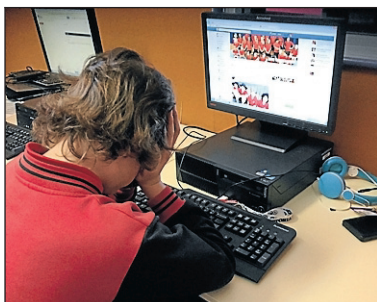


Primary entry #46: Soldiers Point Public School



The Point News



Use cyber-smart strategies to protect yourself online.

Picture: Cody Sarmias

Smart kids play it cyber-safe online

By **SASHA GUTSULAYAK, BAILEY SALA and YIANNI PARADISIS**

CYBERBULLYING is a form of bullying that uses technology to send or post abusive texts and emails, hurtful messages, images or videos for the purpose of intimidating online or conducting nasty gossip.

With the increase of technology, internet and social media use in schools and homes, cyberbullying is on the rise and being cyber-safe has become an important life skill.

Schools play an important role in educating kids on how to protect themselves when using these forms of media.

Ashlee Pawley, assistant principal at Soldiers Point Public School, believes that giving students the power to solve problems for themselves is an important way to tackle cyberbullying. "Students need to be taught and develop a personal toolbox of strategies that they can use when they find themselves in cyberbullying or unsafe situations online. Students usually use the internet and social media alone, therefore they need to be taught strategies that they themselves feel capable of using," she said.

Senior Constable Mann spoke recently to Soldiers Point Public School Stage 3 students about their rights and responsibilities when interacting online. "...if you are being cyberbullied, tell a teacher or parent or even the police," he said.

What is the difference

By **JACKSON BARNETT-BEAU, ELLIE-MAE COOKE and LUKE PRICE**

ON average, one in five disabled people can't get a job which makes it difficult for them to earn money for themselves and their family and live an independent life.

Disability is described as a physical or mental condition that limits a person's movements, senses, or activities. Disability does not mean cannot, impossible or different.

The discrimination against disabled people being able to gain employment, similar to the rate of able bodied workers, needs to be improved.

Many disabilities do not prevent disabled people from being able to work and contribute to a workplace in a meaningful way.

Fortunately there are some businesses that have a policy which allows disabled people to gain employment. McDonalds, Coles, Woolworths, Bunnings Warehouse and the Commonwealth Bank all implement policies that state that a certain percentage of positions are to be filled by individuals with a disability or impairment.

Anthony Workman at Job Centre Australia, a disability employment service, says "businesses that don't employ disabled people miss out on trustworthy and loyal employees."

Job Centre Australia is a special



employment service funded by the Australian government's department of social services. Job Centre Australia helps people in need gain employment.

Mr Workman said Job Centre Australia, on average, see 10-15 individuals with a disability each month seeking employment.

People with a disability want to

work. More employees need to see the benefit in providing an opportunity for a disadvantaged job-seeker, which Job Centre Australia says can be both commercially rewarding and life enriching.

Helen Campbell, who cares for her daughter Allison, stressed the importance of groups and agencies that supported individuals with

view skills. Mrs Cooke conducted interviews and gave interviewees hints and tips for improving their body language, confidence and responses in an interview.

She said, "I felt good that I was able to help somebody and improve their confidence and hopefully opportunities for employment."

disabilities finding employment.

"The disabled person needs a lot of help as it takes a lot of time for many to learn and master a task," she said.

Allison, who is disabled, said that employment is just as important to her as any able bodied individual; she likes to be with people and have workmates.

"If I am busy, I am not bored," she explained.

Donna Cooke from Specsavers Salamander Bay was recently involved in a program that enabled disabled persons the opportunity to improve their inter-

A deadly fish is climbing our way

By **CAIYA WORKMAN, EZRA PAULO, HOLDEN HARTLEY, TAJ NICHOL and BREE FORSYTH**

"THEY can breathe on land, they can walk across land with their gills and they can handle salt," said James Cook University aquatic ecologist Nathan Waltham.

Such is the nature of the climbing perch – an aggressive foreign fish that can walk across land and has the ability to choke native birds

and fish. And it is threatening to make its way from Papua New Guinea onto Australian shores.

It was discovered in late 2005 on Boigu and Saibai Islands, two of Australia's most northerly outposts just four to six kilometres from Papua New Guinea.

The cause for concern is

because not only can it swim, it can survive for more than six days in pure oxygen thanks to a secondary organ similar to the lungs of a human. Essentially, it has lungs and gills.

During this time on land the perch can be very vulnerable, meaning an easy target for any predator. However, it can choke its predators using its gills to unnaturally expand, causing



The climbing perch is heading south to Australia.

suffocation to the attacker and leading to death.

Queensland Fisheries Department have declared

the perch a noxious fish and have procedures in place to help stop this fish moving closer to Australian waters.



here for our Community

Each year, Newcastle Permanent Charitable Foundation provides more than \$1.5 million in grants to eligible not-for-profit organisations in communities across regional NSW, just like CanTeen – The Australian Organisation for Young People Living with Cancer. The Charitable Foundation offers grants for important community projects which make a difference in the lives of those in need in our community.

To date the Foundation has provided almost \$14 million in grants for more than 300 important community projects and we believe the Foundation is now one of the largest regionally-based charitable foundations in Australia.

To apply for a grant or for more information visit charitablefoundation.com.au or call 13 19 87.

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