

# WELCOME TO MYDIARY:

Bespoke Diaries, Wellbeing Journals  
& Planner Solutions for  
Australian All Boys' School  
Students & Staff



**MyDiary**  
supports all-male  
institutions by offering  
tailored planner services  
that focus on essential themes  
such as brotherhood, resilience  
and fostering spirituality.

- 1. TAILOR-MADE EXCELLENCE:** Custom-designed, personalised diaries featuring sleek layouts and unrivalled durability. We recognise boys' learning styles and capitalise on their innate curiosity.
- 2. CHAMPIONING UNITY:** Strengthening bonds in all-boys' schools through diary content that promotes camaraderie, teamwork and mutual support among students, while promoting a safe, happy and secure school environment.
- 3. THE JOURNEY TO RESILIENCE:** Cultivating grit in all-boys' schools by providing diary resources that equip students with strategies to overcome life's challenges, fostering determination and perseverance.

Complimentary Redesign  
Offer for Your Current  
Student Diary

**DETAILS INSIDE**

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







Dear Educator,

Recognising the importance of providing the right resources for our boys' academic and personal growth, we are thrilled to introduce MyDiary, an Australian-based company specialising in bespoke student diaries and planner solutions tailored to your college's needs. MyDiary focuses on design, productivity and offering custom-crafted excellence with personalised diaries featuring sleek layouts and unrivalled durability.

We address the unique challenges faced by boys in contemporary education by celebrating camaraderie, fostering resilience and nurturing spirituality. Our collaboration with leading all boys' schools has resulted in diary content that strengthens bonds, builds grit and capitalises on boys' natural curiosity, while promoting a safe, happy and secure school environment.

As a testament to our expertise and commitment, we are pleased to offer:

**A COMPLIMENTARY REDESIGN OF YOUR CURRENT STUDENT PLANNER, SHOWCASING OUR ABILITY TO CREATE THE PERFECT DIARY TAILORED TO YOUR SCHOOL'S NEEDS.**

The following pages showcase our successful partnerships and how MyDiary supports students and staff in their pursuit of personal and academic growth. I invite you to connect with me via email to discuss personalised solutions for your college's unique needs.

Sincerely,

**LOUISA WOOD**

Owner/Creative Director of MyDiary  
Louisa@MyDiary.com.au



MyDiary\_hq



@MyDiaryMyEDiary



mydiary\_hq



MyDiary ~ MyEDiary

# Our Esteemed All Boys' College Partners

We are proud to collaborate with a diverse range of all boys' primary and secondary colleges throughout Australia. Each of these institutions shares our commitment to excellence and together we strive to support students and staff on their educational journey. You are welcome to contact the diary coordinator at any of these schools for a personal testimony of our services. Here is a list of some of our all boys' college partners:

**Canterbury Boys' High School**  
Ashbury, NSW

**Cranbrook School**  
Bellevue Hill, NSW

**Edmund Rice College**  
Wollongong, NSW

**Granville Boys' High School**  
Granville, NSW

**Knox Grammar School**  
Wahroonga, NSW

**Marist College Kogarah**  
Bexley, NSW

**Northern Beaches Secondary College**  
Balgowlah Boys' Campus, NSW

**Shore School**  
North Sydney, NSW

**St Joseph's College**  
Hunters Hill, NSW

**St Patrick's College**  
Strathfield, NSW

**St Patrick's College**  
Shorncliffe, QLD

**St Patrick's College**  
Ballarat, VIC

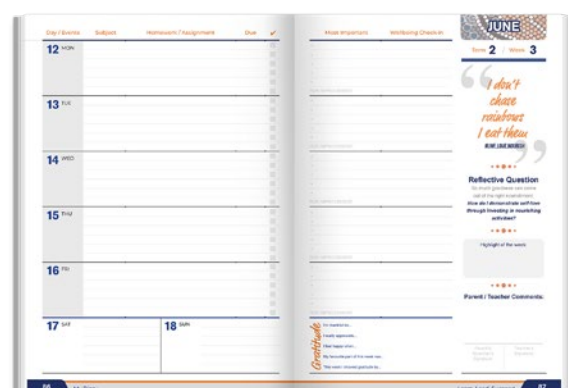
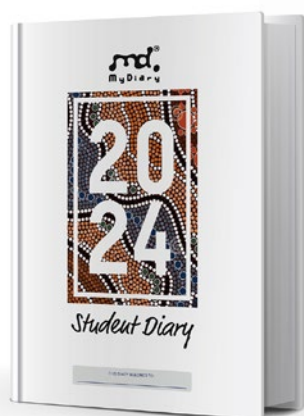
**The Scots College**  
Bellevue Hill, NSW

**Waverley College**  
Waverley, NSW

**Xavier College**  
Manresa, Kew, VIC

## Our NEW Indigenous Dreamtime Themes

Looking to incorporate the principles of diversity and inclusivity in your diary for the upcoming year? This unique design accentuates the interconnectedness of all people and things, fostering a sense of unity and understanding.



Check out our Diversity & Inclusivity Themes for next year on our social media. Scan this QR code to view.





# Case Study #1

## **Shore School:** *When Less is More, Productivity Happens*

### BACKGROUND

Shore School, a prestigious institution in Australia, is renowned for its dynamic tradition founded on authentic and transformative Christian faith. The school strives to provide an engaging and rigorous academic environment, fostering growth in character and promoting a culture of service and responsible citizenship.

### CHALLENGE

With such a full and enriched educational experience, the challenge for Shore School was to provide a time management tool that would be distraction-free for their students. The aim was to enhance productivity by ensuring students could make the most of their academic and co-curricular activities while maintaining a balanced lifestyle.

### SOLUTION

MyDiary collaborated with Shore School to create a customised, distraction-free planner that focused on essential time management strategies. By integrating Shore's own wellbeing program based on performance tips from Greg Wells, a renowned performance physiologist, the planner encouraged students to eat smarter, move more, sleep well and think clearly and provided valuable guidance for students in managing their physical, mental and emotional wellbeing.



*In conclusion, the MyDiary collaboration with Shore School exemplifies how a simple, distraction-free tool can enhance productivity while supporting the holistic development of students. With a focus on time management and wellbeing, the customised planner has empowered students to thrive in their educational journey, embodying the essence of Shore School's mission and values.*

# Think Clearly

## TO PERFORM BETTER

### The Power of Thinking Clearly

- > Helps you stay relaxed
- > Gives you more energy
- > Helps with sports, music and other performances
- > Enhances concentration
- > Improves learning
- > Improves moods
- > Lowers stress and anxiety



"I've had many troubles in life, most of which never happened."

– Mark Twain

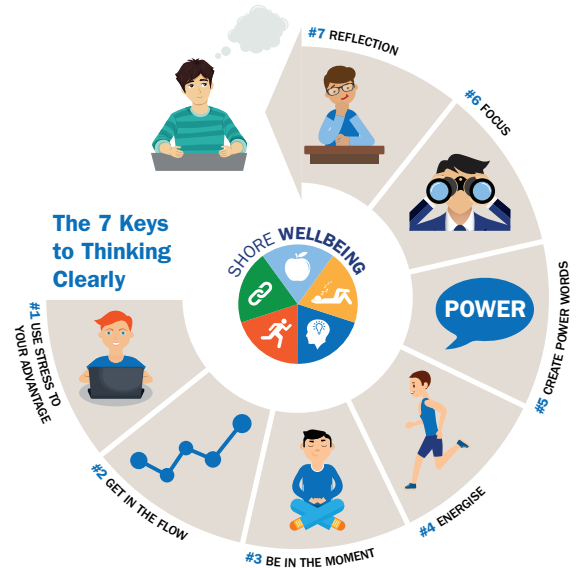
### Thinking about Thinking

By thinking clearly and focusing your mind, you will be able to function at a higher level in everything you do. The challenge is that because we are working with the brain and the mind you have to practice and be consistent. The research shows that if you practice focusing consistently you will end up changing the structure of your brain, and that it will be easier to concentrate, live in the moment, problem solve and ultimately reach your potential.

