

Primary entry #5: St Joseph's Primary East Maitland



# Joey's Journal



**CARE:** Student Magdalene Prebble takes part in the Crunch 'n' Sip program. *Picture: Lily Mullan*

## Building up a healthier community

By **MAGDALENE PREBBLE**

NEWCASTLE has held The Sparke Helmore Triathlon since 1994 for all people of all ages.

Over the last 21 years, this event has raised \$450,000, providing much-needed donations to the Newcastle Hunter Medical Research Institute and other local sport and service groups.

Similarly, Maitland is also providing healthy sporting choices for our communities and schools.

Kids Matter is a mental health and well-being program for primary schools and young children's education and care.

Kids Matter is a program to help children to solve mental problems and strengthen kids' minds.

Crunch 'n' Sip is also a great example of healthy choices for Australian schools.

It encourages children to bring fruit and vegetables to school, giving them a healthier diet for a better future. It also gets them into the habit of eating fruit and vegetables so they will eat more at home.

St Joseph's East Maitland is taking part in Crunch 'n' Sip School because the school believes in the health of their students.

Healthy food is great for sporting and growing children, that will give them and everyone brighter and healthier communities.

By **LUCY WILLS** and **CHARLOTTE LEARY**

**TECHNOLOGY** can be a big concern for people's health.

Since the start of the 21st century, more technology has been bought and used. People are constantly using their iPods, iPads, phones, tablets and computers.

Some people rarely exercise and don't think about the repercussions on their health. They would rather sit down and relax while using their electronic devices than go outside and be active.

Some of the technology-related health issues that can affect people are obesity, sleep disorders, computer vision syndrome, carpal tunnel syndrome, deep vein thrombosis as well as sore muscles and eyes, with the chance of finding it hard to focus.

Some schools in Australia actually use laptops, tablets, iPads and iPods in their classrooms instead of using books.

When people get home from work or school, some go straight to their devices every day, making them unhealthy and anti-social.

When kids get bored, instead of doing exercise, many go straight to their rooms and play their iPod, tablets and computers.

But technology can also be good because it can put to educational use at schools, work and at home.



**INVASION:** Most aspects of our lives now involve technology, for better and for worse.

These days, electronics are being used everywhere – hospitals, schools, libraries, businesses. It is used when flying planes and most people in Australia have phones and computers or laptops.

One of the biggest sources of technology is computers. Nearly every household has a computer.

Social networking has proven to be a great way of staying connected with people. Some social networking sites are Facebook, Twitter, Instagram, Kik, Snapchat and Skype.

The internet used in daily life can be good, such as meeting new people online or when keeping in touch with friends or families.

Another big source of technology is phones – they are carried with us everywhere – to work, the shops – nearly all of the time we have our phones with us.

It's possible we use too much technology in our everyday lives, but many of us would be helpless without it.



**READY TO DANCE:** Olivia Stephens is a performer with Aspire. *Picture: Lily Mullan*

## Aspiring for time in the spotlight

By **CAMPBELL KNOX** and **OLIVIA STEPHENS**

**THERE** are many students from the Catholic Maitland and Newcastle diocese that participate in a creative and artistic group called Aspire.

This creative organisation has put on many performances during the past two years; two shows played at the Civic Theatre.

Aspire not only accepts

actors and actresses, it also accepts singers, dancers, and musicians for their sound effects and to make the shows more thrilling.

The group has only been going for three years and is always looking for new people to act sing and dance.

They get up to 400 auditions each year but only a select few get in.

Aspire is a creative committee led by chairman

Craig Whattman and artistic director Anne Kerrigan.

A group of volunteers help with the sets.

This group is not just a performance group but a lot of the students from Aspire are doing great artistic things and are taught by teachers who all performed in many other groups before creating Aspire.

These kids are full of talent and ready to shine.



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