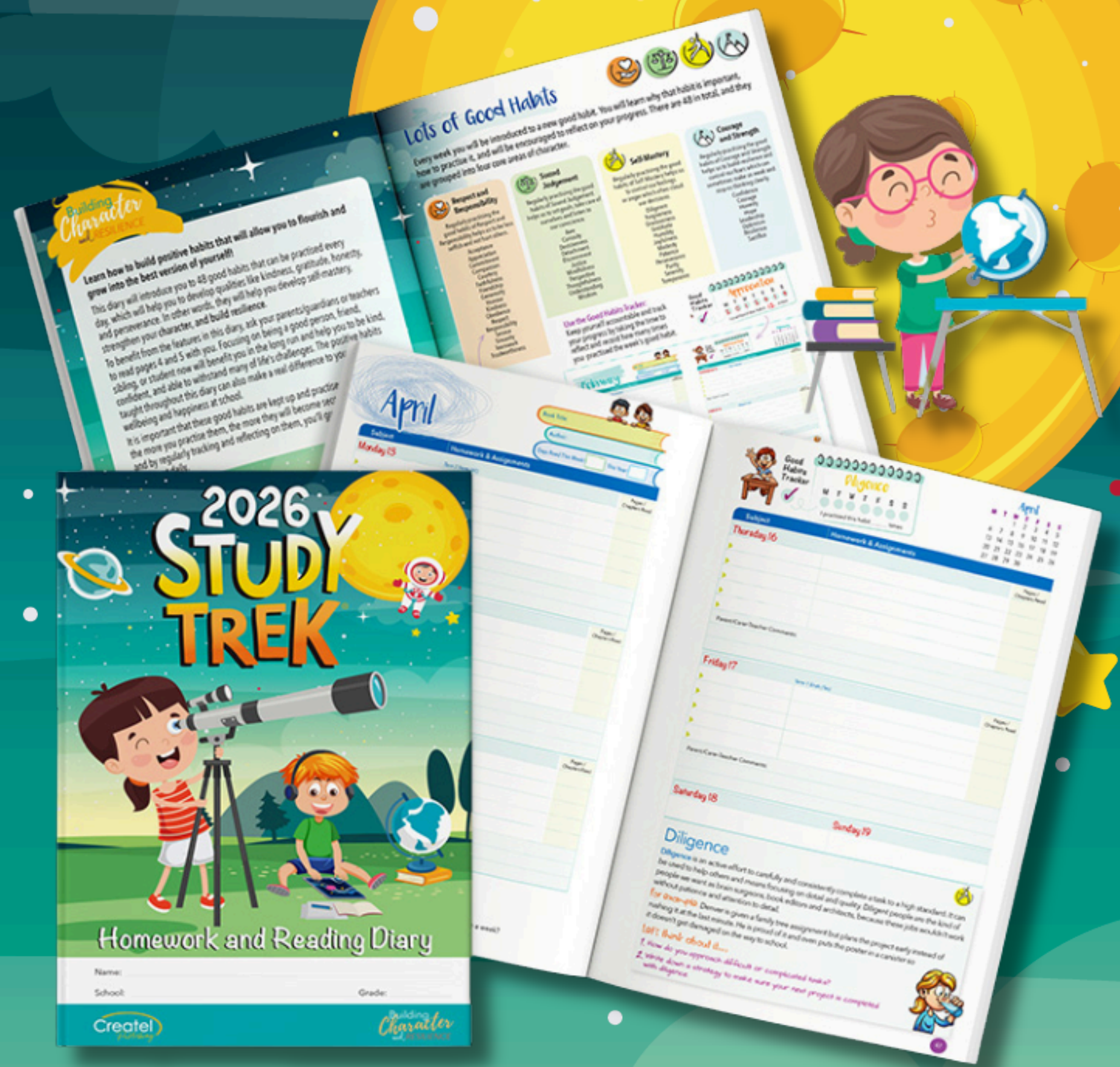


How To Use 2026 STUDY TREK®



StudyTrek - the ultimate companion for students in years 3-6!

Create **positive, life-long study habits** with prompts and excerpts from our **Building Character and Resilience program!**

StudyTrek also includes many helpful resources and engaging articles that will **enhance classroom learning and spark curiosity at home**. There's also plenty of space to record reading, projects, after school activities, and parent-teacher communication.

