

Taking too big of an Australian bite

EDITORIAL

By MITCHELL HUNT and ALLAN PARMENTER

CHILDHOOD obesity is becoming a huge problem in our society with Australia being one of the fattest countries in the world.

In 2007 and 2008, about one quarter of all Australian kids aged five to 17 were overweight or obese, up 4 per cent since 1995.

About 15-20 per cent of all of Australia's population is overweight.

Why is this an increasing problem in our society? Is it the availability of convenient yet unhealthy fast foods? Is it the amount of time children now spend playing on computers or video games instead of playing outside?

There are many contributing factors in modern lifestyles that are causing these problems.

Currently, children are required to do one hour of PE and one hour of sport a week as part of the school curriculum. This alone is not sufficient considering children are prone to selecting the fast food option.

The ringleaders of this debacle are the fast food giants, which are promoting unhealthy food.

Even though figures are scary

now, think about what might happen if this problem goes unanswered. These numbers will skyrocket.

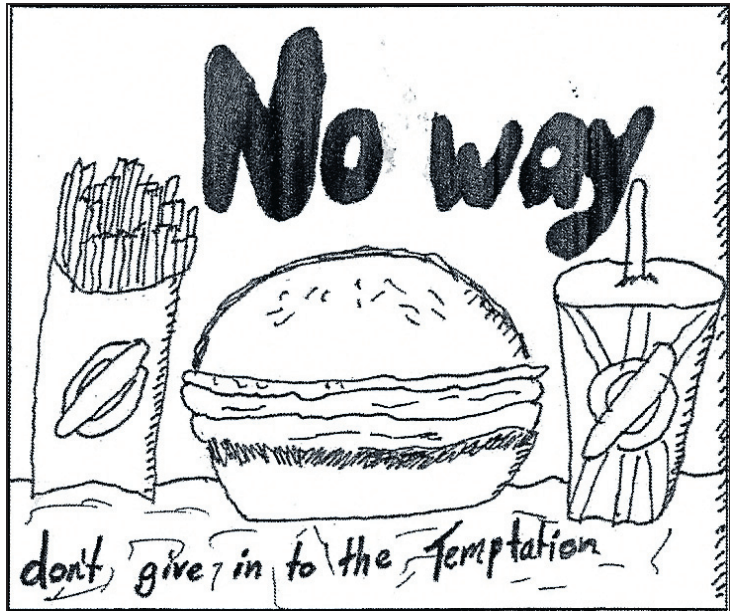
For example, look at the island of Nauru, where 94 per cent of people that reside there are overweight or obese. The consequences of this is that the children are prone to severe health problems such as type 2 diabetes and heart disease.

Besides that, children who are overweight are often teased and could suffer from low self-esteem.

Some of the ways that we can change this are by being more aware of what we are eating, more physical activity and not engaging in as many screen-based activities.

Many schools have put in place programs to address this problem. Our school has been involved in many physical education programs including the SCORES (Supporting Children's Outcomes Using Rewards, Exercise and Skills) program, which aims to increase the amount of physical activity students participate in and improve fundamental movement skills.

These programs have been very productive but have merely scratched the surface. To truly combat this serious social problem, all schools within Australia will need to adopt similar programs. The health and well-being of our society depends on it.



Cartoon: Liam Badier



RESEARCH: Student Cooper and program leader Bronwyn Law.

Project gives history a face

By RORY GRAHAM and PEYTON FORD-LING

THIS year, students from the Tighes Hill Opportunity Class have been involved in a project called Face to a Name - a school-based research project that traces the stories of war veterans whose names appear on school honour boards and local war memorial sites.

The aim has been to identify the story behind these names, personalising the veterans' military and community history, revealing their journey from school to the battlefront, through war experiences and the impact it had on the community.

There are 142 names on Tighes Hill Public School's Honour Roll

including 26 family groups.

The project was developed by Bronwyn Law, an education specialist, teacher and community advocate. To date, Mrs Law has initiated the project into five public schools in the Newcastle Region.

"It is a valuable exercise for current youth to relate to such a significant part of Australia's history and its impact on Australia's psyche and values. The project incorporates all the skills and knowledge required by students of today to learn about their Australian history and heritage," Mrs Law said.

A publication of Tighes Hill's project will be released to coincide with Remembrance Day in November this year.

Deciding when art becomes an eyesore

By OLIVER GERARD

THERE are some very creative graffiti artists in Tighes Hill whose artworks are on display in various (and strange) locations, and those who do these wonderful artworks deserve to be congratulated.

While graffiti is technically illegal, some of it is too wonderful to be considered so. It can be very artistic and sometimes quite beautiful.

Mrs E., a Tighes Hill resident, said: "I do appreciate



good graffiti as a form of art, but I actually resent the form of graffiti called 'tagging', which amounts to pure vandalism.

"Yes, there are some great examples [of graffiti], demonstrating a high level of creativity, however, under the Lewis Street

THRIVING: Graffiti can be an outlet for the inspired.

Picture: Oliver Gerard

bridge, there has been some very unattractive language and taggings. Fortunately that has been painted over," she said.

Mrs E. appreciates the graffiti featured in the photograph: "I love it. It's a sure sign of all the good things about this suburb, and the possibilities of the area as it reinvents itself."

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



Advertisement created by Amy Phillips, of Tighes Hill Public School.

Here for their future, here for the community

13 19 87 newcastlepermanent.com.au

Here for good.

