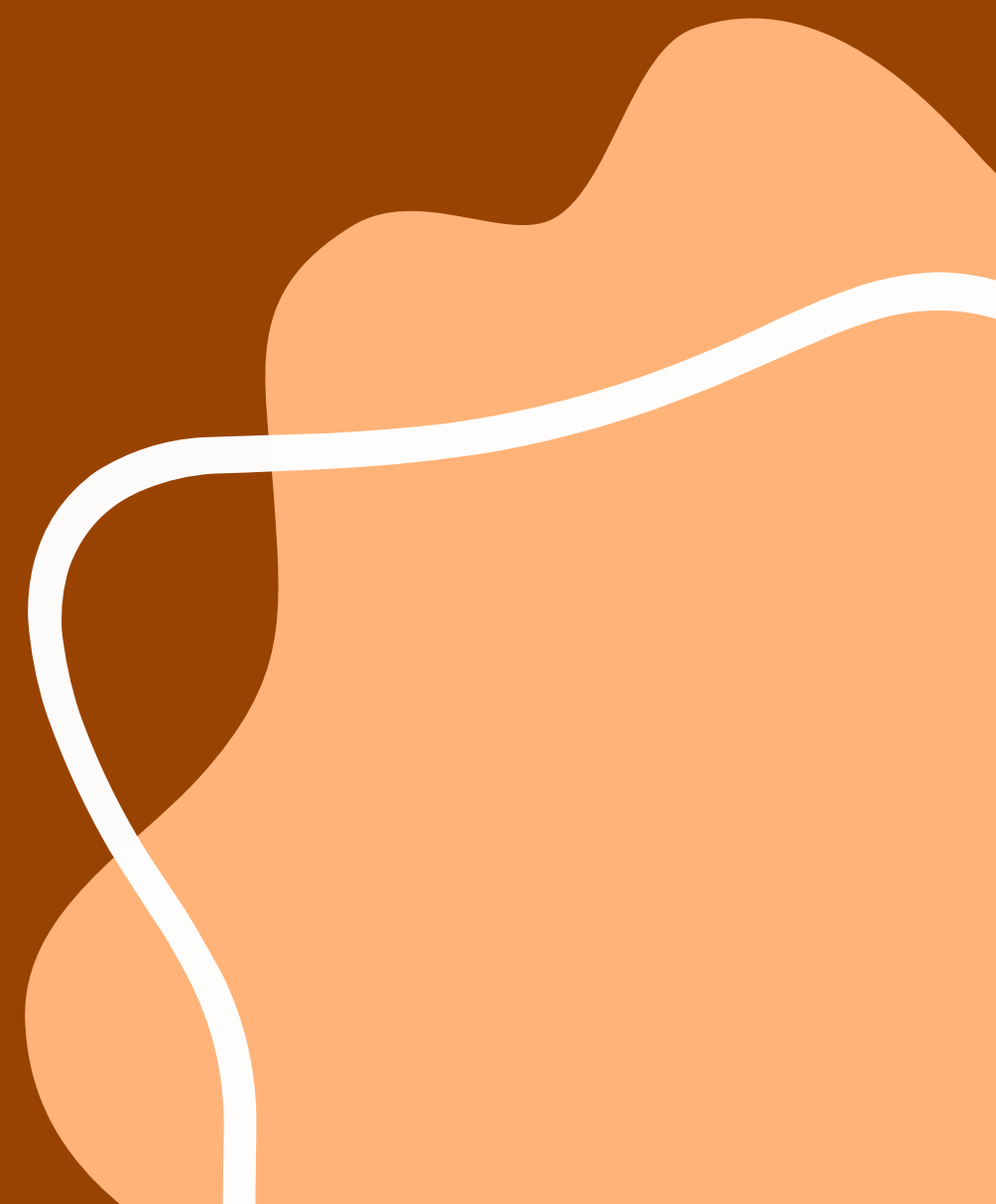
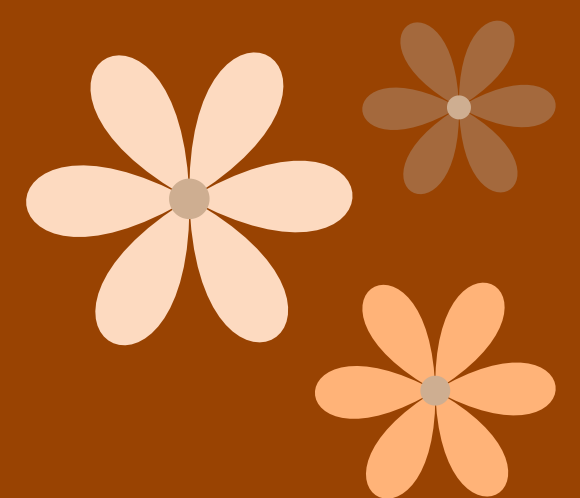
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THE Issue



