



Not ordering a printed diary?

We have a range of solutions that can still cater to your needs.

Removing the printed School diary is not an easy task. While often overlooked, the School Planner is actually a core component of the School's tradition and plays three key roles.

The School diary is:

- ✓ An organisational tool to teach students the essential skill of time management
- ✓ Communicates School policies and standards of behaviour
- ✓ Nurtures student wellbeing.

With this in mind, here are some organisational and wellbeing tools MyDiary can provide that can help fill the gap.

Create A Web-Viewable, Digital Parent Handbook

Provides parents with an easy-access digital handbook. Allow our design team to create customised covers and School policy pages (similar to the content that you would add to your School diary). This handbook can be published to your School website, newsletter, social media or emailed directly to parents.



- ✓ Full Colour
- ✓ Fractional Cost
- ✓ Digital Delivery

A Printed Student/Parent/Teacher Handbook

The school community may need to be reminded of key school policies such as:

- ✓ Bell Times
- ✓ Uniform Policies / Uniform Shop
- ✓ Bullying Policy
- ✓ ICT policy
- ✓ Homework Guides
- ✓ Assessment Policy
- ✓ Code of Conduct
- ✓ Mobile Phone & BYOD Policy
- ✓ School Values & Ethos
- ✓ Online LMS Navigation
- ✓ Student Rights & Responsibilities
- ✓ Cognitive Verbs

Extract essential policy pages from your School diary and produce a handbook.

- ✓ Cheaper production costs than a school diary
- ✓ Physically printed so you can ensure its distribution to all the students on their first day of school

Handbooks become a great tool in the first week of school for teachers to use to:

- ✓ Help set standards of behaviour
- ✓ Show navigation around the school and evacuation procedures
- ✓ Key resources – Who to go to for help?

Student Handbook Inserts:



Whiteboard Insert

This new board acts exactly like a whiteboard. You can write on and rub off WITHOUT SMUDGES!!!!

Traffic Light Cards

This popular insert allows students to fold over their Handbook to either a red, amber or green coloured card to indicate to the teacher what level of assistance they require.

Term Planners

Perhaps you are an event centric School and want to provide a thorough calendar of events and sporting fixtures? Our team can create a large planner with the School's calendar of events, week and day rotations alongside term goal settings.

