

Big things don't ever start out big

EDITORIAL

By **MIRANDA CARTWRIGHT**
and **HANNAH CONNELL**

FROM little things, big things grow. Sounds simple, but how simple is it really? How does it start – how do small ideas get transformed and perhaps most importantly, what kind of person does it take to get the ball rolling for ideas to be realised as fully-fledged outcomes?

All the big events, corporations and movements that exist started off as nothing more than small ideas that were brought to life by a single determined person or group of like-minded individuals.

While it helps if you can get international recognition and garner worldwide support for your ideas, it isn't always necessary in order for it to turn viral and make a difference.

One person can make a huge difference to the world we know today, especially with smaller groups of people to help support them, but does that person need to have extra-terrestrial qualities to be able to achieve successful? The answer is simple: no.

All you need is a healthy imagination and a whole load of determination. Everyday activi-

ties that are commonplace to us now have all, at some stage, once been simple ideas.

Social networking sites such as Facebook and major relief initiatives such as Live Aid were all once small ideas that grew into much larger phenomena.

Never has a big thing started out big. And the same is to be said about ideas within the community.

Initiatives within our school, such as volunteering and environmental awareness, were both small ideas that grew due to perseverance and determination.

For example, volunteering started off as nothing more than one person who wanted to help others. Now it is a fulfilling experience enjoyed by those who benefit directly from the dedication of others and also the individuals who give up their time.

Environmental awareness has gathered momentum in recent decades and environmental initiatives have grown to become universally adopted events.

Take Earth Hour. Both school groups and individuals now strive to do everything they can to be greener within in the hope of making our planet a healthier and happier place.

See what can be achieved when someone has the courage to pursue their small idea? It doesn't take a rocket scientist to bring about change.

A hawk longs to be a swan

By **JONTY DICKS** and
JASON HOWELL

CARDIFF Hawks player Isaac Heeney, 17, has been selected by the AIS-AFL for its level 2 program as well as being a member of the Sydney Swans Academy and the Swans Reserves.

"Since his debut senior Cardiff game in 2011, Isaac has been an important and consistent contributor with his skill execution and decision-making of the highest standard, while his passion and enthusiasm has inspired his teammates," said Mick Ryan, Swans Academy coach and Cardiff Hawk teammate.

Isaac hopes to play at the elite AFL level like Craig Bird, a former Nelson Bay boy, who is currently playing for the Swans seniors.

Isaac also plays premier division, Black Diamond, for Cardiff which has a long history in the Hunter.

The Black Diamond Cup started in Newcastle in 1883 and the main competition was established in 1888.

A major leap forward for AFL in Newcastle was the merger of the Black Diamond Cup with the Central Coast to form the Black Diamond AFL in 2000.



"My ultimate goal footy-wise would be just to become the best footballer I can be," said Isaac.

He made his Swans reserves debut this year – a massive achievement as he edges closer to his dream of playing at senior level in the AFL.

BIG PLANS: Isaac Heeney runs on the field for the Cardiff Hawks.

Small steps to help the globe thrive

By **TIARN JEFFERY-WILLIAMS**

BELMONT High School is preparing to turn off the 24-hour hot water systems throughout the school as part of ongoing efforts to transform it into an eco-friendly environment.

The environmental committee has also campaigned for solar panels and water tanks for the art department for the purpose of washing paint brushes and flushing toilets.

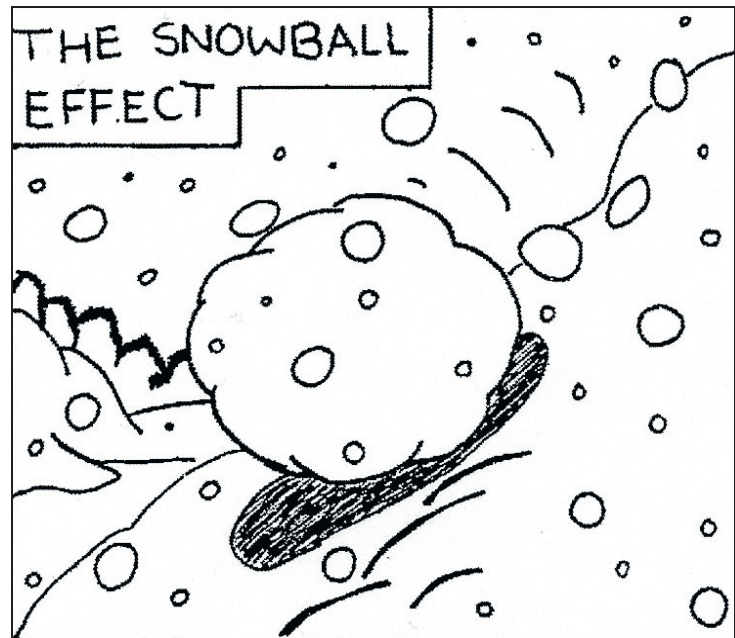
The committee meets once a fortnight to plan projects and apply for grants which make it possible to complete ventures around the school.

