

# Erina News

Issue 16

9 November 2009



## ABOUT CAFFEINE DRINKS

Overleaf is a transcript from the ABC News about high caffeine energy drinks and the impact they have on our young people. I am writing to you to highlight the inherent dangers involved in the consumption of these products and to promote discussion among families about safe dietary choices.

Presently, there are very few students who are using the caffeine drinks but I am concerned that a trend could develop if community awareness is not raised.

The high caffeine drinks are products with names that include *Monster*, *Red Bull*, *V*, *Cocaine* and others. Some young people will often have three or four of these in a day and some combine them with other products or even with a medication. Chocolates that contain the stimulant *guarana* such as *Boost* are sometimes used in conjunction with a high caffeine drink. Another combination is to eat high sugar confectionary.

A more worrying combination is where medications such as *Nurofen Plus* are taken with such drinks. This has dramatic health implications. One of the ingredients in Nurofen Plus opens up small blood vessels and so intensifies the absorption of caffeine. Heart palpitations or renal failure are just two of the possible medical complications from such misuse.

Another issue of concern is the misinformed opinion held by some students, that caffeine drinks are a dietary alternative because of their impact as appetite suppressors.

The effects of using high caffeine drinks can include increased heart rate, strong mood swings, irritability, poor concentration, increased agitation and anxiety. Often there is an initial strong surge of energy followed by extended lethargy. The user may experience headaches, nausea and upset stomach.

Clearly this medical evidence confirms that ingesting these drinks is not compatible with good health, effective class participation and successful learning.

Our school has banned these high caffeine drinks and they are not to be brought to school or consumed before school. Any student who is in an agitated condition due to the use of these products will be withdrawn from classes on safety grounds and parents will be contacted.

I would ask that you discuss the contents of this letter within your family so that with common facts and information, we can work as a team to increase student awareness about these drinks, their significant negative impacts and the importance of healthy dietary choices.

Marj Kong Principal

# ABC NEWS ENERGY DRINKS

## Doctors say they can have adverse effects on young children

Research: Brigid Anderson

Presenter: Tim Leslie

Red Bull may claim to “give you wings”, but it and other energy drinks can also give school-aged children diarrhoea, hyperactivity, dizziness, nausea and an increased heart rate. The warning from the Australian Medical Association (AMA) comes the week after several children were sent home from a Western Sydney high school after suffering side-effects from consuming energy drinks.

AMA federal vice-president Dr Steve Hambleton says the impact of the drinks can be severe on children. “They become hyperactive, you can get dizzy, it makes your heart beat quicker,” he said. “There’s nausea, sometimes diarrhoea in the kids. So it has a significant effect.”

Dr Hambleton says energy drinks like Red Bull, Mother and V commonly contain caffeine and guarana which can have long term effects on the health of children. “They’re energy-dense, nutrient-poor, full of sugar, full of caffeine. It’s the caffeine that causes the problems. These aren’t good drinks for children,” he said.

“This is the sort of thing that we don’t want our children drinking. They’re dressed up of course as desirable, even the names contain the sales pitch.” He says there should be a move to ban advertising on energy drinks to stop children under the age of 18 drinking them.

“It’s a tough thing to do, because you don’t want to make these things inadvertently desirable. We’ve just got to reduce the promotion, look at where they’re sold, and why they’re sold,” he said. “If we’re going to get our advertising gurus, let’s get them out there selling apples and oranges as pick-me-ups for kids.”

“Schools have banned these products from their tuckshops, quite rightly, some schools are now banning them on the premises, which is very good, and the AMA would support that.”

“What we need to see is we need to get rid of advertising for some of these things and stop dressing them up as desirable things for children.” Dr Hambleton says children run a real risk of becoming addicted to energy drinks. “Certainly you see children and adults who are addicted to caffeine and are drinking large quantities of these products,” he said.

“Of course as soon as you stop having the product you have a headache and the best way to get rid of that is to have more product, and that’s the definition of dependency. We’re talking about young bodies with small body masses. What we’re seeing is people are having no breakfast and are taking one of these as a pick-me-up on the way to school.”

“If you get children hooked on these things they stay hooked on them for a long time.” Dr Hambleton says society needs to get serious about children’s access to energy drinks. “We do see the effects and teachers will tell you that even one of these drinks will actually cause behavioural disturbances that they can recognise.” he said. “And when the stimulation goes away you’ve got sleepy children that aren’t listening as well.”

## “ERINA ON STAGE” (Variety Night)

There will be two performances on the 2nd of December:

- The Matinee will be held Periods 3 and 4 and the Night Concert will start at 7.00pm.
- Rehearsals will be held in the hall on Monday, 30th November, Tuesday, 1st December and Wednesday, 2nd December, Periods 1 and 2.
- Tickets will be on sale on 1st November and are only available from the Front Office.

