



issue 28
September 2013



From the Principal

Open Day

Several weeks ago, the College opened its doors to our community with the staging of our bi-annual Open Day. Staff, from across all learning areas, spent many hours before the event preparing displays of student work, developing fun and engaging activities and ensuring that all areas of the College were showcased. A number of community group partners took the opportunity to set up displays and join us in our celebrations.

The energy of the afternoon and the positive feedback from parents and community members was outstanding. I would like to publicly acknowledge and thank all staff and students who were involved in the event as we provided our community with the opportunity to gain a deeper understanding of what happens on a daily basis at our College.

S.A.Y. Project

The College was selected this term to be involved in a new S.A.Y. (Students Advising Youth) Project - a new Drug Education Project coordinated by the Western Australian Police Force and School Drug Education and Road Awareness. Media staff from Murdoch University and the ABC worked with students to help with the development of drug education messages that were then displayed on YouTube for the community to view. The most popular clips will then be placed in a final for judgment. The 7.30pm Report then ran a television feature on the project. I would like to thank Vocational Education Teacher, Matthew Potts, who coordinated this outstanding project. I look forward to the visit from Police Commissioner Karl O'Callaghan to judge the finals early next term.

Student Attendance

Regular student attendance is a vital component of students as successful learners. I would ask that all parents and guardians continue to support all students to attend every day. A student attendance rate below 90% puts that student at educational risk.

I wish all staff and students a safe, enjoyable well-earned break.

Jamie Hayres

Principal

Parents/Carers

Please ensure the College has your correct contact details including home phone number, mobile phone numbers and email addresses. Teaching staff have experienced difficulty contacting parents due to these details being out of date or incorrect. **Thank you**

www.cometbaycollege.wa.edu.au



Congrats!

To our Year 8 Students!

The **Australian History Competition** is prepared by the History Teachers' Association of Australia and is run in conjunction with the Giant Classroom.

A primary goal has been to provide an interesting and challenging competition for students following the implementation of the new Australian Curriculum: History. Not only does the competition promote a broad view of history, it is also an opportunity for students to demonstrate their ability when being assessed for their knowledge, skills and understandings.

For our inaugural year, thirty Year 8 students representing both GATE and Extension classes participated and achieved 3% above the Australian mean. The college wishes to acknowledge all the students who partook and in particular recognize and congratulate the following students who gained outstanding results.

High Distinction - Josie Davey and Keera Sklenars

Distinction - Damien Huxham, Emily Galvin and Rebecca Weldon

Credit - Keegan Gordon-Tucker, Amber Johnson, Jack McClay and Alisara Phaleerat

Comet Bay College now has an official Facebook Page!



Like us on Facebook to keep up to date with current news and events through the following link: www.facebook.com/CometBayCollege

FOR YOUR DIARY

Comet Bay College Calendar

See what's coming up at Comet Bay College:

2013

Term 4

Tues 15th Oct
Students commence Term 4

Thurs 17th Oct
Yr 12 Breakfast
Yr 12 Assembly
Final Day for Yr 12
Non-ATAR Students

Tues 22nd Oct
S.A.Y. Project Awards

Fri 25th Oct
Final Day for Yr 12 ATAR Students

Fri 1st to 28th Nov
Yr 12 WACE Written Exams

Mon 11th to Fri 15th Nov
Year 11 Exams

Fri 15th Nov
Final day for Yr 11 VET Students

Wed 27th to 28th Nov
Yr 8, 9 & 10 Male Vaccinations

Wed 4th Dec
Yr 12 Graduation Ceremony

Thurs 5th Dec
Yr 7 Transition Day

Thurs 12th Dec
Yr 8-10 Awards Assembly

Fri 13th Dec
Young Writers Festival
12:30pm to 6:30pm

Thurs 19th Sep
Students final day of Term 4

Comet Bay College and Safety Bay SHS Combined Music Camp August 1st - 2nd 2013

Comet Bay College and Safety Bay SHS concert bands combined this year for the WA School's Concert Band Festival. A two-day camp at Point Peron Camp School was held to help the students prepare for the performance on 1st and 2nd August.

