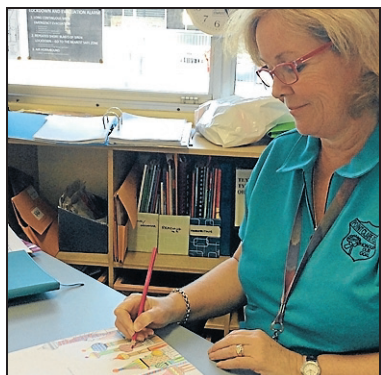


Primary entry #37: Point Clare Public School



The Point Clare Punch



Colouring is not just for kids.

Calming the mind through colouring in

By **ARKIRA SHELDON** and **TINYA HE**

ADULTS, with coloured pencils in hand, are joining the ranks of children all over the world as they take to settling down with a picture and begin colouring.

Colouring for adults? Some of Australia's biggest companies are buying colouring books for adults in bulk to help staff handle the stress of the modern workplace. Amid claims that Australia is facing a mental health epidemic, Melbourne neuropsychologist Stan Rodski says, "The simple act of colouring can change brain behaviour and help workers achieve calm and balance."

This practice is also believed to generate wellness, tranquility and also stimulate brain areas related to motor skills, the senses and creativity.

Publishing companies are catering for this activity with books of beautifully elaborate pictures that are guaranteed to keep the hand, and mind, active for hours.

Teacher, Kate Lawson, champions Adult Art Colouring Therapy and shares that for her it is a mindfulness mechanism because it relaxes her and de-stresses her mind after a busy day at work. She believes 45-minutes a day is ideal and would recommend this therapy to other adults for its simplicity and convenience.

So kids, if you can't find your pencils, look no further than the nearest adult.

By **LIAM GOLDEN** and **MIA TURNER**

EXCITEMENT and interest abound as new life is breathed into an uninspiring school landscape of dirt and concrete. Now, as Point Clare Public School students turn a corner, they can be faced with a vista of sea creatures, a garden of fluorescent flowers or, hiding in amongst the trees, a forest of totem poles covered with masks.

Gazing upwards students can be amazed at beautiful chandeliers seemingly suspended from the sky or robots peering down from the roof or even peeking out from under a table.

The school is being transformed with its very own Sculpture By the School display inspired by the famous event Sculpture by the Sea.

Undergoing an extensive building program, the school has been left with bare, boring grounds and so by creating the sculptures the students are decorating and beautifying their environment. Every student has taken part and put a lot of effort into creating an amazing display of fascinating sculptures which show the incredible diversity and personality of the students.

Teacher Mrs Atkinson thinks it is a fantastic idea. "All children should have opportunities to see diversity in art work as this can



only help their creativity process," she said.

The exhibition was designed to complement the school's environmental program by reusing recyclable materials as the main component of their works.

Mia, a year 6 student, said "Making sculptures is also a great way to recycle as it is reusing items and materials and turning them into something great that

you can be proud of".

Her class was inspired by glass sculptor Dale Chihuly to create sky chandeliers (made using hundreds of recycled plastic drink bottles) and Dream Warriors (totems created from old broom poles and milk bottles). The masks attached to the totems were individually designed by the students to represent their personalities and dreams. Even the smallest child in the



Putting the finishing touches on the sculpture *Dream Warriors*.
Picture: Lorin Ata-Onder

school has been thrilled at contributing to a wonderful seascape of turtles, octopuses and brilliantly exotic fish that reflect the proximity of the school to the sea.

The exhibition was deemed a resounding success after its grand opening on July 29 when parents were invited to take part in a 'Sculpture Walk' and wander around to discover the amazing installations and be awed at the transformation of what was once a barren desert to a vibrant, creative showpiece.



Debating students developing future life skills.

Picture: Alissa Turner

Debate prepares us for the future

By **ALISSA TURNER** and **MIA TURNER**

CRITICAL thinking, thoughtful discussion and informed, flexible opinions – life skills that are keenly sought after by companies of their future workers. They have every reason to be excited as students from schools all over Australia eagerly give up their time to develop debating skills that encompass just

those qualities that they are looking for.

Debating teaches students how to investigate new ideas and develop critical thinking skills while opening minds to different viewpoints. It teaches initiative, as speakers think of rebuttals and points on the spot. You have to show initiative because even though it's a team effort there are times you have to fly solo.

Debating teaches communication skills and promotes confidence in expressing a point of view. It also teaches teamwork as each speaker's role is just as valid and important as each other's.

Tinya, a member of a primary school debating team that meets weekly recommends, "All children should try debating as they learn confidence and it improves thinking skills."



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