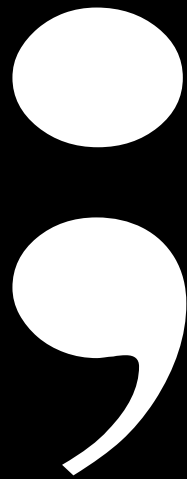


HOLD FAST

ISSUE EIGHT

WHS SENIOR STUDENT NEWSPAPER

AUGUST 2019



Feature pg 4

THE SOUR TRUTH ABOUT SUGAR

Maltose, fructose, sucrose, lactose.

Sugar is in the majority of our foods, even the ones you least suspect. You can check the ingredients list to see if a product contains

added sugar - the higher up the list, the more sugar the product contains. Added sugar is disguised under 42 different names - not the easiest to identify either! Scientists have been researching sugar and the

impact it has on our health and have concluded that sugar is detrimental to both our mental health and wellbeing. Now, a statement like that cannot go down well without some explanation,

so after some research, here are some ways in which sugar can worsen mental health situations.

Anxiety: According to EverHealth, sugar can

More page 9

INSIDE: SPORT, STRIPES AND GRIPES, TRIVIA, NAIDOC WEEK AND MORE

NEWS IN BRIEF

by Taylor Lester-Hosking



Shayna Jack Scandal

Swimming Australia has confirmed that Shayna Jack has tested positive for a banned substance - ligandrol - forcing her to withdraw from the national swimming squad before the world championship. Jack released a statement on Instagram stating: "I did NOT take this substance knowingly." Jack was a member of Australia's 4x100m freestyle relay team that set a world record at last year's Commonwealth Games on the Gold Coast. She is fighting to clear her name while there is an ongoing investigation.

Swimming Australia has received a lot of backlash from this as they failed to make her positive result public initially, instead citing her departure was for "personal reasons" - allowing for them to be called out for their lack of transparency and thus, going against their policy. Jack will receive a maximum four year penalty if she cannot prove her innocence.

Uluru Ban

On October 26th 2019, Uluru will have a total climb

ing ban put into place. This date is significant for the Anangu Indigenous community because on that day - in 1985 - the government returned ownership of the land to the traditional owners. Unfortunately, this has been met with a lot of backlash from some Australians who are claiming, "climbing the sacred rock is a birthright." The total amount of climbers is increasing every day, as tourists don't want to miss out on their chance to tick the climb off their bucket-list. There were, on average, 140 climbers per day, however, since the ban was announced, there are now 300-500 climbers daily. The landowners say people use the place as their own personal dumping ground - disrespecting the cultural significance and the Indigenous community.

Yet, this doesn't mean people can't visit Uluru - they still encourage visitors to question and learn about the community. The total-ban was put into place to reflect that Uluru is a sacred place - just like Notre Dame, the Mahabodhi tree and temple - and should have the same significance as other sacred

places across the world.

NSW Change in Abortion Laws

Abortion is legal in New South Wales, however, unlike Victoria, a woman can't receive an abortion straight away and the procedure is only available in limited circumstances. A doctor can only administer the procedure if the operation was necessary to preserve the woman involved from serious danger to her life or physical or mental health which the continuance of pregnancy could entail," based on a court ruling from 1971. Currently, under the NSW Crimes Act 1900, a woman cannot unlawfully use means to procure her miscarriage. This offence carries a maximum penalty of ten years imprisonment. How-

George Calombaris

George Calombaris is one of Australia's top chefs, however, he has recently received a fine due to the backlash he faced after it came to light he was under-paying his workers through a Fair Work investigation. This investigation concluded Calombaris' restaurant empire - Made Establishment - underpaid more than 500 staff by \$7.8 million over six years. Calombaris self-declared in 2017 his payroll error, yet he claimed it was only by \$2.6 million - over half of the actual figure. Made Establishment stated that the business empire has now instituted a number of new practices to ensure underpayments didn't occur again and Calombaris released a statement: "We apologise to all our affect-



ever, this is set to change. This week, Alex Greenwich - Independent MP - will introduce the Reproductive Health Care Reform Bill 2019 to Parliament with widespread backing, including that of the Australian Medical Association. Under the proposed reforms, the rights of doctors and women in New South Wales will now be clearly protected.

ed team members, past and present." In saying this, many members of the public are now boycotting Calombaris's restaurants and he has lost contract negotiations with Network 10.

Due to other commitments Taylor was unable to contribute to this issue. We look forward to her returning to News In Brief next issue.

Editorial

In our fifth issue for the year, we thought it imperative that mental health and wellbeing be a focus point, especially given the upcoming assignments and increased stress. When things get too hectic it's easy to shut off and focus on the negatives. Trust me, I know. But when we give in, it gets increasingly harder to get out of constant negative thought patterns. I suggest - I know, easier said than done - that we take deep breaths, we share our experiences and the more we reinforce this positive communication and understand that our feelings are valid, the better it will get.