Year 12 Term Planner – 2022, Term 1								Term Goals		
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal 1:	Target date:	
1A	31 January Staff Day 3 10 to 12 Boarders arrive by 8pm	1 February Classes commence for Term 1 Rowing: Training at Cress 10 to 12 Day Students arrive by 8am	2 February	3 February Headmaster's Assembly	4 February Academic Prize-Giving Evening 7pm Followed by Supper for Prize Winners and Staff Parents/Careers	5 February Cricket & Tennis: RC Basketball: R2 v Scots (H) Rowing: NSW State Championships SRC (Sor & Y12 1st VIII)	6 February Cricket & Tennis: RC Basketball: R2 v Scots (H) Rowing: NSW State Championships SRC (Sor & Y12 1st VIII)	Boards return by 8pm. Mass 8.15pm	To reach my goal I will:	I will need help with:
2B	7 February Y12 Senior Retreat (Y12 Students) Swimming: GPS Open Relay	8 February Y12 Senior Retreat (Y12 Students)	9 February	10 February	11 February Swimming: GPS (Share)	12 February Cricket & Tennis: RC Basketball: R2 v Scots (H) Rowing: NSW State Championships SRC (Sor & Y12 1st VIII)	13 February	Student reflection: Did I achieve my goal? <input type="checkbox"/> Yes <input type="checkbox"/> No. If 'no' – what do I need to change to be able to achieve my target?		
3A	14 February	15 February	16 February	17 February Headmaster's Assembly Y12 Student Information Evening – 6.30pm	18 February FED Cup Debating (R) v Barker (H) ISDA Debating (R) v Scots (H) Swimming: GPS (Share)	19 February Cricket & Tennis: RC Basketball: R2 v Scots (H) Rowing: Riverina Gold Cup (Lance Cove) (Sor & Jnr)	20 February	Goal 2:	Target date:	
4B	21 February	22 February	23 February	24 February	25 February CSDA Public Speaking (R) FED Cup Debating (R) v Mackay (H) ISDA Debating (R) v Auchen (H) Swimming: GPS Competition Carnival 3 (SOPAC)	26 February Cricket & Tennis: RC Basketball: R2 v Scots (H) Rowing: Sydney Rowing Club Regatta SRC (Sor & Y12 VIII)	27 February	To reach my goal I will:	I will need help with:	
5A	28 February 2022 College Musical Production	1 March 2022 College Musical Production	2 March 2022 College Musical Production Ash Wednesday	3 March 2022 College Musical Production Headmaster's Assembly	4 March 2022 College Musical Production CSDA Public Speaking (R) FED Cup Debating (R) v Koon (H) ISDA Debating (R) v Auchen (H) ISDA Debating (R) v Kambala (H)	5 March Cricket & Tennis: RC Basketball: R2 v Scots (H) Rowing: Sydney Rowing Club Regatta SRC (Sor & Y12 VIII)	6 March	Student reflection: Did I achieve my goal? <input type="checkbox"/> Yes <input type="checkbox"/> No. If 'no' – what do I need to change to be able to achieve my target?		
6B	7 March Indigenous Culture in Curriculum	8 March Year 12 Half-Yearly Examinations	9 March Year 12 Half-Yearly Examinations Y12 & Y7 Buddy Mass	10 March Year 12 Half-Yearly Examinations	11 March Year 12 Half-Yearly Examinations FED Cup Debating (R) v Koon (H) ISDA Debating (R) v Auchen (H) Swimming: GPS (SOPAC)	12 March Cricket & Tennis: RC Basketball: R2 v Scots (H) Summer Sports Photos	13 March	Goal 3:	Target date:	
7A	14 March Year 12 Half-Yearly Examinations	15 March Year 12 Half-Yearly Examinations	16 March	17 March Headmaster's Assembly	18 March Fest of St Joseph Mass FED Cup Debating (R) v Koon (H) ISDA Debating (R) v Auchen (H)	19 March Cricket & Tennis: RC Basketball: R2 v Scots (H) Rowing: Sydney Rowing Club Regatta SRC (Sor & Y12 VIII)	Boards return by 8pm. Mass 8.15pm	To reach my goal I will:	I will need help with:	
8B	21 March Cricket Athletics Carnival	22 March	23 March	24 March	25 March FED Cup Debating (R) v Koon (H) ISDA Debating (R) v Auchen (H) Swimming: GPS (SOPAC)	26 March Rugby & Football Internals	27 March	Student reflection: Did I achieve my goal? <input type="checkbox"/> Yes <input type="checkbox"/> No. If 'no' – what do I need to change to be able to achieve my target?		
9A	28 March National Rowing Championships SRC	29 March National Rowing Championships SRC	30 March National Rowing Championships SRC	31 March National Rowing Championships SRC Headmaster's Assembly	1 April National Rowing Championships SRC FED Cup Debating (R) v Koon (H) ISDA Debating (R) v Auchen (H) Y10 & Y12 Short & Sweet Drama Festival	2 April National Rowing Championships SRC Rugby v Mount Carmel Athenian & St. Gregory's (H)	3 April	THE ICEBERG ILLUSION		
10B	4 April Staff Day Last day of classes for Term 1 Students leave from 8pm	5 April	6 April	7 April	8 April Staff Day Trainik. Coaches leave from 8.30am	9 April	10 April	What people see... What people don't see... A SUCCESSFUL LEARNER NEVER GIVES UP!		

Our team can provide you with a full colour version of your School diary with wellbeing content to be distributed as a PDF.

✓ No printing costs.



About The College

Mission Statement

We seek to provide a liberating education that is founded on the principles of excellence and equity.

We celebrate our Gospel spirituality through opening our hearts to the Jesus story and nurturing the faith journey of each person in our Rostrevor College family.

We strive to be an inclusive community that welcomes each member with deep respect for their individuality and uniqueness.

We reach out to those at the margins in a spirit of solidarity and justice, seeking to form young 'men for others' who will make a positive difference.

All members of the Rostrevor College community commit themselves to the values of the College and the vision of Edmund Rice.

Rostrevor College Coat of Arms



The Rostrevor Coat of Arms, or College Crest, is an adaptation of the first crest of the Congregation of Christian Brothers. This particular crest has a long history during which it has experienced a number of variations. The present version has been the Rostrevor College crest since its foundation except for the motto which was changed from "Signum Fidei" (Sign of Faith) to "Palma Merenti" in 1948.