Please see your Music, Drama or Dance Teacher for more information on AUDITIONS which will be held during Weeks 4 & 5 of this term!!

Thanks, Mrs Gillard

## PARENT NEWSLETTER BY EMAIL!



Don't forget if you would like to receive the Parent Newsletter by email, send your email address to [erina-h.school@det.nsw.edu.au](mailto:erina-h.school@det.nsw.edu.au) with the subject line "PNL list". The newsletter and any other information relevant to your child's year will be emailed in a manner which does not disclose your email address to anyone else.

## PAINT YOUR PINKY PURPLE DAY!

On Monday, 23 November we will be raising money for the eradication of polio around the world. Pam Pritchard who is from Rotary District in Sydney and also a past district governor will be on hand to explain the problems the condition poses to many areas of the world.

Rotary is aiming to match the \$200 million donation from Bill and Belinda Gates. The students can have their pinky nail painted purple or black for the cost of a gold coin. We encourage the students to participate in this worthy cause!

**S Shields, Co-Ordinator**

## WORLD TEACHERS' DAY AWARD 2009

**Congratulations to Mr Jeremy Rennex our ICT coordinator** who received a World Teachers' Day award from the Australian College of Educators last week.

Mr Rennex was recognised for the exceptional work he has done in building and growing our ICT network and its facilities. Our school community has been truly advantaged by his vision, technical expertise and his commitment to e-based learning for both students and teaching staff.

## TRADE TRAINING CENTRE BUSINESS BREAKFAST

Last week the school communities of Erina, Kincumber and Terrigal High schools and Tuggerah Lakes Secondary College met at Erina High School with members of the local business community to launch our bid for a Trade Training Centre to be established across our schools.

Breakfast was prepared and served by our hospitality students and Year 11 student leaders hosted the event.

This bid aims to utilise Federal funding made available to address skills shortages in the hospitality, construction, metals and engineering and horticulture fields. Each school would provide trade training to TAFE Certificate 3 standard in one or two of the skills shortage areas.

More than forty businesses and community representatives gathered to hear a presentation about the project and how it will advantage our young people and our communities. At the conclusion of the breakfast the business people were asked to provide letters of support for the project as we prepare our submission to the Federal government.



## PROUDLY PURSUING PERSONAL BEST

- ◇ Congratulations to **Craig Cameron** who was awarded 16 years boys age champion at the Sydney North Athletics carnival last term. This is an exceptional achievement in a very competitive age group!
- ◇ **Tom Beasley, Jake Brennan & Matt Lynch** have received accolades from the organisers of Kids Day Out for their commitment to the local community when they performed at the event. They were outstanding role models for younger students aspiring to perform!
- ◇ **Thanks to all of our students** who have mentored Year 5 and 6 visitors during our Study Plus program. Erina students worked as leaders, buddies and coaches in workshops about public speaking, drama, writing, science, multi-media, leadership, ceramics, algebra, creative thinking and textiles. The workshops were led by teachers from across our school.

## PARENTS AND CITIZENS NEWS

All parents are cordially invited to our **next P&C meeting** which will be held in the school library on **Wednesday November 18th commencing at 7.30.**

We would love to see more parents and caregivers involved in the P&C as we plan for 2010.

John Ross (President)



Remember to shop at Singos for your family meat order.

So far this year our school has received \$1356 from this loyalty program! All money goes to improving student amenities.

Thank you Singos!

**ADVERTISING/COMMUNITY NOTICES**

LEARN  
**TAE KWON DO**

- Confidence
- Fitness
- Self Defence

Tuesday and Thursday  
nights 6 -7pm.  
Erina Community Hall  
Corner Karalta Road  
and Ilya Lane near the  
Platinum Building.  
*Families welcome.*  
**Call Steve 43693600**  
[www.shimjang.com](http://www.shimjang.com)

**P's** Please!!!! Are you learning to drive or supervising a learner? Do you need help to make sense of learning to drive and passing the test? Call Mark McKay at LICENSE to Drive! Reasonable rates for members of the school community - Call Mark to get rolling!

**0407 894 652**

## **FREE GRADUATED LICENSING SCHEME WORKSHOPS FOR LEARNER DRIVER PARENTS**

Young drivers are three times more likely to be involved in casualty crashes. That's why the RTA has introduced a new licensing scheme, with more supervised driving practice for learner drivers. To help parents in supervising learner drivers, the RTA has set up a FREE 2 hour workshop for parents offering practical advice on how to help learner drivers become safer drivers.