PROMOTING Active Play

As we progress towards the future, we are becoming more and more dependent on computers and technology. As these machines do all the work we need to do, humans have seen a decrease in their daily productivity and physically active time. We are being less and less active as time passes, our lives can get dull and it could feel like there is nothing to do. In such times, there is one hero that can rescue us, sports.

Sport helps build our fitness, have a positive attitude and most importantly it helps improve teamwork and collaboration skills. Without sports, our health would disintegrate due to cardiovascular and asthmatic related diseases, our muscles would weaken and we wouldn't even be able to stand up! On top of that, sports help to lighten one's mood as exercise releases feel good hormones known as endorphins, relaxing your brain and face muscles.

As we progress into this topic deeper and deeper, you may be wondering about how our school, Glen Waverley Primary School promotes sports and physical activities.



Cross Country medal ceremony

1. The P.E teachers, (Physical Education) follow a specific curriculum that builds student independent and team sport abilities as well as student physical skills. Who knew that P.E is more than just having fun?!
2. Sports Innovations are focused on advancing students that have a good foundation of fitness and sports skills such as comradeship.
3. Inter school sports are competitions against other schools such as Gala Days, Athletics and Cross Country, with a focus on teamwork.
4. Lunchtime sports are additional sports programs focused on different year levels so students stay physically active and also have lots of fun with their peers.
5. Incursions with a focus on sports coaching.
6. Assembly spotlight on student successes and achievements in sport.

In conclusion, sports contribute far beyond just being a fun activity, they help our physical and mental health. You can follow these simple steps to achieve a healthy mind and healthy body.

1. Stay physically active for 30 minutes daily.
2. Stay mentally active by playing mind games such as chess.
3. Have fun and stay motivated.

THE PARALYMPIC Spirit

Imagine roaring crowds. The surge of adrenaline. Your heart is pounding to the rhythm of the cheers. Your mind focused and your spirit is high. All you can see is the red track. This isn't just a competition; it is a testament to your power and determination. Wearing a prosthetic leg was a limitation for so long, but not in this moment. In this moment, it is an honour.

The Paralympic Games started during World War Two when Doctor Ludwig Guttman told his patients with a disability to be active, which was quite contradictory at that time as people with disabilities were considered incapable both physically and mentally. "Play sports, do craft activities, don't just sit around," he'd say. This then became a competitive competition as an act of change, breaking down the social barriers for individuals with any means of disabilities.

At the 1948 London Olympics opening Ludwig organised an archery demonstration called 'The Stoke Mandeville games' and it comprised of 14 men and 2 women. These athletes are now known as the first Paralympians.

In 1952 the first international version was held when the Netherlands also took part in all the action. The first official summer Paralympics occurred in 1960 and in 1976, the first winter Paralympics was held. Talk about rich history. Today the Paralympics offer a wide range of sports such as wheelchair rugby, blind football and boccia, as well as providing a variety of divisions to cater for different needs amongst the athletes.

In the 2024 the Summer Paralympics were held in Paris. Australia won 18 gold, 17 silver and 28 bronze medals.

Determination



Equality

Samantha Dell'Aquila

Samantha Dell'Aquila is a teacher at Glen Waverley Primary School and an enthusiastic CrossFit athlete who despite her physical setbacks (disabilities) is thriving in the sport industry. Ms Dell'Aquila believes "The Paralympics are less about the gold medal and more of an action towards world peace and awareness."

"The Paralympics raise awareness so that people with disabilities know that there are options for them to compete and be part of something but also for people like me to have the same opportunity as abled-bodied [athletes]. There are all these other competitions for able-bodied people so why shouldn't people with disabilities have the same opportunities?" states Ms Dell'Aquila.

Inspiration



Courage

Samantha Dell'Aquila

The Paralympics are an act to give people with disabilities a meaningful place in our society. This is captured in the official values of the tournament: Courage, Determination, Inspiration and Equality. It is quite common for individuals with disabilities to experience adversity through childhood. Ms Dell'Aquila talks about her struggles of growing up and how being around people who encouraged her contributed to the person she is today.

