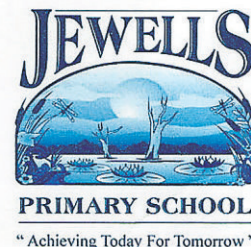


Primary entry #66: Jewells Primary School



JEWELLS JOURNAL



Jewells student Toby riding safely on the road.

Picture: Eva, Flynn

Busy roads a hazard for all cyclists

By EVA, FLYNN, NATHAN and JONATHAN

LAKE Macquarie's population is rapidly increasing which is becoming a hazard for cyclists as now even more cars are on the road.

The injury rates are increasing because many people still want to ride their bikes to school and to work to prevent pollution and to keep fit. An Australian survey undertaken in July 2015 shows that around four million people ride their bikes to work or for recreation each week.

Children over the age of 12 cannot ride on the footpath due to Australian law, which is why so many cyclists are getting injured on our roads. A representative from the NSW Police Force said: "Kids around the age of 12 are the ones getting most of the injuries on bikes as kids haven't learnt all of the safety rules yet."

This is a problem concerning cyclists and drivers, yet it is something that we can solve with the help of local councils.

C.A.R.E.S (Community and Road Education Scheme) is a program aimed at kids that is run by police to help inform them about bike safety and road rules. They teach students theory about traffic lights, signalling, right of way, what to wear and to always put on a helmet.

By REGAN, LEAH, RYAN, SOPHIE and IZAAK

AFTER 10 years of planning and building, the renovations for Belmont Police Station are finally coming to an end and will be a tremendous help for the community of Lake Macquarie.

The rebuild ensures that the whole police station is getting renovated, and will be completely different to the last station.

It will have a different structure and many more rooms for the police to work in.

It also provides a safe place for victims of crime.

According to Superintendent Brett Greentree, the old police station just didn't meet the requirements of policing this century and could only house a small number of officers.

"The old police station was becoming dangerous as some of the structure was becoming unstable," Superintendent Greentree said, "we needed an update because there are 200 staff members in the command".

There will be many changes to the new police station. It will be a lot bigger because it will be three storeys high, as the last police station was only one storey.

It will also be equipped with all the new furniture and technology.

It has been built to fit specialist



Superintendent Brett Greentree inspecting the worksite with Sophie and Regan.

Picture: Ryan

police and general duties officers in the command.

"It will make communication a lot easier between specialist officers and general duties officers, as the technology will be lot better. It will allow police to work in a state-of-the-art police station," Superintendent Greentree said.

During the rebuild, general duties officers will be relocated to

Charlestown, as the whole building is getting renovated. "Although most officers are going to Charlestown, some officers from the crime management and others, are moving to Toronto," he said.

The NSW Police Force is extremely proud of the new police station and is very grateful for it. The community can also be proud of the new police station, and all

the benefits that will flow from it.

It looks like the police station will be up and running by the end of 2015. "Police will probably be moving in around November," said Superintendent Greentree.

The new state-of-the-art police station will soon be finished, and will benefit our community and other communities in the local area.



There are many ways to access social media.

Picture: Milla

The cyberbullying crisis continues

By LILLI, SARAH, NYSSA and CHELSEA

CYBERBULLYING is a problem in our community and over the past year there has been a rise in reported cases. It is becoming easier for teens to be bullied online.

Cyberbullying is an inexcusable behaviour today. Many kids throughout their childhood are exposed to it through social media.

Senior Constable Vanessa Ell, youth liaison officer from Lake Macquarie Police, is very familiar with cyberbullying cases. It can be catastrophic for teens: "It never goes away, it can stay with them 24/7," she said.

Senior Constable Ell explains how it can also be distressing for the families involved with cyberbullying.

It can be very traumatic for parents. "It is very diffi-

cult because it is out of their control," she said.

She believes that kids can actually stop the problem by being aware of what they're doing and making sure they are mindful of how it can have an impact on other people.

The NSW Police Cyberbullying Education program works towards controlling cyberbullying by informing children of the impacts of their decisions.



Supporting the Good Stuff in our community

newcastlepermanent.com.au/goodstuff

Here for good.  NEWCASTLE PERMANENT

Because we are owned by our customers, we think it is important to support the communities that support us. That's why we invest over \$1.5 million each year in community programs to help families lead healthy, active and happy lives.