



30 September 2024

Mid-semester break, Semester 2

This edition

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Welcome to the mid-semester break, Mack! We hope you're taking this time to reset, recharge and get ready for the rest of Semester 2.

In this week's edition, we share some tips to help you eat well on a budget, avoid magpie swoops frenzy, and access support to help you stay on top of your studies.

Plus, Student Life Grant applications for Semester 1, 2025 are open – your opportunity to put on fun and informative events for your student community in Semester 1 next year!

A message from Professor Mark Scott



Dear students,

With the mid-semester break underway, I want to encourage you to take the time in between study to relax and recharge so you can come back refreshed for the remainder of Semester 2 and final

assessments.

With wellbeing in mind, it's important we continue to nurture a safe and inclusive environment for all students and staff.

I recognise that this time of year is a sensitive and challenging time for many members of our community as we come up to the anniversary of October 7 and the ongoing conflict in the Middle East. The ongoing loss of lives is heartbreaking, and I extend my deepest sympathies to everyone who has been affected.

I know many in our community have strongly held views on this conflict, and I urge you all to please look after yourselves and be empathetic towards your peers and staff members, and to come together peacefully with those who hold different views to your own. We have zero tolerance for any form of racism, threats to safety, hate speech, intimidation, threatening speech, bullying or unlawful harassment, including antisemitic or anti-Muslim language or behaviour.

We also have a shared commitment to being aware of and respecting the beliefs of others and major days of worship, as set out in the [University student wall calendar \(pdf, 114KB\)](#). As an inclusive community, we should remain mindful of others as they observe and celebrate upcoming dates in Semester 2 and beyond.

Support

If you require support at any time, please reach out to one of the many services available:

- **Student Wellbeing team:** [Student Wellbeing services](#) are free and confidential for all students and can be contacted 24/7, including on Monday 7 October, the Labour Day public holiday.
- **Online resources:** Our [Student Life, wellbeing and support webpage](#) has a comprehensive list of services and resources to support your personal wellbeing.

As always, please look after yourself and others.

Take care,
Mark

Professor Mark Scott
Vice-Chancellor and President

Top stories



Apply for a Student Life Grant

Do you have an idea for an event, activity or project that seeks to enrich campus life and strengthen your student community? [Student Life Grant applications](#) for Semester 1, 2025 are now open, and with up to \$3000 in funding available to successful applicants, why not put your project forward?



Get the scoop before you get swooped

Magpie swooping season has well and truly begun. While magpies rarely cause harm by swooping, it's important to be aware of swooping areas on campus (usually near large trees) and check out [Professor Dieter Hochuli's top swooping avoidance tips](#) via Instagram to stay informed.



Daylight savings starts next Monday

The clocks in New South Wales will be put forward an hour on Sunday 6 October, which means more daylight for longer. But, while extra sunlight in the evening has its perks, does daylight savings do more bad than good?

Dr Jacob Crouse explores how [disrupting our body clocks may be doing more harm than we think](#) in his talk as part of Raising the Bar 2024.

Refuel during mid-sem break



Sounds Sydney, Chau Chak Wing Museum.

[Eateries across campus](#) will be operating as normal throughout the mid-semester break, but if you find yourself on campus for some weekend study, the following venues are also open:

- Fisher Coffee Cart, outside Fisher Library (10 am – 4 pm)
- Sounds Sydney, Level 2, Chau Chak Wing Museum (12 pm – 4 pm)
- Subway, Level 3, Wentworth Building (9 am – 5 pm)
- Ralph's Cafe, Arena (Saturday only 8 am – 3 pm)
- Poolside Cafe, Sports & Aquatic Centre (Saturday only 8 am – 3 pm)

Remember, fuelling your body is just as important as fueling your mind!



Receive up to five free food items at FoodHub

If you're struggling with finances or food insecurity, visit the [FoodHub](#) pantry on Level 3 of the Wentworth Building to receive food and other essential items for free. Ensure you register ahead of time, bring your ticket with you and only visit at your allocated time.