The large red star signifies the virtue of Faith and the Cross above it symbolises Christ and our Christian Faith. The laurels (palm) of the crest are symbolic of practices from ancient times. We are reminded of the early Christians who as martyrs gave their lives in fidelity to Christ rather than deny Him, and thus earned the 'palms of martyrdom'. It was

customary in ancient times to present a wreath of palms as a reward or an acknowledgement of effort and achievement. Hence, "Palma Merenti", – the reward to the one who earns it – is a challenge to Rostrevor students to strive, to be willing to make the necessary efforts, to do their best in whatever they do and to reach their goals in life so that they may earn the reward of a life lived well.

Founding of Rostrevor College by The Christian Brothers – 1923

The Christian Brothers came to Adelaide in 1878 at the invitation of Archbishop Reynolds and established their first school in South Australia, Christian Brothers' College (C.B.C.) in Wakefield Street, Adelaide. Classes commenced at this College in January 1879 with 68 pupils.

Upon their arrival in Australia from Ireland the Brothers were welcomed warmly by the Catholic people who gave them generous support in the establishment of their schools for Catholic boys. Of particular significance to this short history of Rostrevor is the support for the Brothers offered by Catholic parents in the country districts and the Brothers' response to those people's generosity and their special needs in providing a Catholic Education for their sons. In 1880, to help overcome the difficulties experienced by Catholic parents in the country, the Christian Brothers decided to establish boarding schools for these boys. The first boarding school conducted by the Christian Brothers anywhere in the world was that established at Christian Brothers' College, Wakefield Street, in Adelaide, when, in 1881, a small number of boys took up residence with the Brothers in their own house at the College.

For the next 42 years Boarders attended Christian Brothers' College. From the humble beginnings of sharing the Brothers' own house, the Boarding School developed into a thriving establishment at the College. An extra building (still in use at C.B.C.) was

erected and about 60 boarders were accommodated. However, as the inner city site at Wakefield Street became unsuitable for boarders a new property was sought and eventually, in December 1922, the Brothers purchased the Rostrevor Estate at Magill.

This large property contained, in addition to the stately Rostrevor House, its coach house, caretaker's residence, stables, and extensive orchards of oranges, lemons and stone fruits. The previous owner of Rostrevor had been a nurseryman and so the property had extensive and well-kept gardens. On the property was a large lake to provide the property's own water supply. The years since February 1923, when the Brothers obtained possession of the property have seen a considerable transformation to the property and yet much of its original beauty has been retained.

It was the main residence, Rostrevor House, which was, and still remains, an outstanding feature of the property and which became the nucleus of the new school. In this building accommodation was provided for the Boarders, the Brothers and some of the classes. From the time of taking possession in February 1923, a large new Chapel (on the site of the present theatre), five classrooms and a chemistry laboratory were built before the College could be opened. By the end of the first term these facilities were ready and so after the May vacation classes commenced at Rostrevor College on May 29, 1923.

Brother Purton was appointed Headmaster of the new college and he, with three other Brothers, McMahon, O'Sullivan and Dean (replaced later in the year by Br Coghlan), all of the boarders and all students in the Intermediate, Leaving and Leaving Honours classes transferred to Rostrevor. Some day-scholars joined the junior grades and from the beginning there were classes from the very junior grades to Leaving Honours at Rostrevor. For many years after 1923 students from C.B.C. transferred to Rostrevor after Intermediate to study for Leaving and Leaving Honours, thus maintaining a very close link

About The College

between the two colleges. In fact, sports teams were drawn from both until the early 1940's, when Leaving and Leaving Honours classes were re-established at C.B.C. From then on the two colleges became separate establishments.

By the end of 1923, Rostrevor was well established as a school. Throughout the year more facilities, including the bungalow for more accommodation for the boarders and extra classrooms, had been built and Rostrevor was able to settle down to a period of consolidation. That this was so after only one year was a great tribute to Br Purton's leadership and foresight and the efforts of the first Brothers and Students and it is very appropriate that we are reminded of his contribution to our school by naming the hall the Purton Auditorium and presenting Oratory Prizes in his name each year at Presentation Night.

