

Family time out gives teen ability to refresh



Alisha Panambalana.

ALISHA Panambalana from Our Lady of Mercy College in Parramatta had an interesting strategy to cope with her HSC study program, relying on her parents to help take her mind off the upcoming tests.

“Every Sunday we’d have a family movie night, where we would just laugh and watch movies and forget about the HSC,” she said.

“Some days when I had a lot of study, my mum would

actually take it off work to be with me and make sure I had something to eat or that I was OK, so I definitely couldn’t have done it without them.”

Alisha scored an ATAR of 99.75 and is tossing up between becoming a doctor or a vet.

“Either way I want to help,” she said. “It could be for people or animals.”

Alisha, 18, from Rydalmere, did what many stu-

dents find impossible, juggling two sports, two instruments and study.

“I played netball and volleyball and then I would play the saxophone and the clarinet, just to take my mind off studying and keep myself normal,” she said.

“I would tell students today, not to underestimate themselves, that we are actually capable of the impossible, and for them to do what keeps them feeling normal.”