HOLD&FAST

ISSUE FOUR

WHS SENIOR STUDENT NEWSPAPER

MARCH 2019



Picture Credit: Nicole Toma

STEM: IT'S NOT JUST FOR THEM

Science, technology, engineering and math play a crucial role in our society and pave the path to

our future. We see a gap between female and male employment when women only make up about

one-fifth of all STEM employment. For fields so critically important in our society, why are there so

few women? Is it because women simply aren't as 'naturally gifted' in these fields, or is there some-

More page 11

STUDENT ARTWORK BY PHOEBE KERSHAW









Editorial

Bullying is prevalent within our society, whether it be through online platforms, physically, verbally or socially. We see it, we experience it and we hear about it almost on a daily basis. In this day and age, there are various ways to have your voice heard, however, this then becomes an issue when the content turns vicious in nature, aiming to tear people down whether it be for appearance, sex, race, insecurity or belief. For these reasons and more, we thought it necessary to focus our first issue on the pressing matter that is: bullying.

No matter what the form of bullying is, the outcomes can be the same - hurt and distress for the victims. In this issue, we aim to educate our readers surrounding the impacts of bullying, while empowering and helping those in possibly difficult circumstances.

Stepping up and saying something against these attacks is the first step in breaking the cycle. We've all heard the saying, "see something, say something," it's time to follow this mantra. People follow by example, so when one person makes it known that it's not okay to act that way, it creates a chain reaction. On average, only 20% of bystanders intervene. If we can, as a community, call out unacceptable behaviour, help those in difficult positions and think about the implications of our words, we can make a significant difference. It all begins with one person. It begins with you.

I am so thrilled for the opportunity to be Williamstown High School's Journalism Captain for 2019. Of course, it won't be easy following the lead of Sarah - who has left behind the legacy of Hold Fast. However, I will try my hardest to continue in her stead



and work on new and exciting projects.

I encourage you all to be active participants of our paper. To be a part of the Journalism Team is to write about your interests, passions, school events or even send in some student artwork. We are always looking to expand, so if you have any ideas, feel free to voice them! This is your paper. So be part of it!

The Journalism Team is more than just a means to distribute information. It is the voice of the student body and we can't wait to hear what you all have to say.

We hope you enjoy our first issue of 2019. Many talented students worked hard to make this paper the best in can be!

Looking forward to five more issues throughout the year.

Olivia Meehan Journalism Captain

Editorial Team: Olivia Meehan, Nicole Toma, Ms Bermingham Contributors: Alexandra Solomos, Calum Gray, Daniil McIntyre, Hannah Smith, Kim-Vy Ngo, Nelly Bowyer, Nicole Toma, Olivia Vlahakis, Panagiota Mavridis, Phoebe Kershaw, Sara Coladonato, Sibel Jasar, Taylor Lester-Hosking, Tiarah Minns

BULLYING HURTS US ALL:

Although I've had my fair share of bullying encounters, the spotlight won't be on me today and, instead, on my brother. Some context: he is my younger sibling, wears glasses and has autism-a disability that is characterised by its lifelong condition and impact on social interactions. Clearly, one fact stands out of the three, and this one fact has brought my brother through a series of torments that could only be experienced by being considered as an outsider from society. Indeed, this idea of adhering to these unrealistic standards of being 'normal' impacts the children of today, evident through this ongoing victimisation.

Thanks to the popularity of social media, cyberbullying is only becoming increasingly worse in its impact and frequency, reaching a point where even making fun of disabilities-"that's so autistic"- is normalised. Just like the pejorative phrase "that's so gay", linking homosexuality or disabilities with negativity only further epitomises our desire for normalcy as a society. Think before segregating a whole underrepresented human characteristic by associating them negatively; don't be part of the problem. Have you ever truly heard someone say "that's so straight" or "that's so non-autistic" in a mocking tone? Didn't think so.

So, of course, seeing my own brother laugh at memes poking fun at autism-his own disability-hurts me immensely to see. These pernicious influences of his own friends' sense of 'humour' forced my brother to see himself as a joke; something they could all laugh at together. Yet, to make it worse, neither party is technically at the wrong, both truly encapsulating what our current society is built on-normalcy and conformity.

