Diamonds or Stones

Australians generally have good health. We are consistently ranked in the top ten OECD nations over many years including life expectancy and mortality rates. Figures from the 2011 census indicate that on the Gold Coast male life expectancy is 80.0 years and females 84.9 years. On face value one could argue that life is pretty good here on the Coast with a population of roughly 560,000 people (total), 10.9% of the population has a post graduate – bachelor degree, 76.8% of households have access to internet at home, the total number of registered motor vehicles is 437,904 and the median house price is $480,000. But many don’t have it so good and there are people who are socio-economically disadvantaged and suffer poorer health outcomes compared to the rest of the population. There is a great body of research that shows a direct link between extensive health and social inequities. It can be argued that where you stand on the social ladder determines living conditions, health outcomes and life expectancy. Social determinants do influence overall health/life outcomes.

Sir Michael Marmot in his lecture titled Fair Australia: Social Justice and the Health Gap says we can view empowerment in three ways: material, psychosocial and political. Material: if you don’t have enough money to pay the rent or feed your children you cannot be empowered. Psychosocial means having control over your life. Political empowerment means having a voice. Disempowerment in all or any of these areas has a direct correlation to the level of success one has with the education they are exposed to.

Disadvantage has many forms and can be absolute (e.g not having access to education or employment), or relative (e.g poorer education, insecure employment). Each of life’s many transitions, such as leaving school, getting a first job can affect health and lifestyle by moving people onto a more or less advantageous path. People who have been disadvantaged in the past are at greater risk in every subsequent transition. Disadvantages tend to congregate among the same people and their effects tend to accumulate through life and can be generational.

In this day and age it is critical for us all, teachers and parents alike, to really impress upon our children that a sound robust education will have a positive effect on their lives. The foundation for this is laid down in early childhood. Slow growth and early experience become biologically embedded during development. Continual sustained development throughout a
person’s schooling career is vital to success. Generally, those with lower health status also have low educational and literacy levels. Poor education means a person is less likely to attain secure and well paid employment and this can lead to poverty and other predictors of ill health. We shouldn’t become complacent when given generalised figures about how well we’re doing, when upon closer or deeper evaluation can expose a different picture.

ATHLETICS
Last week, Andrew Prisley competed in the 800m at the Regional Athletics Carnival. He finished in a very impressive 8th place and is already planning to better that result next year. Well done Andrew.

Scott Stavar

INSTRUMENTAL MUSIC
All beginners please bring your instruments this Friday as we will have a Junior Band rehearsal during the day. There will be no band or instrumental lessons this Friday for the senior students.

LIBRARY NEWS
Book Character Parade – thank you to the staff, parents and students who made such a big effort and made the parade such a success.

The Great Book Swap – thank you to the staff and students who supported this last week. We raised $100, which we will donate to the Indigenous Literary Foundation.

Reading in the Holidays – please take time over the holiday to read to your children or encourage them to read a book. You could also visit the local library to get some new books to read.

Have an enjoyable break.
Kathy Stone / Librarian

JAPAN TOUR DEPARTS TOMORROW!
At dawn tomorrow morning thirteen students and three teachers will depart on a Sugoi Tour of Japan! For the next eleven days we will sample all the Japanese food we can, visit castles and shrines and DISNEYLAND, ride the bullet train, feed the monkeys and deer and speak Japanese whilst trying not to spend all our money in the hundred yen shops!

Look out for our Japan Tour t-shirts in school next term – We’ll have lots to tell!

Sayonara
Kylie Doonican/Japanese teacher

GILSTON GOURMET
Thursday 15 September - Tracey Zimmerman
Ice Blocks – Help needed
Friday 16 September – Paula Black / Help needed
Ice Blocks – Help needed
Tuesday 4 October – Mel Harrison
Ice Blocks – Help needed
Wednesday 5 October - Help needed
Ice Blocks – Jan K
Thursday 6 October - Tracey Zimmerman
Ice Blocks – Mary H
Friday 7 October - Help needed please
Ice Blocks – Kim P

We urgently need volunteers to help out in the tuckshop next term. We require volunteers in the mornings from 9.00-11.30am to make sandwiches, wraps and salads, and to assist the Convenor with other food preparation.

If you are able to help out please make yourself known to the tuckshop. Any help will be appreciated.

Have a wonderful spring break with your family and friends.
Mel and Karen
Gilston Gourmet

COMMUNITY NOTICES
SEPTEMBER SCHOOL HOLIDAY TENNIS FUN CAMP - Monday – Friday 19, 20, 21, 22, 23 September, Platinum Tennis, Hinterland Tennis Club, Price Street, Nerang. Full Day 8.30am-4.00pm $45, Half Day 8.30am-12.00pm $30. 5 Day Pass (Full Day) come all 5 days $165 per person, 5 Day Pass (Half Day) come all 5 days $125 per person. Activities include Hot Shot Tennis Coaching, treasure hunt, Soccer, Basketball, Cricket. Interested? All children welcome aged between 4yrs - 16yrs. Call Jono 0488 696 939.


MOSAIC CHURCH KIDS HOLIDAY CLUB school holidays! There will be games, science gizmo's, food and lots of fun, 19-23 September, 9.00am-12:30pm, $10 per day, 120 Mudgeeraba Rd, Mudgeeraba. Register www.goldcoastchurch.com.au/holidayclub or at the door. More information call 5525 2477.


SUPER SPORTS HOLIDAY PROGRAM – St Michael’s College Merrimac, Wednesday 21 September, 9.00am-3.00pm – 5-12yo - $50 per participant, 5554 6831 or info@rdksports.com.au

SCHOOL HOLIDAY ROOKIES2REDS CLINIC – Wednesday 28/9/16, 8.30am-12.30pm. Little Legends (5-7yrs), Advanced Program (8-11yrs). Surfers Paradise Rugby Club, Albert Park, Fremar Street, Broadbeach. rookies2reds.com.au