

# Why Students Need Paper Diaries – When everything is online

## A physical diary provides an offline capturing tool

The stream of incoming tasks are predominantly from online sources. It becomes very hard to tackle this using just another online tool.

A paper diary provides the mental separation that is needed to interject the “work noise” and provides the opportunity to turn this into a focus and prioritised list.

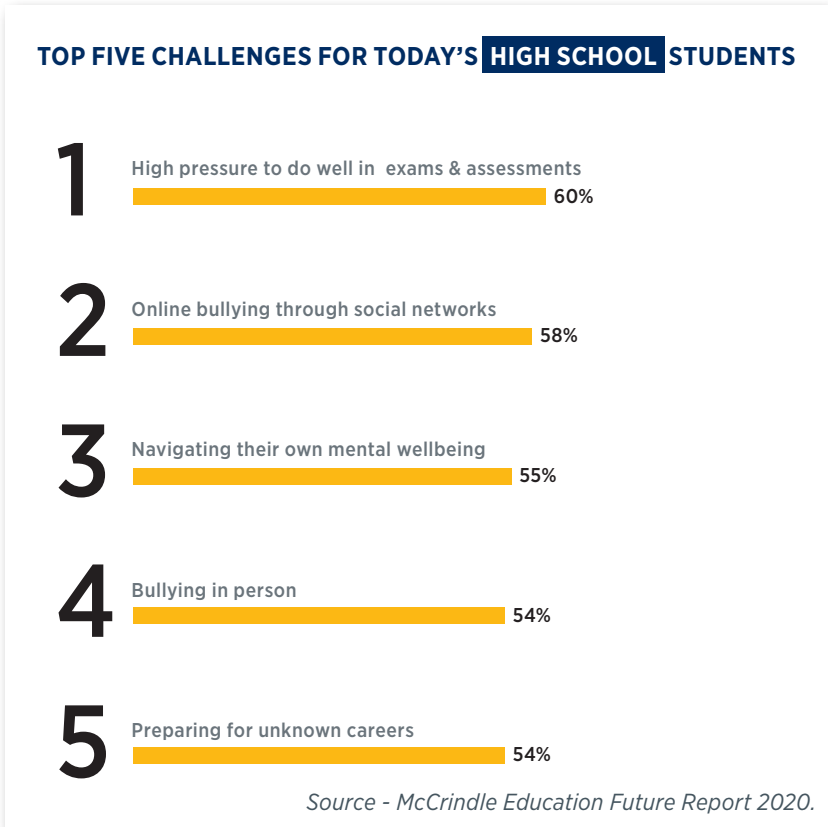
*The school diary is the interjection between noise and focus. It deals with what we call the “messy middle” and guides students to produce outcomes.*

## A physical diary develops student ‘offline’ executive function skills in order to harness the opportunities of ‘online’.

We’re not competing with technology or getting stuck in the dark ages. We’re embracing tech and developing the underlying skills students will always need to be able to organise/self manage themselves in a rapidly changing environment.

Students need to be able to manage digital distractions, learn how to do deep work, deal with cyber bullying and prepare for a career that might not even be invented.

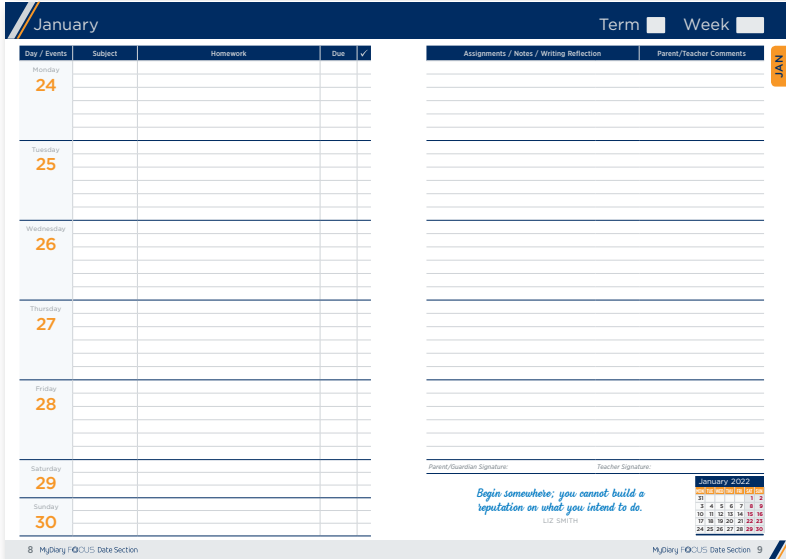
*Offline thinking time is essential to self development and diaries and journaling is a legitimate way to get students to do that.*