“It was pretty hard for me to be physically active. I wasn't really accepted in the sport industry and there weren't many opportunities for me to participate. At school, some kids weren't kind to those that are different. For example, when we were doing PE and we chose our teams, I was never the first person on the team. Outside of school, sports clubs were scared to have people with a disability because they didn't really know how to support us properly.”

Ms Dell'Aquila participated in the adaptive CrossFit games where she placed 6th in world. This truly represents that if you put your mind to something and have the right support you can achieve anything. At this competition Ms Dell'Aquila felt many emotions which shows how much this means to her. She says, “Before the competition I had a mix of excitement and nervousness, during, I got a deep sense of belonging and after I felt an overwhelming amount of emotions. I feel proud but also felt strong emotions seeing other participants competing.” Despite her setbacks Samantha Dell'Aquila demonstrates the ability to persist and show determination.

The Paralympics are a big part of our world's society but how does it connect to our school community or us as learners?

In the Paralympics we see tears, victories, losses and setbacks. However, there is one thing you see in every Paralympian: determination, persistence and focus. All these athletes have spent hundreds of hours practising and training and while they don't all come home with a medal, they do come home with a sense of belonging.

The spirit of the Paralympics is that all individuals deserve to have opportunities to succeed and have a chance to get involved. They teach us to focus on progress and not perfection. What is important is that we keep trying and we love what we do. If you ever feel that your differences stop you from achieving your goal, think again. Keep fighting and one day you too will come home with a gold medal hanging around your neck either physically or metaphorically.

Without the Paralympics our world wouldn't be the inclusive competitive world it is today.

STUDENT SPOTLIGHT

motivation

“Why can't I do this? Why do I even try? I give up! Don't give up! You just need motivation.” Do you ever have conversations like these in your head when tasks get challenging? It's completely okay if you do, in fact, self-talk can be quite helpful when we find ourselves demotivated. So, what exactly is motivation?

Motivation is a feeling and a desire to achieve something. It is what drives us to attain a goal. If you are feeling distracted, struggling to achieve a goal, or just wanting to get things done, you need motivation. But where does motivation come from?

Motivation can come from lots of different sources. The people around you, being organised, even getting enough sleep contributes to how much motivation you have. It's very easy to lose motivation when being too busy, disorganised, or alone. This can lead to procrastination and a lack of purpose.

Activating your motivation can help get you out of slumps too. If you're procrastinating, having challenges in being productive and are feeling demotivated, understanding how to motivate yourself and what works for you can really help and it is an important life skill.

During our school Student Perspective Survey, students are asked to reflect the level of interest they have in their classroom learning. Over 85% of students reported they are interested in what they learn. We naturally are more inclined to complete learning or a task if we are interested in it. Without the excitement, the motivation would very quickly disappear.

So how do we tackle this problem in learning or just in general? At our school, one way our teachers do this is through Student Choice and Student Voice. What this teaches us is that when we lose motivation because we no longer enjoy the task, it's important to find parts of it that we can contribute and connect to.

One way to do this is breaking up the goal into smaller steps. This can make the task seem less daunting, and allow you to find parts within the goal that you're interested in. Setting a reward for ourselves can help motivate us. Having something on the line, or something to look forward to can help stop procrastination, especially if the task isn't interesting. The reality is, as we get older there will be aspects of our studies or jobs that we don't enjoy as much as we'd like to.

Most people want to make a change in their lives, but they aren't motivated enough to do it. Students at Glen Waverley Primary School suggest setting realistic goals, asking for help when you feel stuck and focus on the positives in a situation. These are lifelong strategies that can help change your mindset and ultimately change your life.

What motivates you?

Sophie 6B- "I get motivated by music; you enjoy the music when you're happy, when you're working you understand the lyrics."

Bean 6A and Javis 4C- "My friends make me motivated."

Chloe 3E- "I like to give myself pep talks so I have a clear goal in mind."

How do you overcome challenges?

Ranuga 6E- "I review my goals and consider the benefits of achieving them."

Ethan 5B- "I ask a teacher or my classmates to help me with my challenge."

Aria 3B- "I just keep persisting."

What does motivation mean to you?

Amelia 5C- "To keep pushing to work towards your goal."

Laura 4F- "To not give up."

What would be your advice to others?

Cayden 4F- "Keep going."

Sophie 5B- "To never give up and ask people you trust for help,"

Nina 3B- "If you can't do it now, you can do it later."