Unfortunately, there is a strong negative social stigma attached to mental health problems which lead to discrimination, creating a dismissive and harmful outlook for all individuals involved. But why? Negative stigma is often associated with problems of knowledge and problems of attitude. When one does not understand or have been raised to think a certain way, it's difficult to change their stance and this can then create a vicious cycle - when people don't receive the support they need it can worsen their mental health. Personal stigma, self-stigma and structural stigma all play a role in this.

Just because it's not visually present doesn't mean it's not there. Just because it's in your head and not on your head doesn't mean it's not real. Just because you can feel great one day and bad the next doesn't mean you're not worthy of help.

We often put ourselves in cages and label it as a burden. All our thoughts, feelings, needs and experiences can get trapped in this cage and only we have the key. It is scary to pass this key on - letting someone take a look inside the cage. However, there is only so much space, and with every passing interaction the less this cage can fit. We are only human, we



are not invincible and some days will be better than others. Our minds are complex and it's ok not to feel 100% all the time. It's important to talk; the more we talk about how we are feeling, the more we normalise discussing mental health as a priority and have strong support systems to turn to, to help build our resilience.

We have come a long way. There are more facilities available to help those in need and even companies are getting involved with the mental wellbeing of their staff with days such as, 'R U OK? Day.' Look out for one another and for yourself. We hope this issue provides some useful insight, advice and encouragement to make your mental wellbeing a priority.

Many talented students have dedicated so much of their time and efforts contributing to Hold Fast. If you would like to be a part of our next and final issue, please don't hesitate to contact a member of the editorial team. Enjoy!

Olivia Meehan
Journalism Captain

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MENTAL HEALTH MATTERS;

Mental Health. It's the most valuable thing we have as humans, yet can also be our own worst enemy. For something that everyone struggles with to varying degrees, there is still so much stigma around it. Anxiety. Depression. Anorexia. The list goes on. For some reason, the presence of these words makes a sentence feel heavy - to be cliché - like an elephant in the room. With the way it's mentioned sometimes, it can almost be like you dropped a bomb into the conversation. People can be scared to hear those words and back away. It all comes down to a lack of understanding around what mental health is. Everyone has their own unique stories and experiences with mental health and some are more open about it than others. A semicolon is used when an author could have chosen to end their sentence, but chose not to. It is a pause in a sentence, not the end of one. With regard to mental health, the semicolon is intended to encourage people to keep going in their life.

When one feels anxious they may want to keep it hidden away due to the stigma that's attached. Will they believe you? Do they care? Will they help? These negative thought patterns can build over time and it's easy to convince yourself that what is going on in your head is better left a secret. You can feel lonely even when surrounded by friends and family. It's easy to develop this line of thinking when you don't have proper discussions surrounding men-

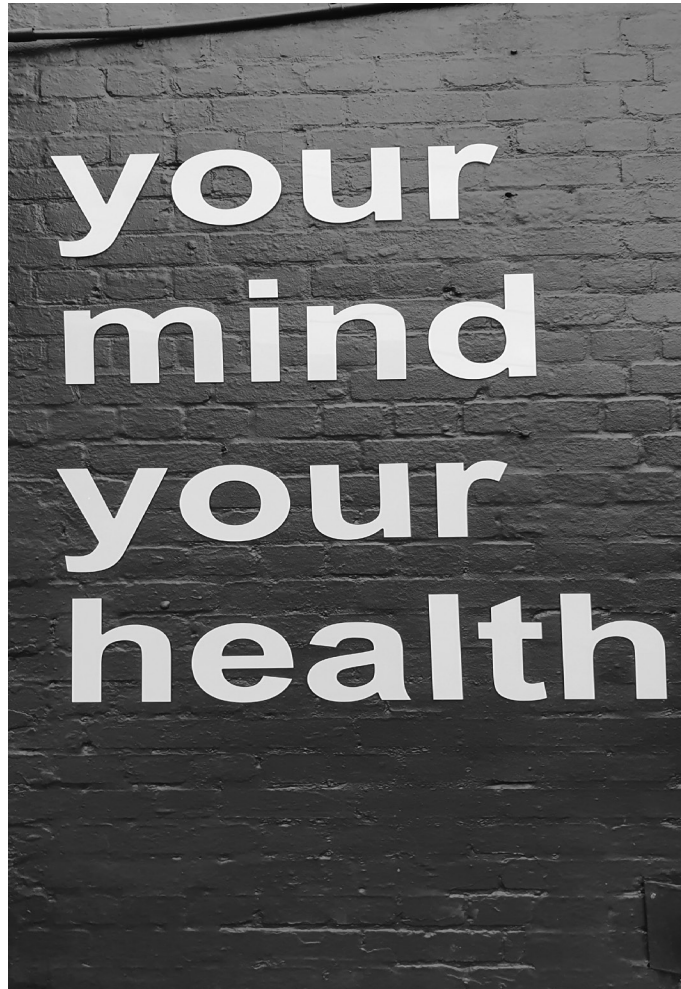


Photo credit: Olivia Meehan

tal health. It's daunting opening up when you're struggling but it's also such an important step in the process of healing.