As well as the intensive rehearsals, students also got the opportunity to participate in a samba workshop and quiz night, where they learnt new rhythms and put their music knowledge to the test.

The collegial atmosphere among students was outstanding in all areas, be it as young musicians improving their craft, or as volunteers for cleaning up at the end of meals. At the end of the camp the students performed their repertoire for the Band Festival for their parents.



Comet Bay College Open Day

On Wednesday 4th December 2013, Comet Bay College hosted its 'Open Day'. Held every two years, Open Day is an event where the College staff and students display a fabulous range of work, activities, demonstrations, performances, entertainment, competitions plus more.

The winner of the Mystery Box Competition held, by Shabana Tagore and her team, were:

- 1st place: Tori Ngatai
- 2nd place: Michael Unwin
- 3rd place: Brendan Hawkins, Ruth Jones and Karen Waweru.

The Bendigo Bank Competition, held in the auditorium, had a panel of judges including guest Paul Papalia CSC, MLA, which saw the following winners:

- 1st place: Seth Mathews, Lachlan Hope and James Nicholls. (Ocean Pool idea)
- 2nd place: Jordan Coates, Breanna Summerton and Kianah Forth. (graffiti wall idea)
- 3rd place: Tom Barnes, Evan Carter, Brandon Whale and Taine Paki. (leisure centre idea)

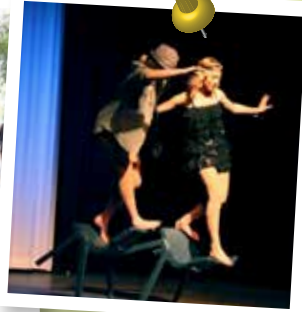
Congratulations to Prim Hagger who won the fantastic door prize of a 2 night stay in a 2 bedroom Ocean View Apartment at the Seashells Resort Mandurah.

THANK YOU

Thank you to our special guests who attended: Mayor Brian Sammels, Paul Papalia CSC, MLA and Pro Vice Chancellor Professor Andrew Taggart, Jane Wescot, Duffy Jones and the Community Groups who set up their displays in support of the event. Also a special thank you to all staff and students involved in making this a successful event!

THANK YOU TO OUR SPONSORS!

We would like to take this opportunity to thank the Seashells Resort Mandurah for donating the door-prize of a resort voucher. Also, thank you to the Whistling Kite Restaurant in Secret Harbour, Woolworths Secret Harbour, Bunnings Port Kennedy and Ace Cinemas for your generous donations of prizes!



S.A.Y (Students Advising Youth)

Project Drug-awareness Film Competition

A number of students in years 10 to 12 at Comet Bay College have been participating in the Students Advising Youth film competition during Term 3. Students have been asked to create a short film or advertisement which presents an anti-drug message to their peers.

The competition is being run as a pilot project at Comet Bay College and is the first of its kind in Western Australia. It is being organised in conjunction with the WA Police Department, Murdoch University and SDERA (School Drug Education and Road Awareness). The prizes available to students will include the opportunity to spend the day at the ABC broadcasting studio, as well as a chance to be interviewed on national radio.

Students' films have been uploaded onto YouTube in order to increase drug awareness amongst their peers and within the community, as well as to facilitate the judging process of the competition.

Films with the highest number of views will be shown to Mr Mark Bennett, the Executive Director of the 7.30 program on the ABC Television Network, for the final stage of judging.

Please click on the following link or search under Youtube

"S.A.Y. PROJECT PLAYLIST (STUDENTS ADVISING YOUTH)"

to view our students' excellent entries. Feel free to spread the link to friends, family and through your social networking websites.

There was a cover story regarding this project on the 7:30pm ABC Program on 13th September 2013, and students were also interviewed by Mandurah's 6MM that afternoon as well. You can hear the radio interview through the following podcast link: <http://6mm.com.au/interact/podcasts>



Students model and dance at *Maritime Day*

Students from Comet Bay College participated in a show of wearable art, modelling & dance at the recent Maritime Day in Fremantle.