SPORTS increase QUALITY OF LIFE

An interview of Sierra Doneia, a qualified exercise scientist, studying her Masters in Exercise Physiology.

A few seconds remain - it's a close game. **Who will win?** You have one last chance. You attempt; and... SCORE! The crowd goes wild. You breathe a sigh of relief as pride fills your body.

Sport is an interesting topic that is popular globally. Sport can have many benefits as well as flaws to it. In this article, we will delve deeper into this topic, as well as answer the following question: What's the impact of sports on the quality of life?

Playing sports can release endorphins also known as happy hormones. While playing team sports such as basketball or soccer, you can learn how to work together with your teammates to effectively score points/goals, and learn the importance of having teammates.

Exercise Scientist Sierra Doneia states that, "Sports can build your communication skills and teach you about discipline and punctuality. For example turning up on time for a game of soccer or practicing a dance for an upcoming performance."

In addition to the above, team sports can help children form new friendships and learn to support each other. While it feels great to win a game, team sports can teach you the importance of losing and how to manage your emotions when you lose, ultimately helping you become a better sports person.

Fun Facts

1. There are over 8000 sports played in the world! Despite that, only 32 sports were played in the 2024 Olympics.
2. The first ever Olympic game was won by a chef!
3. Soccer is the most popular sport in the world with over 4 billion fans!
4. The longest tennis match that was ever played lasted for 11 hours and 5 minutes.
5. The colours of the Olympic rings aren't meaningless. They are chosen as these colours are in every country's flag.
6. In the original rules of basketball, dribbling wasn't allowed.



2023 Colour Fun Run

Even though sports are commonly associated with positive impacts on the body, they too can have a negative impact if not managed properly. Overtraining to the point where you become injured and then not getting adequate rest has a negative effect. It's okay to rest as it allows your body to recover from training/practising. Resting allows your body to heal and function properly.

Sierra suggests that "Resting doesn't mean sitting on the couch and looking at your device all day. Go for a brisk walk with your family, friends or pets, play on the playground, read a book, etc. Rest can look different for everyone, choose something that you enjoy doing (that doesn't involve electronics)."

Playing sport impacts your quality of life. Research has shown that playing sports and being physically active can be good for you, and improve your quality of life. Being active can make you feel less tired, and give you more energy. It's also not just physical aspects, playing team sports can foster new friendships, it can be beneficial for your mental wellbeing and it can build your self esteem.

Playing sport increases your life expectancy, improves your quality of life, decreases your chances of getting sick and keep you fit at an old age. Sports also support your emotional development as you learn about teamwork, getting along with others, confidence and regulating emotions. All of these skills are important to lead a fulfilling life.

Sports have an amazing variety of benefits that help people pursue their dreams and stay healthy and fit. It is inspiring and with the right approach, it can be something that change lives.



2024 District Tennis



2024 Inter-School Athletics

HOW DOES RELIGION *impact our mindset?*

Whilst Australia is growing in diversity each year the number of people who identify as religious is dropping. In the 1990's it was 76.6% and in 2021 the number of religious people in Australia was 54%. We can't help but wonder, what impact could this be having on our society? Before we unravel this question, let's explore the common structures of religion and how they can influence our behaviours.

What is religion?

Religion is the belief in and worship of superhuman power or powers, especially a God or Gods.

When speaking with the Ark Centre's Rabbi Gabi Kaltmann, he said, "Growing up in a religious family gave me a strong sense of who I am and what's important. I learned about our traditions, the importance of kindness, and how to live a life that's connected to God. It helped me feel close to my community and gave me a lot of support growing up."

He stated that being religious helps him see the world in a positive way. "I try to find the good in every situation and believe that everything happens for a reason. It reminds me to be thankful for what I have to help others whenever I can" says Rabbi Kaltmann.

There are many different religions that exist. Some examples are Buddhism, Hinduism, Christianity, Judaism and Islam. Whilst they are different from each other, there are many common practices and attitudes. For example, meditation, gratitude, helping others and belonging to a community.



Country flags in the school hallway

Even though the number of religious people in our society is dropping, what we do know is that the emphasis of wellbeing in our society is increasing. There is a stronger need for physical connection due to the amount of time we spend on social media, a need for meditation due to the amount of information we are consuming on a daily basis and a need for resilience due to the increased adversity our world is facing today.

We can make a connection between these ideas and the four branches of our Wellbeing program at our school, The Resilience Project.

Empathy - Understanding the perspective of others helps build connections and community. This increases our ability to show kindness and helping others.