### Think Clearly to Perform Better

We often think that working "harder" is the key to success. Tension makes us feel like we're working hard, but it leads to distress, decreased circulation, bad moods, fatigue and poorer performance. Optimal performance can be achieved with minimal stress and tension despite being faced with overwhelming challenges.

Highly successful people increase their energy output to go "faster or better" but not "harder." Adopting the high-energy, low-tension approach to life will enable you to perform better and reach your potential. We need to apply energy to a task in a focused way while staying as relaxed and tension-free as possible.



## January / February

TERM 1 - WEEK 1

Monday 30	
Tuesday 31	
Wednesday 1 Day 1	TERM 1 BEGINS 8.20AM

REVISION TASKS FOR THIS WEEK

- 
- 
- 
- 
- 
- 

EXAMS OR ASSIGNMENTS DUE NEXT WEEK:

Thursday 2 Day 2	
Friday 3 Day 3	
Saturday 4	Sunday 5

Teacher comments

Parent comments

TUTOR'S SIGNATURE

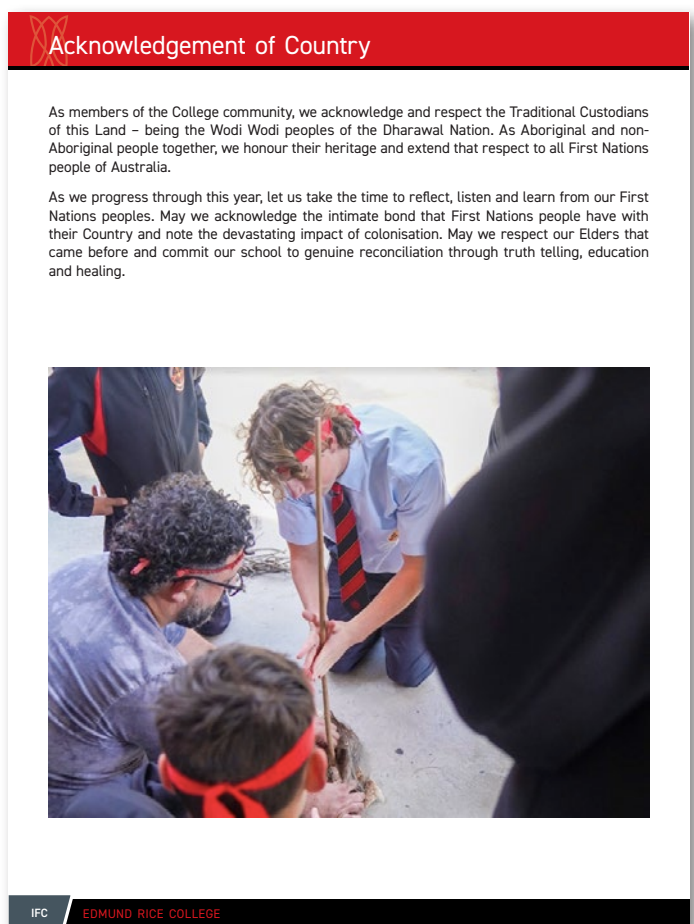
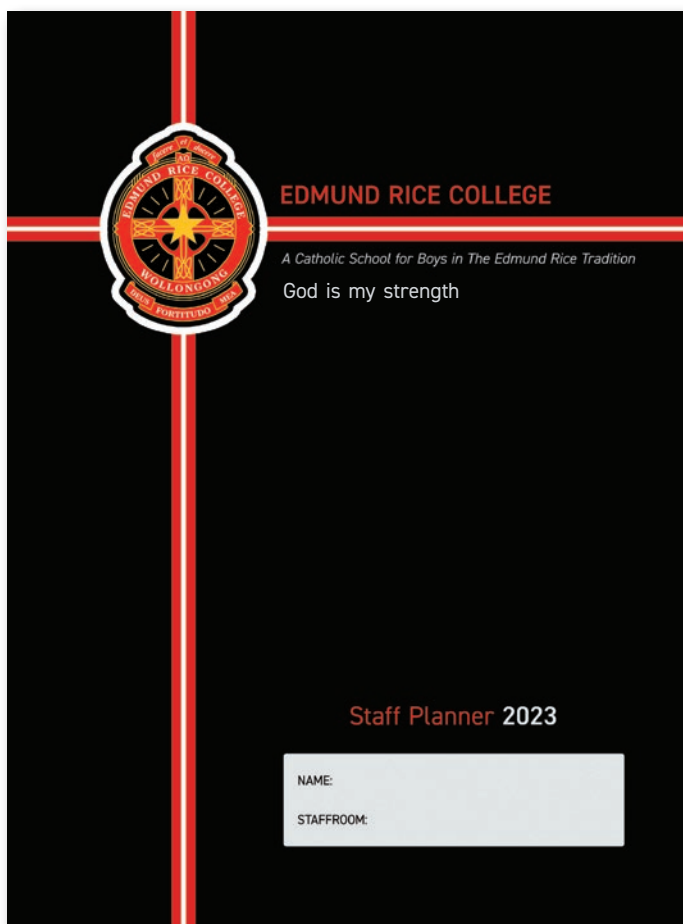
PARENT / HOUSEMASTER'S SIGNATURE

