



Cartoon: Mikah McCaffrey

## You are what you eat so get healthy

### EDITORIAL

By **BOYD JOHNSTONE, LACHLAN REDSHAW, BAILEY EKERT and JAIMEE WARD**

IN recent years there has been a strong movement in addressing the issue of childhood obesity in the Hunter. Many people in the medical profession believe that promoting healthy canteen food in schools can help reduce the number of obese children.

Scientific research has shown that there is a major issue with obesity in children living in the Hunter area. This problem must be confronted urgently to reduce the strain on our health system.

The Good for Kids, Good for Life Program is Australia's largest ever childhood obesity prevention trial aimed at preventing overweight and obesity in children.

The reason we have schools is to educate children and prepare them for later life. The school canteen plays a very important role in teaching children about healthy options in food. The canteen is an ideal place to begin training and teaching children from an early age about the importance of healthy eating.

Children in the Hunter should

eat healthy food so they are ready and prepared to work to their best ability in the learning environment. Only healthy foods can provide ongoing energy to keep children focused on their school work. Evidence from multiple research studies suggests a healthy body leads to a healthy mind. A healthy body and mind can help children and adults focus better and achieve their potential.

The Department of Health says food provided at school has a considerable influence on the development of children's long-term eating habits, preferences and attitudes towards food. It makes sense to ensure the best food possible is available to enhance children's ability to learn and take in the information presented to them in class.

Promoting and serving healthy food at the school canteen can have a huge positive impact on children's weight, health and learning. Having these options will relieve the burden on our overstretched health system as obesity is an underlying factor in many health problems such as type 2 diabetes.

It is strongly believed that schools must lead the battle against childhood obesity by providing healthy canteen food and teaching the benefits of healthy eating.

# Turn back the pages at your local library

By **CLASS 3/4B**

OPENING any book at the local library will lead you to find many stories written by authors who are passionate about story telling.

When Karen Bruce, the team leader at Kurri Kurri Library visited Weston Public School, she introduced to the school community an amazing author: Deborah Abela.

Deborah's love of writing and story telling began when she was young. She told the students an entertaining story about the time she was seven and wondered if she could jump from the garage roof into the swimming pool. "It's never a good idea to jump off a garage roof," she said.

Deborah loves books and libraries. Her writing career began by writing for Channel Ten's *Cheez TV* and she travelled widely to learn more about the world she had been reading about.

During her talk with the students, Deborah revealed the secret formula for writing stories. "A story is like a cake where you put some ingredients together". The main ingredients include characters, setting and a problem. The problem is the most important ingredient.

"Make trouble for the characters to solve," Deborah said as she explained how her favourite TV show *Get Smart* inspired her to write her novels about *Max Remy Super Spy*, using the problem formula.

Deborah is extremely enthusiastic about writing and our planet. She



Students dive into a story at their library.

said she was worried that governments around the world weren't doing enough to look after the world so she decided to write her novel *Grimsdon*.

Weston Public School was fortunate to have such an enthusiastic and accomplished author visit with a message about

writing great stories.

At the library you will find many exciting stories and books. You can use books, the computers and E-readers, listen to audio books and music, borrow magazines and DVDs and participate in many interesting activities organised during school holidays.

## Positive behaviour makes a positive school

By **ASHTON ALBURY, AARON NICKERSON, TAMIRA HUDSON, ELLA RICHARDSON and GRACE WILLIAMS**

WHEN you ask the students of Weston Public School what PBL means you'll hear the words Safe, Respectful and Responsible.

Positive Behaviour for Learning (PBL) is a whole school program introduced to Weston Public School in 2014. The program has been extremely effective as it rewards positive behaviours and explicitly teaches all students

how to follow our school values.

Students who consistently display safe, respectful and responsible behaviours are rewarded each week at a whole school assembly, through the use of GOTCHAs which are school lottery tickets and through whole school reward days at the end of each term. Rewarding positive behaviours has seen an increase in the desired



behaviours and has created a calmer environment to learn and teach in says classroom teacher Miss Campbell.

Students are rewarded for positive behaviour at Weston Public.

Assistant principal Kristy McMillan said that over the past year almost every student is wearing the correct school uni-

form, reports of bullying have dropped and the staff and students appear to feel happier and safer at school.

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