Whether that be one's gender, sexuality, ethnicity, skin colour, religion, beliefs, physical looks or attributes-as soon as you are placed in an unrepresented group of any of the following categories, you stand out and usually never in a positive way. Trying to 'fit in' is merely condoning an acquiescence to these impractical societal ideals, yet such is the advice given to many struggling students who are only trying to be themselves. Neglecting a genuine human and personality and, instead, replacing it with a facade of what society envisions to be the 'perfect person'.

So what can be considered bullying and how can we identify it? There are a plethora of ways that one can be bullied: physical, verbal, social, and cyber. With nearly "25% of school students in Australia" (https://bullyingnoway. gov.au/WhatIsBullying/ FactsAndFigures) (equivalent to around 910,000 students) having experienced some form of bullying during their time in school, it is imperative that each form of bullying is recognised.

Physical bullying-besides any physical abuse upon

the victim, physical bullying includes the breaking of a victim's things, as well as making vulgar hand movements and faces towards the victim. Verbal bullying involves the act of name-calling, teasing and threatening to harm the victim, consequently diminishing them as a person and detrimentally resulting in damage to their mental health and self-worth.

Social bullying involves public embarrassment towards the victim: spreading rumours about them, purposefully isolating them from their own friendship groups, lying to them with the intention for the victim to do something they're not supposed to and putting them through



A SIBLINGS POINT OF VIEW

ill-intended pranks. Finally, cyberbullying, the most prevalent within our generation with "20% [of students under 18 years old]" of reported cases of online bullying "in any one year" (https://bullyingnoway.gov.au/WhatIsBullying/FactsAndFigures) is defined by the act of sending harmful comments, images or messages towards the victim.

Knowing this, we as a student body can prevent further harm to all students out there and create a safer atmosphere for all at Williamstown High School.

Tip One: Stay Educated. As allistic people (non-autistic) we are prone to generalising the disabled, placing them into their stereotypic roles as if they're all the exact same person. Do your research- be it a simple YouTube video, an informative article or asking someone you know about a topic unbeknownst you. Consequently, you're showing respect to these nearly-marginalised groups, stripping away the stereotypes that were once attached to them. In doing so, we become far less likely to judge people for their heterogeneity and, instead, be understanding and empathetic towards them because of this newly-researched information.

Tip Two: Not being a bystander. Unfortunately enough, a majority of students have witnessed some sort of bullying interaction and, ultimately, ended up doing nothing about it. This is known as bystander bullying and saying something-may it be to a teacher, friend or

Feature by Alexandra Solomos Photography by Nicole Toma

guardian-is your responsibility to help when then the powerless victim depends on it or else you're merely contributing to this perpetual bullying.

Tip Three: Be Supportive. Being a good person means promoting a caring environment to all those around you, integrating the students together so no one is isolated. However, in saying this, being a good friend means providing a shoulder to lean on when things get tough but recognising if it gets too problematic. You're not a professional therapist and the impacts of bullying on your friend may be too much to handle. May it be recommending websites to your friend or telling a trusted adult - a true friend shouldn't watch their friend helplessly struggle.

Remember, you're never alone and someone will always be there for you; feel free to talk to any members of our Leadership team (such as myself!) if you're ever going through something difficult because we, as students, want to give the utmost care and respect to our fellow peers.

March 15th is the National Day of Action Against Bullying, but you can take action every day.



If you or someone you know is being bullied there is help out there.

Speak to a trusted teacher, Student Management Leader or Student Welfare Co-ordinator.

You can also seek help at the following places:

kidshelpline.com.au teenlineonline.org youthbeyondblue.com oregonyouthline.org reachout.com

Sport with Sara and Tiarah

BOUNCING BACK AND HITTING THE COURT



As many would know, the Australian Open has recently ended on the 27th of January and many players have overcome their hardships, especially Czech Republic's Petra Kvitová. In December 2016, Kvitová was robbed at her apartment in Prostějov, Czech Republic, suffering multiple lacerations to the tendons and nerves on her left hand and fingers while trying to defend herself. Miraculously, within just over a year of mental and physical hard work, Kvitová competed for the Czech Republic in the French Open.

