

Secondary entry #12: The Croft – Brisbane Water Secondary College



Brisbane Water Buzz



READY: Rookie lifesaver Chris.
Picture: Chloe Peisley

Surf rookies are essential to lifesaving

By CHRIS WHITE

LAST year on the Central Coast, 4027 beach rescues were carried out by marine rescue, professional surf lifesavers and local volunteer lifesavers. The students from Brisbane Waters Croft unit participate in surf lifesaving lessons in the hope they will be able to join a surf lifesaving patrol as rookie lifesavers.

Some of the duties that a rookie may carry out would be to erect the flags in the correct position, prepare equipment such as the rescue floats and boards and to help to get the IRB (inflatable rescue boat) in place.

Rookies are able to assist in rescues using the boards and the floats and can man the IRB, but are unable to drive it.

A patrol will carry out duties in four-hour blocks, but rookie lifesavers often work with as many patrols as they can as this enables them take part in competitions such as the NSW State Championships.

All rookie lifesavers have to hold a current junior First Aid certificate and wear the distinct red and yellow outfit to be highly visible on land and for 25 metres under water.

"Surf lifesaving skills are essential as our schools are surrounded by water," said Graham Johnstone, chief training officer for MacMasters Beach SLSC.

"The students are improving in their surf, CPR and water rescue skills."

By JAKE HUBBARD,
CHRIS WHITE and
KAILEB DARRELL-EDWARDES

AS part of their Personal Development, Health and Physical Education course, students in Class 1 at the Croft have been learning different positive steps to well-being from drug counsellors and case workers from the local Evolution Youth Services, as well as strategies to stay healthy, resilient and safe.

For the past eight weeks Lenni, Lisa, Kirsten and Dave have been working with the students covering various topics such as self-esteem, the dangers of abusing alcohol and other drugs, bullying and health and hygiene.

Each session begins with an introductory discussion, which allows students to share their ideas, thoughts and feelings on a certain topic.

Then there is always an activity which might be physical or creative. They have played handball while wearing beer goggles, had the chance to set fire to negative and bullying statements, created photo frames where a positive image of them is displayed and learned the importance of proper hygiene and healthy eating.

Each student was able to take away a hygiene pack which included deodorant, toothpaste,



BURNING WORDS:
The class gets ready to incinerate negative statements.
Picture: Bowen Parsons

soap, shampoo and a stress ball.

Both the workers and the students have benefited from these lessons. Leni said: "As a youth worker we get to work with great kids and talk about important issues that can come into everyone's lives at some stage. Hopefully the students will remember the things that they have been taught and be able to make positive life choices."

The biggest lessons learned by the students have been that friends can sometimes make bad decisions and not to follow them then; to be a friend because of who you are not what you do.

Chris has learned many things and felt "the program was really good because it gives you a chance to discuss issues with an adult that you might not do with your parents".

Evolution Youth Services is in Woy Woy. They deliver support and assistance to young people and their families.

They also provide a Youth Health Clinic which is available every Friday during school terms from 4pm to 8pm.

The clinic provides young people aged 12 to 24 years with access to general practitioners.



TRICKS AND TIPS: A student demonstrates bike mechanics in action.
Picture: Chloe Peisley

Retraining on the Re-Bike course

By TRISTAN SOMERVILLE

STUDENTS from schools around the Central Coast have been attending Gosford TAFE for eight weeks completing the Re-Bike course.

The course is designed to provide students with an opportunity to gain work as a bike mechanic.

Specific skills such as maintaining brakes and gears, aligning the bikes'

derailleurs have been learned, as well as understanding how to pull a bike apart so that the parts can be used for salvage.

Students use many specialised tools to carry out these tasks on mountain, BMX and road bikes.

The teachers have not only taught technical skills but also tricks such as adjusting the spring on the back brake of bikes to then

adjust the brake cables without the need to use lots of different tools.

Students are able to use their skills in their schools or at home to ensure other students or their family members are riding safe and well-maintained bikes.

At the end of the course, students are able to keep one of the bikes they have fixed and donate another to a local charity.



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