

LEARNING IS NEVER-ENDING

“ **LOOK AFTER YOUR BODY AND YOU WILL BE ABLE TO WORK MORE PRODUCTIVELY** ”

The University of Wollongong are great supporters of the Dragons 'The Best You Can Be' program. We conduct programs in conjunction with Woolyungah Indigenous Centre (WIC) the primary driver and strategic owner of programs, activities and initiatives related to Indigenous student retention, recruitment and completion for University of Wollongong (UOW).

WE SHARE THEIR TIPS

SCREEN TIME



- Limit screen time
- Be conscious of time spent on screens
- Keep bedrooms screen free

SLEEP



- Good sleep reduces stress levels
- 8-11 hours each night
- Regular sleep times
- Healthy food and exercise keep the body healthy and wanting sleep
- Cease screen time 30 minutes before bedtime

EXERCISE



- 30-60 minutes a day
- Vary your exercise
- 5 minute bursts during study periods

FEED ME



- Eat a healthy breakfast
- Snack on a variety of foods
- Drink 6-8 glasses of water per day

DESIGN COMPETITION

WIC and the Dragons would like you to create a 'The Best You Can Be' icon which best explains your school's purpose in supporting learning. You might start with researching traditional stories from your area. Dragons and WIC will send out more information in Term 1 2021.

GET STARTED EARLY!



**Woolyungah
Indigenous
Centre**



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

**Woolyungah Indigenous
Centre's (WIC) icon is very
inspirational in helping to
explain their purpose.**

The whale represents wisdom and the sea eagle represents leadership and protection. The airwaves created by the eagle and the bubbles created by the whale are illuminated in the centre of the piece, which shows the connection and support of the local dreaming creatures through diverse communication styles. This represents the connection and support offered by WIC staff to students and the community. The circle formation of the creatures highlights the continuous two-way learning that is offered to students throughout their academic journey. The circle shows learning is never-ending.