



BALLY BLAST™

All Your Latest Bally News in One Great Paper

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BY EFFORT WE ACHIEVE

A newspaper by NBSC Balgowlah Boys Campus

ONLINE CHEATS! TEACHERS OUTRAGED!

Many teachers have discovered that countless students have been improving their grades by cheating in online tests.

The students are opening additional tabs, searching for help or answers and even writing information on rulers and hands.

A survey run by Rutgers University uncovered the truth about cheating.

The study showed that 64% out of the 24,000 students interviewed admitted to cheating on a test.

Alongside that, 95% of students have said that they have taken part in some form of cheating such as plagiarism and copying, and unfortunately most of them don't get caught.

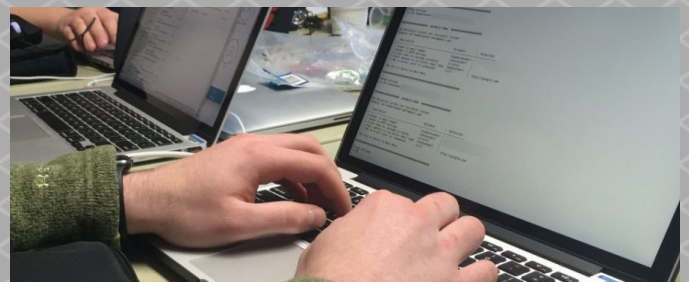
If this is happening in universities, then it MUST be happening in schools.

Is there a way to stop this? For further information, we questioned Mr Host on the problem.

We asked Mr Host how he can trust his students not to cheat. His response was alarmingly simple - "I don't."

He said that there were special test platforms that don't allow students to switch tabs. Another way to try and stop students from cheating the test is to simply shorten the test so students don't have time to research.

The final point Mr Host made was that, although there are loopholes to these platforms, students realise that there is no point. They are not proving anything to others or themselves by cheating. Cheating is a choice, not a mistake.



Swim Carnival Or Scam Carnival?

Was the recent swimming carnival all just one big scam?

Most people thought that it was a time for all the non-swimmers to have a relaxing free day, to not go to any of their lessons and just have a chat with their mates as they cheer on their peers that are swimming.

However, the question must be asked - what about the teachers' role in this event? Is the carnival simply an excuse for the teachers to have a day off and lounge around in the blazing sun at Manly Aquatic Centre? An excuse to swap the work shoes for thongs?

Teachers were unfortunately not forthcoming on this topic, however, while researching we uncovered a damning piece of information.



The staff race this year just didn't feel 'right'. We heard whispers that Miss Hamilton had bribed all the other teachers to let her win the teachers' race.

Shocking news. Shocking news indeed...

We decided to seek answers from the school Sports Coordinator and swim carnival organiser, Ms Duncan.

During the conversation she said, "We were just sick and tired of seeing Mr Hartog and Mr Breheny win the teachers' race each year so we handicapped them out of the race."

"We encourage everybody to have a go, but it can get quite competitive because we only have timed finals and no heats. Let me assure you, however, that there was no bribery TO MY KNOWLEDGE'.

'To my knowledge'... I think it's pretty clear that the jury is still out.

Canteen Causes Obesity. Are You At Risk?

Do YOU eat canteen food? Well, if you do, be careful because you might be getting more than you paid for.

Research shows that obesity can lead to diabetes and depression, and while your parents at home might think “Well, MY child isn’t obese,” the shocking truth is that research proves that 1 in 4 Australian children are obese and are likely to become overweight adults.

Most of the canteen food is extremely unhealthy with chips being full of salt, cookies full of sugar and a plethora of others being filled with fat and carbs. Australian kids are meant to be eating five servings of veggies daily, however, I’m not sure about you, but I’ve never seen a kid walk up to the canteen and ask for a carrot or a head of lettuce.

In NSW and Queensland there are strict rules about what canteens are allowed to feed kids but in Victoria, schools can feed whatever they want to kids.



The WHO (World Health Organisation) recommends that kids our age should be consuming no more than 6 teaspoons of natural sugar and added sugar daily. However, some items in canteens in Australian schools exceed this amount e.g. ice-cream, cookies, doughnuts and fizzy drinks.

A 355ml can of coke has 9 and a half teaspoons of sugar! Let alone the caffeine which can affect students making them hyperactive and unable to concentrate.

An interview with our very own amazing canteen ladies offered their point of view about how our canteen should be and is run.

We asked if they were planning on making the canteen food more varied and healthy, and they responded saying that they’ve got a lot of healthy food but nobody buys it and it all goes to waste.

Guidelines are to be put in place in 2020 to further restrict the availability of sugary foods in school canteens.

The canteen food needs to change. 2 in 3 students believe that the canteen is too unhealthy. This is unacceptable.

Stop the sugar and save the canteen.

Lack of Sleep and Unhealthy Food Making Grades Plummet!

Sleep and rest is an important part of growing up. Mental health issues, particularly depression, account for the highest burden of global disability and can be caused, in part, by a poor diet and lack of sleep.