# How To Create Your Student Diary

**Step 1:** Select your Date/Homework Section based on focus/purpose of your diary.

**Step 2:** Send us images for your cover and content for your personalised pages so that we can design/redesign your diary.



MyDiary **FOCUS**

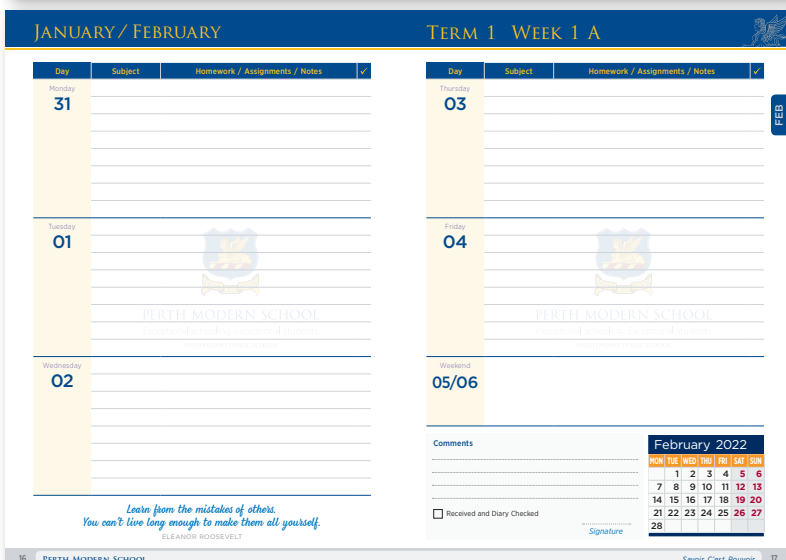
## MyDiary Focus

Less clutter,  
more productivity.



## MyDiary Life360

Supports wellbeing  
initiatives. Fostering  
resilient, confident and  
successful students.



MyDiary *Signature*

## MyDiary Signature

Built to order... a fully  
customised diary to reflect  
your school values and  
branding.

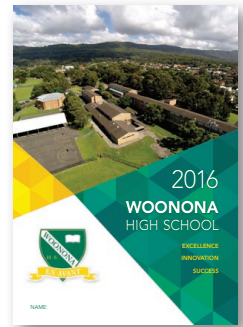
# Ordering Your Student Diary

## What's Included?

	MyDiary Focus	MyDiary Life360	MyDiary Signature
Date/Homework Section	No changes permitted to selected homework section design/layout. School events will be placed on a term planner in school pages		100% Customisable. School events written directly on each page.
<b>Personalised School Cover &amp; School Pages</b>			
Study Section	8 pages of absentee notes, study tips, student movement & test record keeping.	40+ pages of Australian curriculum based content	Pick and choose your favourite. Pages will add to your page count.
Cost Range	From \$5.95+gst	From \$6.95+gst	From \$7.95+gst