# Case Study #2

## Edmund Rice College: *Engaging Visual Learners*

Edmund Rice College focuses on providing a holistic education that fosters young men's development. The challenge was to create a customised planner catering to boys' visual learning styles while emphasising wellbeing, spirituality and fostering a safe environment.

MyDiary collaborated with Edmund Rice College to design a vibrant planner that captivated boys' curiosity and visual learning tendencies. The planner incorporated growth mindset information, cyberbullying prevention and weekly religious verses to nurture students' spirituality. We extended this support to staff by developing a companion planner.



The customised MyDiary planner has been well-received by both students and staff, effectively engaging students and supporting their academic and personal development. The planner's success highlights the impact of a tailored, visually engaging tool in promoting students' holistic development, embodying Edmund Rice College's values and ethos.

## 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, or 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.

## How to Stop The Bully

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

- 1 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.
- 2 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.
- 3 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.
- 4 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.
- 5 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.
- 6 Control your feelings.** As mentioned previously, bullies look for reactions - don't give them one and soon they will grow bored and move on.
- 7 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.
- 8 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!**

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

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EDMUND RICE COLLEGE 23

## Safety: Cyber Bullying



Cyberbullying happens via text messages, chat rooms, commenting on profiles or blogs and emails.

## 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.

**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>**

### 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.

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24 EDMUND RICE COLLEGE

## Grit

It's not enough just to embrace the concept of a growth mindset - to get real results you need to put that growth mindset into action, and that takes grit.

Grit, coined by Angela Duckworth is passion and sustained persistence applied toward long-term achievement, with no particular concern for rewards or recognition along the way. It combines resilience, ambition, and self-control in the pursuit of goals that take months, years, or even decades.

### G is for GIVE IT YOUR ALL

It is important to have the courage to follow your vision and be conscientious enough to do a task well with intense single-minded effort.

### R is for RESILIENCE

Resilience (or resiliency) is our ability to adapt and bounce back when things don't go as planned, acknowledge the situation, learn from our mistakes, and then move forward.

### I is for INTENTION

You need to set your goal and mentally decide that you are going to persevere to achieve that goal. You set your intention to do whatever it takes.

