

# How To Use 2026 STUDY TREK CATHOLIC



Students will be inspired to form their understanding of the Catholic faith with this engaging and insightful **StudyTrek Catholic Diary!**

This **StudyTrek diary** combines all of the fundamental, organisational features of the **StudyTrek diary** with **prompts to build character**, plus the inclusion of **superhero saints, feast days, prayers, and a special Eucharistic Miracles feature.**

## Why Use Paper Planners?

- Writing on paper helps to improve memory
- Planning on paper helps to maintain focus
- Writing things down helps us to prioritise tasks
- Diaries are a visual representation and record of our accomplishments
- Student diaries significantly increase our chances at academic and personal success

Prompts to build character!

### Building Character with RESILIENCE

**Learn how to build positive habits that will allow you to flourish and grow into the best version of yourself!**

This diary will introduce you to 48 good habits that can be practised every day, which will help you to develop qualities like kindness, gratitude, honesty, and perseverance. In other words, they will help you develop self-mastery, strengthen your character, and build resilience.

To benefit from the features in this diary, ask your parent/carer or teachers to read pages 4 and 5 with you. Focusing on being a good person, friend, sibling, or student now will benefit you in the long run and help you to be kind, confident, and able to withstand many of life's challenges. The positive habits taught throughout this diary can also make a real difference to your goals, wellbeing and happiness at school.

It is important that these good habits are kept up and practised at home. In fact, the more you practise them, the more they will become second nature to you and by regularly tracking and reflecting on them, you'll grow to know and live them out daily.

### Lots of Good Habits

Every week you will be introduced to a new good habit. You will learn why that habit is important, how to practise it, and will be encouraged to reflect on your progress. There are 48 in total, and they are grouped into four core areas of character.

**Respect and Responsibility**

Regularly practising the good habits or virtues of Respect and Responsibility helps us to be less selfish and not hurt others.

- Acceptance
- Appreciation
- Charity
- Commitment
- Compassion
- Courtesy
- Faith
- Friendship
- Generosity
- Honesty
- Kindness
- Obedience
- Respect
- Responsibility
- Reverence
- Sincerity
- Teamwork
- Trustworthiness

**Sound Judgement**

Regularly practising the good habits or virtues of Sound Judgement helps us to set goals, take care of ourselves and listen to our conscience.

- Curiosity
- Detachment
- Judgement
- Justice
- Knowledge
- Perspective
- Prudence
- Thoroughness
- Understanding
- Wisdom

**Self-Mastery**

Regularly practising the good habits or virtues of Self-Mastery helps us to control our feelings or anger which often cloud our decisions.

- Diligence
- Graciousness
- Gratitude
- Humility
- Joyfulness
- Mercy
- Patience
- Persistence
- Purity
- Serenity
- Temperance
- Wonder

**Courage and Strength**

Regularly practising the good habits or virtues of Courage and Strength helps us to build resilience and control our fears, which can sometimes make us weak and stop us thinking clearly.

- Confidence
- Courage
- Honesty
- Hope
- Leadership
- Optimism
- Resilience
- Sacrifice

**Show your good habits & be a saint!**

Over the last 2,000 years, the Catholic Church has documented and celebrated thousands of saints who have all displayed incredible strength, impeccable character, and unshaken resilience. By working on your good habits each week, you can also follow in their footsteps and learn how to be a saint!

**Good habits every day**

Good habits help us to think before we act, manage impulses and fears, tackle challenges and setbacks, become more resilient, and have a healthy and balanced self-esteem.

**Good habits help us**

- Think before we act
- Manage impulses and fears
- Tackle challenges and setbacks

**Good habits help us build**

- More resilience
- Character strength
- More self-belief
- Virtues

Interesting articles to compliment classroom learning!