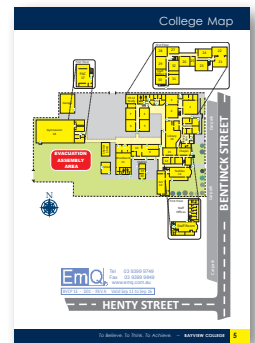
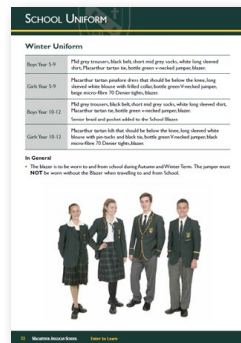
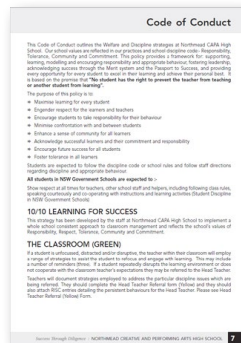
## PERSONALISED AND FULL COLOUR COVER

Create your own or select one from our extensive range of designs!



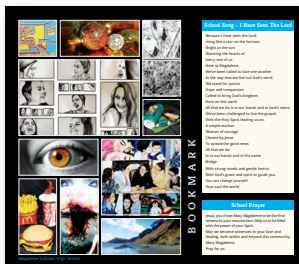
## SCHOOL CONTENT PAGES

Include your school contact details, school policies, uniform requirements, maps, hymns and prayers - just about anything! Pages can be in colour or mono.

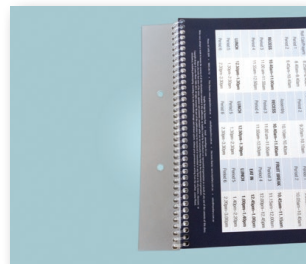


## OPTIONAL ADD ONS

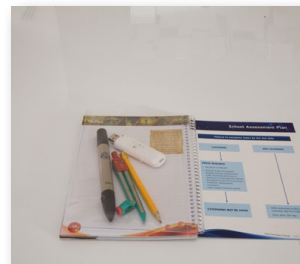
Add these handy features to your MyDiary.



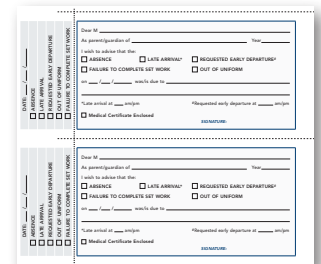
PERSONALISED BOOKMARK



FILE CONNECTOR



PLASTIC POCKET




PERFORATIONS

# Study Pages Previews

## Growth Mindset

Strive for progress not perfection.



**10 ways you can start developing a Growth Mindset**

**10 Embrace opportunities to learn**  
Remember that all challenges, mistakes or failures are opportunities to grow and learn.

**A Growth Mindset helps you succeed!**  
Your outlook and the way you think affects your decisions and ultimately, your actions. By constantly practising and applying a growth mindset in all life's situations and circumstances, you can develop what is known as 'grit'.  
Grit is a character trait which consists of resilience, passion, determination and conscientiousness and it allows an individual to persevere despite challenges, failures or distractions to achieve meaningful goals. Research has shown that a person who possesses 'grit', as opposed to any other trait, is more likely to succeed.  
Gritty people employ good and beneficial habits, practice with purpose, are patient in waiting for results and continually look for ways to improve in striving to achieve their goals.

**09 Reflect and be grateful**  
Take the time to reflect weekly on the progress you have made and take time to be grateful for those who have helped you along the way.

**08 Do it for yourself**  
Stop seeking reassurance and praise from others. Keep yourself determined and motivated and praise will follow naturally.

**07 Goal setting**  
Set meaningful and challenging goals that will keep you motivated and that will give you a sense of accomplishment and pride when you achieve them.

**06 Focus on the right thing**  
Concentrate more on the process and your effort than the result itself.

**05 Listen to yourself**  
Get in touch with your inner voice and thoughts. Remember to use positive and encouraging words.

**04 Fixed vs Growth Mindset traits**  
Distinguish and identify the difference between fixed vs growth mindset traits.


**03 Brain plasticity**  
Learn about brain plasticity and how you can train your brain to change.

**02 Have self-awareness**  
Acknowledge and embrace your strengths and weaknesses.

**01 Know yourself**  
Get to know yourself better and try different learning strategies to see which work best for you.

**00 It's all about changing the way we think!**

Love challengers, be intrigued by mistakes, enjoy effort and keep on learning.  
Carol Dweck

Find out more!  


