EASTER: Hugh Haysman receiving an Australia Day 2014 award from Mayor Michael Picton.

Success ‘just a bonus’

MERCEDES College student Hugh Haysman received an Australia Day award from the City of Mitcham for his achievements in a range of sports, including athletics, cross country, cricket and AFL football. Hugh also trains and mentors younger athletes at the school.

The Year 12 student, who balances sport, school and social activities, enjoys keeping fit and healthy.

“ar the whole sporting environment including the competitiveness and mateship is what I enjoy about being a part of in sport and the success is just an added bonus,” he said.

Sharing migrant stories

As part of the annual Carnevale, students from Mary MacKillop College, Kensington, set up a display of their work.

“This assignment has helped me to learn about my mother’s past and her thoughts and feelings during her migration experience,” she said.

“I enjoyed seeing the audience appreciate the different styles,” Ester said.

MARTINA SIMOS

SKIPPING is emerging as a favourite activity for children in South Australian schools. Last year more than 30,000 students helped raise $300,000 for the Jump Rope for Heart program. Nationally there are more students taking part in demonstration teams, per head of population in South Australia than any other state.

Blackwood Primary School has been involved in Jump Rope for Heart for seven years and has a demo team which goes to other schools to demonstrate high-level skipping skills and to pass on three messages.

Students have to audition each year to be chosen for the team, which is made up of 20 students from Reception to Year 7 and involves two practices a week. Deputy principal Kris Robson said while only a portion of the school’s 250 students was involved in the skipping demonstration team, they were all involved in the fundraising which is a biannual event at the school.

“To get into the demo team the students have to really work up to it – we don’t have places for everybody so we do little auditions,” she said.

“When we go out to schools (to demonstrate) we promote three things: keeping fit, healthy eating and not smoking. The program, which began in 1983, has introduced skipping to more than eight million schoolchildren and has raised more than $60 million to help the Heart Foundation fight heart disease.

Heart Foundation SA chief executive, Dr Amanda Rischbeth, said ‘skipping is a fantastic sport for kids to be involved in, allowing them to build their confidence and have fun while learning about the importance of heart health”.”

Eleven-year-old Zain, who is in Blackwood’s demo team, said he tried learning to skip when he was seven and now skips at home to keep fit and to practise the routine which is performed at other schools.

“I like skipping because it helps me keep fit and helps with my strength for dance and boxing – two other activities that I enjoy,” he said.

“I joined the Jump Rope Team three years ago and am now in my fourth year in the demo team.”

“The whole sporting environment including the competitiveness and mateship is what I enjoy about being a part of in sport and the success is just an added bonus,” he said.

ANDREW NAIRN

科研

IT all started with a simple request from a son to his father. In 1971 young Adam asked his dad the simple question – “What does a tickle look like?”

From this author Roger Hargreaves began writing a story about Mr Tickle – a character who loves to tickle everyone he meets. The series expanded to include other characters such as Mr Silly, Little Miss Giggles and Mr Funny to name a few.

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