RYDA - ROAD SAFETY EDUCATION PROGRAM

On Thursday 28th August, the Year 10s travelled to the Hobart Showgrounds to participate in the RYDA Program, a road safety program presented by volunteers in the community.

Once we were sorted into groups, we rotated around 6 different stations. The program aimed to have practical and interesting activities for the students, so we were invested in the program and understood the importance of road safety.

Our group was first hit by the confronting statistics of car crashes and the drivers involved in them, which was presented by a road crash investigator. He continued to tell us the effects of fatal and serious crashes on not just the victims, but their families and friends. This was a theme that was pressed upon us at most of the stations. It felt strange for us students, who are being introduced to driving just now, to be given the harsh, but true facts.

The second station informed us on how our driving is affected by alcohol, drugs and even fatigue. We were then given an interactive activity where we listed alternatives to driving under the influence of alcohol. We created a ‘catchy’ slogan relating to our scenario, which was the following: ‘Don’t be a loser, don’t drink and drive when you’ve had a Cruiser (or any other form of alcohol or drugs).’

The third station helped us with the decision-making process if we wished to invest in a car and the recommended insurance. Again, there was an interactive activity where we listed the desired features we’d like in our dream car. It was strange to think that these parts were so fragile and a serious crash makes them that much more vulnerable. The second part of the station was a speech presented by Alf, a remarkable man of seeing a hazard then stopping. It was interesting to see how far a car can travel in a matter of seconds.

The first part of the fourth station was a brain injury expert explaining the seriousness of brain and spinal injuries caused by crashes. To get an idea of how sensitive these vital parts of the body are, we were informed that the consistency of the brain is similar to jelly and the spinal cord’s similar to toothpaste. It was extremely easy to be distracted by something like a mobile phone or loud music and it negatively switches the focus needed when driving, which increases the likelihood of a crash.

The second-last station was a practical activity where the students took turns being in a car travelling at a certain speed, then braking suddenly at a certain point. We were taught how speed greatly affects stopping distance and the average person’s reaction time of seeing a hazard then stopping. It was interesting to see how far a car can travel in a matter of seconds.

The final station for our group was a PowerPoint presentation on risks, hazards and distractions that affect driving. It reminded us yet again of how essential it is to be an alert and aware driver. It is extremely easy to be distracted by something like a mobile phone or loud music and it negatively switches the focus needed when driving, which increases the likelihood of a crash.

Overall, I had a very enjoyable and enlightening day. I feel much more informed about road safety, which will help my endeavours in learning to drive and staying safe on the road. I will end this article with these parting words: ‘Try to avoid using the phrase ‘car accident’ as in most cases, they can easily be avoided.’

Annie Deayton (10 White)

WHAT’S COMING UP

SEPTEMBER

Week 10 - A
22 Monday 2014 Immersion group depart for Timor Leste
22 Monday Japanese Tour
24 Wednesday Southern SATIS Athletics Carnival

26 Friday TERM THREE CONCLUDES

OCTOBER

Week 1 - B
13 Monday TERM FOUR COMMENCES
18 Saturday (Summer Uniform)
State SATIS Athletics Carnival

Week 2 - A
22 Wednesday Year 10 Dinner
23 Thursday HOBART SHOW DAY (Public Holiday)
24 Friday Student Free Day

Week 3 – B
28 Tuesday Sports Photos

NOVEMBER

Week 5 – B
10 Monday FUSION Week commences
11 Tuesday College Board meeting
14 Friday FUSION Week concludes
VISIT TO SOUTHERN SUPPORT SCHOOL

MacKillop Catholic College was once again successful in receiving a Science Week grant to use towards an activity to promote Science in the community. We chose to go to Southern Support School as our outreach activity for Science Week.

Last week, sixteen of our Year 9 students presented the following activities: bubbles, slime, magnets, pinwheels, a Lego robot, dry ice activities, and an interactive display of our dwarf rabbits and our tame blue tongue lizard from Animal Studies.

It was most gratifying to see the joy on the faces of all students and the positive interactions between our students and the children at Southern Support School as they really “got into” the activities.

Thanks go to the following students who were great ambassadors for our school -
9 Blue: Brianna Adams, Edward Biggs, Jacob Rugless
9 Gold: Matthew West, Munro Wilson
9 Green: Charlotte Curran, Lachlan Howard, Ty Lamprey, Holly Smith
9 Red: Kate Cheesman, Dion Creese, Oliver Lang, Callan Lewis

Thanks also to Mrs Pauline Snell who co-ordinated our visit, as well as carers and staff at Southern Support who made us welcome and supported our visit.

VISIT TO GOVERNMENT HOUSE

On Thursday August 14th Year 10s Emily Steele, Jack Callan and I attended the launch of Science Week at Government House.

The launch allowed Emily and Jack to catch up with students from other schools interested in pursuing Science careers. Scientists mingled with the students and it was very interesting to catch-up with a former dux (2008) of MacKillop Catholic College, Declan Siedler, who having completed three years of Medicine is taking one year off from his studies to complete a medical research project.

The ornate surroundings and a tour of the ground floor rooms made this event a memorable occasion.

A big thank you goes to Emily and Jack for representing our school so well.

Ms Rosemary Graham
Science Co-ordinator

Lost
Empowering taste
Luscious freedom
Lingers close
Awaiting
In blinding light
Fierce Tunnel walls
Surround me
Enclosing
Trapping
Keeping me prisoner
Just out of my reach
I crawl closer
Grasping
Clawing
Depressed tracks
Detach themselves
From grumbling dirt
Drag themselves
Away
Sulking shadows
Woefully hang back
Safe
Dark
Desolation
Shhhhh
Wretched rocks
Cling desperately
Clutching rusted tracks
Birds chime
Songs bounce
The tunnel whimpers
Almost
Almost
Exhale Stale
Lonely air
Inhale Bright
Joyous breeze
Sunlight shoots
Cutting
My darkened chains
Like a shining razor
Rescuing me
Safe
Calm
Free

by Jacob Ellis (8 Red)