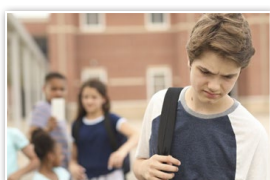
New Mindset New Results

Accreditation:  
Carol Dweck and Angela Duckworth

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## Safety: Bullying



**Bullying is never ok.**

Bullying is...

**REPEATED**  
Bullying is being mean to someone over and over again.

**INTENTIONAL**  
Bullies have the intention to cause psychological or physical harm.

**POWER IMBALANCE**  
The bully will use their physical power, popularity or access to information against their victim.

**Types of Bullying**

**Verbal**  
Name calling, teasing, making threats, rude or inappropriate comments.

**Physical**  
Tripping, kicking, punching, spitting, stealing or breaking your personal things.

**Social**  
Embarrassing you in public, deliberately excluding or manipulating you.

**Cyberbullying**  
Using technology to hurt you by sending hurtful or threatening messages, pictures or comments.

If people are trying to bring you down, it only means that you are above them.


## How to Stop The Bully

*If you don't like me and still watch everything I do... You're a fan!*

- Report the bullying.** Bullies can't bully for long if they are getting caught. The beginning of getting a bully to stop has to start with an authority figure. So, each time someone bullies you or someone you see, tell a trusted adult. If it happens at school, tell a counsellor, a teacher, or the Principal.
- Put on a brave face.** When you let a bully know that you are afraid of them, it is like giving them power. If you give them power, you may find that the bullying gets worse. So, put on a brave face and never show your fear.
- Have a friend around.** Bullies are reluctant to go after someone who has backup. Bullies usually pick out the weakest person they can find, and there is strength in numbers. So, stop a bully by having a friend on hand all the time.
- Avoid the bully.** There are some situations where bullying is worse because there is no adult or authority figure around. So avoid putting yourself in these situations where possible. Consider on the playground staying where others can hear and see you.
- Ignore bullies.** A lot of what bullies do is for a reaction. They say or do things to see what you will do. If you want to stop a bully, just ignore their efforts and soon they will find someone else. Whether it is bullying online or in person: ignore, ignore, ignore.
- Control your feelings.** As mentioned previously, bullies look for reactions - don't give them one and soon they will grow bored and move on.
- Stand up for yourself when it gets bad.** If a bully is physically harming you, ruining your reputation, or something else then don't put up with it. Instead, say the words like, "Stop" or "Don't" and make sure they know you are done taking their bullying.
- Don't bully back.** It is good to say 'no', but don't bully in return. You don't want to be on the same level. Instead, tell someone that they are bullying you, and then do your best to ignore it and get away.

**You never look good trying to make someone else look bad!**

## Safety: Cyberbullying



**How Do You Stop Being Bullied Online?**

**Don't respond to a bully online.**  
If someone bullies you, remember that your reaction is usually exactly what the bully wants. They want to hurt or embarrass you. It gives him or her power over you. Who wants to empower a bully?

**Save the evidence.**  
The only good news about digital bullying is that the harassing messages can usually be captured, saved and shown to someone who can help. You need to do this even if it's minor, in case things escalate. Do not only print the mean messages, print the conversation to show someone the proof of how the discussion turned into a bullying fest.

**Talk to a trusted adult.**  
You deserve support when cyberbullying occurs. Tell a parent or schoolteacher what is happening and do not leave it until it has escalated. Sound the alarm bells as soon as it starts happening.

**Block the bully.**  
If the harassment is coming in the form of instant messages, texts, or profile comments, set up privacy tools to block the person. If it's in chat, leave the "room." Report them to the ISP provider or website administrator.

**Don't trash talk.**  
Even if you don't like someone, it's a good idea to be decent. Gossiping about and trash talking others increases your risk of being bullied. Treat people the way you want to be treated.