Through the process of healing, self-care is imperative. One definition of self-care is "the practice of taking an active role in protecting one's own

well-being and happiness, in particular during periods of stress." This doesn't just mean putting on a face mask for five minutes and calling it a day. It's about intentionally taking part of your day, preferably more than five minutes, to do something specifically and only for your benefit. Through repetition, taking

care of yourself will become second nature and slowly, but surely, this will help build up resilience. And through increased resilience, the barriers that seemed so great before can become more manageable. Our brains become accustomed to these important acts of self-care, training ourselves to look after the areas the rest of the world are unable to see.

There is a part of the brain - called the hypothalamus - which triggers the release of stress hormones from our adrenal glands when we perceive ourselves to be in danger. This part of the brain is highly sensitive, and sometimes our stressful or anxious thoughts can trigger it into thinking a threat is present, provoking a release of cortisol and adrenaline to help us defend ourselves. Our initial response to this sudden burst of adrenaline is often to become frustrated and belittle ourselves, because "we shouldn't be feeling like this." However, this coping strategy rarely works. What can work, and is one of the most beneficial things we can do to combat the activation of our brain's survival instincts, is to embrace our ability to be compassion-

Local support options for young people aged 12-25:

Hobsons Bay UP 9932 4000 or freecall 1800 11 11 00
Hesperi Health 9927 6222 Werrisbee 8001 2366;
Student Welfare Co-ordinator or Student Management Leader
Youth Beyond Blue 1300 224 636
Kids helpline 1800 55 1800
Lifeline 13 11 14
General Practitioners

THE STORY ISN'T OVER YET

Feature by Ella Watt with Olivia Meehan and Nicole Toma

ate. Simply speaking to ourselves (or others) in a kinder and gentler tone can diminish the aggressive tendencies of our brain's survival system and help us feel better. This is something that needs constant practice, so it's important to be patient and sympathetic with yourself whenever you feel down. Try and do these little acts for yourself daily if possible.

Any little act you do daily helps create a ripple effect and can boost your wellness for the day. Although it seems like a cliché, mindful breathing can be very helpful if you do it well. Breathing in and out slowly helps to regulate and slow the heartbeat, eventually bringing your body out of fight or flight mode. This can be really helpful when you feel very overwhelmed, perhaps for a SAC and exam, and it will allow you to bring yourself back down to a calmer level.

Sometimes it is hard to get to a calm level by yourself, and a professional may be able to help with this. The media often portrays the people who go to psychologists and psychiatrists as 'crazy' and this couldn't be further from the truth. When seeing a professional is suggested, sometimes people react defensively with things, such as "oh no, it's not that bad, I'm not that bad." This misses the point. Seeing a professional provides you with a safe space to sit and be listened to for 50 minutes for however often you go and anyone can go visit. There are places that offer free counselling such

as UP Youth Services Hobsons Bay and Headspace, as well as online resources like Youth Beyond Blue, Headspace and Smiling Mind. It's about finding the best option for you. Silence about mental health problems creates and reinforces a stigma which needs to be broken down. Conversations around mental health problems should be normal amongst friends. The more common and talked about it is, the less of a stigma it will have around it, and more people will have access to it and knowledge about it.

A lot of how we feel comes down to the way we act and talk towards ourselves, so it is vital that if we can, we try and make as many of these interactions as positive and helpful as we can.

It is not always easy, and it is more than okay to feel down, or sad, or anxious, or whatever the feeling might be. The best thing to remember is that you are not alone. There are peo-

"Silence about mental health problems creates and reinforces a stigma which needs to be broken down."

ple around you that love you, care about you, and want to see you happy. There is always someone that wants to help or listen. You are worthy of all that and more. Take it step by step, gaining more support along the way. It might make sense for you to talk to your homegroup teacher if you already have a relationship with

them. If not there is the Student Welfare Coordinator, Student Management Leaders or just a trusted teacher. Young people often think that they don't have agency over their own health care but actually you can see your local doctor and work on a Mental Health Plan with them. It's often not easy to take the first step, but little by little it gets easier. Everytime someone puts their mental wellbeing as a priority, this creates a chain reaction leading to a happier lifestyle for yourself and your loved ones. It takes time, but you owe it to yourself to use that time to work on listening to your needs and helping yourself rise above from darker days into brighter ones.

