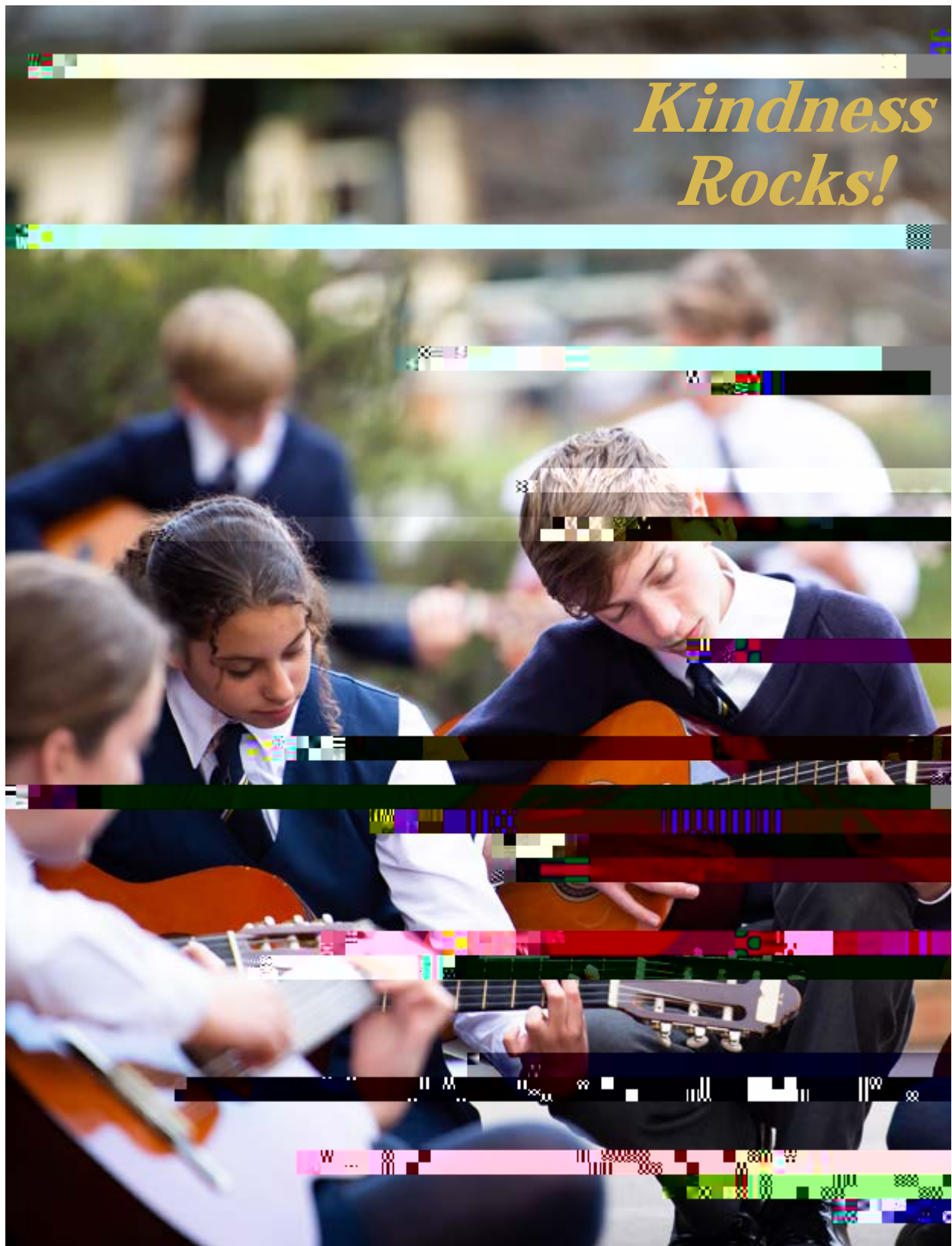


# PIN OAK



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Women in Sport

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Sport

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Lino Prints and Etchings

**Year 12**

Our Year 12s are on their HSC journey and on Monday we

The Australian Government has accepted ATAGI's updated recommendations, which include the following groups of children aged 12 to 15 be prioritised for the Pfizer vaccine:

- children with specified medical conditions that increase their risk of severe COVID-19, including severe asthma, diabetes, obesity, cardiac and circulatory congenital anomalies, neuro developmental disorders, epilepsy, immuno-compromised and trisomy 21
- Aboriginal and Torres Strait Islander children
- all children aged 12–15 years in remote communities, as part of broader community outreach vaccination programs that provide vaccines for all ages ( 12 years).

This means that around 220,000 children aged between 12 to 15 years old will become eligible for the vaccinations.

### **What can we learn from the Olympics?**

There are 11,326 athletes from 205 countries competing for gold at the Tokyo Olympics. One of those Olympians, Nathan Katz who represented Australia in the Judo competition, joined our students via video at today's assemblies from his quarantine hotel. Nathan spoke about his journey as a dual Olympian and making it to the top sixteen in his competition.