### T is for TIME

GRIT is sticking with your future, day in, day out and not just for the week, not just for the month but for years. - Angela Duckworth

*"One's level of grit is a very good indicator of how one will make out in prolonged and tough situations. The more gritty you are the more likely your success - both in life as well as in education."*

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38 EDMUND RICE COLLEGE

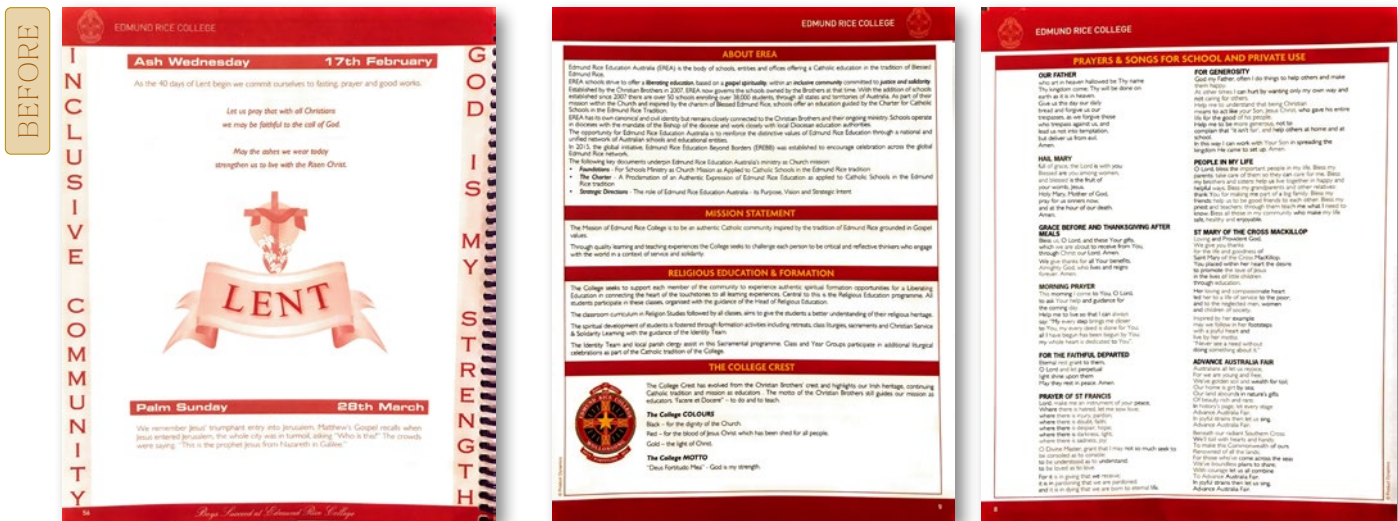
## Fixed v Growth Mindset

Fixed Mindset		Growth Mindset
Intelligence is static Leads to a desire to look smart and therefore a tendency to...		Intelligence can be developed Leads to a desire to learn and therefore a tendency to...
... avoid challenges	<b>CHALLENGES</b> 	... embrace challenges
... give up easily	<b>OBSTACLES</b> 	... persist in the face of setbacks
... see effort as fruitless	<b>EFFORT</b> 	... see effort as the path to mastery
... ignore useful negative feedback	<b>CRITICISM</b> 	... learn from criticism
... feel threatened by the success of others	<b>SUCCESS OF OTHERS</b> 	... find lessons and inspiration in the success of others
As a result, they may plateau early and achieve less than their full potential. All this confirms a deterministic view of the world.		As a result, they reach ever-higher levels of achievement. All this gives them a greater sense of free will.

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EDMUND RICE COLLEGE 39





Our beautifully crafted tab inserts featured inspiring images and quotes that not only distinguished school terms but also served as a constant reminder to students of the fundamental principles shaping their educational community. By incorporating these unique additions, we helped Edmund Rice College strengthen their students' connection to the school's values, promoting a sense of belonging and purpose.

## College Staff

LITURGY COORDINATOR	MRS H. KNOWLES
CSL COORDINATOR	MR D. PULLELLA
CAREERS ADVISOR	MR G. CAJAR
ABORIGINAL EDUCATION OFFICER	MS N. NEAL
LIBRARIAN	MS L. NDAIRA / MRS M. HAM
SPORT	MR J. TIMPANO

