

Primary entry #21: Thornton Public School

THE THORNTON THUNDER



Clowning around for the fair.
Picture: Maddison Jobson

Family fun at the Thornton spring fair

By **AVA EVELEIGH, MATTHEW JAMES, BENTLEY TITMUSS, JULES TINTERO, BLAKE WATSON** and **MADDISON JOBSON**

EVERY second year, Thornton Public School holds a spring fair on the school grounds.

"The Spring Fair is a long and proud tradition of raising money for our school and bringing the community together," John Milburn, principal of Thornton Public School, said. "We want the fair to run well, want our community to enjoy the day."

The fair originated 20 years ago and has been a smashing success. The P&C allocates approximately \$5000 to run the event and they can raise over \$15,000 in profits.

"The spring fair takes almost 12 months of organisation to get up to a point that runs really well," Mr Milburn said.

The money that is raised from the fair goes towards the school, used for the benefits of all the students. The money raised this year will go towards creating an adventurous play area for year 1 and 2 students.

The fair, on September 13, is open to the public. It has rides, market stalls, live entertainment, face painting and more. Brought together by the school P&C, principal and students of Thornton Public School, 2015's Spring Fair will be the best fair yet.

Worry less, limit stress

By **ELIZABETH LAWFORD, MACKENZIE WHITING, BENJAMIN CREBERT, ASHLEY CRAWFORD** and **CLAIRE NICHOLAS**

CHILDREN and young adults experience stress. It can come from a variety of sources including school, pressures of social media and making and sustaining friendships.

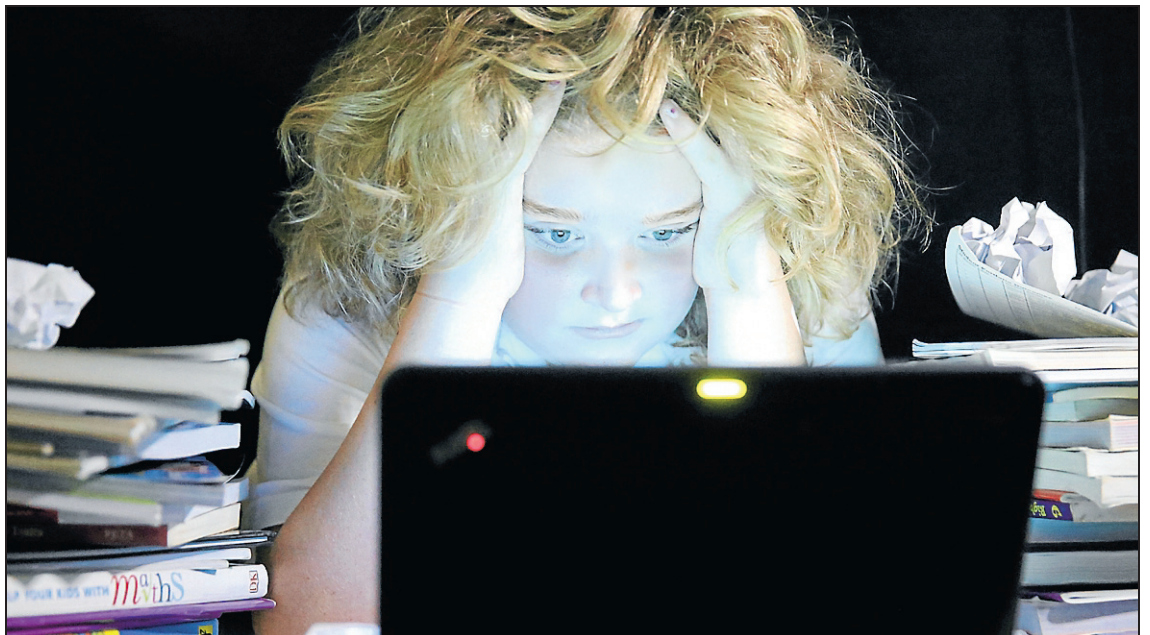
According to the Australian psychological society, one in three students have felt depression before a test, and 12 per cent of students have felt stress levels increase before NAPLAN.

"Stress is increasing because of social media and of the way that we deal with relationships," Andy Murray, counsellor of Francis Greenway High School and Thornton Public School, said.

"In my role as school counsellor, I help kids and young adults to deal with their stress and anxiety, it is actually a pretty important part of what I do."

Dealing with stress or anxiety can be difficult. It is recommended by many psychologists to tell a friend, parent or teacher. Mr Murray agrees that it gets worse if the people dealing with these problems don't do anything about it.

"I am seeing children as young as five who are dealing with stress and anxiety," he said.



Stress less to be your best. There are people that can help you beat anxiety. Picture: Ashley Crawford

Elizabeth Green, a Perth paediatrician, likes to give her young patients a copy of Dr Seuss's last picture book, *Oh, The Places You'll Go!*. The rhyming ode to resilience assures readers that, despite the ups and downs and wrong turns of life, they will succeed "98 and three-quarters per cent guaranteed".

Modern parents, Green insists,

are "too busy, too pushy and too quick to bubblewrap their kids against every discomfort. The result is a generation of children who fret over failures, have poor self-esteem and worry about issues beyond their control".

Stress is a state of mental or emotional strain which can lead to anxiety; a feeling of worry, nervous-

ness or unease about something with an uncertain outcome.

According to Kids Health, kids have more going on in their lives to be stressed about. It causes butterflies, headaches and it may make children and young adults feel angry.

"You can't do it alone," Mr Murray said.



It's time to lend a hand to tackle climate change.
Picture: Emily James

Climate change bringing the heat

By **INDIANA CRIMSTON, CODY MILLER, ANDREW FARHAM, NATASHA HONNERY, TRENT HARDES** and **EMILY JAMES**

SCIENTIFIC evidence links climate change to the intensity and frequency of natural disasters such as bushfires, floods and droughts.

Australia's summer heatwaves are lasting longer and have been increasing over the past 60 years. More than 123 temperature records

were broken over the 2013-2014 summer alone. The Bureau of Meteorology has officially declared a major El Nino event, which is likely to lead to prolonged drier, hotter conditions across much of eastern Australia.

According to Professor Will Steffen from the Climate

Council, more Australians die every year from extreme heat than from any other type of natural disaster.

Professor Steffen's research indicated that if the current movement in greenhouse gas emissions continues through the rest of this century, the record-breaking hot weather will become normal, occurring almost every summer in Australia.

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