## The Miracle of the EUCHARIST

Did you know that the bread and wine that is consecrated in Holy Mass by the priest is really Jesus' real body and blood, and not just a symbol? The real presence of Jesus in the Eucharist is an important teaching in the Catholic faith. This is called transubstantiation, and it is the miraculous change of bread and wine into the Body, Blood, Soul and Divinity of Jesus. Transubstantiation cannot be experienced by the senses (sight, touch, taste) it must be believed.

*Jesus is every bit as real in the Eucharist as when he walked with his disciples 2000 years ago.*

### Eucharistic Miracles over the Ages

Throughout history, Jesus has shown us that he is really present in the Eucharist. In fact many documented Eucharistic miracles have taken place as a result of someone doubting the Real Presence of Jesus in the Eucharist. Jesus uses Eucharistic Miracles to show that His Body and Blood are truly present in the Eucharist. He uses these Miracles to help our faith grow stronger, and to remind those who doubt He is really present in the Eucharist. Most Eucharistic Miracles involve incidences in which the Host has "turned into human flesh and blood". But the greatest miracle is the one that happens at every Mass, when ordinary bread and wine are transformed into the Body, Blood, Soul, and Divinity of Jesus!

*Eucharist Miracle Santarem, Portugal 13th century*

## Did you KNOW?

Did you know that there are over 187 documented Eucharistic Miracles that have occurred in the last 2000 years. These are amazing incidents that give us visible evidence of the reality that Jesus' Body, Blood, Soul, and Divinity is truly present in the Blessed Sacrament.

In fact, it was only 20 years ago, when a young teenager from Italy named Carlo Acutis, started taking an interest in Eucharistic Miracles. We have him to thank for helping to bring Eucharist Miracles to the world's attention. On the next page are descriptions of just a few of these miracles, which have all been approved by the Catholic Church.

### Saint Carlo Acutis

(3 May 1991-12 October 2006)

Carlo Acutis was a teenager known as a 'computer geek', who loved playing PlayStation and watching films. He died from leukemia at the age of 15. He loved Jesus, truly present in the Eucharist, and wanted others to know and love Jesus too. He thought one great way to do that would be to tell the world about Eucharistic Miracles. Before he died, he created a website documenting 187 Eucharistic miracles around the world. Carlo loved his faith very much and made the effort to go to Mass to receive Jesus in the Eucharist every day.

Carlo was canonized as a saint in April, 2025.

You can visit his website at: <http://www.miracoliceucaristici.org>

*'The Eucharist is the highway to heaven.'*  
St Carlo Acutis

Weekly layout, perfect for tracking reading, activities, and achievements!

**March**

Book Title: Charlotte's Web  
 Author: E. B. White  
 Days Read This Week: 4 Pages/Chapters Read: 6/7

**Monday 23**  
 Take reader home  
 Bring spelling book home

**Tuesday 24**  
 Little athletics tonight

**Wednesday 25**  
 Spelling test!!!  
 Eliza is to wear her PE uniform tomorrow, please.

**Curiosity**  
 Curiosity means wanting to learn and discover new things, which makes us smarter and more interesting. While curiosity about other people's business (e.g. gossip) can get us into trouble, curiosity about topics and how things work can help us grow. Curiosity also allows us to look at the world with wonder and ask questions as an observer of God's creation.  
 For example: Hannah is curious about how bees make honey, so she reads a bit about it while her mum lets her have some toast with honey. She goes outside and looks at how the flowers and bees interact.  
 Let's think about it...  
 1. What is something you would like to know more about?  
 2. How/where do you find the answers to your questions?

Character building prompts!

Additional learning tools to help with literacy and numeracy!

