

The bets are off for sport gambling

EDITORIAL

By TALIYA TONGIA

WHEN you turn on the TV to watch sport, doesn't it bug you that at every break, betting ads pop up, uninvited? You're there to watch sport, not betting ads.

Or is gambling a sport? Some people think it is, but they don't register the danger in it. People have lost their livelihoods to betting: homes, stashes of money, precious possessions, property.

This subject was discussed on *Behind the News*, a filtered children's educational news TV program. They asked the question as part of a poll, "Should gambling odds be promoted during sports broadcasts?" More than 4910 students voted, 82 per cent agreed that it shouldn't.

It's apparent children can figure these dangers out for themselves, but unfortunately some adults think that they're too superior for advice from children. Adults should also know that gambling isn't reasonable when it comes to sport, because you never know who is going to win (though you might have a good idea of it).

Petty bets and poker machines aren't good but at least they are hidden behind closed doors, away

from children's growing minds.

Mostly though, families often watch sport together and the gambling ads may have disastrous consequences. The children may enjoy betting and want to bet more. This may result in adult addiction.

Luckily, we have some sensible seniors among us.

"The last thing I want for my child is to be judging who the best side is because they're a \$1.40 favourite rather than because they have better players," said former AFL player David Shwarz. This will become the reality if betting is not reduced soon.

"I believe this growth in sports betting has the potential to destroy the sporting codes we love," said Senator Nick Xenophon.

"Sports betting encourages corruption in sport, and we have seen the damage sports betting has done to the integrity of many games. We can't let this happen to Australia."

This is what happened to a gambling addict, former NRL player Owen Craigie.

"I played a couple of years of rugby league, and I ended up an addict. Throughout my career I lost two houses that I owned. Yeah, I won a premiership but you know what, I lost my house I lost everything, even my own life, to addiction."

Owen wants to prevent this from happening to kids and teens. It doesn't have benefits for anyone.



ON THE BALL: EASY Minds project leader Nick Riley with active Heaton Public students. Picture: Shanney Odhiambo

Easy minds, healthy body

By CHLOE JONES and SAVANNA HADDOW

ACCELEROMETERS have been very much in the swing at Heaton Public. These accelerometers are light instruments worn by the children for a week and measure physical activity.

The accelerometers are gathering data for EASY Minds, a research project led by Nick Riley from the PE department at the University of Newcastle. Students at Heaton, along with seven other Newcastle schools, are involved.

Physical fitness and activity have been associated with improved test scores in children. It seems opportunities for children's physical ac-

tivity have decreased over time.

EASY Minds stands for Encouraging Activity to Stimulate Young Minds, and the aim is to increase students' physical activity levels, reduce sedentary time and increase academic behaviour. There is a home-based component to engage parents and reinforce educational concepts taught in school to promote further physical activity at home.

The project is sponsored by the Premier's Sports Challenge. The research and data collection is conducted this term, and in-class and at-home activities begin next term.

Year 5 students are looking forward to the activities: "I think it will improve my maths and should be fun at the same time," said Alyssa.



Cartoon: Spencer Clarke and Hayden Berrigan

Students find out they are right on target

By KIARA LEES

STUDENTS at Heaton have always been keen on sport and physical activity.

And thanks to parent Rob Dalziel, they have a new sport to add to their kitbag - archery.

Archery is the skill of shooting with a bow and arrow at targets. In the past archery was used for hunting in the wild but now it is a worldwide sport and an Olympic event.

Rob started archery at the age of six and is now a keen competitor.

He is happy to share his passion and expertise with the primary pupils.

It is a sport both boys and girls can do and sessions have inspired some children to take it up outside of school.

Heaton pupil Carly said: "It is the best sport ever, I want to do it every day and hope we continue to play all year."

"It has been a fun experience. Everyone cannot wait till the end of the week so they can get out and have some fun," said Joel, another pupil.



TAKE AIM: Student Nykitta Johnson under the tutelage of Rob Dalziel. Picture: Chloe Jones

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