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

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



Book Title: Charlotte's Web
Author: E. B. White
Days Read This Week: 4 **This Year:** 64

Monday 13
Take reader home
Bring spelling book home

Tuesday 14
Little athletics tonight

Wednesday 15
Spelling test!!!
Eliza is to wear her PE uniform tomorrow, please.
Miss H.

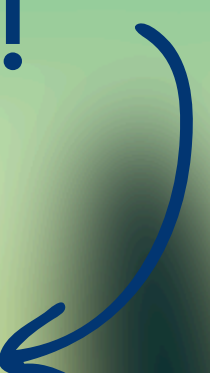
Thursday 16
Wear PE uniform
Ask mum for egg carton for tomorrow

Friday 17
Art class and bring smock

Sunday 19
Adrian's soccer game

Diligence
Diligence is an active effort to carefully and consistently complete a task to a high standard. It can be used to help others and means focusing on detail and quality. Diligent people are the kind of people we want as brain surgeons, book editors and architects, because these jobs wouldn't work without patience and attention to detail.
For example, Denver is given a family tree assignment but plans the project early instead of rushing it at the last minute. He is proud of it and even puts the poster in a canister so it doesn't get damaged on the way to school.
Let's think about it...
1. How do you approach difficult or complicated tasks?
2. Write down a strategy to make sure your next project is completed with diligence.

Interesting articles to compliment classroom learning!



In the Beginning
Aboriginal and Torres Strait Islander peoples have been living on this land for over 60,000 years. They are distinct groups with their own cultures and spiritual beliefs called the Dreaming (Aboriginal) and the Tagai (Torres Strait Islander).
Aboriginal and Torres Strait Islander people have not always been treated with justice since Europeans arrived in Australia. As Australians, it is our duty to care for each other and treat everyone with dignity and respect.

The Dreaming
The heart of Aboriginal people and their spirituality is the Dreaming. The Dreaming is the past, the present and the future. It lives in all things and forms; the land, plants, animals, and people. Aboriginal people have a strong connection to the natural environment and see all living things as sacred.
We can learn so much about this beautiful land, its history and its people. All we need is a humble and open heart.

Advance Australia Fair

National Anthem
Australians all let us rejoice,
For we are one and free;
We've golden soil and wealth for toil,
Our home is girt by sea;
Our land abounds in Nature's gifts
Of beauty rich and rare;
In history's page, let every stage
"Advance Australia Fair!"
In joyful strains then let us sing,
"Advance Australia Fair!"
Beneath our radiant Southern Cross,
We'll toil with hearts and hands;
To make this Commonwealth of ours
Renowned of all the lands;
For those who've come across the seas
We've boundless plains to share;
With courage let us all combine
To "Advance Australia Fair!"
In joyful strains then let us sing
"Advance Australia Fair!"

The Southern Cross
The Southern Cross or Crux Constellation, is a group of stars in the southern sky that shines every night of the year. Its five brightest stars form a cross, making it easy to spot.
Long ago, sailors used it to find their way, as it points to the South Pole. For lost ships, it was a symbol of hope, lighting the way home.
When Australia was founded, the Southern Cross was added to the flag as a reminder of our history and the stars that guide us.



Prompts to build character!

Building Character and 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 parents/guardians 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 of Respect and Responsibility helps us to be less selfish and not hurt others.

- Acceptance
- Appreciation
- Commitment
- Compassion
- Courtesy
- Faithfulness
- Friendship
- Generosity
- Honour
- Kindness
- Obedience
- Respect
- Responsibility
- Service
- Sincerity
- Teamwork
- Truthfulness

Sound Judgement

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

- Awe
- Curiosity
- Decisiveness
- Detachment
- Discernment
- Justice
- Mindfulness
- Perspective
- Thoughtfulness
- Understanding
- Wisdom

Self-Mastery

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

- Diligence
- Forgiveness
- Graciousness
- Gratitude
- Humility
- Joyfulness
- Modesty
- Patience
- Perseverance
- Purity
- Serenity
- Temperance

Courage and Strength

Regularly practising the good habits 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

Use the Good Habits Tracker: Keep yourself accountable and track your progress by taking the time to reflect and record how many times you practised the week's good habit.

Look at the table above and see which of the four core areas of character fits into the good habit: Respect and Responsibility, Sound Judgement, Self-Mastery, or Courage and Strength. The identifying logo is shown in the good habits panel.