Save food from landfill at Beyond Best Before

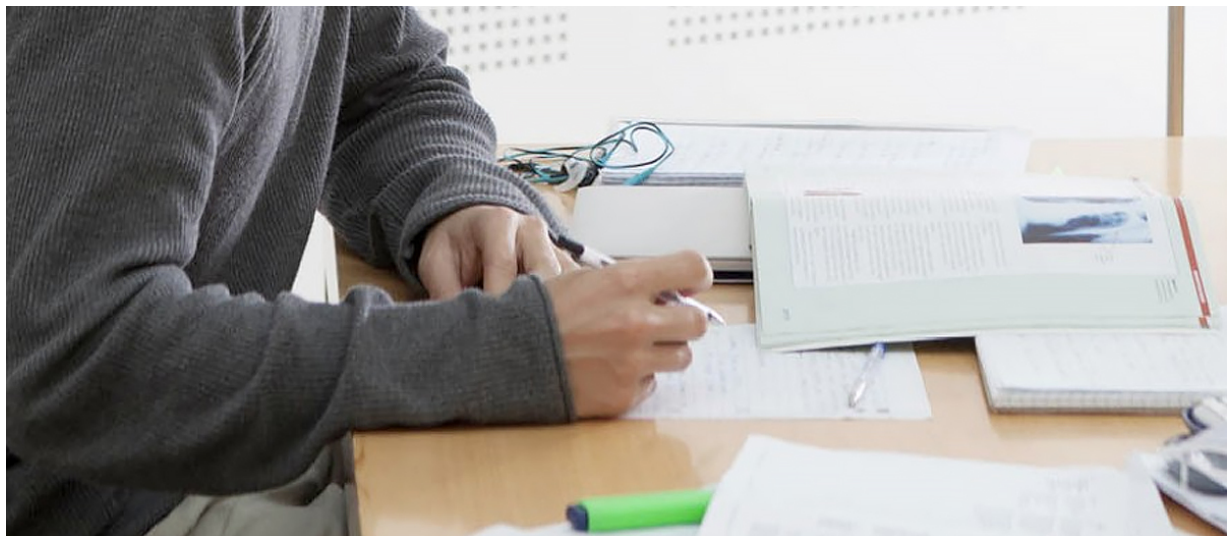
Co-founded by a USYD alum and part of the INCUBATE start-up program, [Beyond Best Before](#) is a food pantry that sells food past their best before dates. Save money and food from landfill by visiting their Newtown store on

King Street, a short stroll from the Camperdown campus.

Need to know

- Library and study spaces are open across the University and operating as normal during the mid-semester break. The Student Centre will continue operating at Fisher Library.
 - The Investment Policies Review Working Group is accepting submissions from staff, students, and members of the community. The closing date for submissions has been extended and will now close on 5 pm Friday 4 October 2024. Provide your feedback through the [Investment Policies Review submission e-form](#).
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Tips to stay on top of your studies



As a University of Sydney student, you have access to a range of study support throughout your studies, including the mid-semester break.

- The [Learning Hub](#) is a great place to find resources, attend free online workshops, or book in an individual consultation to help you develop your academic communication, research and study skills.
- You also have access to [Studiosity](#), an online service that provides feedback and guidance on students' work, 24/7.

Explore more ways you can [access free academic help with your studies](#).