This eventually led to Kvitová being able to play in the Australian Open less than two years later; coming runners up, and being ranked second in the world.

Kvitová believes that "I've been through many, many things, not really great ones. I didn't know if I [was] going to hold the racket again. I'm holding it, so that's good," indicating her inspiring perseverance.

Tennis really sets the bar high with not only Petra Kvitová struggling to overcome adversities to return to the game, but also Andy Murray from the men's draw.

Former world number one and three time Grand Slam champion, Murray suffered with a serious hip injury for years and believed his tennis career may have to come to an end. "I've been in a lot of pain for probably about 20 months now," he told the media in January and he

even planned to give up the Australian Open. His first-round match wasn't an easy one against world number 22 Roberto Bautista-Agut. An hour and a half into the match and during a very close game, an ace by Bautista-Agut saw him win the second set.

The third set began with a strong serve game by Murray but Bautista-Agut held on to his own serve just as easily. After a gruelling set, Murray scraped a win from the tiebreak (7-5) and began to gain momentum. His comeback was in full swing at the end of the fourth set tiebreak, but fatigue was clearly kicking in as the final set started.

Things went downhill from the second game as Murray tried to cling on

to his service games to no avail. It took all of his grit and perseverance to save a potential final game but soon after, the Spaniard had won the match.

Although Andy Murray didn't make it to the second round of the Australian Open, his resilience was truly inspirational, as he was able to continue fighting through his anguish, later on stating, "that was my maximum...l couldn't have done any more". Even though his 2019 season may be his last, he gave it his all and his discipline in training paid off: illustrating to tennis fans all around the world how perseverance and determination can help you achieve your dreams.

Trivia Time with Daniil McIntyre

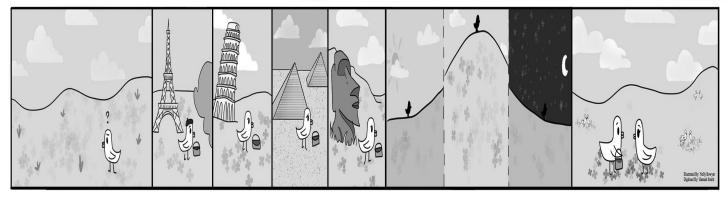
- 1) Who won the 2019 Australian Open Women's Singles?
- 2) Which actress plays Detective Rosa Diaz in the TV show Brooklyn 99?
- 3) How many times has Australia changed Prime Ministers since 2000?
- 4) Who was the AFL Brownlow Medallist in 2016?
- 5) What is the cap ital city of Fiji?
- 6) What was Canadian rapper Unkle Adams' debut album called?
- 7) If you are chorophobic, what are you afraid of?
- 8) What was the world's most visited country in 2017?
- 9) In what WWII battle is the movie "Saving Private Ryan" set?
- 10) How many seats does the Centenary Theatre have?
- 11) Who was Australia's Bachelor in the 2017 season?
- 12) In what year did the Titanic sink?

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GUESS THE MYSTERY TEACHER

- As a child they kept fish; their favourite was a catfish called Cleaney
- In Year 7 they got the highest standardised score for the Australian Maths Competition in their whole school
- Their favourite dessert is tiramisu, but they don't drink coffee
- They can't stand eggplant
- When they were growing up they wanted to be a film editor
- They have climbed the Sydney Harbour Bridge

WHO IS IT?



ANONYMOUS BULLYING STORIES

Beginning high school is a daunting experience, especially when you are faced with a group of year 9s who are determined to ruin your year 7 experience. That was my reality in year 7.

For an unknown reason, one persistent year 9 had made it her goal to ruin the lives of myself and my best friend. She had no reason to dislike us, no quarrel, it was as if she had picked our names out of a hat. For an entire year, this girl and her friends made school life hell. My best friend's brother had passed away a few years before this, and the year nine bully decided to poke fun at their wounds. She would continue to ask how my friend's brother was. She would push and shove me in the hallways and against lockers with her posse of followers assisting. She made sure I felt as small and pathetic as possible, by focusing her attention on my insecurities. This bully made vear seven a nightmare.