Ella's Story

*I have anxiety, or had, either way, I experienced prolonged feelings of anxiousness around things in my everyday life. It always felt like a secret I was keeping, to feel like this. Like no one wanted to know about it because in my head, no one cared enough or they wouldn't really want to help me if I told them. Maybe they wouldn't believe me? I held onto this for years. It felt quite lonely, even though I had friends and family around me checking on how I was, I was still convinced they didn't want to know. Then one day, we had a **Mental Health First Aid** incursion in year 10. One of the first times I can remember having a proper discussion surrounding mental health. It felt confronting and that was because it was new. After listening to it, I started to realise that my feelings were valid and that I needed help to cope with them. So I went and spoke to a friend. Then to a homegroup teacher. Then to my parents. Whenever someone says "go talk to someone if you're struggling", it can seem really daunting. I was terrified. To be honest about my feelings. I didn't want anybody to be worried about me. I'm not going to say opening up wasn't hard because it was. The focus for me was to get better, so I just made it into a little checkpoint of where I wanted to go.*

I asked to go see a psychologist. It's really not a big deal. Sometimes it's better, perhaps easier for some, to talk to a professional. After I started learning different coping skills in my sessions, I would still go, because that allocated time to simply focus on myself really helped.

I still have bad days just like everyone else. Progress isn't linear, it's full of bumps and ups and downs. But the difference now is that I know how to get through it and I know who I can count on to support me. To open up was hard but I'm glad I did it.

AUSTRALIANS CONTINUE MAKING A SPLASH ON THE WORLD SURF SCENE



Sally Fitzgibbons claiming victory at the Oi Rio Pro 2019

In the last week of June, the best professional surfers from around the world came together in Brazil to compete in the World Surf League Rio Pro competition. The event comprised of four rounds, with anywhere from two to four surfers looking to lock in big points for their two highest-scoring waves each scored out of ten points.

In the men's competition, Filipe Toledo and Jordy Smith were the final competitors standing with Toledo taking out the championship in front of a home crowd. The Brazilian won with a 9.37 wave and a total score of 18.04, trounc-

ing his opponent by an astonishing 9.61 points.

Australian Stephanie Gilmore went into the competition ranked number one, yet finished third, with fellow Aussie Sally Fitzgibbons stepping into top place. Fitzgibbons has had a great season so far, achieving great scores to set her up for the Yellow Jersey. Although the year has comprised of the typical challenges that all professional sports competitions hold, she uses the waves as a way to relax, stating that "when I get wound up, stressed and tired I turn to the ocean for relief and to re-ener-

gise, it always seems to calm me and help put things into perspective."

The Australian men in the international competition have made just as much of a splash with Ryan Callinan and Julian Wilson tied for ninth place on a grand total of 16.810 points. The two have both faced massive setbacks in the past but have used their sport as a way to overcome the challenges in their lives. Callinan's family life has been a struggle at times as both his parents passed away within 15 months of one another. Wilson faced some setbacks in his family as well when his mother

was diagnosed with breast cancer and successfully combated two rounds of the deadly condition. Wilson's positive mindset has helped him through the tough times in life, though, explaining that "it's a long year, and there are going to be ups and downs, but you just have to take the positives and be patient."

The international surf scene will continue into the final months of the year with the Pan American Games in late July closely followed by the ISA World Surfing Games.

Trivia Time with Daniil McIntyre

Q1) What do you call the offspring between a grizzly bear and a polar bear?

Q2) How many strings does the common banjo have?

Q3) Who voices Simba in the new live-action Lion King?

Q4) What is the capital of Morocco?

Q5) Which philosopher was quoted as saying "God is Dead"?

Q6) Mack Horton recently protested against which fellow swimmer?

Q7) What is the main ingredient in tabouleh?

Q8) In what year were East and West Germany united?

Q9) How many accused witches were burnt in Salem?