The FREE workshop will be conducted by David Riches on Wednesday, 2 December at Gosford Golf Club from 6.00pm–8.00pm. Early bookings are essential, so phone David on 0438 215 323 now to reserve your place, or email [parentworkshop@optusnet.com.au](mailto:parentworkshop@optusnet.com.au)

## 2009 SCHOOL CERTIFICATE EXAMS

Monday 9th November: English Literacy 9.20am—11.30am  
Science 12.50pm—3.00pm

Tuesday 10th November: Mathematics 9.25am—11.30am  
Australian History, 12.50pm –3.00pm  
Geography, Civics & Citizenship

Wednesday 11th November & Thursday 12th November: On-line Computer Skills exam

Students are required to be at school for the following 1.5 hour sessions according to surname:

GROUP	SURNAME (INCLUSIVE)	DAY	DATE	TIME
1	Akamarmoi - Cheater	Wednesday	11th November	9.30am
2	Clark - Dollar	Wednesday	11th November	11.00am
3	Douglass - Gosbee	Wednesday	11th November	12.30pm
4	Grattan-Holloway - Johnson	Wednesday	11th November	2.00pm
5	Jolliffe - Mason	Thursday	12th November	9.30am
6	Matherson - Numan	Thursday	12th November	11.00am
7	Nyathi - Slocombe	Thursday	12th November	12.30pm
8	Small - Yee	Thursday	12th November	2.00pm

**Friday 13th November: Normal classes operating.**

## YEAR 10 POST SCHOOL CERTIFICATE PROGRAM

From week 5 after Year 10 have completed their compulsory School Certificate tests they will commence their 'Ready for the Senior School' transition program including the Board of Studies mandatory *All my own work* course, the EHS 'Study Skills Preparation Program' and the 'School to Work' careers program.

**School to Work activities** are being undertaken by Year 10 students in many faculties so that students can develop work-ready skills prior to taking up holiday work offers. The first day Year 10 students can sign out to commence holiday work is Friday December 4<sup>th</sup>. This is the final day of school prior to the Year 10 camp.

**The graduation assembly** welcoming Year 10 to the senior school or applauding them as they leave school to enter the workplace will be held on December 14<sup>th</sup> commencing at 10 am in the MPC. Students will need to wear full school uniform to this assembly.

**This assembly is the only school event signifying the end of Year 10.** While students and their families may plan and hold other celebrations these are not held under the auspices of the school and school staff will not be present or responsible for these events. If parents would like advice on managing a private event Central Coast Area Health Services has compiled a useful flyer called "Celebrating – Do it safely: a hassle free party guide for parents of teenagers". Copies are available from the school.

152 The Entrance Road  
ERINA NSW 2260  
<http://www.erina-h.schools.nsw.edu.au/>

Phone: 4367 7353 or 4367 7246  
Fax: 4365 3086  
E-mail: [erina-h.school@det.nsw.edu.au](mailto:erina-h.school@det.nsw.edu.au)

# **BUSH FIRE SAFETY**

## **PREPARE - ACT - SURVIVE**

### **ACT**

On days that have a fire danger rating of catastrophic, regardless of your level of preparation, leave early.

**Life should always be the No 1 priority**

#### **Planning to leave early**

- Follow your Bushfire Survival Plan
- Monitor bushfire alerts
- Don't wait and see. This is dangerous
- Inform your family and neighbours that you are leaving
- Move to your identified 'Safer Place'
- Collect important documents and valuables to take with you
- Consider your pets when deciding to leave

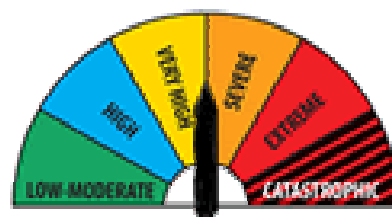


#### **Staying**

- Follow your Bushfire Survival Plan. For further information visit [www.bushfire.nsw.gov.au](http://www.bushfire.nsw.gov.au)
- Only stay if well prepared
- FDR Catastrophic = leave at the earliest time
- Bushfire alerts will provide either Advice, Watch and Act or an official Warning
- Inform family and neighbours that you are staying
- Have a ladder for access to roof space and roof gutters
- Have a torch and a battery operated radio

#### **Prepare for the impact of fire**

- Ensure you are wearing bushfire-appropriate clothing
- Block downpipes and fill gutters with water
- Stay calm
- Close all windows, doors and shutters
- Block gaps beneath doors with wet blankets or towels
- Collect water in buckets/bath
- Shelter in the house
- Bring hoses inside to avoid damage from radiant heat



### **School Happenings:**

**9-12 November**  
*School Certificate Exams*

**12 November**  
*Year 8 Scripture*  
*Year 9 Fun Run*

**16 November**  
*Year 8 Elective Music*  
*Concert in MPC*

**19 November**  
*Year 9 Scripture*

**20 November**  
*Year 8 Luna Park*  
*Year 8 Touch Football*