



The Official Weekly Newsletter for Junior College Students

08 March 2019 | Issue 21

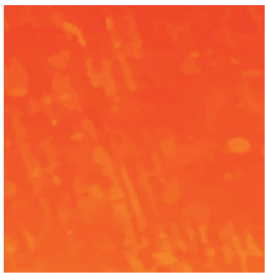


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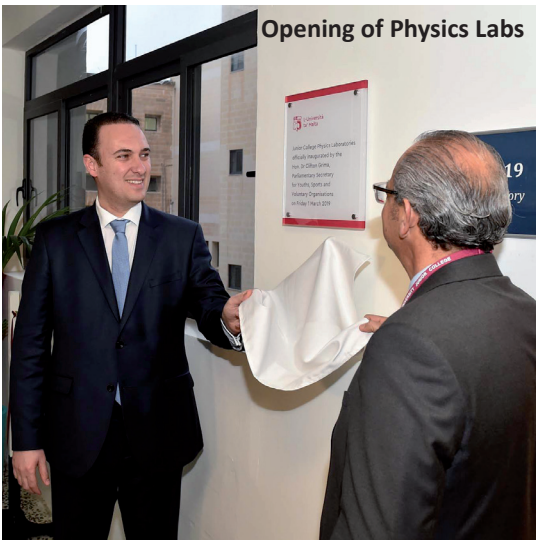
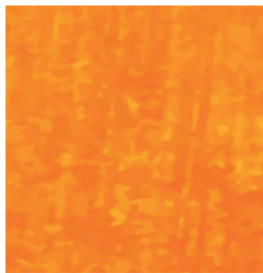
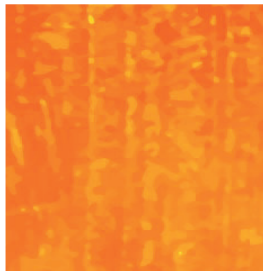
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OPEN DAY 2019



Principal's Meeting



Opening of Physics Labs



Wellbeing & Sports Festival

The annual Wellbeing & Sports Festival will be held between 11 and 15 March and will offer a colourful week of fun and interesting talks and activities for Junior College staff and students.

The foyer and sports hall will be brimming with a variety of sports activities such as pickle tennis, salsafit, rowing, table tennis, yoga, pilates, badminton, wheelchair basketball as well as a football league on the 11-a side pitch.

Students and staff members can also attend a host of talks regarding various aspects of health and wellbeing.

Topics include healthy relationships, mental health myths, caring for one's mental health, awareness regarding eating disorders, and a debate regarding gender discourse and gender ideologies. There will also be a variety of talks aiming to increase awareness on sexual health and the prevention of breast and testicular cancer, as well as awareness sessions on the use of tobacco and e-cigarettes, and also good nutrition for exercise.

The Wellbeing & Sports Festival is being organised by the Youth Hub, the Counselling Services Team and the Sports and Leisure Department.

