

Primary entry #37: Point Clare Public School



# The Point Clare Punch



SOARING: Sophie Hoyle tastes success. Picture: Adam Hoyle

## A high-flyer earns a spot at state comp

By NICHOLAS BATARSEH and ZACH WALSH

SOPHIE Hoyle, after many years of hard work and trips to the snow, has tasted success with two snowboard podium finishes in the Northern NSW Interschool's Championships.

Sophie began skiing when she was 3 years old, and moved to snowboarding only three years ago.

Representing Point Clare Public, Sophie donned a race bib and in her maiden attempt collected two medals for the school and a qualification into the NSW state championships held in August.

In the snowboard cross event – a race through a series of features such as jumps and berms – Sophie's high-flying jumps were rewarded with a bronze medal.

Much more at ease in the snowboard grand slalom, Sophie ran impressive times beaten only by last year's Australian champion, and was very happy with silver place.

Sophie's favourite place to snowboard is Perisher, and she favours two brands: Burton for her gear and Ride for her board, and she is so committed she travels to the snow every second weekend to train. She also said her favourite part of the track is the rails.

All of Point Clare Public is proudly supporting Sophie to reach her goal of becoming a professional snowboarder.

By PARIS BLAIR and LAURA EADES

WHAT better way to enjoy a nutritious yet tasty meal than to have grown and prepared it yourself.

Schoolchildren all over the Central Coast are beginning to see the benefits of edible school garden programs as teachers are taking a practical approach to teaching about healthy eating, nutrition and the environment.

These are learning activities that can change lives forever.

Motivated pupils take on the challenge of growing edible plants that enable them to engage in sustainable practice in a hands-on, real way where they can learn about composting, worms, ecosystems and harvesting.

The pupils can even share the produce, or sell it to buy more equipment or stock. Or it can be used by the school canteen.

To enhance school programs, plants can include a variety of exotic and native plants of both native and introduced species.

Students can be involved



WONDERLAND: Point Clare Public students set up an edible garden to help create a sustainable future. Picture: Laura Eades

in all stages, from the design to implementation of the gardens.

They can incorporate shapes that complement

the landscape or just be creative and have fun.

Recently, year 1 children at Point Clare Public had loads of fun designing star

and heart shapes for their edible garden.

Teacher Ingrid Hasler said: "It was inspiring to see how engaged the children

became as they took ownership of the design and became enthused to plant and care for their 'food forest'."

Schools that are interested in the concept can get help in setting one up. There are companies that can work with schools to create innovative areas that meet individual needs and landscape areas.

Equilibrium Future Solutions is one such group. It builds not only sustainable gardens but also relationships and futures for troubled teens.

By offering a Certificate IV in Land and Conservation Management in conjunction with building the garden, it provides training, jobs and hope.

It is also a very successful social program that helps improve self-esteem.

It's a great idea to get down in the dirt and take the time to create something truly exciting and beneficial and enjoy the endless profits.

These are places where children not only learn but connect with the environment and wildlife within, for a sustainable future.



CONNECTING: A teacher explains the characteristics of Australian animals to the Vietnamese children.

## A trip to Vietnam brings benefits

By LOUISE SANDERS, KATIE LEWIS and EMILY CHUNG

IN June, four Point Clare Public teachers, as part of ChildFund Australia, embarked on a cultural discovery trip to Vietnam to see ChildFund's work first-hand.

The trip was to understand how their support makes a difference to children living in remote communities.

Before the trip, the teachers and their school communities had raised more than \$4500 for the construction and learning materials of two preschools in the Nghia commune, Hoa Binh province. The previous preschool had collapsed.

The group was treated to cultural singing, dancing and dramatic displays from the community as they conveyed their gratitude.

One of the highlights of the trip was the opportunity to visit a village school that their classes back home had been connecting with via multimedia projects.

Teaching students aged from 10-14 years proved an exciting challenge, as the teachers bridged the language and cultural barriers to present lessons on Australian animals and introduce the game of handball.

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