**Don't be ashamed.**  
If you have followed all these steps and handled a bully correctly, you have nothing to be ashamed of as you have done nothing wrong. Hold your head high and don't let anyone attack your self-esteem.

**Be a friend, not a bystander.**  
Watching or forwarding mean messages empowers bullies and hurts victims even more. It's time to let bullies know their behaviour is cruel abuse of fellow human beings.

**Call Kids Helpline.** You can reach out to Kids Helpline on 1800 55 1800 or visit their website at <http://www.kidshelpline.com.au/kids/get-help/>  
For threats to your safety call the police for help using Triple Zero (000) or Crime Stoppers on 1800 333 000.  
For more information, visit the government's website <https://www.esafety.gov.au>

**Think before you type.**  
Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. Online threats, nasty texts, and mean tweets, posts, or messages all count. Posting any information designed to hurt or embarrass someone else is classed as bullying.  
Victims of cyberbullying are negatively affected with lowered self-esteem and frequent feelings of sadness, anger, fear and isolation.  
**Cyberbullying happens via text messages, chat rooms, commenting on profiles or blogs and emails.**

**Be a nice human.**  
**Types of unacceptable behaviour:**  
**Harassing** - consistently sending nasty, mean or insulting messages.  
**Denigrating** - posting or sending gossip or rumours about a person to damage his/her reputation or friendships.  
**Outing** - sharing someone's secrets of embarrassing information or images online.  
You may or may not even know the cyberbully. They are just people that want to inflict emotional pain or embarrass others.  
Cyberbullies do not see the results their bullying has on their victims or how damaging their words can be.

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*Being creative, strategic, and simply present and loving  
don't require time—they require space.* – DAVID ALLEN

Behind every MyDiary product is an underlining organisation system to assist the student develop their time management skills.

Collect

**01**

## Collect Incoming tasks

- ✦ School LMS
- ✦ Online Classroom
- ✦ Physical Classroom
- ✦ Emails
- ✦ Classroom Apps

Consider

**02**

## Breathe. Add space. Ask yourself:

- ✦ How much energy do I have right now?
- ✦ What is nagging at me?
- ✦ If I was honest with myself what should I do next?

Construct

**03**

Based on your meditation of Step 2  
Write down the top 5 tasks.

Complete

**04**

## Start on the first task

3 or more key tasks completed in a day  
is a productive day.

*Simple, clear purpose and principles give  
rise to complex and intelligent behaviour.*

# Our Designs for Generation Alpha & Beta

## Design is our weapon of capture – MyDiary Management

The generation of students we serve are digital, visual & mobile. They expect colour, professional graphic design and content that's engaging.

We place incredibly high standards on our design team to ensure your school information gets noticed.

Not only do we breathe new life into school policy documents to support your branding and reinforce school values, we also understand that our audience is **curious, smart, energetic, tech savvy and creative.**

We capture this energy by the technology we place behind each page.

### BEFORE

### AFTER

**21st Century Skills - Preparing students for a changing world**

Young people are preparing for a very different world from the one we know.

**Young Queenslanders in the 21st century need to be**

- Responsible global citizens
- Lifelong learners
- Entrepreneurs
- Innovators

What are the 12th century skills?	What are the 21st century skills?
<p><b>Critical thinking</b></p> <ul style="list-style-type: none"> <li>analytical thinking</li> <li>problem solving</li> <li>reasoning</li> <li>decision making</li> <li>evaluating and intellectual flexibility</li> </ul>	<p><b>Creative thinking</b></p> <ul style="list-style-type: none"> <li>innovation</li> <li>initiative and enterprise</li> <li>curiosity and creativity</li> <li>generating and applying new ideas</li> <li>seeing or making new links</li> </ul>
<p><b>Communication</b></p> <ul style="list-style-type: none"> <li>effective oral and written communication</li> <li>using language symbols and texts</li> <li>communicating ideas effectively with diverse audiences</li> </ul>	<p><b>Collaboration and teamwork</b></p> <ul style="list-style-type: none"> <li>relating to others (interacting with others)</li> <li>recognising and participating in perspectives</li> <li>communicating and connecting</li> </ul>
<p><b>Personal and social skills</b></p> <ul style="list-style-type: none"> <li>adaptability/flexibility</li> <li>management (self, career, time)</li> <li>resilience, self-motivation</li> <li>leadership</li> <li>citizenship</li> <li>cultural awareness</li> </ul>	<p><b>ICT skills</b></p> <ul style="list-style-type: none"> <li>operations and concepts</li> <li>accessing and analysing information</li> <li>being productive users of technology</li> <li>digital citizenship (being safe, positive and responsible online)</li> </ul>