Begin each week by reading the explanation and example: Each week, the new good habit is explained, followed by an example and two discussion questions to help you understand it. Discuss the two questions with your friends and classmates so that you can better understand each new idea. Each week, think about how this good habit applies to your life, and discuss with your teacher, parents/guardians, or friends how you could put this new good habit into practise.

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

Character contributes to resilience and wellbeing

Additional learning tools to help with literacy and numeracy!

Text Types

Text types generally fall into two main categories: fiction and non-fiction. A knowledge of text types will help you be able to successfully create a variety of written and spoken texts during class activities and distinguish between the many text types you come across every day.

The chart below explains some of the most common text types and their layout (structure):

<p>NARRATIVE</p> <p>A narrative aims to entertain or inform readers by telling them a realistic or imagined story. Narratives are written to stimulate the reader because they deal with the unexpected development of events.</p> <p>Examples: plays, science fiction, myths, cartoons, adventure stories, fairy tales, short stories</p>	<p>Layout</p> <ol style="list-style-type: none"> Title Orientation: Who? What? Where? When? Why? Complication Series of events Resolution
<p>RECOUNT</p> <p>A recount tells what happened, when it happened, where it happened and who was involved. It records a series of events in the order in which they occurred.</p> <p>Examples: newspaper reports, diary entries, interviews, journals, conversations, letters, biographies</p>	<p>Layout</p> <ol style="list-style-type: none"> Title Setting: Who? When? Where? Why? Sequence of events Conclusion
<p>PROCEDURE</p> <p>A procedure is a factual piece of writing that instructs the reader how to do something, including instructions for how to play a game or directions for getting to a place.</p> <p>Examples: recipes, instructions, safety manuals, game rules</p>	<p>Layout</p> <ol style="list-style-type: none"> Title (statement of goal) Materials Sequence of steps Evaluation
<p>EXPOSITION</p> <p>An exposition attempts to convince or persuade the reader to believe something by presenting one side of an argument.</p> <p>Examples: posters, advertisements, film reviews</p>	<p>Layout</p> <ol style="list-style-type: none"> Statement of writer's argument Series of arguments in order Conclusion summing up arguments
<p>EXPLANATION</p> <p>An explanation describes in scientific/technical terms how or why something happens.</p> <p>Examples: scientific and technical journals, science books</p>	<p>Layout</p> <ol style="list-style-type: none"> A general statement or question Explanation sequence Conclusion
<p>INFORMATION REPORT</p> <p>A report classifies and describes objects, creatures or natural phenomena in general and specific terms.</p> <p>Examples: research papers, articles on a topic, textbooks</p>	<p>Layout</p> <ol style="list-style-type: none"> Classification of topic/item Description of topic/item Conclusion

Grammar

Grammar is important because it helps you correctly put words together in sentences so they make sense. Following the rules of grammar will help you write and speak clearly.

NOUNS

Nouns are words used to name persons, animals, places and things. Words we use to name ordinary things, such as a table or pen, are called common nouns.

E.g. An astronomer uses a **telescope**.

Proper nouns are words we use to name particular people, places or things. Proper nouns begin with a capital letter.

E.g. Australia's longest river is the **Murray River**.

Collective nouns are words we use to name groups of things or people that are the same.

E.g. The **swarm** of bees is in the garden.

PRONOUNS

Pronouns are words used to refer to a person or thing without giving a name.

E.g. Jane said that **she** would be back soon.

PREPOSITIONS

Prepositions are very short words that show the relationship between pronouns and/or nouns, such as 'over', 'with', 'by', 'at', 'in', 'for', and 'to'.

E.g. John fell **on** the floor.

ARTICLES

Articles are short words placed in front of a noun, such as; 'the', 'a' and 'an'.

E.g. Leanne is cleaning **the** desk.

ADJECTIVES

Adjectives are words that tell us more about nouns, such as what kind, what colour or how many.

E.g. **Fertile** land can produce crops easily.

VERBS

Verbs are called 'doing, being or having' words. They describe an action, state or condition.

E.g. Gabby **swims** every morning.

ADVERBS

Adverbs add to the meaning of verbs. They usually tell us how, when, where or why.

E.g. Robert walked **slowly** because he was tired.

CONJUNCTIONS

Conjunctions are words that join together words or parts of a sentence, for example 'and', 'or', 'but', 'so', 'as'.

E.g. Apples **and** pears grow on trees.

