

# Not worth playing risky drugs game

## EDITORIAL

By **ROBERT** from **BLUE CLASS**

AUSTRALIA is known as one of the greatest sporting nations in the world. We have strived to become the best athletes over many decades and have produced some of the highest-achieving athletes on record.

However, there is a dark side to such athleticism and some are turning to performance-enhancing drugs to deal with the pressure of society's expectations of them to constantly be at the pinnacle of their performance.

Sport has been affected by the use of performance-enhancing drugs for some time.

In recent years though, sporting clubs over all sporting codes have agreed to enforce harsher penalties if you are caught using drugs in sport – the two-year ban has now been increased to four years.

The biggest penalty is a lifetime ban, with all records and medals stripped from the athlete.

On January 1, 2009, Australia joined the World Anti-Doping Agency. By joining the agency, the 91 sporting organisations across the nation agreed that their athletes would be required to undergo testing for performance-enhancing drugs, as well as illicit drug testing done on game days.

Their whereabouts outside of

game day would be monitored more closely and athletes would have to designate a time where they would have to take a random drug test each day.

There are more than 190 performance-enhancing drugs available. Some of the most popular drugs used by athletes are steroids, androstenedione and erythropoietin.

Recently the AFL and NRL have been in the limelight for all the wrong reasons with several clubs and players involved with drugs. The scandal, in which players were allegedly administered drugs through injections and intravenous drips, was said to involve all levels of the game, from players, to coaches and CEOs.

On April 11, students at Kotara School were lucky enough to have a Knights clinic held at the school. James Elias, who is the captain of the Newcastle Knights Holden Cup under-20s, ran the clinic.

Students went through skill development drills and had the opportunity to ask James questions about his career and the opportunities he has had since signing up with the Knights.

James gave each student a football and an NRL magazine, which he took the time to sign for each student. The skills they gained from James have helped them on and off the sporting field.

Role models like James show the community that talent and dedication is what you really need to make it professionally.



Cartoon: Katherine



**TAKE CARE:** Learning about road safety is important whether you're a pedestrian, on a push bike, a motorbike or in a car. *Picture: Paul*

# Safety on the rad essential

By **JACK**

**MOTORBIKE** riding is classed as an extreme sport because you get to go off track, go over jumps and slide around corners.

As a result, motorbike safety is very important and riders need to follow some simple rules to keep themselves safe.

It is imperative to always wear a helmet because if you fall off your bike, you could split your head open or get seriously hurt.

Be sure to wear gloves as these will also protect your hands from blisters or cuts if you fall off.

Goggles are important to wear as they keep dust and dirt out of the

eyes. Sometimes they even stop bugs and leaves from flying in.

Chest plates, shin pads, long pants or shirts will also give you extra protection during a fall so it's important to wear these too.

Always go with an adult or tell someone where you are going so that if something unforeseen happens, you can get help.

Before a ride, always check the bike for things like loose bolts to make sure nothing important will fall off and that your bike is safe.

After a ride always wash your bike down to get rid of any dirt or mud – this stops the bike from rusting. Also check for any damage that may have happened during the ride.

# It's time to thank lady with a lamp

By **NEXUS PATIENT**

**MANY** people would have recognised May 12 as Mother's Day, and bought chocolates and flowers for their mothers, but what about the other celebration that took place?

International Nurses Day is celebrated around the world on May 12 each year to mark the contribution that nurses make to society.

The date was chosen because it was the anniversary of the birth of Florence Nightingale, who was widely considered the founder of modern nursing.

She earned the name "The Lady with the Lamp" after she made rounds at night during the Crimean War.

Nurses are an important part of the health system. Caring for everyone from infants to the elderly, they take on any role that is needed, including administering medicine, assisting doctors, being a friend, and giving moral support to anyone in hospital or at home.

Many nurses are not adequately recognised for the jobs they perform on a daily basis, and this day was created to raise awareness worldwide of their importance.

The 32,700 nurses employed by Queensland Health were recognised with a 3 per cent salary increase last month.

Patients at the John Hunter Hospital know firsthand the wonderful role nurses play.

# Students learn about indigenous culture

By **KALLEB**

**UNCLE** Perry is an Aboriginal elder who works with students at Kotara School.

Each week, every class gets to spend a session with him, where he teaches the students about Aboriginal art, bush tucker or yidaki (music).

When Uncle Perry was asked about painting with the students, he said: "I love painting with [them], it allows me to get to know the students and helps them to express themselves through their art making."

All it takes is a look at the quality of artwork students are producing, which is displayed in Uncle Perry's classroom, for this to ring true.

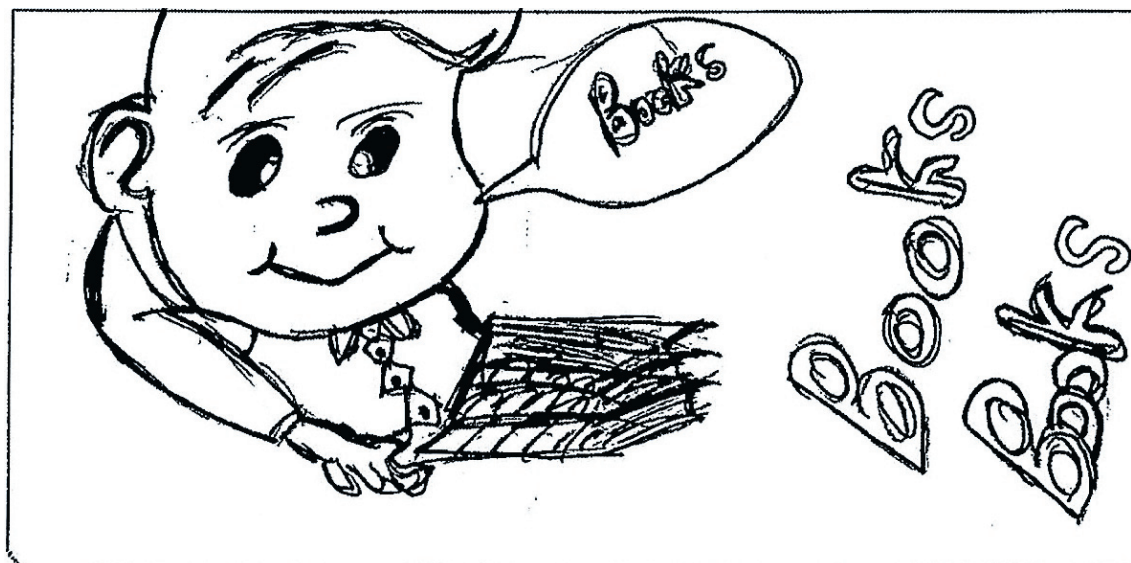
Uncle Perry spends time in the school bush tucker garden showing and teaching students about the importance of different plants and shrubs.

"It's good to share my knowledge with the students and see them appreciating and understanding the meaning or uses behind the various plants," he said.



**ELDER:** Uncle Perry Fuller plays the didgeridoo for pupils at Kotara School. *Picture: Paul*

OPINIONS EXPRESSED IN THIS SCHOOL NEWSPAPER ARE NOT NECESSARILY THOSE OF THE COMPETITION SPONSORS



Advertisement created by Bailey, of Kotara School.

# Here for their future, here for the community

13 19 87 newcastlepermanent.com.au

Here for good.

