



Cartoon: Jordyn Gardiner

## Why the Anzac spirit will live on

### EDITORIAL

By **CLASS 6WB**

THE Australian and New Zealand soldiers who fought at Gallipoli did so for the love of country. Their mateship, courage and humour have become the stuff of legend.

The men, who jumped at the chance of being part of a big adventure, did not expect to be honoured 100 years after the conflict, yet that is what Australians have done in increasingly large numbers with each passing Anzac Day.

Australia's Governor-General, Sir Peter Cosgrove, addressed the crowds at this year's Anzac Service at the Australian War Memorial. He said that all Australians have the "Anzac spirit" because the original Anzacs gave it to us.

But can ordinary people like us really have the same spirit worth celebrating?

A century ago a man called Simpson, along with his donkey, became a well-known sight at Gallipoli. For 24 days they raised spirits and saved over 300 lives as the whistling private walked next to his donkey, despite the extreme danger. He was good humoured, brave and looked after his mates.

Today we are inspired by the acts of bravery performed by

defence force personnel, police, the State Emergency Services and fire fighters, who go into risky situations to help others.

In our large country with its harsh climate and extreme landscapes we need specially trained heroes to help us when things get dangerous. When these special people go out of their way to help others, even if it means they are putting their own safety at risk, they are working with the same spirit as Simpson and his donkey.

The original Anzacs left a lasting image of the importance of mateship. In the Hunter Valley recently after a super storm, residents proved that friendship and compassion are still valued in our modern times. News reports were full of stories of people helping their neighbours and strangers in distress. One man used a front-end loader to rescue flooded residents, other people helped save strangers and livestock.

You don't have to be in the defence force to demonstrate the Anzac spirit. You do need to care for other people, help those who are less fortunate, and be able to have a laugh in good times and bad.

As long as ordinary Australians continue to be courageous in the face of adversity, and use mateship to get through hard times, the Anzac spirit will live on.

# Healthy kids are set to be happier kids

By **MELIAH BAKER** and **HAYLEY SIMPSON**

IT is an unfortunate fact that one in four children in Australia are overweight. To change this situation a new program is being introduced to schools around Australia to get students moving and active.

Sporting Schools will be Australia's largest school-based sports participation program. It will give more than 850,000 school children all over Australia easy access to sport. It is hoped that it will help children develop a lifelong interest in sport.

Officially beginning in July 2015, Sporting Schools will bring together schools and coaches to help get Aussie children active in their local communities.

The program will be available to all Australian primary schools. It will offer a fun and supportive environment for children to work with trained coaches representing 32 national sporting organisations.

One of the school's participating in the transition program is Blackalls Park Public School.

School principal, Merrita Jeffrey said her school would use the grant money to get access to expert coaches.

"The students will have access to a wider range of activities delivered by qualified coaches. The students, families and school will benefit from the enthusiasm these courses promote. We expect that by



Gizelle Weimer, Andrew Green, Shae Powter, Beau Madden and Alexis Besley ready for sporting challenges. *Picture: Heather Webster*

implementing the program, our students will participate more actively in sporting activities both at school and home."

Blackalls Park Public School canteen manager and mother, Mel Fenton thinks that the new program is a great idea.

"It will be a good experience for

those children aren't involved in sport outside of school. It will also work well with the canteen's healthy eating program."

The Sporting Schools program is being trialled at Blackalls Park Public during term 2 with students receiving coaching in gymnastics, netball and soccer.

## Fabulous food coming fresh from the farm

By **PATRICK KEMMIS, EMILIE C, DAMON SAGER** and **DAKOTA FROST**

IF you want to find tasty, fresh food that is produced by hardworking Australian farmers then look no further than Lake Macquarie's very own Farmers Markets.

They are held on the second and fourth Saturday of the month from 8am-1pm at Speers Point Park.

Fruit, vegetables, meat and milk are just a few of the fresh products you'll find being sold direct from the farm.

Many items are supplied by producers such as orchardist, Robert Grant. Mr Grant drives six hours from Orange to deliver his fresh fruit and produce.

Over The Moon Milk provides fresh milk, cream and cheese straight from farms in the Hunter.

There are several meat stalls each offering a range of fresh Australian products. These suppliers take pride in offering produce that is ethically



Patrick Kemmis and Dakota Frost examine fresh produce. *Picture: Damon Sager*

and humanely raised. Olenka Motyka, a regular shopper at the markets, commented that

the groceries she buys for her family taste better and last longer than food from the average grocery store.

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