Teachers are noticing that students who have healthy breakfasts come to school with a more positive and ready mindset. This led us to ask ourselves, 'is this the secret behind succeeding in school?'

Half of mental illnesses first appear around the age of 14. Childhood disorders can cause long-term harmful emotional damage in adulthood. Causes of poor mental health are complex but one of the contributing factors can be missing out on regular meals, or not getting enough sleep.

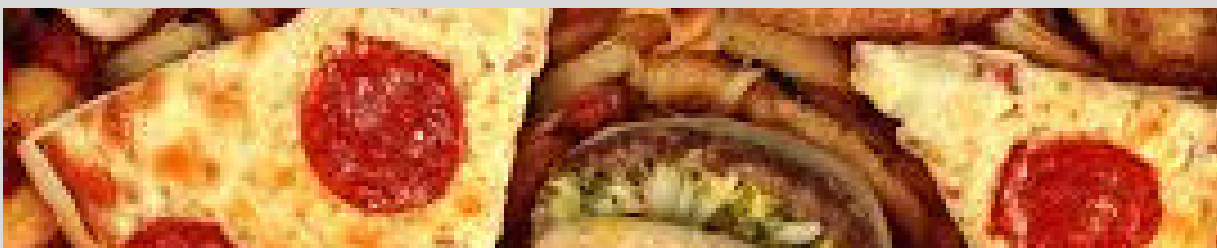
BB interviewed Miss Duncan, Health and PE teacher, on the matter.



Bally Blast asked for her opinion on setting homework, and the chance that it could make students stay up late into the night, limit sleep and promote poor food choices.

"I am a really firm believer in setting homework for my seniors because it's really important for the HSC. But for other years, as long as you're working to your full potential in class I'm fine. As I understand that it's hard to wake up in the morning when you are staying up into the night."

Healthy living is a combination of many things, including good nutrition, regular exercise, enough sleep and a positive attitude. Taking care of your body and feeling pride in your accomplishments can improve an individual's physical and emotional wellbeing dramatically.



Miss Herman's Spectacular School Play

This year, Miss Herman is putting together the play titled 'Lord of the Flies'. She chose this play because she believes the issues it explores are highly relevant to the young men of Balgowlah Boys.

There are many kids participating this year, ranging from Years 8 to 10. The showcase evening will be held on the 27th and 28th of March in the school hall. Their team is hoping for a great outcome, and with all their talent, we think it will be a great success.

We interviewed Ms Herman about the production to hear her insights. We first asked how well Ms Herman thought the performance would go, and she said "The performance will be amazing."

Unfortunately, she does not have any idea about next year's play at this stage, but we are sure it will be as great as 'Lord of the Flies'.

In explaining the plot, she stated "Eleven boys were leaving London in World War II but the plane they caught crashed on an island and they started to experience paranoia about the "Beast" that lived on the island. There were two gangs - one was ruthless and the other was democratic and peaceful, but to learn the rest you must see the show," she stated.

"This will be the first school production in over 10 years so we're incredibly excited to be bringing a drama production back to Bally" she exclaimed.

"The boys' experience ranges from first-timers to 8 years, and one cast member was even an actor before he was born- his ultrasound was used in a episode of CSI!"

We all have very high expectations for these boys and we are sure they will deliver a truly fantastic performance.

We all wish you luck Ms Herman and the boys!



Bally Music Program Continues to Thrive

Another part of the Arts and Entertainment at Bally is the music program with Mr Robertson and Mr Corby. There are many students that love their music lessons and can never wait for their next class!

A great number of instruments are taught in music, ranging from the drums, the ukulele, the guitar and even the keyboard. Mr Robertson is an ex-professional drummer and the kids absolutely love him as a teacher. He's taught here at Bally for 2 years now and has made quite an impression on the kids and teachers.

The department is thriving and Mr Robertson is even setting up a music label for the school!

Mr Sheather has allowed the music department to buy additional instruments and at the moment multiple drum kits, pianos and guitars are being bought and delivered to the school. It's been a big two years for the music department and we're sure that the next few years will be even better!

Paid advertisement below

BALLY TRIVIA NIGHT

Tickets will be available soon

SAVE THE DATE ▶ **FRIDAY 24TH MAY**

Are the Labs becoming Extensively Unsafe at Bally?

There have always been injuries in science labs, such as burns and cuts, but recently there have been stories that we just could not ignore. Rumors of accidents in the labs of Balgowlah Boys have sprung up among the students. Although some are clearly fake, many come from reliable sources.

We asked Mr. O'Neill, the Head Teacher of Science, what he thought about the claims. Mr. O'Neill stated that they do whatever they can to protect students from hurting themselves during class.

This is great news for the school since there have been several complaints about students getting burnt or cut in the lab.



The school has been working towards safer labs for a while now.

Teachers are now giving students Bunsen burner licenses after they have proven they can safely complete the task of lighting a Bunsen burner.

Teachers are now constantly supervising the labs to ensure that no one is hurt in the lab. So, for now, we can conclude that in the lab students are always going to be safe.