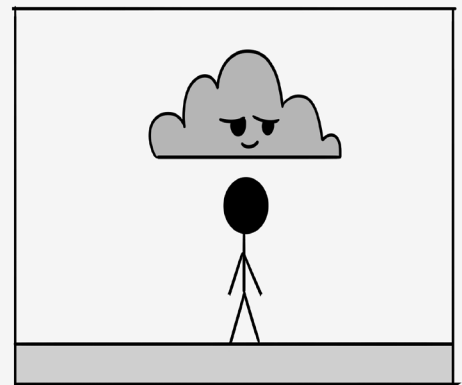
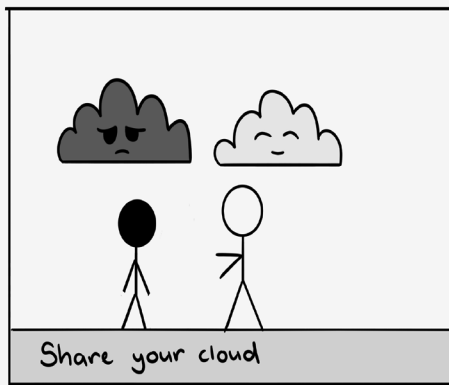
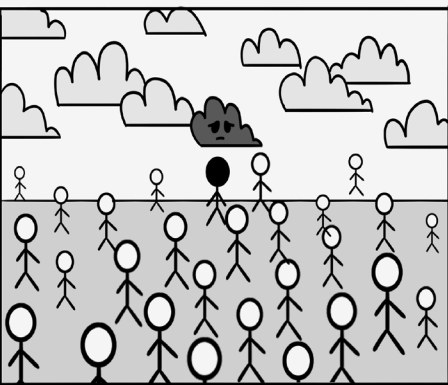
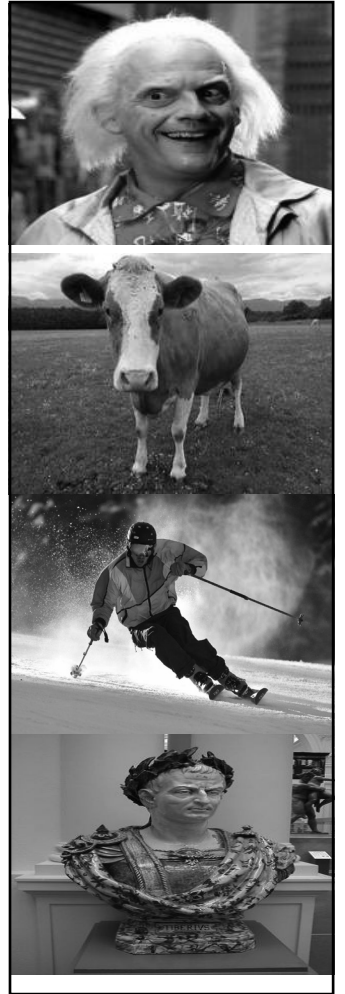
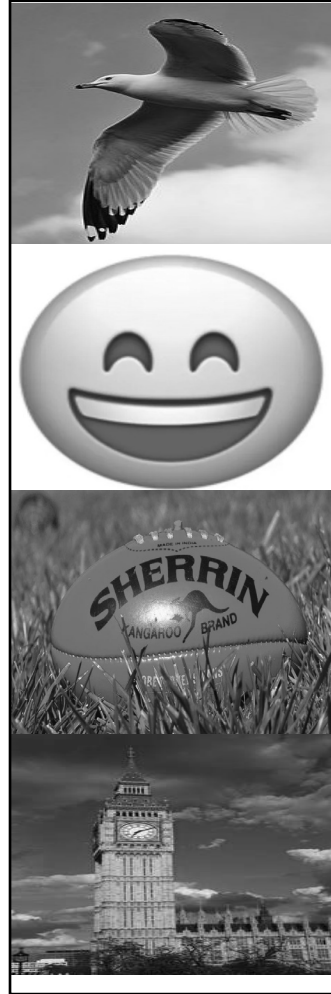
Q10) You can't taste food without saliva. True or False?

Q11) What does HTML stand for?

Q12) Which of the four main Beatles was the eldest?

NAME THE TEACHER:

Guess the teacher represented by the four pictures in each of the columns below



Artwork by Nelly Bowyer and Hannah Smith

MENTAL HEALTH FUNDING INCREASES

Victorian Government addresses Mental Health Crisis

Recently, the Victorian government has shown more interest in its mental health sector, acknowledging that Victoria has been greatly affected by this lack of funding towards mental wellbeing. Evidenced by a new KPMG report for Mental Health Victoria, the mental health system was found to be drastically underfunded, with access to "services at 39% below the national average." In saying this, recently \$170 million in extra support has been added to the mental health sector from the state government's 2019-20 budget.

So where is all this money going? Nearly 60 new hospital and rehabilitation beds will be created costing around \$30 million and community-based treatment for at least 7000 people. As well, \$19 million will be spent for Victoria's

Fixed Threat Assessment Centre to put specialist mental health services in place to engage 'high risk individuals' ensuring they receive the help they need. Further, around \$6 million will be put towards the education and training of staff within the Mental Health Complaints Commissioner. More than \$8 million will be used to support Indigenous Australians with severe mental illnesses and \$3 million to support asylum seekers in their community. Finally, the costliest project of all: more than \$70 million will be funnelled into end-of-life care support, including a 24/7 helpline and palliative care.