Thankfully, I recovered, moved on and moved past what had happened. I realised that in the end I had two choices, I could let that year define me, or I could learn and grow from this experience into a better person.

Anonymous, 17

My entire primary school experience was riddled with bullies and tormentors. I identify as female but prefer to dress more masculine. All my life, this has somehow been a problem for other people, particularly in primary school. Kids couldn't understand the fact that I am female, yet choose to play sport and dress masculine like. I would be called names, such as "dyke", "lesbian",

"tranny", "faggot" and people would constantly insist that I'm a boy despite me telling them otherwise. All this lead to me growing up with major insecurities about my image, this contributed greatly to me not coming out as gay for many, many years. Partly, because I was scared of coming out, and partly because I wanted to prove them wrong, prove to them and myself that I dress and choose to present myself this way because this is who I am. If I could tell my grade one self one thing, I would remind her that primary school doesn't last forever, neither does high school.

Anonymous, 17

Children can be brutal, and jealous teens even

worse. I was always bullied about my weight, and I guess that's where majority of my insecurities stem from. The seed of insecurity was planted within me, it's roots claimed my organs and grew over time. It led me to believe that my weight defined who I was, and that I wasn't pretty. I was never happy with myself. However, I had to learn that I am beautiful the way I am, perfect doesn't exist.

Anonymous

I was a witness, I saw my friend being bullied, being torn down. She was constantly in a terrible state and always sad. These bullies always knocked her down with their sneaky remarks and long judging stares.

My friend was so sweet and did nothing to deserve this kind of treatment towards her. In this situation, the best thing you could do is report it to an adult, such as, your parents or teachers. My friend was too scared to speak up, so I did it for them. This infuriated the bullies even more, but did cause them to fret. Things got dirty and angry and parents were soon involved. I'm so glad the truth was finally revealed, and the bullies were taught a life lesson - that what they were doing was in no way okay.

Always speak up, and if your friend is too afraid to, don't stand-by. Going to an adult for help doesn't make you weak, it makes you the bigger person because you aren't stooping down to their level.

Anonymous

ASK ANYTHING ADVICE COLUMN by Anon

"I keep have reoccurring thoughts that I'm not good enough and I can't seem to shake it."

I relate to this so much. It's as if someone opened the crevasse of my brain and pulled this out. Self-bullying is a mental battle that has lasted me a hot minute. It's still a journey that I'll always be reminded of as I get older but it's gotten easier. These are some ideas you could consider to help if you get in this spiral;

Stop comparing yourself to other people. Care for yourself first Okay, this might seem counterintuitive; humans are social beings and unless you're psychopathic, you're going to care about others. I'm thankful that I am able to surround myself with the positive uplifting influence. You have to trust that you know what you are doing. Know your-

self; do you work better by yourself or in a group setting? Do you feel terrible after talking to certain people? You have to do what is right for you first. Don't bring others down but don't compare yourself either. If you give yourself the mindset that "I am going to succeed", you don't need to worry about other people's view of you or what they do.

Concentrate on you plan to do now and in the future, rather than what you have done. See, I was planning to write something cliche like 'concentrate on the positives!' but that's not really helpful. Our brain has an inbuilt bias towards unpleasant news (Psychology Today). Going to therapy taught me about rumination, the dwelling of negative thoughts for extended periods of time. For some there's no avoiding it. So, taking my own experiences and turning them into learning processes, makes me feel better. You can always try again and it's one of the beauties of life; there's always tomorrow. (disclaimer: do not use this as a justifiable excuse to procrastinate)

Do something to turn your mind off

We love a distraction. Don't use it as an avoidance mechanism (see above disclaimer). I use music and daily exercise but try different things, preferably ones that use little mental effort because you want to relax your brain, not speed it up again.

Do what you set out to do. But don't get too pent up if something goes wrong. Learn and change your behaviour if it doesn't work the way you want it to, see point 2.

Hope this helps.