Maritime Day is an annual event providing the public with information about maritime education and careers...PLUS lots of family friendly activities and entertainment.

This year's event theme was 'Sustainability of the Marine Environment' and so the 'Sirens of the Sea' costumes made from recyclable products fit the bill perfectly.

The girls performed their routine inside B Shed twice during the day and also had a photoshoot on board HMAS Sydney and the visiting Indonesian Navy Tall Ship.

Thanks go to CMDR Karl Brinckmann and Commander Angus for welcoming the students on board and also to CPO Toni Ralph and the Fremantle Ports Authority for inviting us to participate in this fantastic day!

By Claire Hunt

Defence Transition Mentor



Watch Out!

Robots on the Loose! Robotics Demonstration and Workshop

On Thursday 5th September, engineering students from Curtin University arrived at Comet Bay College to inspire and entertain Yr 9 students, who have selected Extension Computing for 2014 as well as Yr 8 students from the after school Robotics Club.

The world of Robotics enables students to work side by side with engineers while gaining practical experience in designing, constructing, programming and problem solving. The 40kg robot, as seen in the photos, was engineered to move at a top speed of over 30kms/hr, programmed to fling Frisbees at a target to gain points while maneuvering out of their opponent's way in an instant. Having been to a number of secondary schools, Curtin University praised our students as the most creative, critical thinkers they had encountered during the problem solving session. Here was another innovative, hands on, fun way to excite students while promoting Science and Technology.

Comet Bay College innovates using 3D Printers



Comet Bay College was successful in its application for The BP Education Grants program. The BP Education Grants program is competitive and provides schools with grants up to \$10,000 and an opportunity to enhance learning by broadening student perspective beyond the traditional classroom environment.

The use of 3D printers will allow for rapid prototyping and convert digital designs to a real physical object, throughout the use of computer drawing programs such as Google Sketchup and CAD.

Primarily, the 3D Printers are being used in the Comet Bay College Engineering Society where they are building a mechanized hand combining skills gained from Engineering studies, Electronics, Mechatronics and Engineering studies. The hand will then be fitted with servo motors that pull on chords acting like ligaments controlling the fingers. The servo motors are interfaced with microcontrollers so that the hand may be programmed by the students move the fingers.

Furthermore, the 3D printers are being utilized extensively in Engineering studies and Mechatronics for the creation of unique parts. The types of projects year 12 Engineering studies students are producing are quadcopters, 4 legged robots and robot claw. See pictures below.

GIRLS AFL CARNIVAL

On Thursday 12th September, students from Year 8 and 9 attended the Girls AFL Carnival at Rushton Park. For several of the students it was their first experience of playing AFL. The girls played extremely well and showed excellent team work throughout the day. *Well done girls!*



Navy Career Visit to Garden Island

Four lucky students were invited to visit Garden Island on 10th September as part of a Navy Career Workshop. They were escorted around different departments of the base and learnt about the wide range of career opportunities available in the Navy.

Abigail Cosslett, Amber Dunderdale, Kate Instone and Brody Renn conducted themselves in a respectful and professional manner. Thanks go to CPO Grant Pilgrim, CPO Toni Ralph and the Navy Community Engagement Program for offering our students this wonderful tour. All the Navy personnel we met were extremely friendly, informative and encouraging to our enthusiastic students.

By Claire Hunt
Defence Transition Mentor



Students visit Holocaust Institute

On Tuesday September 3, the Year 11 2B Modern History class visited the Holocaust Institute in Yokine. The visit was to acknowledge the six million Jews who were murdered and the other five million who were killed due to being political dissidents or 'socially undesirable'. We had the honour of meeting a survivor who was just ten years old at the time of the Holocaust and he confided in us his amazing survival story.