Now it is up to us to decide if the government is spending an adequate amount on mental health funding in the way they claim.

by Alexandra Solomos

YOUTH PARLIAMENT 2019



Youth Parliament 2019 involved 120 young Victorians from all over the state travelling to Melbourne to advocate for important issues. The participants on the day focused on multiple matters while the Hobsons Bay team passed their bill for Mental Health Days in Secondary Education 2019. Involving two Williamstown High students - Olivia Vlahakis and Max Bulchholz - this team managed to pass their bill through the Legislative Council at Parliament House.

This bill was designed to promote positive mental health and to eliminate stigma around the topic by giving students a certain number of men-

tal health days per year. Their attendance will not drop if they miss a day of school for their mental health purposes. The construction of this bill was a group effort of young adults from Hobsons Bay.

Along with the politics, the camp this year held a wide range of events, spanning from participating in an episode of Q&A, to a giant paint battle in the middle of a field. The range of activities that this YMCA run camp provided encouraged leadership, teamwork and promoted youth interest in politics. This amazing camp is highly recommended for all young adults aged 16-25!

by Olivia Vlahakis

ASK ANYTHING by Anon

I want to get involved with school events more but I don't really know how to start and am a bit scared

Getting involved with more clubs

It's super easy to get into clubs at Willi; there are heaps of posters and signage for various clubs that run in the school. There's one out there for everyone! Clubs such as Writers Club, Card Club, Environmental Club, Equality Club,

Games Club and KVLT - just to name a few - are always looking for members. Look out for some and usually, they have events running within those clubs. This is a fantastic chance to meet new people and contribute to the community.

Talking to friends about the events you're interested in

Talking to others about things you're interested in can develop into broadening connections. Friends

can give you that extra push to try out something new or sit in for a club. Sometimes it's hard to do things alone but if you do them with another person it becomes easier to face fears.

Chat to Year 12s, leaders, SMLs, teachers etc.

These people are your most knowledgeable resources. Year 12s might be busy but they're pretty helpful if you are genuinely keen to join school-run

events; we are passionate about a ton of things that we hope will continue after we're gone. So, please don't hesitate to get involved. Specific leaders such as our School and Vice School Captains are very approachable and always welcome students who want to volunteer with events and even for a chat.

Hope this helps.

Senseofships

Q&A WITH HOBSONS BAY YOUTH MENTAL HEALTH SUPPORT OFFICER: JADE NOLAN

I had the opportunity to interview Jade Nolan, a youth mental health support officer from the Hobsons Bay UP Youth Services. She discusses the importance of seeking help and taking care of yourself while providing information about her experiences with helping young people taking care of themselves.

1. What are the most frequent mental health issues you see in teens daily and are there common patterns between cases?

The five most common mental health problems in Australia (and across the world) are: anxiety, depression, substance misuse, eating disorders and psychosis. The most common mental health problems that we see in our youth service are anxiety and depression. Young people also commonly seek help for stress, pressure, bullying, body image, self-esteem and family conflict. One common pattern is that young people often try to cope by themselves for a long time without asking for help and support with

their troubles. Sometimes their feelings get worse over time and might escalate to crisis proportions before they ask for help.

2. What do you think is the best thing teenagers could be doing to improve their mental health and wellbeing?

It seems simple, but the things that you can do to improve your mental health and wellbeing are the same things that will improve your overall health and wellbeing - eat healthy food, exercise, get enough sleep, spend time doing activities you enjoy, socialise and spend time with people that make you feel good. Reduce negative influences (eg. alcohol and drugs, crime, unhealthy relationships), and talk to someone supportive that you trust about any problems as early as possible. If you don't get a helpful response at first, don't be discouraged - keep trying until you find someone who can help.

3. What advice would

you provide young students who are trying to balance between school, social life and activities while staying mentally healthy?

This is a tricky life skill that adults and young people alike struggle with! Learning skills in time management and study planning can help, but it is important to remember self care and everything spoken about in question 2, including asking for help when you need it. Other things that can help are: seeing the big picture/putting things into perspective; focusing on results and outcomes rather than marks; celebrating achievements, remembering nobody is perfect; and knowing that sometimes we learn more from our mistakes than our successes.

4. What would you say are some things that you have personally learned about the nature of the human mind while being a youth mental health support officer?

We are all unique individuals who are shaped by our nature and our environment. People do the best that they can with the information and resources that they have available to them at the time. People are inherently capable, able to solve their problems and



navigate their path in life.

5. What can students do to help their friends and peers who may be having a hard time?

Don't ignore your suspicions if you think a friend is having a hard time - ask if they are ok and check in with them.

Don't judge, listen and be supportive.

Connect them to adults that can help - the school counsellor, local youth service, headspace or telephone/online support.