www.facebook.com/events/2288196924783479/



L-Università ta' Malta
Ġ.F. Abela Junior College

Wellbeing & Sports Festival | 11 – 15 March 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:00	Health Promotion - Tobacco & E-Cigarettes (Conference Room) <i>Pickle Tennis (Foyer)</i>	Health Promotion - Nutrition related to exercise (Conference Room) <i>Table Tennis (Foyer)</i>	Food Production Processes		Participation in the Community – LEAP
10:00	<i>Pickle Tennis (Foyer)</i>	Mental Health Matters (Conference Room) <i>Table Tennis (Foyer)</i>	Food Production Processes <i>Rowing Competition (Foyer)</i>	Rowing Competition (Foyer)	Gender and Diversity – LEAP (Conference Room) <i>Football League (11 a side pitch)</i>
11:00	<i>Pickle Tennis (Foyer)</i>		Healthy Lifestyle and Sport Talk (B210) How to take care of one's own Mental Health (D412) <i>Rowing Competition (Foyer)</i>	Eating Disorders – Dar Kenn Għall Sahhtek (Conference Room) <i>Rowing Competition (Foyer)</i> <i>Badminton (Foyer)</i>	
12:00	Sports Malta Info Session (B210) <i>Salsa Fit Class (Foyer/Sports Hall)</i>	<i>Pilates (Sports Hall)</i>	<i>Rowing Competition (Foyer)</i> <i>Yoga (Sports Hall)</i>	<i>Rowing Competition (Foyer)</i> <i>Badminton (Foyer)</i>	
13:00	Healthy Relationships (Conference Room) <i>Salsa Fit Class (Foyer/Sports Hall)</i>	<i>Pilates (Sports Hall)</i>	<i>Yoga (Sports Hall)</i>	<i>Badminton (Foyer)</i>	<i>Wheelchair Basketball (Foyer)</i>
14:00	Sexual Health (Venue ask at Reception)	Sexual Health (Venue ask at Reception)		Cancer Prevention (Venue ask at Reception)	<i>Wheelchair Basketball (Foyer)</i>

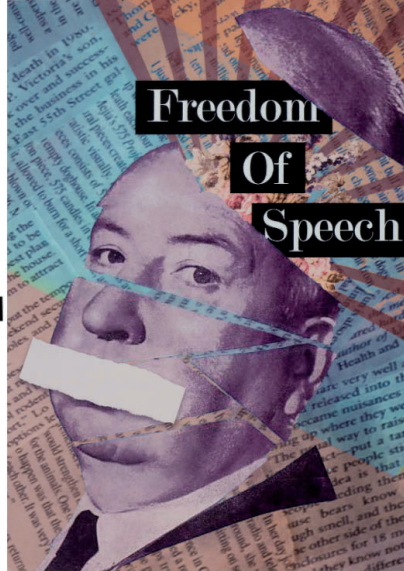
Soirée

A BIG well done to the cast and the crew of W'OZ. It was a great show.

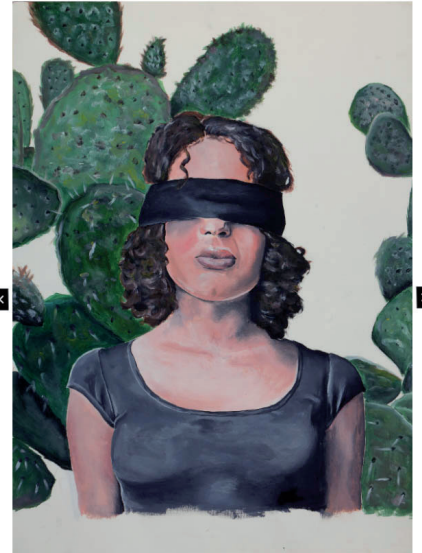




Artist Name: Andrew Deguara | Age: 16
 Artwork Name: Straight | Medium: Acrylics | School: GF Abela Junior College



Artist Name: Elisa Abela | Age: 16
 Artwork Name: Speechless | Medium: Digital Work | School: GF Abela Junior College



Artist Name: Hayden Grima | Age: 16
 Artwork Name: Globally under the covers | Medium: Acrylics | School: GF Abela Junior College