Mindfulness - Being aware of yourself, your emotions and your environment. This can be achieved through meditation devoting a hundred percent focus on one task. This could be yoga, walking or religious prayer.

Gratitude - Being thankful for what you have and leading a life that focuses on positives.

Emotional Literacy - Understanding your emotions, how to regulate them and the emotions of others.



Y6 English Innovators' hands; stacked in teamwork

Whether we are religious or not, it is important to transfer the knowledge of what it means to lead a fulfilling life into our everyday routines, such as being mindful, kind, helpful to others as well as being aware of ourselves and our environment.

“No matter who we are or what we look like or what we may believe, it is both possible and, more importantly, it becomes powerful to come together in common purpose and common effort.” – Oprah Winfrey

THE MAGIC OF *Glen Waverley P.S.*

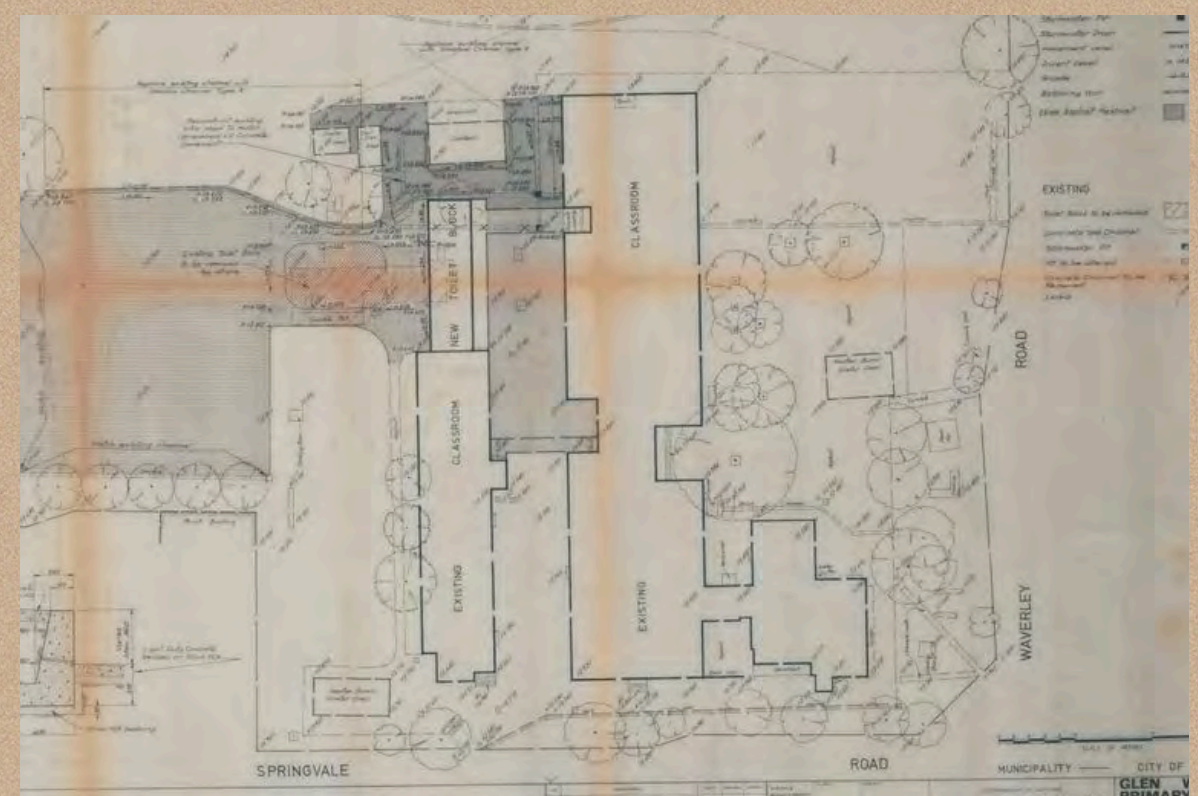
Glen Waverley Primary School has a rich history, originally known as "State School No.2219" and later as "Black Flat School". From its humble beginnings as a single large room, the school has expanded and developed significantly. In 1879-80, Glen Waverley Primary School was constructed by the Department of Education. Despite being initially designed for a capacity of 80 students, the school managed to have 100 students. Talking about the present, Glen Waverley Primary School has improved unimaginably. So, what is it about our school that makes it so special? Glen Waverley Primary School has grown from a single class to welcoming close to 1000 students in 2024. Hansiga from 6B unpacks the key elements that have contributed to the success of the school.