Be a good friend - spend time with them, talk with them, do fun activities together, encourage them and reassure them that things will get better.

by Ruby Glynn

THE SOUR TRUTH ABOUT SUGAR CONT'D

Photo credit: Sarah Brady



reduce the body's ability to respond to stress, making it harder to overcome feelings of anxiety. Mood disorders: Feelings of depression and schizophrenia can be increased with the fluctuation of sugar in the body. A high sugar diet can also make these conditions more likely to develop. An abundance of dopamine or hormones of sugar, can also cause these conditions to occur due to the reward system it creates within the body

that leads to addiction.

But don't worry, simple reductions in sugar can greatly reduce your risk of developing certain conditions. Making a conscious effort to decrease the overall percentage of sugar in your diet can increase your energy, health and happiness. But you should never feel the need to punish yourself for having some sugar - all in moderation!

by Sara Colodonato

Stripes and Gripes

Film Reviews with Nicole Toma

The Lion King Walt Disney Pictures

Intro:

Welcome back to another edition of Stripes and Gripes with a chick who takes this job way too seriously, me! In this issue, I will be reviewing Disney's "live-action" remake of *The Lion King* starring Donald Glover, Beyoncé Knowles-Carter and many more incredible actors (seriously, the cast is composed of a bunch of talented individuals.)

Stripes:

Now listen, I, along with many others who grew up watching the original, was extremely iffy with the prospect of remaking the Disney classic that is *The Lion King*. I felt that it didn't need to be remade at all, but did I still get an overwhelming sense of nostalgia while watching it? Heck yes! The animations of the landscape and settings are incredible - even I expected David Attenborough to start narrating at any minute - and you would even believe that Pride Rock is a real destination in Africa. Frame-by-frame it is practically identical to the 1994 version - something that you can debate among yourselves to see whether that's a good thing or not - and it was spectacular to see everything come to life; truly goosebump-triggering. As well, you cannot imagine my excitement upon hearing James Earl Jones in his distinctive voice for Mufasa; it tugged at the heart-strings and took me back to the entirety of my childhood where

I watched the original film on repeat until the DVD skipped. In having him return to voice Mufasa, it allowed for a bridge to be made between the original and the remake, which was something I didn't know I needed so badly. I found myself looking for crossovers between the two films all throughout - granted, there were perhaps too many - but the best was by far Jones' characteristic voice. The cast was (mostly - more on that later) incredible. Jones, Glo-

mine the same - see? Not as cynical! I imagine we're all familiar with the hashtag "#Notmy" followed by any proper noun and so I would like to enforce one that I have seen floating around for some time: #NotmyScar. When the first pictures were released of what the live-action characters looked like, I found it hard to distinguish the difference between Simba and Scar - aside from mangy-looking fur - and how did I make such an odd mistake? Because Scar

sorry, but not having Nathan Lane return to voice Timon completely threw me. I'm unsure if his voice is completely ingrained in anyone else's head when they see Timon, but it is for me and I did not like the change. It is basically sacrilege! Now, is this film adorable? Absolutely! But do I feel that I only loved it because I love the original so incredibly much? Perhaps. I am in no way saying this film is terrible - it is far from it - yet the original has such particular connotations that cannot be met twice; the remake felt a little too serious at times and disregarded the fun-loving scenes that littered the original - such as the Luau scene.



JD McCrary voices Young Simba in this remake

er, Knowles-Carter and Chiwetel Ejiofor stole the show for me and were able to carry the characters with ease, which was something I was skeptical of at first. If you hold the original film close to your heart and are worried to watch the remake, trust me, you should. The actors, director and writers do it justice.

Gripes:

I've seen all the raging reviews of disappointed critics and I don't want to make

does not have his familiar and glorious black mane! I was outraged! Also, it doesn't feel right to call it a "live-action" remake when the animations were created in the London offices of visual effects company: MPC and even if the effects were incredibly beautiful, as mentioned before, it's hard to make an animated lion emote. It just is. Their mouths weren't designed to have them speak nor show any emotion on their cute little faces. Also, I'm

Final thoughts:

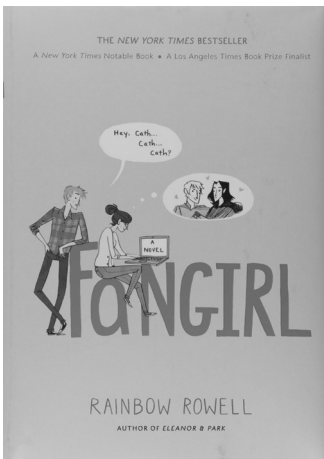
All in all, *The Lion King* is beautifully made, yet it never justifies its need to be remade. If someone asked me which version to watch if they hadn't seen either before, I would without a doubt say the original. Not that this version is horrible; it's not, but it's just not better than the original, and that seems to be the point with any remake of a classic, whether it be Disney or not. That is not to say I didn't enjoy my time watching the film - I did - but I do want to put forth a slight warning: you may feel the love tonight, but perhaps not as much as before.

