

Primary entry #21: St Joseph's Primary School, Charlestown



JOEY'S JOURNAL



EDIT: Ryn Hughes with some of her books. Picture: Brooklyn Edwards

Take a write approach to your dreams

By SYDNEY FOWLER and OLIVIA LEWIS CURNOE

RYN Hughes is a book editor who has a business named Delphi Rose. Book editors take a rough manuscript and turn it into a polished product, ready for publication.

Editors don't just check spelling, punctuation and grammar. An editor will also look at contradictions within the story, make sure the book flows, check for correct word usage, and improve the general feel of the manuscript. The editor may also be asked to check facts throughout the book for accuracy and request special permission if other words (e.g. song lyrics, quotes) are to be used within the manuscript.

The last book Ryn edited, *Ever Enough* by Stacy Borel, was released on Amazon in May.

She is currently working with Kelly Elliot (author of the *Wanted* series) on her contribution to a charity anthology, and will soon be starting work on best-selling author Michelle Valentine's newest edition to her *Black Falcon* series.

Ryn is often asked if she has any advice to give to budding writers.

"Not every one is going to love what you write, but it doesn't matter. As long as you have the drive to succeed, and the belief that you can do it, then no one can take that accomplishment away from you," she said.

By BETH BERNASCONI and GEORGIA HAYES

HELEN Phelan is the clinical nurse consultant for the John Hunter Children's Hospital. Most of her patients have type 1 diabetes.

She is also a diabetes educator for children and adolescents with diabetes of any type.

Helen said the Hunter area has quite a high number of children and adolescents with type 1 diabetes. In fact, it has the highest rate of diagnosis diabetes in Australia.

When type 1 diabetes is triggered, the immune system attacks the cells in the pancreas, which are responsible for producing the hormone insulin. Insulin is a polypeptide hormone produced by the beta cells which store and release insulin. You cannot live without insulin.

Symptoms include urinating often and copiously, dehydration and drinking fluids excessively (but still staying continually thirsty).

You can also lose weight – as the body makes little or no insulin, glucose cannot be taken up into the body's cells or stored. This means the body has to use stored fat to provide cells with energy.

Anyone who has these symptoms should go to their doctor for a finger-prick blood test. If diagnosis is delayed, children can develop ketoacidosis (DKA), a build-up of



SURVIVING DIABETES: Helen Phelan and year 4 student Ella Matthews.

Picture: Brooklyn Edwards

acids in the blood and a potentially serious complication of type 1 diabetes. Early detection can prevent DKA.

The treatment of type 1 diabetes involves a minimum of four injections every day. Insulin can also be delivered through a pump worn on the body.

Blood glucose levels must be monitored four to eight times a day by finger prick and diet carefully balanced against the insulin.

According to Helen, type 1 diabetes doesn't ruin your life.

Most children diagnosed with this condition can do all the things they did before. But they have to

watch their sugar levels.

These children need support to plan the diabetes around their activities.

"At the clinic we have 400 children attending and many who have achieved in lots of areas of life – academic, sporting, music, drama, dance and more," Helen said.



ALTERNATIVE: Students enjoying their special interest group activities. Picture: Brooklyn Edwards

Groups cater for range of interests

By MIRANDA HUGHES, EMERSON SPROULE and ALANA HARRIS

FRIDAY afternoons are very interesting at St Joseph's. For those who are not involved in representative sports, there are 10 interest groups to choose from.

Thanks to parent and teacher involvement, these groups include ceramics, gardening, a science lab,

young journalists, Italian food and language, knitting and crochet, computer activities, AFL and drawing club.

In the Italian food and language group, the children learn how to cook and taste Italian food. They also learn the Italian alphabet and how to say names and places. They enjoy samples of foods like salami and antipasto.

A smaller group is the knitting and crochet club.

This group is a very quiet and calm group, where the biggest problem is losing a stitch. Items produced are ideal for birthdays and Christmas gifts and include headbands and handbags.

Perhaps the largest interest group is the science lab. Children get to conduct at least three hands-on experiments each week. They enjoy constructing, launching and having lots of fun.

Smash your rate!

With our super low one year fixed rate home loan

One year fixed rate

Comparison rate*

4.39%p.a. 5.69%p.a.

Talk to The Home Loan Experts and see how much you could save when you switch to Newcastle Permanent

13 19 87 newcastlepermanent.com.au/winner



110 YEARS



NEWCASTLE
PERMANENT

Here's some more information for you: Rate current as at 15/7/13. Rates are subject to change without notice. *Comparison Rate calculated on a loan amount of \$150,000 for a term of 25 years based on monthly repayments. Warning: This Comparison Rate applies only to the example or examples given. Different amounts and terms will result in different Comparison Rates. Costs such as redraw fees or early repayment fees, and costs savings such as fee waivers, are not included in the Comparison Rate but may influence the cost of the loan. Terms and Conditions are available from Newcastle Permanent Building Society Limited ACN 087 651 992, Australian Financial Services Licence/Australian Credit Licence 238273. © NPB2221 T24