**21st Century Skills**

Young people are preparing for a very different world from the one we know.

Young Queenslanders in the 21st Century need to be:

- Innovators
- Entrepreneurs
- Lifelong learners
- Responsible global citizens

**What are 21st Century skills?**

CRITICAL THINKING	CREATIVE THINKING
<ul style="list-style-type: none"> <li>Analytical thinking</li> <li>Problem solving</li> <li>Decision making</li> <li>Reasoning</li> <li>Reflecting and evaluating</li> <li>Intellectual Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Innovation</li> <li>Initiative &amp; enterprise</li> <li>Curiosity &amp; imagination</li> <li>Creativity</li> <li>Generating and applying new ideas</li> <li>Identifying alternatives</li> <li>Seeing or making new links</li> </ul>
COMMUNICATION	COLLABORATION & TEAMWORK
<ul style="list-style-type: none"> <li>Effective oral and written communication</li> <li>Using language symbols and texts</li> <li>Communicating ideas effectively with diverse audiences</li> </ul>	<ul style="list-style-type: none"> <li>Relating to others (interacting with others)</li> <li>Recognising and using diverse perspectives</li> <li>Participating and contributing</li> <li>Community connections</li> </ul>
PERSONAL & SOCIAL SKILLS	ICT SKILLS
<ul style="list-style-type: none"> <li>Adaptability/flexibility</li> <li>Management (self, career, time)</li> <li>Character Resilience, mindfulness, self-awareness</li> <li>Leadership</li> <li>Citizenship</li> <li>Cultural awareness</li> </ul>	<ul style="list-style-type: none"> <li>Operations &amp; concepts</li> <li>Accessing and analysing information</li> <li>Being productive users of technology</li> <li>Digital citizenship (being safe, positive and responsible online)</li> </ul>



MyDiary licenses Augmented Reality technology to drive deeper engagement, communicating with a generation of learners via technology that they have come to trust and enjoy interacting with.



*Having augmented reality accessible through our school diary has allowed our diary to not only become a great organisational and time management tool, but an interactive and engaging communication portal where staff, students and parents have ease of access to relevant and important school links. It has enabled students to contribute to our community by taking part in a competition to create media files that portray the College from a pupils perspective.*

Richard Clark,  
The Springfield Anglican College, QLD

# Support for Your Social Media

## Power User Quotes

**Planning is a skill and an art which takes a lifetime to master.**

**Set goals for yourself and your time**

**"Your future is created by what you do today, not tomorrow."**

**"Success is the sum of small efforts, repeated day in and day out."**

## Website Wellbeing Widgets

*Anchor your student diary to your school's digital ecosystem with focused sharable pieces of content that you can drag and drop to your social media channels.*

**CRITICAL THINKER**  
To think and analyse situations or information clearly, rationally and practically in order to come to a solution.

**TAKE ACTION:**

- Be open to all ideas or opinions
- Question your assumptions
- Don't take information on authority until you've investigated it yourself
- Question things

**THE POWER OF "YET"**  
You are not able to do something ... yet. 'Yet' allows you to remember it's possible.

**Bullying is never ok.**

Bullying is...

**R REPEATED**  
Bullying is being mean to someone over and over again.

**I INTENTIONAL**  
Bullies have the intention to cause psychological or physical harm.

**P POWER IMBALANCE**  
The bully will use their physical power, popularity or access to information against their victim.