STEM: IT'S NOT JUST FOR THEM Cont'd

thing deeper? The Australian Government recently discovered that girls were receiving the same - if not higher - mathematics results in the yearly NAPLAN. Yet, only 28% of all senior staff in STEM research facilities are women. Where is this gap coming from, and more importantly, how do we close it?

From a very young age, girls are discouraged from pursuing STEM based careers. Girls aren't explicitly told to abandon STEM in most parts of Australia, but there are invisible vet sinister factors that do. For example, when asked to draw a scientist, over two thirds of children aged nine to eleven drew a male. Most depictions of scientists and mathematicians are men. From a very young age, girls don't see themselves represented in these fields.

This problem is only heightened throughout a woman's life. It's an uphill battle to be a woman in a STEM job - why should anyone work hard just to feel unwanted or less than in a workplace? To fix this, Australia needs to promote female role models in STEM (yay, Marie Curie!) and create inclusive and supportive spaces for young wom-

en to learn. Make it so that girls feel as though they can - and they will. Schools can do their part by promoting science as a valid and positive part of one's identity. Letting girls know that pursuing science can and is something to be celebrated and supported.

To increase rates of women in STEM outside of education (Only 29% of STEM university graduates, and 9% of people with STEM VET qualifications [Certificates III or IV] are female) and in the workforce, companies need to increase diversity and equal opportunities within their structures. Creating a space in which one can thrive with no extra encumbrance provides women and girls with an easier pathway to STEM fields.

So, if you're deciding on whether you can or can't pick a science or math subject - do it. The world will be a better place for it.

by Calum Kuehn-Gray



Stripes and Gripes

Film Reviews with Nicole Toma

First edition of Stripes and Gripes this year and what do I have in store for you? An Oscars Wrapup! Well, half of one.

Bohemian Rhapsody 5 Nomiations Available on iTunes

Stripes:

Is this biopic in any way revolutionary? No. Is it some fun about showing four guys go through the struggles of forming a band through the golden ages of rock-and-roll? Yes. And did it give me an excuse to go back and listen to every Queen song I had in my music library? Heck yes it did. Bohemian Rhapsody is almost exactly like any other music biopic, with the same story arcs covering the rise to success, pitfalls of fame, wrong choices, and redemption, yet it is amusing to watch if you're a fan of the music, and only the music.

Gripes:

For those of us who actually knew Queen before the film, it was hard watching it and enjoying it for what it is instead of what we wish it actually was. I

can admit that this film is enjoyable because it's a film about four guys creating a band, but this film is disappointing because it's about Queen. Going into this, I didn't have high expectations and I found myself wishing Freddie Mercury (Rami Malek) was represented as not just the 'diva' everyone knew him to be. This film had an excuse to reveal the real Freddie, yet it didn't take the opportunity.

Green Book 5 Nominations Now showing

Stripes:

This film was by far my favourite out of the Best Picture nominees in this list. I cannot express coherently how lovely this film is without saying how much it needs to be seen. It makes bold statements, yet it is so beautifully subtle in the way that it does it. Green Book is generally just a 'feel-good' movie that makes for a better mood.

Gripes:

In all honesty, I don't have anything bad to say



Rami Malek plays Freddie Mercury in Bohemian Rhapsody



Viggo Mortesen and Mahershala Ali in Green Book

about this film, but I do think that some parts of the story were slightly repetitive, but these can be easily forgotten in the grand scheme of things.

The Favourite 10 Nominations Now Showing

Stripes:

I liked this film particularly because of how out-there it is. It does not shy away from comedy, yet it is elegant, dark and genuinely witty in how it produces it. Queen Anne (Olivia Colman) was an obvious stand out in her mélange of mood swings and shrill fury, making for an easily entertaining watch.

Gripes:

If you don't have a sweet spot for the unordinary and unconventional, then this film might not be for you. It plays around with invasive and outright confusing camera angles that even I became tired of.

BlacKkKlansman 6 Nominations Available on iTunes

Stripes:

BlacKkKlansman is fantastic in that it showcases racial prejudice and discrimination through not only typical graphic scenes, but also in how it makes room for humour and uses that humour to get across to the audience in confronting ways. It conjures a blend of socio-political period satire and contemporary wake-up call which was a pleasure to watch.