The Sovereign Art Foundation

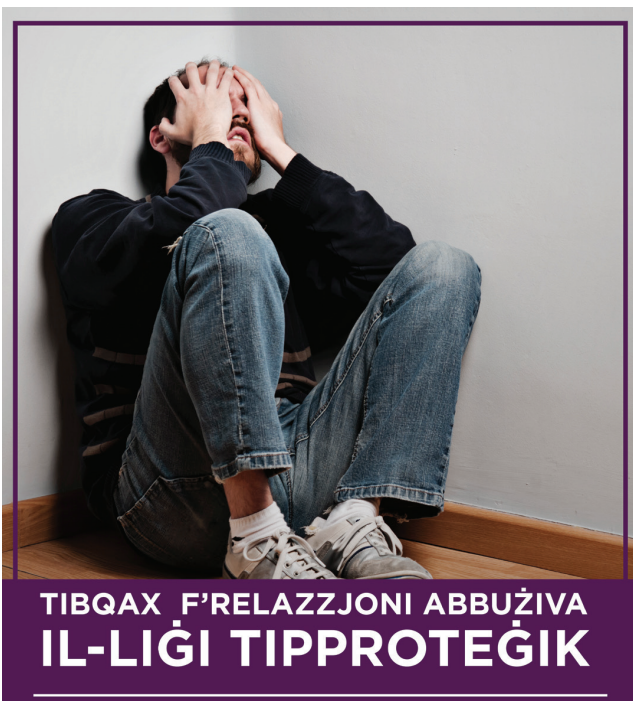
The Sovereign Art Foundation Students Prize, Malta, aims to encourage and provide a forum to promote the work of aspiring artists and to promote art and creativity in schools, while also raising awareness on the plight of disadvantaged children, both in Malta and abroad.

The Prize is open to all students aged between 14 and 17 of all secondary and post-secondary schools in Malta and Gozo. A select panel of judges will shortlist 12 finalists and 1st, 2nd and 3rd prize winners will be chosen from those 12.

4 Junior College students Andrew Deguara, Elisa Abela, Hayden Grima & Maylene Muscat have been selected and need your support. Please vote for our students using the following [link](#).



Artist Name: Maylene Muscat | Age: 16
 Artwork Name: Slavery | Medium: Charcoal | School: GF Abela Junior College



Diversity Day 5 April 2019

The Diversity Committee of the Junior College would like to hold a Diversity Day on Friday 5 April, to celebrate the diversity and uniqueness of everyone in the College.



This event is intended to raise awareness about different aspects of diversity including ethnicity, nationality, language, religion, ability, gender, sexuality, age and any other area of human reality that coexists within the College environment.

This initiative is intended to include all students and staff.

The committee would like to hear from you about any suggestions regarding how you may contribute to this diversity day. If you are interested in actively participating in this initiative, please reply to this notice by not later than 15 March 2019.

You may respond by sending an email to joshua.aquilina@um.edu.mt or by calling in person at Room C305 (Ms Natasha Galea), or Room C306 (Dr Angele Deguara).

Check out the facebook event: Diversity Day
www.facebook.com/events/1075987312584707/

Citizens' Dialogue with Maltese students at JC

The Vice President of the European Commission Mr Jyrki Katainen visited our College on Tuesday 5 March. The Dialogue 'The Future of Europe' was moderated by Professor Andrew Azzopardi. During the event students were given space to ask questions. If you wish to see the whole dialogue log on to: www.facebook.com/JKatainen/



GOZO Interschool Games 2019

F/M Football, Volleyball, Basketball, & Table Tennis


Wednesday, 27 March

Are you in??

APPLY at the Sports Hall asap



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NIGHT AT THE MUSEUM

The Junior College Biology Department and Heritage Malta are providing the opportunity for Biology students to spend the night at the National Museum of Natural History.

DATE: Friday 15th March 2019
More details on our Facebook page @uom.jcbiology

Spaces are very limited and will be accepted on a first come first served basis.

8 March
INTERNATIONAL WOMEN'S DAY



Happy
WOMEN'S DAY



Don't run away from
challenges.
Run over them

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NIGHT AT THE MUSEUM

Museum staff and curators will lead us on a series of thematic tours of the displays and study collections. Talks will be held discussing the role of the museum and its collection, including a number of rare items which are very rarely placed on display.

Participants will also have the opportunity to participate in discussions about diverse animals ranging from insects to bats and birds, which make the museum their home. The event will end on the museum roof, witnessing the sun rising over the Maltese Islands, followed by breakfast.

Activity includes dinner at Veduta Restaurant on Friday, entrance and tour at the Museum, breakfast on Saturday and a hoody shirt as a memento.




not
SILENCE IS GOLDEN
...REPORT ABUSE

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✉ jc.um.edu.mt
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