One striking feature of these early years was the brilliance of the academic results. Five times in its first six years a Rostrevor student was placed first in Honour English and was awarded the prestigious Tenmyson Medal. These were Sidney Pick (1923, 1924 and 1925), Leo Doyle (1926) and John Funder (1928). In addition John Coffey was awarded the Leaving Tenmyson Medal in 1927. Sidney Pick was Dux of Rostrevor and placed first in the General Honours List in both 1924 and 1925. A review of the examination results of all the Rostrevor students reveals that the general standards were very high. Our foundation students certainly set high standards for future students to emulate!

During 1983, Rostrevor celebrated its Diamond Jubilee – 60 years contribution to Catholic Education in South Australia. The major project for these celebrations was the substantial renovation to the College Chapel. This saw restoration of the building itself, beautification of its immediate surroundings, redecoration of the interior, new seating at the front of the Chapel and a new pipe organ.



Organisation, Time and Stress Management

Organisation, Time and Stress Management

Organisation

Declutter!

Get rid of the items you no longer need or serve you to ensure you are in a clean and clutter free workspace.

Use your diary

Writing down your events, tasks and to-dos can help keep you on track and not forget about things!

Plan ahead

Being prepared will help reduce any last minute stresses. You can do this by packing your school bag and making your lunch the night before. Check your diary to see if you need to bring anything extra to school, like your PE kit. Also set your alarm a few minutes earlier than normal allowing you to wake up slowly and calmly.

Everything has a place

Create a space for different items. Use boxes or organise things into piles to ensure you know where everything is when you need it. Remember to put things back where they belong when you are finished with them.



Routines are important

Find your morning routine by waking up at the same time every morning, and going to bed at the same time every night. Routines provide stability and structure allowing you to accomplish other things during the day.

Time Management



10 ways to manage your time

- 1. Be realistic**
Homework and assignments take time, so be realistic about the time you will need to spend on each task.
- 2. Allocate your time**
Create a weekly schedule to determine how much time to spend on homework and activities. Don't forget to include time for rest and relaxation!
- 3. Write a to-do list**
Writing a to-do list every day or every week reminds you of the important tasks you need to focus on.
- 4. Remember the bigger picture**
It is important to have long-term goals in order to keep motivated. This allows you to set your short-term goals to lead to accomplishing your long-term goals.
- 5. Know which study method works for you**
Everyone learns differently, so find out what works best for you, whether it's studying in the library, in a group or with music.
- 6. Continually prioritise your tasks**
Decide which tasks on your to-do list need to be completed first by determining if they are urgent or important.
- 7. Find a dedicated study space and time**
Ensure the place you study is free from distractions so you can focus and complete the tasks efficiently.
- 8. Stop procrastinating**
Get started on the biggest task first and then do the smaller, quicker tasks.
- 9. Have a good support system**
Surround yourself with supportive family and friends, who will help and encourage you when needed.
- 10. Don't be afraid to say "no"**
There will be times where you will need to decline an invitation in order to study. Decline politely and perhaps suggest another more suitable time.

Stress Management

Stress is a physical reaction your body has to situations you find difficult or challenging.

Not all stress is bad, sometimes stress can be good as it can help a person become focussed and encourages change. It is when you are not able to be productive and feel so overwhelmed that you cannot concentrate, that stress is bad for you.

Symptoms of stress

Effects of stress on the mind:

- ▶ Being short tempered about things you wouldn't have been normally
- ▶ Being irritable with yourself and others
- ▶ Constantly worrying or anxious about things
- ▶ Being restless, biting your nails and pacing the room
- ▶ Sadness or anger
- ▶ Lack of concentration and focus
- ▶ Feeling very emotional and overwhelmed

Effects of stress on the body:

- ▶ Headaches
- ▶ Muscle tension or pain
- ▶ Fatigue
- ▶ Skin irritations
- ▶ Digestive issues
- ▶ Insomnia
- ▶ Increased blood pressure

Some ways to help manage stress:

Exercise

Exercise in any form, such as walking around the block, or dancing in your bedroom, can help with stress management. Being active boosts endorphins, improving your mood and can help you think clearly when you return.

Healthy eating

A healthy, balanced diet which includes fruits and vegetables will assist in keeping your body and immune system strong and healthy. When you eat better, you feel better too! Try to reduce or cut out caffeine completely from your diet as it can contribute to nervousness and insomnia.