80-year-old Hank, originally named Isaac, was separated from his Jewish family to survive the war and the horrors of Hitler's power. He allowed us to see that it was not only the Jews who were killed or affected. It was also the people who chose to help them; often caring for a Jewish child, putting themselves and their family at very high risk of execution.

Hank told us about how much physical and emotional pain he endured at such a young age. He maintained that he owes a lot of his life to his Catholic foster family, whom he eventually lived

with permanently after the war. Hank was forced to change his name from Isaac in order to help conceal his Jewish identity.

Hank's story was truly inspirational and we would like to thank him and the people at the Holocaust Institute for such an important educational experience. We are so much more aware of what happened just because of racial hatred and abuse of political power.

By Megan Brown Year 11



Well-known Poet *Tweets* on CBC Student's Poetry Success

Recently, some of our year 10 students studied poetry by Taylor Mali, one of the most well-known poets to have emerged from the poetry slam movement.

Originally a teacher, Mali left the classroom after nine years in the job and is now a full time poet and public performer - a rarity in this day and age. Much of his work is about his experiences teaching middle school, high school, and college and, since 1998, over one thousand people have become teachers after reading or listening to Taylor Mali's passionate poems. Mali also has a large fan base on various social networking platforms. It was on one of these, Twitter, that Mali shared an essay written by Comet Bay College student, Lucy Wrona.

The fact that Mali shared this with his followers, an international audience exceeding 8500 people, is a huge boon for Lucy. Even better, however, is the fact that he offered feedback to ensure her continued improvement. As it was, Lucy earned the highest score across the three classes that partook in this task. Her essay, which challenges the meaning most readers will find in Mali's poem, "How Falling in Love is Like Owning a Dog", can be read online at <http://goo.gl/eKVqj2> and the poem can be found on Taylor Mali's website: <http://www.taylormali.com/>.

By Ronald Barton
Teacher English

**RE
AD

BO
OK**



**Young
Writers
Festival**



Find us online:

<http://goo.gl/gcNqA>

Come write with us...	MUSICIANS WRITERS BLOGGERS POETS	COMET BAY COLLEGE Secret Harbour 12:30 pm - 6:30 pm Friday, December 13th
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Taylor Mali @TaylorMali 21 Aug
 @Teacher2Poet Oh snap! Taylor Mali EXPOSED as a "masculinist" dominator of women by an Australian 10th grader: goo.gl/eKVqj2
 Retweeted by Ron Barton

Taylor Mali @TaylorMali 21 Aug
 @Teacher2Poet Very impressed by this essay, though it ascribes the author's heterosexuality to the speaker and assumes Love=women.
 Expand

Ron Barton @Teacher2Poet 21 Aug
 @TaylorMali yeah, it needs a few qualifying statements to show an understanding poet doesn't = persona & patriarchy suggests owner = man
 Hide conversation Reply Retweet Favourite More
 8:36 PM · 21 Aug 13 · Details

Taylor Mali @TaylorMali 21 Aug
 @Teacher2Poet Exactly! Young writers don't realize their arguments get stronger when they acknowledge shortcomings and counter arguments.

The Arts

Stage 3 Visual Arts visit "Van Gogh, Dali and Beyond; The World Reimagined"

On the evening of Friday 13th September, Ms McKenzie's Year 12 Stage 3 Visual Arts class attended the Art Gallery of Western Australia to view it's latest exhibit "Van Gogh, Dali and Beyond: The World Reimagined".

This exhibition is the latest in a series of visiting exhibits from the Museum of Modern Art in New York. The exhibition of 134 works by 96 artists presents three of the most fundamental artistic genres which link and transcend the 'isms' of twentieth century art, from Impressionism, Cubism, Surrealism and beyond to the art of today. This selection of iconic works is a visually stunning array of outstanding works by Bacon, Cézanne, Kahlo, Klimt, Picasso, Richter, Wesselmann, van Gogh and more. Many of the most important artists of the 20th century are represented, with works that reinvented Landscape, Still Life and Portraiture in their time. The exhibition was a rare opportunity for our students to view these important artworks "in the flesh",

including works that have been studied by students in their course work for Stage 3 Visual Arts.

