



WHAT'S ON THE CD?

1. Circus skills for the brain and body
2. Soccer: a social and active sport
3. Health and wellbeing for kids
4. A message from Uncle Thomas Sebasio
5. Asthma Action Plan and Awareness
6. Aunty Anne Chapman's guide to Living Healthy
7. Kingston youth yarn about HAMK day
8. Be responsible, be Rail Smart
9. A chat with the Kingston Kids
10. Animals need to be healthy too!
11. Untreated or mistreated asthma during pregnancy can create complications
12. What it takes to be P.E. Teacher



Make Sure You're **RAIL SAFE**

Did you see the security video footage from a Melbourne railway station where a stroller rolled off the platform into the path of an oncoming train? Miraculously the infant inside the stroller survived.

The incident is a potent reminder to be aware of the do's and don'ts if you use the train in the near future.

When catching a train, do you notice the signs all over the place?

You've probably seen the yellow line on the platform running parallel to the track with the cautionary words "stay behind the yellow safety line". The reason for the warning is to ensure your safety. Platforms aren't playgrounds.

The risks of an injury or acci-

dent are greater if people act irresponsibly around trains.

Queensland Rail Community Education Officer, David Millward says that children should be aware of the consequences when catching the train.

"Some children don't realise the dangers they face when playing near tracks or train platforms.

"In a collision between a person and a train the person will likely be killed or at least seriously injured."

"There is no reason for trespassing on the rail corridor; you can be fined, seriously injured, or even killed," he said.

Continued last page..

Bites of Advice for Murri Kids



Andy Pinches from *Brisbane ROAR* says sport is great for all sorts of purposes.

“From my point of view it’s lovely to see kids running around. So often we talk about sport being played on the computer but this is where they should be, running around getting active and having lots of fun. It’s so good, for not only the fitness and developing their ball skills but also from the social point of view – there’s no better way to make friends than sport.”



Torres Strait Islander Elder, **Uncle Thomas Sebasio** has a message to encourage kids to stay in school and be healthy.

“The younger generation I look at them and I always encourage them to stay at school, it’s very, very important to all of us.

“In my schooling days the government of the day didn’t want us to be a smart people, my



initial standard was grade one. I’m a self taught man and I have achieved everything that a man should achieve.

“I’ve been with the Brisbane City Council for 44 years, I started in labor and worked my way to the highest position I could get.

“So I encourage the young ones here to stay in school and stay healthy – healthy is your mind and your body. You need to eat the right food, do the right thing and you will flourish.”



Above: Learning Tabanaba

Tina Walters, Coordinator of the *Gunnadoo Vacation Care program* talks about how they incorporate cultural activities and educate kids on healthy eating and exercise

“We do a lot of cultural programs and activities so we bring in Elders or we take them on excursions. It’s important to teach the children about healthy eating and being active because we have a lot of health problems, from diabetes to obesity, and all those sorts of issues.

So if you start teaching them while they’re young hopefully they get the message and they can lead a healthier lifestyle than what we are.”



Louise Moriarty from *In Ta Action* told us how circus techniques stretch the mind and the body.

“Basically it’s a really active skill so they get to stretch their muscles and their bodies a lot but it also stretches their mind.

“There are lots of parts of juggling where you’re crossing over two sides of the brain so you’re exercising your brain as well.

“Also with circus skills you’re getting yourself really confident in things that you never thought you’d try to do, so it gives you a real lot of confidence when you pull off a trick that you haven’t ever thought you’d be able to get, and then suddenly you’re spinning a plate on a stick and balancing it!

“It’s just really exciting for young people to be trying new things and stretching what they think is possible for them.”



Aunty Anne, in straw hat at right, overlooking children learning Tabanaba, Torres Strait Islander song

Aboriginal Elder, **Aunty Anne Chapman** encourages little jarjums (children) to eat healthy and exercise.

“Back in my day we lived on bush tucker food and I think if only we could get back to the old ways we’d have a lot healthier young children – [because today] we have a lot of overweight young children.

“Kids need to do exercise, it has to be a regular thing you can’t just exercise once a month and think ‘Oh yeah, that’s enough exercise’.”

I’m nearly 60 and I still walk around a lot.

Any time you see kids working their legs and their

arms are when they’re playing a game of football or something - but how often is that? Once a week? To be healthy they gotta exercise everyday, it’s something you have to build into your body.

Start off small and go for a little walk, find a nice park. That’s what I do, find somewhere nice to go where I feel pleasant and can enjoy the birds and the sounds of nature.

That’s part of our culture and that’s what our children need to find again: our culture.

Without our culture we’re nothing, so that’s why we gotta start being healthy.”



asthma & bub

Asthma: A chronic respiratory disease, in which the airways unexpectedly and suddenly narrow, often in response to an allergen, cold air or exercise...

(Wikipedia)

Continued from page 1

David urges children and young people to observe the following safety tips on their next train trip to protect themselves and other users:

- **Arrive in time** to purchase a ticket and to get to the platform before the train arrives
- **Allow others to exit first** before boarding the train
- **Stay away from platform edges** and tracks at all times
- **Always look out** for the second train
- Keep yourself and your possessions **behind the yellow line**

In addition you should try and avoid being

distracted around railways and platforms. Using devices like mp3 players, mobile phones or just talking to someone may lead to you missing the vital signs and signals meant to keep you safe.

Remember to:

- Be alert
- Avoid distractions
- Follow signs and signals
- Be prepared for the unexpected

If you find yourself in trouble or in need of assistance you should use the emergency phones and intercoms located on platforms and on trains.

During pregnancy some mums-to-be may feel uneasy about taking medication.

But for pregnant women with asthma it's important to your health and that of your unborn child to manage the condition well.

Kate Lewer from the Asthma Foundation says a lot of complications can arise.

"We find a lot of women end up in hospital from going off their medication," she says.

Some complications that may arise include high blood pressure or preeclampsia, premature delivery or low birth weight for the baby. With the appropriate therapy most women can breathe easily, have a normal pregnancy and deliver a healthy

baby.

Treatment during pregnancy

Generally speaking asthma treatment during pregnancy is similar to the treatment for those not pregnant.

Lung function is monitored regularly. This can be useful to determine if the condition is worsening or just the normal "shortness of breath" women experience during pregnancy.

If the condition is worsening then adjustments can be made to treatment. It's equally important to monitor the baby's well-being during the pregnancy.

Pregnant women with asthma should have regular medical check ups.

For more rail safety information check out QR's online safety initiative, Railsmart at www.railsmart.com.au