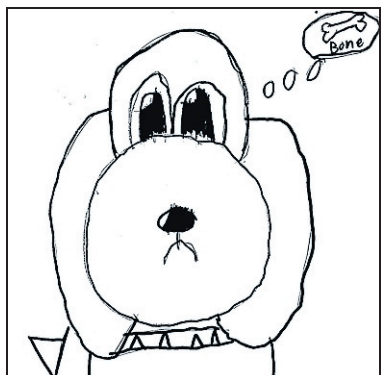


Primary entry #31: The Kotara School



The Courage Chronicle



Pet pooches are fun to have around. Picture: Jesse, Blue Class

Learning all about the popular dogs

By BLUE CLASS

BLUE class is studying *Little White Dogs Can't Jump* as their accelerated literacy text and have been looking closely at different dog breeds. Some of the student's favourite breeds are pugs, German shepherds, rottweilers and greyhounds.

Logan has liked learning about the rottweiler and has learnt that it has the strongest bite of all dogs. Rottweilers have also been used by the police force for drug detection and searching for criminals on the run.

Cecil loves greyhounds because they can run really fast. Cecil has a greyhound called Jeff and it is brown in colour.

Charley owns four dogs and has learnt a lot about their different breeds in class. His favourite pet dog is Patch who is a foxy dalmatian cross. Patch makes Charley really happy and gives him lots of cuddles.

Andrew's favourite dog is a pug and he hopes one day he will be able to have one of his own.

Miss Lynda has a muddle which is a maltese cross poodle named Zoe, and there are photos of her sitting on a cushion in front of the fireplace.

Blue Class has made a movie based on what they've learnt about dogs. The students have written the script, created costumes and portrayed the characters. They will be entering this movie in The Kotara School Short Film Festival later this term.

By NATHANIEL WALKER
and TRISTAN DOBSON

FOR health benefits, children aged 5-12 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.

Children's physical activity should include a variety of aerobic activities, including some vigorous intensity activity. On at least three days per week, children should engage in activities that strengthen muscle and bone. To achieve additional health benefits, children should engage in more activity - up to several hours per day.

At Kotara School we understand that sport and activity is extremely important for us. It helps our bones and muscles grow and keep us fit. At Kotara School sedentary behaviours (not being active) are reduced by being involved in many physical activities. In PE we keep active by participating in: handball, basketball, European handball, shuttle runs, tennis, frisbee and volleyball.

Our PE lessons are designed to increase active learning. We are split into groups and everybody gets plenty of opportunity to be active. It also provides us with the best opportunity to improve our skills.

We also participate in both familiar and new sporting activities outside of school, including: surf-



ing; trampolining (SpringLoaded); fitness at PCYC; swimming; beach skills; tennis; gymnastics; boxing fitness; CARES (Community and Road Education Scheme) bike riding day; and Tree Tops Adventure Park.

Being involved in sport makes us feel happy and energised. It makes your heart pump which is good for cardiovascular health. Not only is it

exciting, fun and healthy, it also improves hand-eye co-ordination, agility, reaction times, balance and both gross and fine motor skills.

Throughout the sporting activities students have had the opportunity to meet some of Newcastle's most famous sporting stars, such as: Justin Ryder (ex Newcastle Knight); current Matilda Emily Van Egmond; Butch Hayes (former

Newcastle Falcon and Chicago Bull); the Newcastle Knights and Newcastle Jets.

Students at Kotara School are lucky to have great teachers and staff that provide and promote fantastic opportunities to get active and participate in physical activities and sports. Students love being active and think all kids should have these opportunities as well.

The students at The Kotara School get plenty of opportunities to keep fit.

Picture: Red Class



Some of the many energy drinks available.

Picture: Yellow Class

Energy drinks are still all the rage

By PHOENIX
MALONEY,
YELLOW CLASS

AN energy drink is a beverage that contains chemicals that when drunk, give your body a boost of energy.

These chemicals are known as stimulants which means that they tell our bodies to wake up, give us more energy or help our attention spans.

Everyone has heard of V, Red Bull, Wicked, Monster, Red Eye or RockStar but do you know what those drinks are doing to your body?

After watching a *Behind The News* documentary, they did a test to see what drinking cans of Red Bull can do to your body. They got people to drink two cans of Red Bull and then they did a blood test which showed that our blood gets sticky

after we drink them. I learnt this means that the flow of blood slows down in your body and can block your veins or can cause blood clots. In some cases this can cause a heart attack (only if huge amounts of energy drinks are drunk) or affect your health in a bad way.

Therefore, I think energy drinks are bad and will try to drink less of them in the future.



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