After viewing the exhibit, students participated in a drawing session run by "Dr Sketchy's Anti-Art School". Salvador Dali himself was the model for the evening, striking many intriguing and challenging poses for the audience to capture.

The group enjoyed dinner at Jus Burgers in Northbridge following their visit to the art gallery. I would like to take this opportunity to thank the Year 12 students for their exemplary behavior on this excursion and their interest and participation in the activities on the night. It was great to see all students drawing, with some fantastic work being produced. I would also like to thank Mrs Hall and Ms Lockyer for giving up their Friday night to assist with supervising this excursion. Without your help the evening would not have been possible.

By Claire McKenzie



SUPPORT THE ARTS AT COMET BAY COLLEGE. We are starting an informal group of staff, students and their parents who would like to give the time and energy to enrich education within the Arts at Comet Bay College. Everybody is welcome to choose activities or events to support, or simply follow the news from the Arts department.

Our annual Arts Expo is coming up on the 3rd of December and we are looking for volunteers who would be willing to help backstage, front of house or help prepare food for the intermission.

Like us on Facebook: Comet Bay College Friends Of The Arts

Dance and Drama Extension students showcasing their talents at the YOH Fest

This year Comet Bay College's performing arts students had their YOH Fest debut at the Mandurah heats of the competition. YOH Fest (Youth On Health Festival) is WA's biggest performing arts event which gives platform for high school students to take part in an innovative approach to health education. It is an annual performing arts programme that requires participating high school entrants to form teams and engage with each other to construct and perform their own dance sequence, drama play, art piece, media production or song performance to depict core messages around a relevant youth health theme, which was "lifestyles" for 2013.

Our Extension students created original group performances, with Year 10 Drama focusing on homosexuality ("Unlocking The Closet" piece) and lifestyle choices ("Decisions, Decisions" piece) and Dance Extension students exploring the issue of coping with an invisible disability, such as autism, at high school in their "See It From A Different Point Of View" performance. All three entries were received really warmly by the judges and the audience and were awarded Merit Certificates for a Disciplined Large Dance Ensemble (Dance), A Novel Approach To The Health Topic ("Decisions, Decisions") and Strong Individual Characterisation ("Unlocking The Closet").

We are now awaiting the announcement of the finalists once all the heats finish across WA and the Northern Territory.



**Top: Presentation of Merit Certificates at day two of Mandurah heats
Right: Talent Quest**

Spiderman Pays a Surprise Birthday Visit

Birthdays are special. One of our year 12 students, Veronica Sutcliffe, had a surprise visit for her birthday by Spiderman!

Spidey (aka Mr Ron Barton) delivered Veronica a Spiderman cake and showered her in special Birthday webs!

Happy Birthday Veronica!



Society & Environment Students attend UWA Politics and Law Speech

On Saturday the 7th of September, Comet Bay Students Hanneke Wiersma, Jack Notman and Alycia Barker were accompanied by the Dean of Society and Environment, Kerry Cross to attend a UWA Politics And Law Speech at the Sebel Hotel, Mandurah. Along with Comet Bay College, students from Halls Head Community College, Mandurah Baptist College and Foundation Christian College were also invited to attend the conference.



As we walked into one of the Sebel hotel's fabulous conference areas and were seated diagonal to centre stage, with views out through the floor to ceiling glass windows over the stunning Mandurah foreshore, we were treated to the warm welcome of the University of Western Australia's Dean of Law. The fabulous master of ceremony curtly introduced to us Robert French who wasted no time in thrusting us head on into a fantastic speech on one of Western Australia's most iconic individuals. He talked about John Forrest, the WA judge who went on to many great things. Over all, Robert French provided us with an enthralling portrayal of an iconic Australian's life.