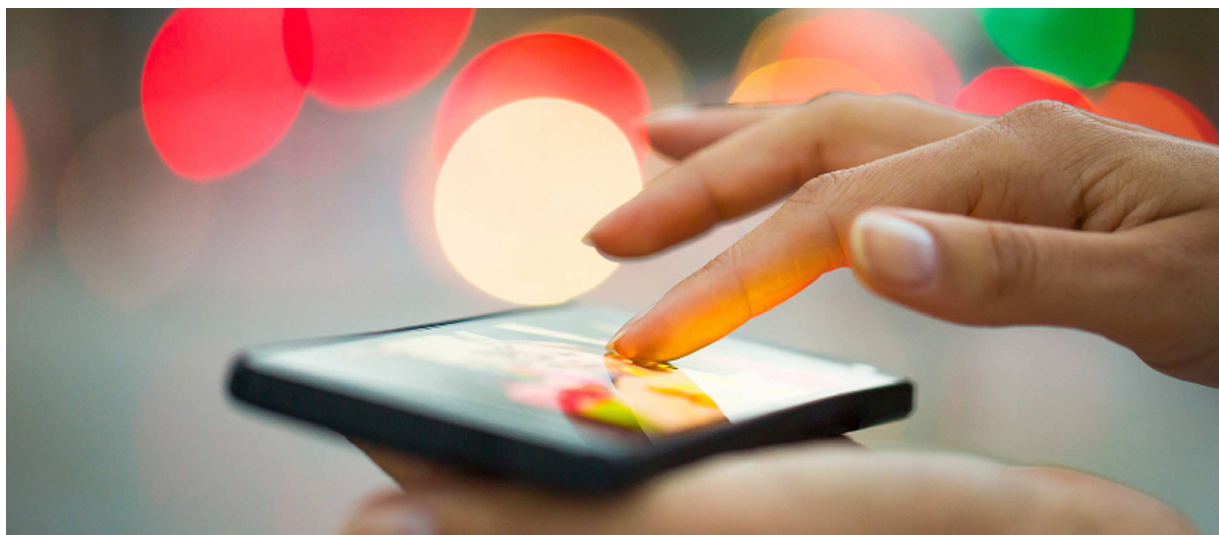
How are you spending your mid-semester break?

Studying and completing assessments

Seeing friends and family

Getting some extra rest

All of the above



Don't lock yourself out

Upgrading to the new iPhone 16? Ensure that OKTA is fully activated on your new iPhone before replacing your old phone. If you are trading in your old phone make sure to [unenrol your mobile device](#). Alternatively, you can [set up OKTA on your secondary device](#), such as an iPad or backup phone so you don't lose access to your university systems.

Events to keep you sharp



Build your academic resilience

Join us on Wednesday 2 October, for the [Academic Resilience Workshop](#), helping you navigate academic challenges and boost your mental wellbeing.



Keep mentally fit with our men's program

Mental fitness is just as important to maintain as physical fitness and health. Register your interest for our [Mental Fitness for Men](#) program, taking place on Wednesday 9 October from 1 pm, designed to help male-identifying students embrace challenges, identify their values and build resilience.

What's happening at Sydney



The museum expands its reach

If you're out and about in Western Sydney, you may run into our 'Pop-Up' museums. Showcasing artefacts from the Chau Chak Wing Museum's impressive collection, [see where the University will be 'popping up' next](#) to share a slice of our award-winning museum.



The bells are ringing

Experience the magic of live music with the free [weekly Carillon recital at the Quad](#)! Enjoy the iconic bells and stick around for a guided tour to uncover the history of this unique instrument. You can even [request your favourite tune](#) be played!



Music and the brain

Join us on 9 October for [Musical Minds: Exploring the Connections Between Music, the Brain, and Psychology](#) to watch live performances and hear from renowned experts about how music impacts emotions and mental health.

Postgraduate study opportunities at Sydney

Discover the next step in your career with [upcoming postgraduate events](#) to equip you with the advanced skills and knowledge needed to excel in your field.



Sustainability for real-world impact

Attend the [Master of Sustainability Information Session](#) on Monday 14 October from 12 pm to find out about the entry requirements, course structure, and the capstone project, plus information about exciting career paths in sustainability.



Discover postgraduate computer science

Unlock your tech future with a postgraduate Computer Science degree! Learn how a master's program can equip you with cutting-edge skills in cybersecurity, data science, and more by registering for the [postgraduate webinar](#) at 6 pm Thursday 10 October.

Student resources

[Student website](#) | [Canvas](#) | [Student Portal](#) | [Sydney Student](#) | [Key dates](#) | [Student life, wellbeing and support](#) | [Scams support](#)

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We recognise and pay respect to the Elders and communities – past, present, and emerging – of the lands that the University of Sydney's campuses stand on. For thousands of years they have shared and exchanged knowledges across innumerable generations for the benefit of all. [Learn more.](#)

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Have news? [Share it with us](#)