## PASTORAL CARE COORDINATORS

YEAR 12	MR A. MARSH	YEAR 12 ASSISTANT	MR D. BREEZE
YEAR 11	MR B. BOURKE	YEAR 11 ASSISTANT	MS D. SCHODDE (SEMESTER 1)
YEAR 10	MR J. FORSHAW	YEAR 10 ASSISTANT	MRS R. STELLA (SEMESTER 2)
YEAR 9	MR P. PREEO	YEAR 9 ASSISTANT	MRS J. ROPER
YEAR 8	MRS C. RUSSELL	YEAR 8 ASSISTANT	MR B. BELSITO
YEAR 7	MR R. BATES	YEAR 7 ASSISTANT	MR R. GRIFFITHS
			MR M. PANOFFO















## The College Uniform





BEFORE

RESILIENCE PROJECT		What's on today	
<b>MONDAY 12</b> Headphones on, listen to a song that you love, feet with down and ankles you are feeling after listening to the song.    	 <input type="checkbox"/> motivated  <input type="checkbox"/> happy  <input type="checkbox"/> not at 100  <input type="checkbox"/> disappointed	<b>MON 12</b>    	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>TUESDAY 13</b> Who is a family member that I am grateful for? Why? I can learn from?	 <input type="checkbox"/> motivated  <input type="checkbox"/> happy  <input type="checkbox"/> not at 100  <input type="checkbox"/> disappointed	<b>TUE 13</b>    	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>WEDNESDAY 14</b> Draw an emoji to describe how you are feeling today? Why are you feeling this way?  	 <input type="checkbox"/> motivated  <input type="checkbox"/> happy  <input type="checkbox"/> not at 100  <input type="checkbox"/> disappointed	<b>WED 14</b>    	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>THURSDAY 15</b> Who made you feel happy this week? Thank them!	 <input type="checkbox"/> motivated  <input type="checkbox"/> happy  <input type="checkbox"/> not at 100  <input type="checkbox"/> disappointed	<b>THU 15</b>    	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>FRIDAY 16</b> What are you looking forward to most about your weekend?	 <input type="checkbox"/> motivated  <input type="checkbox"/> happy  <input type="checkbox"/> not at 100  <input type="checkbox"/> disappointed	<b>FRI 16</b>    	<input type="checkbox"/> Yes <input type="checkbox"/> No
Daily Checklist <input type="checkbox"/> Yes <input type="checkbox"/> No School Homework <input type="checkbox"/> Yes <input type="checkbox"/> No		<b>GOAL/QUOTE:</b> I am excited that the Check would reflect and on the day I don't turn the day. Luke 24:25-48	

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## AFTER



**GOSPEL SPIRITUALITY – LOVE YOUR NEIGHBOUR**  
We invite all people into the story of Jesus and strive to make his message of compassion, justice and peace a living reality within our community.



**JUSTICE AND SOLIDARITY – STAND TOGETHER**

We are committed to justice and peace for all, grounded in a spirituality of action and reflection that calls us to stand in solidarity with those who are marginalized and the Earth itself.



**INCLUSIVE COMMUNITY - RESPECT EVERYONE**  
Our community is accepting and welcoming, fostering right relationships and committed to the common good.



**LIBERATING EDUCATION - BE HOPEFUL**  
We open hearts and minds, through quality teaching and learning experiences, so that through critical reflection and engagement each person is hope-filled and free to build a better world for all.

## TERM TABS

January / February

WHAT'S ON TODAY	SUBJECT	HOME STUDY	
<b>30</b> MONDAY Term 1 commences Y7, Y11 (Peer Support) and Y12 New Y8, Y9 & Y10 students commence			
<b>31</b> TUESDAY Term 1 commences Y8, Y9, Y10 & Y11 Y7 Transition Program ID Photo's Y7 & New ERC students			
<b>01</b> WEDNESDAY Y7 Transition Program			
<b>02</b> THURSDAY Y7 Transition Program			
<b>03</b> FRIDAY Y7 Transition Program			
<b>04</b> SATURDAY			
<b>05</b> SUNDAY			

Term 1 Week 1 A

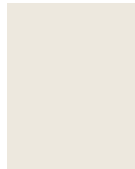
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*You will not fear the terror of night,  
nor the arrow that flies by day.*

Parent/Caregiver's Signature:

## St Patrick's College: *Fostering Spirituality and Honouring Indigenous Commitment*

Furthermore, acknowledging that boys are predominantly visual learners, we made a conscious effort to clearly illustrate the uniform policy using vivid, detailed images. This approach not only ensures student compliance but also caters to the natural learning preferences of boys, enhancing their overall engagement and understanding.



