

Secondary entry #12: Kurri Kurri High School



THE KURRI EYE



Man's best friend can help us stay healthy.

Having a pet is good for your health

By **EMILY WATSON, BELLA COUPERTHWAIT, HANNAH RYE and BRIANNA HOLMES**

FOR years dogs have been described as being man's best friend, but what is not so well known is that our pets can actually relax us and make us healthier both physically and mentally.

Research has shown that owning a pet can have a number of health benefits including increased cardiovascular health, increased physical activity and increased mental well-being, resulting in fewer visits to the doctor.

Growing up with a pet helps to strengthen the immune system and reduces the risk of allergies, while children who have pets are less likely to miss days of school due to illness.

The pleasure of owning a pet isn't new to most Australians as we have one of the highest rates of pet ownership in the world.

A recent study found that Australian ownership of cats and dogs saved approximately \$3.86 billion in health expenditure over one year.

A study of school children showed that those children who were pet owners were more popular but also seemed more empathetic, have higher self-esteem and a more positive outlook on life.

By **NOAH JEFFREYS and ZANE ANDREWS**

TEENAGERS take the mantle for being Australia's most expensive children, with the age of 17 being crowned the single most expensive year in a child's life, according to Suncorp Bank's *Cost of Kids* report.

The study showed that the cost of raising two children to the age of 21 is about \$800,000 and the main drivers of this are the big ticket items such as food, transport and recreation.

Australian children have among the highest rates of mobile ownership in the world with parents paying an average of \$884 per year per child for smartphone and mobile phone connectivity and an average of \$468 per year per child on pocket money.

Food continues to take a big chunk of family budget, with the report revealing low-income families now spend \$89,000 on food for children from birth to the age of 24.

Transport costs have also risen dramatically in recent years with constant fuel price rises accounting



Food, technology and sport are big costs when it comes to raising a child.

for about 20 per cent of family income. Sport is also more expensive with families spending an aver-

age of \$8000 per child over a 10 year period as children try various sports and activities.

Teenagers can be a drain on both their parents wallets and well-being.

School is alive with sound of music

By **MADDISON BARTLETT, KAITLIN MITCHELL, CHELSEA WHITE and ZOË HARPER**

KURRI Kurri High School was lucky enough to be one of three schools to receive nearly \$40,000 from the Hunter Music Academy to improve facilities in the music rooms. The school now boasts a modern music and sound recording studio, including specialised editing systems that allow students

access to facilities that were previously not available.

Project funding was a combination of donations by the Hunter Music Academy and the school's P&C. Staff decided that the money gifted could be best put to use by helping students interested in the music recording and editing process.

Jed Kinch, a year 10 student, said "The recording studio gives us a chance to develop and improve our technical skills and understanding of the music process...this has improved our song writing and playing skills."

It acts as a great incentive for more students to study music and record music through state of the art technology.



The new music and sound studio at Kurri Kurri High allows students to record tracks.

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