The second speaker, Professor Peter Handford, endorsed the concept of the university itself within his presentation, as he provided an insightful speech about its initial and ongoing development. For the students, this was extremely beneficial as it gave them a look into the university world they may one day want to step into. Professor Handford also discussed the initial foundations and continuing aspects of the university life, and detailed past and present successful graduates.

The students were honoured to have been selected to attend the UWA event and were left with an enhanced sense of direction for their future aspirations.

Alycia Barker Year 10



Scouts have breakfast with the Governor!

Unlucky for some, Friday the 13th was the date of the annual Governor's Prayer breakfast.

Two students from Comet Bay College, who are also part of the Comet Bay – Scout Partnership, were invited to be guests of the Scouts Chief Commissioner.

Selected from over 5,000 scouts, Ben Hunt (year 8) and Jake Goodall (year 9) enjoyed a breakfast at the Crown Hotel Burswood and an inspiring talk from the keynote speaker, Graham Power. Graham spoke on ethics in business, government and our own personal lives.

Both students decided that they should meet his Excellency Malcolm McCusker, the Governor of Western Australia and the Premier The Honourable Colin Barnett.

They approached both men and were able to secure the autographs and best wishes from both of them.



Student Support News

UNIFORM POLICY

Girls are not permitted to wear shorts to school. These are to be worn for specific lessons only.

Boys must wear shorts purchased from the uniform shop. Sports / footy shorts should be worn for Phys Ed only. House shirts must only be worn for specific lessons or on a Friday.

Please ensure that all uniform is purchased from the uniform shop. Wearing incorrect uniform will result in the loss of good standing and detentions.

BORROWED UNIFORM

If you have borrowed any school uniform, please return this as soon as possible to avoid a bill!

PHOTO ID

Please be aware for security reasons photo ID must be provided by a Parent or Guardian to collect their child.

THANK YOU

Thank you for continually supporting your child and the College in getting them to school, on time, in the correct uniform with the correct equipment.

NOTES

Please write a note for your child if they have an appointment. This allows them to leave their class room and sign out promptly.

Spotlight Student Support Staff

Ms Gail Nelson Dean for Student Support



Each newsletter, we will take the time to interview a member of the Student Support team, so you can get to know more about the friendly and professional staff here at Comet Bay College.

How long have you been at Comet Bay College?

My first year here was 2008.

Where were you born?

I was born in King Edward Memorial Hospital in Subiaco, WA.

My Family

My partner and I have quite a large family - 7 children, 3 grandchildren, 1 horse, 2 dogs, 7 birds and a rabbit.

Significant events

Now, that's a hard question! I have experienced so many great things in my life!

Naturally, as any parent, I would have to say that the birth of my children would rate highly in my list of significant events. I was also privileged to be asked to be a guest speaker last year at the Australia Aspergers Conference in Brisbane - which was great! Other times that stand out are backpacking around the USA when I was younger, and of course my recent holiday to New Zealand with Mr Waddy, Ms Harrison and Mr Dixon; where Mr Dixon tried really hard to reach me to snowboard, and I tried really hard to teach him not to laugh at me! Luckily Ms Harrison taught me how to ski instead, which has now become my favourite leisure activity - pity about the lack of snow in WA

Have I always been a teacher?

No. Before I re-trained to become a teacher I worked in the mining industry - surveying, cartography and geology - which meant that I spent a considerable amount of time in the WA outback, working in remote areas. I still have a love of 4WDing and exploring out of the way places.

Reason I went into teaching

Actually, teaching sort of snuck up on me. I was invited to do a series of lectures at the WA School of Mines in Kalgoorlie, and I discovered that I liked teaching. After that I worked for Curtin University as a lecturer and tutor for 6 years and then decided that I didn't want to teach night classes any more so I trained to become a teacher. This has so far been a great decision!

What I like about my job

I like almost everything about my job - although some parts are more enjoyable than others. I really like working with and helping students. I consider myself lucky to work in Student Support as it means that I have the chance to interact with more people. There is always something different happening in Student Support every day - so it is never boring. I also really enjoy working with students with disabilities. I get very excited when I see students learning and growing their understanding of the world around them. I also like it when I see ex-students and they share what they have been doing since they left school. I feel very lucky to have been part of their learning journey.