*"... When someone is cruel or acts like a bully, you don't stoop to their level. No, our motto is, when they go low, we go high..."*  
MICHELLE OBAMA

**MENTAL HEALTH AND WELLBEING**  
*What can you do to help yourself?*

If you broke your arm, you would not try to heal it yourself. You would seek the help of a suitable doctor to get you back on the road to recovery. Depression is no different.

- Talk to a parent or friend and if you are still not feeling any better, please seek professional help.
- It is really important that you find the right psychologist for you. If you are not 100% happy with them and not able to share and talk to them then you need to move to someone else.
- Ask family members and close friends to check in on you on a regular basis.
- Eat natural, whole and unprocessed foods and limit sugar, as this often affects our emotions.
- Even though you may be feeling exhausted, make sure you exercise for at least 20 minutes each day. Even if it means getting out into the sun for a walk around your block.
- Take one day at a time.

*"There is no-one more deserving of compassion than yourself."*  
BUDDHA

## Video Content

St Norbet College Today at 02:30 · 📺

What a great start to the year! Check out these great tips to get the most out of your new diary

**7 Top Tips To Plan The Term Ahead**

54,876 likes, 2,729 shares, 100,543 views

## Feature Pages

St Norbet College Today at 19:33 · 📺

Congratulations St Norbet College Students on completing Term 1! Stay safe and enjoy the break

**MAKE TIME TO REFLECT**

Another Great Term Completed ✓  
Great job everyone! At the end of the term make sure to take 5 to reflect using your A.E.I.O.U reflection list...

- A is for 'Action'**  
*How successfully did I achieve my daily to-do list this week?*
- E is for 'Exercise'**  
*At what days have I been physically active this week?*
- I is for 'Me'**  
*At what days have I taken care of self-care to refresh this week?*
- O is for 'Others'**  
*How have I helped others this week?*
- U is for 'Uncover'**  
*What are the things I don't know to think about?*

Have a wonderful break and see you in term 2!

1,035 likes, 0 comments, 0 shares

## Diary Culture

St Norbet College Today at 19:33 · 📺

Congratulations Charlotte Smith on winning first place and making it on to the Diary Champion Wall of Fame! Keep up the green smoothies Charlotte

**Diary Champion WALL of FAME**

An awesome example from Charlotte Smith on utilising the weekly reflection

1,035 likes, 0 comments, 0 shares

## Newsletter Content

**CRITICAL THINKER**  
To think and analyse situations or information clearly, rationally and practically in order to come to a solution.

**TAKE ACTION:**

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## Signature Templates

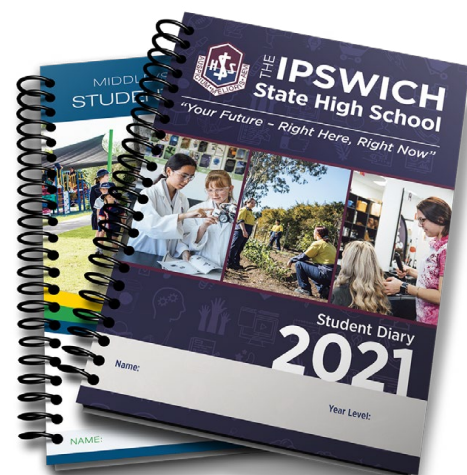
**Mrs Hermione Granger**  
Head of Department  
07 1234 9874  
email: hermione.granger@education.com

St Norbert

**QUOTE TO PONDER**  
*"Every person is the architect of their own fortune."* -Apollus Claudius



A full range of Student Diaries, Journals & Planners



Call or Text Louisa Wood  
on: 040 278 3380, or  
email: [Louisa@MyDiary.com.au](mailto:Louisa@MyDiary.com.au)  
and you will receive:

1. A quote for your school diary, and;
2. A complimentary redesign of your current school diary pages.

*We'd like to show you the improvements we can make.*



[www.MyDiary.com.au](http://www.MyDiary.com.au)