Thank you Victoria

Talk is easy to swallow

SPEECH WINS WHITEFRIARS STUDENT PLACE IN STATE FINALS

Joshu Faye-Chauhan was one of six Victorian speech finalists for his talk on lite milk.

Joshu Faye-Chauhan says he wants to speak the truth. The 18-year-old beat 177 students from regional finals across the state to qualify for the Plain English Speaking Award state final last month, where he spoke for eight minutes with a humorous take on the hidden side of the milk industry.

“My speech was called ‘Lite Milk: It’s Heavier than you Think’,” Joshu said. “I was debugging some of the myths that surround certain types of milk.”

From the level of sugar in supposedly healthier milk products to the sketchy scientific basis for claims made by some companies, Joshu said his research showed the public might not realise what they were swallowing.

“As consumers we are being shown a lot of marketing and we are not being shown the whole truth, the whole time,” he said.

While first place went to a student from Ballarat, Joshu said his days of public speaking would continue. “I loved being able to say what I think,” he said.

Standing up to help stop bullying at school

THE students at St Kevin’s Primary School in Templestowe know that standing up for someone who is being bullied can be as easy as sitting down beside them to show them that they are not alone.

The Grade 3-6 students recently took part in an antibullying workshop with members of the Bully Zero Australia Foundation, an organisation that works to raise awareness about bullying in the community and supports victims.

One of the group’s ambassadors, ex-AFL footballer Heath Black (pictured) spoke to the students about looking at their own feelings and thinking about what others may be feeling in the schoolyard, and also shared stories about his own struggle with mental health issues.

Principal Frences Matisi said it was a valuable session that supported the school’s own anti-bullying messages and taught children good strategies for identifying and dealing with bullying, whether it happened in the classroom, schoolyard or cyber bullying.

“They talked about being an ‘up-stander’ not a by-stander even though it isn’t always easy to do.

“So even if you can’t stand up to a bully, you can go and sit down next to someone who is being bullied,” Ms Matisi said.

“We are always looking for ways to get the (anti-bullying) message across to children because we want them to… to talk about what they feel and act on what they see.

“We are forever looking for ways to engage children and build their resilience to help them deal with the world they live in.”

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