**Time, Months and Seasons**

Time	24 Hr Clock	AM/PM	24 Hr Clock	AM/PM
60 seconds = 1 minute	00:00	12 Midnight	12:00	12 Noon
60 minutes = 1 hour	01:00	1:00 AM	13:00	1:00 PM
24 hours = 1 day	02:00	2:00 AM	14:00	2:00 PM
7 days = 1 week	03:00	3:00 AM	15:00	3:00 PM
14 days = 1 fortnight	04:00	4:00 AM	16:00	4:00 PM
12 months = 1 year	05:00	5:00 AM	17:00	5:00 PM
52 weeks = 1 year	06:00	6:00 AM	18:00	6:00 PM
365 days = 1 year	07:00	7:00 AM	19:00	7:00 PM
366 days = 1 leap year	08:00	8:00 AM	20:00	8:00 PM
10 years = 1 decade	09:00	9:00 AM	21:00	9:00 PM
100 years = 1 century	10:00	10:00 AM	22:00	10:00 PM
	11:00	11:00 AM	23:00	11:00 PM

There are 365 days in a year, but every fourth year, which is called a leap year, has 366 days. The extra day is added to February. Here is a rhyme to help you to remember the number of days in each month:

**Rhyme**  
 Thirty days has September;  
 April, June and November;  
 All the rest have thirty-one,  
 Excepting February alone,  
 And that has twenty-eight days clear  
 And twenty-nine in each leap year.

**The Seasons**

Autumn: December, January, February  
 Winter: March, April, May  
 Spring: June, July, August  
 Summer: September, October, November

In Australia, the seasons begin on the first day of a particular calendar month – in March for Autumn, June for Winter, September for Spring and December for Summer.

The seasons are caused by the tilt of the Earth in space as it travels around the Sun each year. When the South Pole of the Earth is tilted towards the Sun, this is our Summer. The Sun's rays hit Australia at a steep angle creating more heat. Six months later when the South Pole is tilted away from the Sun, it's our Winter. In between these two seasons we have Autumn and Spring.

**Wellbeing**

There are many factors that contribute to your wellbeing. Having a positive self-image, self-esteem, and confidence are important factors in determining whether you are happy, healthy, and comfortable. Health is also an important aspect of wellbeing. Apart from eating healthy foods, exercising and building your CHARACTER and RESILIENCE, maintaining personal hygiene will help you to feel your best, too.

Here are some things that you can do every day to maintain your personal hygiene:

- Wash and sanitise your hands
- Cough or sneeze into your elbow
- Have regular baths or showers
- Brush your teeth at least twice a day

Developing these hygiene habits from a young age can benefit you as you get older. It also means that you help to keep yourself, your family and your friends healthy too!

**Bullying and Cyber-safety**

Bullying is repeated behaviour with intent to harm others. This kind of behaviour might include:

- physical acts such as pushing, shoving, punching, pinching, and invading someone's personal space
- verbal expressions such as name calling, offensive language, putting someone down and making disrespectful comments
- gestures such as graffiti, writing offensive notes, text or email and damaging someone else's property
- cyberbullying by using technology to bully via text, email, videos, or photos online.

**What can you do?**

Bullying can sometimes be hard to stop. If you have been bullied, or you know someone who is being bullied, you would understand that it is a terrible feeling. No one deserves to be hurt emotionally or physically. You have the power to make someone feel better and to stand up to bullies, even if it seems scary or overwhelming. You can also tell your teacher or an adult that you trust if you or someone you know is being bullied. You can work together with your friends, classmates, and teachers to make everyone feel included and valued. Don't forget that one small act of kindness could make someone's day.

Anyone who has been bullying others needs to:

- Stop what they are doing
- Be respectful to other people
- Listen to how other people have been affected by their actions
- Understand that everyone has rights and responsibilities
- Apologise and make things right with those who have been affected by their actions

Anyone who is being harmed by bullying behaviour needs to:

- Say stop
- Respect themselves and remember that they are special and that they deserve to be treated better
- Speak up about how they have been affected by other people's actions
- Understand that everyone has rights and responsibilities
- Remember not to make excuses for other people's bullying behaviour. This behaviour is wrong.

**Support Services**

www.kidshelpline.com.au Helpline: 1800 551 800  
 www.youthbeyondblue.com Info Line: 1300 224 636  
 www.bullying.org.au Phone: 1800 028 559