Our Olympians have sacrificed so much for their dream. They spent many hours training and then were faced with the postponement of the Games due to COVID-19. They then faced another year of sacrifice, and in some cases, had to train in isolation. Some of their team members retired, and the remainder chose to continue, knowing that there was again a possibility of the games being cancelled. How did they continue to remain focussed, maintain their mental health, and continue their quest for gold?

They boarded the plane amid COVID-19 to endure quarantine, mask-wearing and daily tests. No family support team was permitted nor spectators, and each day the heat and humidity that Japan delivered added another complexity. And yet, these athletes showed courage and commitment, making Australians incredibly proud, not to mention how they have provided us with so much joy over the past 10 days.

There's no doubt talent, physical skill, and strength play a significant role in their success, but mental toughness and resilience are what ultimately enables athletes to win medals.

*"At the elite level, talent is a given, and mental strength is what sets apart athletes who qualify for the Olympics from athletes who don't."*

Shayne Hanks - Sport Psychologist Tweet

Success comes to athletes who can perform their best and handle the intense pressure and expectations. Even if you're not an athlete, mental toughness helps us overcome adversity and successfully follow through anything we set out to do. This may be in your education, work, health and life. Mental toughness is far more beneficial than physical strength.

Champions in sport may show speed, agility or strength, but they all show determination, grit and self-belief. Olympians deal with gruelling training schedules, and when they compete, they are prepared and give it their best shot.

According to Dr Loehr, world-renowned performance psychologist, mental toughness is the ability to bring to life whatever talent and skills you have on-demand.

Schools need to encourage students to think like athletes, to believe anything is possible and that if they have done the preparation, they can achieve their best. They should be excited by challenges, not nervous, face them head-on, and believe they can overcome any hurdle they meet.

Developing mental toughness is like building muscles. We need to put in the work to see improvement. Have you heard of the 40% rule? The 40% rule, first coined by David Goggins, is a term used to explain that when our mind and body start to tire and we feel like giving up, we're only.

I don't think there is any one of us who is not feeling the impact of the ongoing challenges of our times. Even

**Years 7-10 Academic Endeavour Awards:  
Semester 1, 2021**

"We are what we repeatedly do. Excellence then, is not

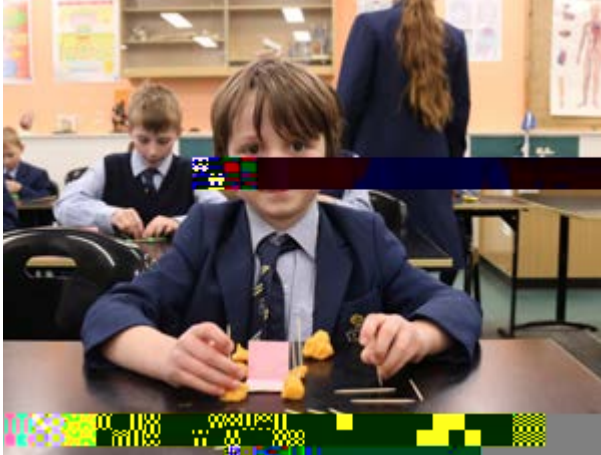
# JUNIOR GALLERY



Dear Alan  
 have you had your birthday yet  
 if you have this is your present  
 now I am going to tell you about  
 the school holidays. In the school  
 holidays I got a hole day of ipad it  
 was so fun. and I went bush  
 walking. bike riding and went rock  
 climbing then went to the beach. I



Dear Harold  
 in the holidays I did soccer <sup>camp</sup>  
 do you like soccer?  
 I liked the toys.  
 we are looking forward to  
 seeing you soon. on the  
 holidays I <sup>Sydney</sup>









in 1930 it was reflective of how a male's expectations had changed from "modest and pretty housewife" to "housewife who wasn't so modest". Instead of long skirts and restricting bodices girls were equip with a short adaptable jumpsuit. Now dear reader, before you start to panic that the male gaze has become slightly less misogynistic, rest assured that the intention behind this was just as revolting as before. Now that women's limbs were clearly in view they could be openly objectified by men, the interest in showing up at all girls' netball match rising significantly, though few eyes were ever actually trained on the ball.

Of course, as the feminist movement began to effect society's view of young girls their sporting attire developed further, for once including useful features such as breathable fabric and shorts that actually allowed you to move. Modesty was still valued, most uniforms hiding the midriff and upper thigh, but in comparison to previous designs this change was revolutionary. So, the question is: how did we go from such ludicrous modesty to expecting women to walk out in bikini's and feel perfectly comfortable?

The answer lies in our perception of who women should be, how we display them in the media. Now you can label this the male gaze, or the result of some deep misogynistic undertone in society, but we cannot escape the fact that the issues taking place with women in the Olympics reflects just how poorly we as a society have handled the rise in feminism and gender equality.

Despite 2021 being labelled the year of acceptance and female empowerment, it needs to be realised that the way women are portrayed in the media, and in the Olympics, is not their choice but that of the male gaze"

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Whisper it...

Much like its predecessor, *A Quiet Place Part 2* offers another dose of harrowing eeriness, characters who continue to throw themselves into situations with admirable gusto and an even larger dose of those spooky, flower-headed aliens.