Rating:

★★★★

Now showing at the
Sun Theatre
Yarraville

REVIEWS & THINGS TO DO



Fangirl **Rainbow Rowell** **Pan McMillan**

Written by Rainbow Rowell and first published in 2013, *Fangirl* is a young adult novel focusing on the life of Cath, a young adult, as she goes to college with her twin sister for the first time and learns to deal with change. This popular novel told from Cath's perspective allows the readers to put themselves in the main character's shoes, vividly picturing Cath's experiences whilst also keeping readers invested and guessing. Throughout *Fangirl*, Rowell weaves a realistic portrayal of relationships and how they can work. Similarly to her previous novel, *Eleanor & Park*, Rowell's second novel grips the readers in an emotional description of a plausible life. The ability to make her audience feel as if they are on the journey of the protagonist is a skill Rowell has mastered.

However, Rowell leaves her devoted readers always wanting more. Many of her novels don't have a closed ending, mirroring the realities of life. These soft cliffhangers aren't recommendable for those who enjoy ending a book with a finished storyline. Rowell's books are instead preferable for those who are content with not having a happy-ever-after ending.

'Fangirl,' is an oldy but a goody and is awarded a review of four bookworms.
by Olivia Vlahakis

Equality Club

One of the amazing clubs that our school offers is Equality Club! Equality Club is a space for students to come together and discuss inequalities within the school and the community, and how we can overcome these. This club takes on various projects, in which the rest of the student body can also unite in, to celebrate and educate themselves on diversity. Our next project is going to be a Resource Zine, and we are looking for more people to get involved in its creation! We would love to have you join our wonderful club. We are located in A0, every Tuesday at lunch.
by Abby Zappa

NAIDOC WEEK

I would like to first acknowledge the country that we are on today, Ngali na jugun Ngali garima mala jugun We belong to this Country We look after this Country Ngay nyuhmba gara gihng Wurundjeri jugun, BoonWurrung jugun and ngadjang-gali Bunjil

I show my respect for Wurundjeri Country, BoonWurrung Country and extend that respects to Bunjil the great creator ancestor of the Kulin nations.

I pay respects to elders past, present and emerging and acknowledge that the sacred sovereign Country of the Kulin Nations and declare that this sovereignty has never been ceded.

From July 15-19 our school participated in NAIDOC week with the unveiling of the Indigenous mural near the canteen created by artist Brian Martin, an ANTar workshop in the library providing information regarding the experiences of Aboriginal and Torres Strait Islander peoples and documentaries playing at lunchtimes throughout the week.

NAIDOC week is a week where Australia celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This week is also a time to reflect on the damaging part of our history that made oppression, dispossession, racism, genocide and removal of identity with one's culture and family, acceptable and reflect in a manner that acknowledges this as truly devastating. We now look to empower Aboriginal and Torres Strait Islander peoples so that our history, stories and culture continues to thrive in this society so that we can not only teach our own people but other Australians about ourselves and our importance. It's so impor-

tant for everyone to get involved and it was great to see such an amazing turn out at the city march.
by Oskar Martin

Grease **School Production**

Ninety-three talented students. Five amazing teachers. Seven magical shows. *Grease* has been the biggest production Williamstown High School has ever put on. With over eight months of auditions, after school and holiday rehearsals, the students of Williamstown High both from the Bayview and Pasco campus' have come together to perform this amazing musical. Almost every show was sold out and as the nights went on, the cast and crew grew closer together. With inside jokes and new friendships made, our *Grease* production will be one to remember. Thank you to all who came to support the cast and crew, all who helped produce this phenomenal show, and of course Mr Commons for putting in hours and hours of dedication to make this musical possible.

by Lilliana Vella



Grease Cast. Photo credit: Thomas Webb

PERSISTENCE
Don't you
Scribble out the roads
I wish to take
I will walk them

by Olivia Vlahakis

Health and Wellbeing Workshops



Happy mind Happy life

Adolescent stress is very common, so recognising stress and learning how to reduce symptoms are important life skills. Some things that can contribute to stress for young people today include; study worries, social media, relationships, family conflict, self-identity and high expectations. This three week workshop will teach young people in year 11 & 12 a set of skills that will help them reduce stress and physiological tension. The workshop will focus on mindfulness and relaxation practice that is inclusive of many diverse methods.

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| DATE | Wednesday 16, 23 and 30 October |
| TIME | 4.30pm - 5.30pm |
| LOCATION | Hobsons Bay UP -Level 1 Aspire Lounge Newport Community Hub |



To register go to www.hobsonsbay.vic.gov.au/wellbeingworkshop and fill out the Health and Wellbeing workshops form/s or call UP services on 03 9932 4000.