Second Hand Uniform and Book Shop

The Second Hand Uniform and Book Shop is now open. The shop is based on consignment, ie when items are sold, the College will send a cheque to the supplier of items.

Venue: Office next to Performing Arts Centre (Red Sliding Window)

Shop times: Wednesdays from 3.00pm to 5.00pm

Items must be of good quality, not damaged or faded. There will be set prices for items regardless of age or quality. This is a service for our community, not a profit making venture.

If you have any questions, please do not hesitate in contacting Jenny Miskelly for further information, during shop open times on **9553 8117** or **0435 925 437**.

SnapChat App Warning



PHOTOS DON'T DISAPPEAR FOR GOOD!

Numerous high school students are thoroughly engaged in the new app sensation, SNAPCHAT. This application can be used on iphones, ipads and smart phones and allows the sender to send a photo to another device with a set time limit on how long these files will exist when received by the end user. The photo is only seen for ten seconds by the receiver, then disappears or apparently expires. Snapchat tells users that the file then "disappears" this is certainly not the case!

Whether your child is using an Android or iPhone, the photos and videos can be recovered as highlighted in numerous "how to" Youtube videos, articles and blogs. Also, people can easily take a screen shot of the photo whilst on their phone for that ten seconds...then keep it.

Parents, please take the time to chat to your son/daughter if they are using this app on their smartphones or ipads and make them aware of the consequences that can occur.

Health Update

CBC Community Youth Nurse



Nutrition tips to help keep your child healthy and safe at school to enable them to reach their highest learning capacity.

DRINK PLENTY OF WATER

The main cause of headaches especially in summer is dehydration. Students are encouraged at school to drink water. It is our first line of treatment by teachers if students complain of a headache (unless a Medical action plan exists for migraines).

FUEL UP FOR THE DAY - EAT BREAKFAST

Just like a car without fuel your body doesn't go very well without it. Please encourage your children to come to school having eaten breakfast. Without breakfast your child is more prone to nausea, dizziness, stomach aches, behaviour difficulties, poor concentration and reduced brain efficiency. Make eating breakfast easy - fresh fruits, cereals and yogurt are easy to prepare and store.

ENERGY DRINKS

Many students are starting their morning with an "Energy Drink" e.g. Mother, red Bull, V etc. These drinks contain twice the caffeine of cola drinks and are high in sugar. Caffeine can cause the following:

SHORT TERM

- Alterations to mood and behaviour
- Difficulty in sleeping
- Can cause dehydration as it takes water out of the body
- Head ache, hand tremors, nervousness

LONG TERM

- Insomnia
- Anxiety
- Heart palpitations
- Depression
- Stomach upsets

Please be aware of the potential of your child buying these drinks before school and assist the school in deterring and preventing your child accessing these drinks.

SCHOOL LUNCHES

Try not to include biscuits, cakes, chocolates energy bars, chips and lollies. Instead include sandwiches, rolls, wraps, salads and fruit. Offer small treats as a small part of healthy eating, don't use food to reward, bribe or show your love to your children.

Keep the fruit bowl topped up at home or have fruit salad cut up in the fridge.

**Thank you for your attention to these tips.
Please do not hesitate to call us to further discuss
any of these tips or to seek more.**

By Community Youth Nurses: Celia and Robyn.

STUDENTS ADVISING YOUTH **P R O J E C T**

Have Your Say, Your Way!



**Illegal And Adverse
Social Impact **Drugs**,
Have No Place In Our
Society**



Sponsored by -
Local Drug ACTION Groups Inc



Street Address: 2 Allatoona Avenue, Secret Harbour WA 6173

Mailing address: PO Box 7134, Secret Harbour WA 6173

Phone: (08) 9553 8100 Fax: (08) 9524 9473

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