Me time

Take some time out to just relax. You can do this by having a hot bath, meditating, reading a book, going for a walk outside or watching TV.

Reach out to others

Surround yourself with encouraging and understanding people, whom you can confide in when feeling stressed. It's important to talk to those you trust in times of need.

Laugh

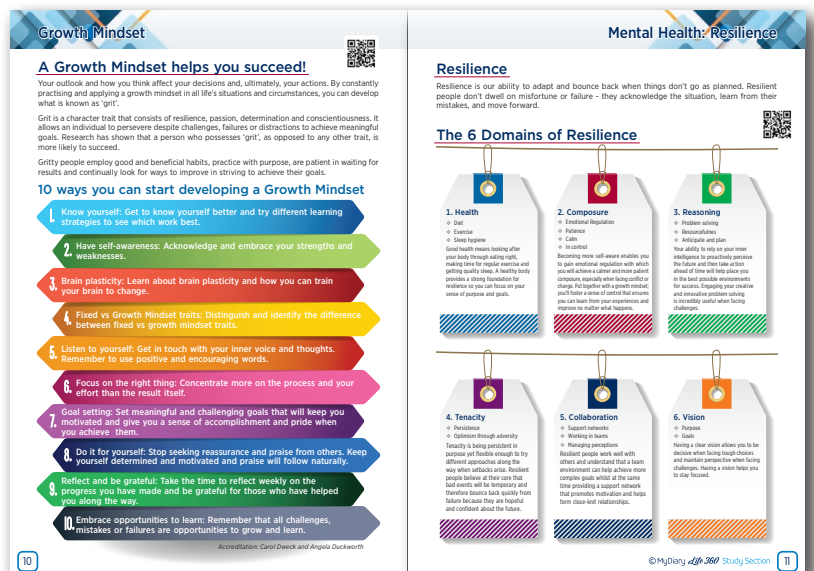
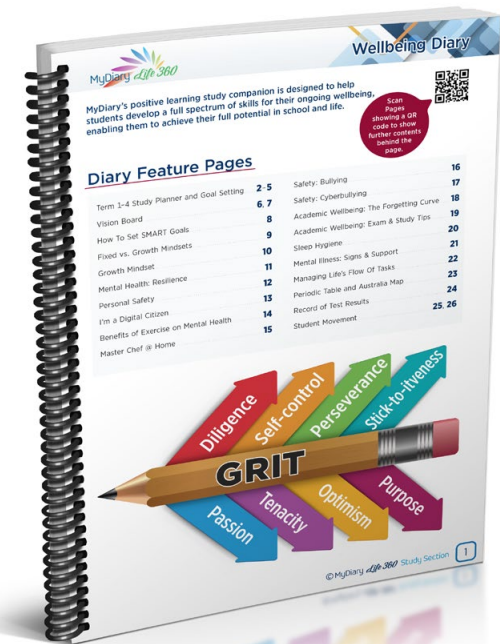
Watching a comedy or remembering something funny and laughing can lower cortisol - which is known as the 'stress hormone'.

Get enough sleep

Turn off social media and electronics one hour before bed, and try get at least 8 hours of uninterrupted sleep every night.



Wellbeing Journals



Supporting the wellbeing initiatives of Schools to foster resilient, confident and successful students, MyDiary can provide your students with a Customised Wellbeing Journal.

Select from our wide range of beautifully designed, relevant and engaging content to develop student social and emotion wellbeing.

Choose from:

- ✓ Gratitude Journal
- ✓ Reflective Questions
- ✓ Habit Tracker
- ✓ Bullet Journaling
- ✓ Wellbeing Stickers
- ✓ Growth Mindset
- ✓ Study Planners
- ✓ Vision Board
- ✓ How To Set SMART Goals
- ✓ Fixed vs. Growth Mindsets
- ✓ Growth Mindset
- ✓ Mental Health: Resilience
- ✓ Personal Safety
- ✓ IDigital Citizenship
- ✓ Benefits of Exercise on Mental Health
- ✓ Nutrition
- ✓ Bullying & Cyberbullying
- ✓ Academic Wellbeing: The Forgetting Curve
- ✓ Sleep Hygiene
- ✓ Mental Illness: Signs & Support
- ✓ Flowstate

ADD THIS SUPPLEMENTARY RESOURCE TO YOUR STUDENT HANDBOOK FOR A POWERFUL 2 in 1.