Gripes:

Despite this, an ongoing occurrence that I had trouble not noticing was the little editing in the narrative. It felt as if director Spike Lee had an idea for the story and chose to show every little detail within it. This made for unnecessarily dragged out scenes that I found myself becoming somewhat bored with.

Final thoughts:

I do have to commend the Oscars this year for their choices in the Best Picture category. These films were all entertaining watches, even if I didn't like everything about them, but hey, whoever does?

Ratings:

Bohemian Rhapsody: 5/10 Green Book: 9/10 The Favourite: 7/10 BlacKkKlansman: 8.5/10



The Song of Achilles Madeline Miller Bloomsbury Publishing

'The Song of Achilles' by Madeline Miller retells the well-known story of the ancient greek hero Achilles through the perspective of his closest ally, Patroclus. This captivating original novel gives an elegantly written spin on a tale retold many times by multiple authors and historians. Miller's piece of fiction perfectly fits the Young Adult mold, giving a fresh face to the old story of the Trojan War and all of those involved with a LGBTQI+ twist that tugs at the heart. By retelling the tale through Achilles' close companion, Patroclus, Miller offers the readers a rare perspective of a followers views of the hero, instead of focusing on the perspective of the hero himself. This rare positioning allows the readers to view the hero from the outside instead of the inside, so that they may judge Achilles not as an idol but instead as how his closest companion views him. Patroclus, himself, was an entirely relatable character; he was someone who made mistakes, reacted out of anger and took risks for love. Not only did Patroclus add a depth to the story by at times sounding like a realistic teenager (or at least as real as one in ancient Greece can be), but he added a humorous touch at times, especially through his and Achilles' deep relationship. Gifting the readers with such a relatable character aided Miller in drawing forth the YA lovers. Miller's poetic form of writing created an alluring atmosphere that drew the readers in, even when the heartbreaking outcome of the ending was becoming apparent. Her wonderful style of description and dialogue draws the readers into continuing with the novel so that they may enjoy the beauty of the ending. However, the poetic style and tone was inconsistent when it came to transitioning through time, yet this occurred minimally in terms of the entire novel. In all, 'The Song of Achilles' was a wonderful YA novel, perfectly targeted towards young adults interested in the retelling of old myths with new romance, adventure and LGBTQI+ themes. All in all, 'The Song of Achilles' gains five bookworms. Miller's second novel 'Circe' is highly recommended to all who enjoyed 'The Song of Achilles,' the novel focusing on the perspective of the ancient Greek myth of the witch, Circe.

by Olivia Vlahakis

WILLI HIGH LUNCHTIME CLUBS

Monday Games Club (L6) Art Club (Q2) Tuesday Equality Club (A0)

Card Club (Library)

Wednesday Writers Club (L8)

Friday KVLT (L8)

INTERNATIONAL WOMEN'S DAY



International Women's Day March 2018

Photo Credit Olivia Meeha

The recent rape and murder of international student Aiia Maasarwe, left women across Melbourne shaken in disbelief; Another young females life ended as a result of violence against women. Tragic events just like this, partnered with a patriarchal society filled with politicians like Donald Trump who have bragged and been recorded discussing, 'grabbing [women] by the pussy', have all contributed to the current widespread issue of gender inequality and discrimination. It is for this reason that we choose to celebrate International Women's Day every year. It provides us with the ability to feel empowered in a day and age where empowerment is difficult to achieve and maintain. On this day, women are able to achieve anything societal norms have prevented us from doing in the

past. We can speak freely,

without being concerned about impacting a mans ego. We can question the double standards set upon us from birth just because we were born female. This day provides us with an endless amount of opportunities, not only to celebrate women's achievements but to help women feel proud to be women. International Women's Day honours women globally, ensuring that every female on this earth feels appreciated and worthy of anything they set their mind to. This is why International Women's Day is a day to always be commemorated.

by Panagiota Mavridis

International Women's Day is on Friday 8th March

WANT TO GET INVOLVED WITH HOLD FAST? We are looking for artists, photographers and writers. Drop us a line at newspaper@willihigh.vic.edu.au or come to our next meeting.

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