Mere minutes tailing the sequence



# ***BIG ISSUE***

As you would be aware, we have made the decision to withdraw from interschool and community club sport activities for the remainder of the winter season

# SENIOR GALLERY



# VIRTUAL GALLERY



Artist: Harry Kean  
Year 7  
Title: Parrott at Sunset  
Media: Lino Print with watercolour



Artist: Arki Josephs  
Year 7  
Title: Red Belly Black Snake  
Media: Lino Print



Artist: Kate Drysdale  
Year 8  
Title: Galah  
Media: Dry-Point Etching



Artist: Xanthe Macdonald  
Year 8  
Title: Lion Cub  
Media: Dry-Point Etching

## FAKE NEWS?

### What is true and what is false?

Who tested positive at school? We are going into home-school tomorrow! Is the coronavirus a cover-up for the government's naive evil plans? Sound familiar? When it comes to times like these, knowing what is true and false is more important than ever as rumours, gossip, and fat lies are becoming more popular around schools during NSW's second wave of the coronavirus. So here are three steps to tell the difference between hot gossip and legitimate truth.

#### 1. Check your sources.

Checking your sources is a great way to differentiate between what is garbage and what is truth. By backing up your sources with legitimate information FROM A TRUSTED WEBSITE you are not only finding out the truth but also putting an end to untrue rubbish. Look for things like .gov, .au and .org, these three things are clarifying the authenticity of the website/source. When receiving gossip, always ask "where did you hear that from?" or "who told you that?" This is so you can have a brief understanding of who gave the giver the information.

#### 2. See who else is reporting the story.

Finding out who else is reporting the story is important. This way if numerous sources are reporting the story then it is more likely to be true. If there is the odd story out that no one is reporting on, on a dogy non.gov or .org website then it is probably false.

#### 3. Check that it sounds right!

Finally, some news sources are trying to manipulate your thinking. Bear in mind that fake news is designed to feed you a whole load of rubbish, it is kind of their job. So it is probably unlikely that Nike is giving away free sneakers to everyone that shares, likes and copies a link.

By Archie Maitland, Year 9

# LOCAL BUSHWALKS

In our current movement-restricted State, the underlying (or often very visible) urge to explore, to move around, to go places becomes increasingly pressing and our inability to do so leads to discontent among some of us, or even boredom. So, in a time when daytrips and weekend getaways are of the table, the health of our community and ourselves taking definite precedence of any 'insurmountable desire', we can turn to nature, specifically the abundance of bushwalks and scenic spots within the local area that promote physical, but especially mental health amongst the uncertainty today. You'll be pleasantly surprised by what you find.

## Forty Foot Falls via the Red Trail

Difficulty: Moderate

Duration: 1.25-2 hours return, excluding time spent at the falls

About: An incredibly scenic and variable hiking track featuring the picturesque Forty Foot Falls, perfect for a family bushwalk, including the dog.

Route Description: Setting off from the Lake Alexandra playground carpark, trace the North-West side of the lake, passing the barbecue area before crossing the bridge and taking the first path of to the left, denoted by the yellow sign 'Forty Foot Falls - 3.7km'. Descending towards the base of Mount Alexandra, crossing two log bridges, take the path to the immediate left after the second bridge, soon joining Lee's Fire Trail in the direction of Welby. Continuing across a (tiny) creek, follow the trail for a short time uphill before taking the first trail to the right, labelled with a red pole. Following this narrow track, sight the small gorge to the right, featuring captivating rock formations. Tracing the track down a short steep section (somewhat of a challenge with a large dog), turn right at the intersection with Scar Fire Trail, following the trail uphill parallel to Gibbergunyah Creek, filled with tremendous boulders and an abundance of native flora, including several currently blooming wattle species. Passing under the mammoth Hume Highway bridges (the road and the track are very much separated), the trail continues downwards before exiting left of the fire trail at the sign and descending a set of stairs, being the largest on the hike to the intersection of Gibbergunyah Creek and the Nattai River below. Crossing to the opposite bank requires a small amount of rock hopping, given the bridge only traverses a small portion of the creek, though is entirely achievable with small kids (albeit with the potential for some wet feet). The track then continues along the Nattai River for approximately 1km, through an almost rainforest environment very dissimilar to the bushland surrounding Lake Alexandra. After following the trail to the left at the intersection of Nattai River, the path continues for a few hundred metres slightly upwards to the lower rock formations of the falls, an ideal picnic spot or a place simply to enjoy the highly scenic surrounding area. It is possible to walk under the falls, by continuing up two (battered) ladders and following the trail to the left, though this area can be slippery, hence making it a challenge to safely navigate with small kids. Enjoy the solitude of the surrounding bush, seeming a world away from nearby Mittagong

and the highway, before making one's way back the same way.

Notes: This walk is most easily accessed by parking at the Lake Alexandra playground car park or by walking from the nearby Mittagong Train Station. While potentially seeming a confusing route, the trail is quite

# NEWSFLASH



## YEAR 7 ART

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### YEAR 10 ZOOM SESSIONS WITH IVAN O'MAHONEY

Documentary producer and Oxley parent, Ivan O'Mahoney, has been helping Year 10 English classes with the production of their own d m181.44 53