# Our Mission Statement

*St Patrick's*  
Luceat Lux Vestra

## Vision

Preparing faithful and inclusive men for a dynamic world.

*This vision sets out our purpose and our vocation; what we have been called to do in the world.*

## A beacon for boys' education

## Mission

Inspired by the Gospel and Edmund Rice, St Patrick's College liberates the whole person and educates for resilient and spirited men who are challenged to serve.

*This mission sets out **how** we will go about achieving our Vision.*

6 St Patrick's College

*That there be no divisions among you, but that you be united in the same mind and the same purpose. (1 Corinthians 1:10)*

# Ideal Graduate

  
ST PATRICK'S COLLEGE

## St Patrick's College, Strathfield Ideal Graduate

Inspired by the Gospel and Edmund Rice the St Patrick's College Graduate is a well-rounded gentleman who has a commitment to excellence and a love of the other, as they let their light shine.

### The Ideal SPC Graduate...

...is guided by faith and has a continuing relationship with Jesus.

He expects to:

- strengthen his faith, rooted on the Person of Jesus
- make Christ known to others, fulfilling the Mission of the Church
- evangelize and design his life accordingly
- exhibit attitudes and values grounded in Catholic Social Teaching
- practice his education contributing the culture to society and its members - respect diversity in the world and use his education for the benefit of all participants in the life of the Church
- open his heart to the call from God to bring a faithful and hopeful life
- acknowledge the wonder of the world around him

...is challenged to serve and contribute to community.

He expects to:

- offer service centered
- be integrative and have a voice
- be healthy and open to innovation
- be open to decision and challenge
- be ethically sound and trustworthy
- work for inclusion
- share trust and compassion
- continue the work of Edmund Rice
- recognize his privilege and seek it for the greater good

...is authentic and relational.

He expects to:

- be self-aware; reflective and genuine in his relationships with others - act with integrity, at all times
- demonstrate gratitude and generosity to others
- seek and grant forgiveness
- continue his personal growth as a spiritual and confident person
- engage with others through honesty, loyalty, openness and respect
- help positive relationships with families, personally, socially and professionally

...is a global citizen who uses the opportunities afforded him.

He expects to:

- promote the reputation of his life locally overseas
- make meaningful contributions to change in a dynamic world
- understand national diversity and multicultural issues
- be knowledgeable and an advocate of international cooperation across borders boundaries
- identify and respond to the dignity of others
- acknowledge their disadvantaged circumstances
- demonstrate a commitment and contribution towards being willing to put off themselves for the common good

...strives for excellence.

He expects to:

- show flexibility in all situations
- communicate, respectfully, confidently and articulately communication in all mediums and platforms
- continuously improve academic studies skills
- incorporate technology in productivity while doing tasks
- become a professional in all activities within his personal and academic endeavours
- be motivated, exhibit good habits, priorities values and behaviours
- be methodical, demonstrating persistence and a strong work ethic
- achieve a balanced life in the physical, emotional, social, academic and spiritual domains
- be able to apply his talents
- demonstrate leadership in all aspects of life

...is a lifelong learner.

He expects to:

- achieve and embrace thoughtful learning for personal and professional betterment
- embrace his learning. Embrace challenges he may encounter
- become strong critical thinking and problem solving skills
- identify and his capability to learn and perform new tasks
- effectively use group setting and time management strategies in life
- participate in continuous learning and development in his field
- participate in activities that enhance intellectual engagement and growth

St Patrick's College

7





Call Louisa Wood on:

**040 278 3380**

or email:

**Louisa@MyDiary.com.au**

and you will receive:

A quote for your College diary and;

A complimentary redesign of  
your current College diary.

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



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