Future projects include placing recycling bins in all staff-rooms and reminder stickers on the light switches to prompt students to save electricity.

The recycling can cage is the spotlight for Environmental Week, with every can recycled earning the school 10¢.

Science teacher and committee leader Valerie Howe has encouraged students to get involved in saving the environment one school at a time.

Mrs Howe, who encourages staff to bring their own mugs to meetings rather than using styro-foam cups, believes "the world's turning into a dump where animals are dying from our waste and birds are feeding their babies rubbish, thinking it is food. To make a difference people need to do whatever they can – one piece of plastic at a time."



Cartoon: **Hannah Connell**

Springing to Serbia to conquer the world

By **GILLIAN ARMSTRONG**

UNLEASHED, a group of high school aerobic champions, will travel to Serbia this October to compete in the FISAF International World Fitness and HIP HOP UNITE championships.

The competition, which will be held in Belgrade, will feature Emma Dixon, Karla Verschelden, Olivia Hodgson, Sophie Duncan, Alayna Gay, and Demi Gordon from Belmont High. In addition, Taylah Savage from Maitland Grossmann

High and Jessica Andrew from Kotara High will join the team.

UNLEASHED successfully placed second in Australia at the National Championships held in Melbourne in July.

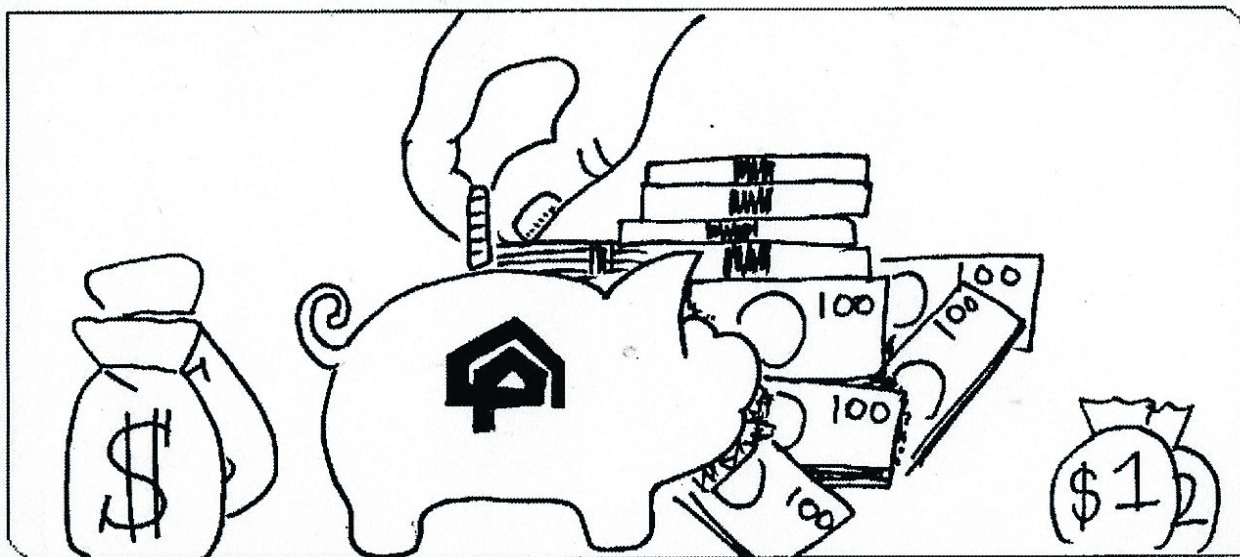
The team, coached by Nicole Maslowski, have been together less than nine months.

Isaac Leadbeater, currently in year 9 at Belmont High School, will also travel to Belgrade to defend his back-to-back aerobic World Championship title.



ON FIRE: Aerobic champions UNLEASHED prepare to compete in October.

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