Glen Waverley Primary School offers a wide range of leadership opportunities, competitions, and sports for its students. The school has many leadership programs, including captaincy positions such as School, House, Science, Digital Learning, Art, Music, Language, Library, Environment, Peer Mediation, CIS and more. In terms of competitions and sports, the school provides various routes for students to showcase their talents, such as the Australian Mathematics Competitions (AMC), Maths Olympiad, ICAS, NAPLAN, Art Competitions, Cross Country events, Athletics Day, debating competitions, and other sports competitions. Additionally, students can also participate in Innovation programs such as English, Maths, Animation, STEAM, Art, Music and Robotics. At GWPS, students are also selected for VSSS (Victorian State School Spectacular).

When it comes to facilities and equipment, Glen Waverley Primary School is well-equipped. Despite being a government school, it has advanced resources including 3D printers, laser cutters, VR sets, and more. The school also features multiple playgrounds designed for different year levels. The Octopus Playground, specifically designed for Prep, Year 1, and Year 2 students, is a sprawling play area with various slides and paths. For the Year 3 and year 4 students, there's the pyramid playground, offering an adventurous maze-like structure with climbing ropes and a thrilling slide. Year 5 and Year 6 students enjoy a popular swirly slide playground. Additionally, the school provides sports facilities such as an oval, a cricket pitch, two basketball courts, a trampoline, and a gym. Notably, a new Year 6 area is under construction, which will include a basketball court, gaga pit, seating area, handball court, stairs, slides and more. Furthermore, Glen Waverley Primary School takes pride in being part of the CIS (Council of International Schools) and emphasises Global Citizenship. This collaboration reflects the school's commitment to maintaining high standards and fostering a talented student body.



GLEN WAVRELEY P.S IN 2020



GLEN WAVRELEY P.S. IN THE 1970'S

Additionally, what makes our school special is the school philosophy and the way it is implemented by staff. Our school philosophy is...

- 1)The students are at the centre of everything we do.
- 2)Building staff capacity is paramount.
- 3)Everything we do is based on research and a whole school approach.

For us, it is not a poster on the wall, Glen Waverley Primary School treats our mission as part of life.

Ms Tomecek, a dedicated and passionate educator, worked at our school for 30 years, nurturing young minds. Her retirement in 2023 marked the end of a great career, leaving behind a legacy of knowledge and a deep connection to the school. Her comprehensive understanding of the school's history and her strong memory have made her an irreplaceable part of the school's story. Ms Tomecek's presence brings us great joy as she satisfies our curiosity about this school.

For someone who worked at our school for such a long time, what makes GWPS a great place to be?

Firstly, the students; want and are eager to learn. The learners respect the value of learning for the future, themselves and their parents. Secondly, the parents who support their children to succeed and the support in the learning and support the teachers. Also, GWPS is the place to learn how to become a better teacher and educational leader. Many of our teachers who leave take on advancements in their careers.

What was a change that occurred at our school during your time here that had the biggest impact?

Mr Catalano, his appointment to GWPS has brought the most impactful change to the school. He has a desire to lift student achievement, increase student confidence and give them opportunities that they do not find elsewhere. He motivates the teachers with the same values. His high expectations are contagious and he always wants the school to continually get better. Most importantly, he takes a personal interest in every student, parent, teacher and school staff.

When asking Ms Tomecek to share something that only a few people would know, she shared that our uniform shop was initially a dark room used to develop photos, which was unique and rare for a school to have during that time. This is no surprise, as it sets the tone of the identity of our school, cutting edge and ahead of its time!



HELEN TOMECEK WITH MR CATALANO



HELEN TOMECEK WITH HER FAMILY

THANK YOU

To everyone

**WHO WAS A PART OF THE SEMESTER 2
GRAPEVINE EDITION**

SPECIAL CREDITS

We would like to say a special thank you to the Year Six English Innovators. They have worked extremely hard to create our Semester Two edition of the Grapevine Magazine. As well as, Ms Krsteska for guiding them throughout the teaching and learning, and final production.

FROM YOUR CAPTAINS

It has been our honour as your 2024 Performing and Media Arts captains. This is another outstanding edition of Grapevine, our student voice lead school magazine.

LAST THANK YOU

Thank to everyone that was apart of this edition we can't wait for the next Grapevine magazine.

From your 2024 Performing and Media Arts captains :
Izzy, Anuki and Ajuni