

Practical ideas to alleviate a serious issue

By MIA DAVIES

EDITORIAL

IN a matter of hours, the average person can pass through several natural environments. We hardly ever stop, stand still under the trees, taking in what the world has to offer. More often than not, we keep walking and take these environments for granted.

And while that might be OK for now, if we don't start to take notice of our beautiful, natural environments, as well as start to take care of them, it may be disconcerting to see what will happen to them.

There's always going to be a few dirty parks around towns, a fallen down tree and the odd oil spill at sea, but what happens when the situation becomes more serious and more environments start to get affected?

As the threat of climate change becomes more serious year by year, there are many things we can do to improve our local environments, and eventually the world, to help this situation.

Walk to work, ride a bike or take the bus. The fumes and gases that cars release can be quite toxic and get into the air we breathe.

It is a great chance to exercise and saves money and the environment.

Do the right thing, put it in the

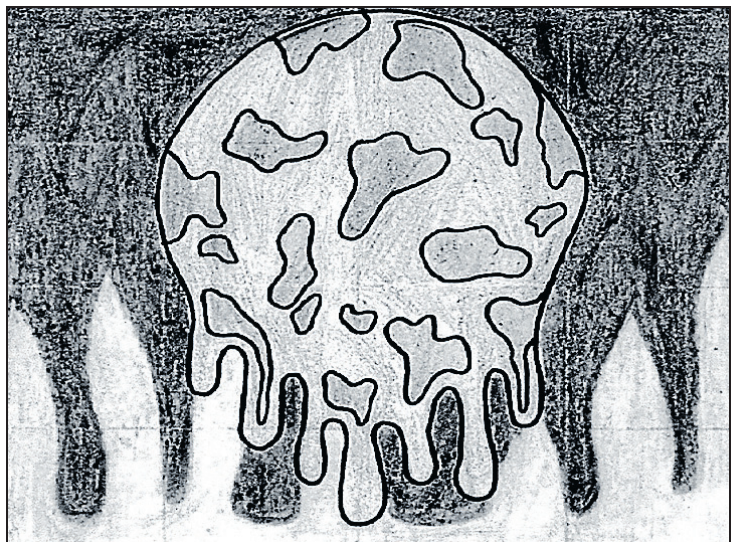
bin. There are big repercussions to the act of littering, bigger than just polluting the streets. Walking along the beach, chances are you will see rubbish floating on the water or lying on the sand. Plastic bags kill valued marine life, such as sea turtles, who often mistake the bags for jellyfish.

Plant a tree. Trees are the main source of our fresh air. A single tree will absorb approximately one tonne of carbon dioxide in its life.

Reduce, reuse and recycle. Choose reusable products instead of disposables. Buy items with minimal packaging; no extra plastic or foil. You can then recycle paper, plastic, newspaper, glass and aluminium in the yellow council bins.

Cut down on hot water usage. Having shorter showers can save litres of water and reduce pounds of carbon dioxide emitted into the atmosphere.

Think about these easy tips for saving the environment. Pay attention and appreciate the beauty of the natural environment.



Cartoon: Luca Davies-Cartwright



Saving up for giving up food

By JENAI MONZ

IMAGINE this. You wake up in the morning on a cold, hard floor. What you're wearing is the only item of clothing you have. You are malnourished, or close to it, and the only food you get to eat for the day is a small bowl of porridge.

Right now this is the life of more than 1.9 million people in southern Malawi.

Poor rainfall, coupled with drought, is hurting crops. The rising food prices in Malawi have already trapped many families in poverty.

The malnutrition rate in Malawi for children under 5 is 47 per cent and the effects are devastating. Delayed mental and physical devel-

opment such as stunted growth are both common and permanent, affecting school performance and their ability to learn.

There are things that the rest of the world can do to help.

The 40-Hour Famine is a fundraiser run by World Vision every year. Participants sign up to go without food for 40 hours, and ask friends, family and the local community to sponsor them for every hour they manage to go without eating. All profits go to poor families living in Malawi. For every \$40 raised, a family of six can be fed for a month.

It may not seem like much to us, but to the poverty-stricken people of Malawi, it's a miracle.

Zombie app-ocalypse takes over humanity

By BEN WILSON and LEWING RICHARDS

PARENTS these days don't have kids. They have zombies.

Technology is taking over and the children are the first to go. There's nowhere to hide.

Once upon a time, commentators said television would fail because nobody had time to stare at a screen all day. How wrong they were.

Children these days are constantly consumed by technology.

There are televisions, computers, mobile phones, tablets and many more machines to

attract and take up their time.

Children from previous generations turned out OK because they weren't raised by the internet - they were raised by parents.

But now there's no turning back - once technology is invented, it can't be taken away and the world today depends on it to survive.

Not many people could last too long without checking their phone either.

ALWAYS ON IT: Children can't function without technology any more.



Help waits to manage dark cloud

By BRIELLE BELLAMY

TEENAGERS these days are so different from when our parents were that age.

Parents and grandparents often tell their children how it used to be in their day. It was so simple.

You wouldn't hear about anyone self-harming, let alone attempting to end his or her life. And while you may get tired of hearing their stories, it makes you wonder why things have changed so much.

Some teenagers seem eager to criticise others who are already insecure about themselves. Often it's not to their face but through social media. This is known as cyberbullying.

Today, one teenager in every eight experiences some level of depression.

There are many things that can be done to help someone in this situation, even a small gesture like asking how they are with a smile can show that someone cares.

Cyberbullying is very personal and almost inescapable with the current access to technology and the internet.

Of course, in our parents' day, social media was not around, so the problem did not exist.

If you know someone who needs help, or even if you need to talk to someone, there are places that offer help and support, including beyondblue or Lifeline.

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