

VIBE ACTIVITIES

YEAR
3-4
 Issue 181

Celebrity Health – *Joshua Bond* page 14



CIRCUS OZ KOOR
PROGRAM MANAGER
JOSH BOND SAYS STAYING
FIT IS AN OCCUPATIONAL
NECESSITY IN THE CIRCUS.

JOSHUA BOND CELEBRITY HEALTH

How do you stay fit?

"You need to stay fit in the circus. As an acrobat there is a whole lot of cardio and strength training that goes along with it," Joshua says.

"To become good at it (acrobatics) and to be able to throw yourself around up in the air, your body adapts but it does take repetition and practice and commitment."

What about exercise?

"You have to eat healthily as well to replace the massive expenditure in energy that you have in the circus with good food," he says.

"You get to learn a lot about your body and you become more in tune with your body. You get to feel muscles that you never knew existed when you are training at that level every day."

AMS PROFILE

Great service – great spot!

THE YULU-BURRI-BA MEDICAL CENTRE HAS BEEN PROVIDING HEALTH RELATED SERVICES TO THE ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES ON STRADBROKE ISLAND FOR OVER 25 YEARS.

CEO of Yulu-Burri-Ba Medical Centre, Jan Lember, says the medical service aims to provide a safe, friendly, confidential and culturally appropriate primary health care service that recognizes community control and local participation.

Some of the services on the island include a GP Clinic, a Health Promotions Team, a Clinical Team, and a Social-Emotional Well-Being Team.

"The health promotions team has a diabetes worker, a women's health worker, a nutrition promotions worker and a youth worker, who goes into schools to deliver health education," Jan says.

"We have a counsellor attached to the Social-Emotional Team and a Men's Shed over here, which that team helps run. We also have specialists coming in and allied health workers such

as dieticians, diabetes educators, a respiratory nurse and podiatrists."

Other services available include home visits, check-ups, pap smears, pregnancy tests, heart checks, counselling, vaccinations, minor surgery, stitching cuts, removal of moles and sunspots, liquid nitrogen freezing therapy for sun spots and warts, nutritional advice, blood tests for pathology and general medicals.

Recently the service also began operating an outreach service on the mainland in the bay side area at Capalaba.

"At Capalaba there is a GP clinic that only opened last November. We realised there was a big gap for Indigenous health on the mainland in the bay side area. Over there we have a Mums and Bubs Clinic and an associated nurse as well, and we also have this clinic on the island," Jan says.

The surgery bulk-bills all patients including Veteran Affairs card holders, but you need to bring your Medicare card with you at all times. For after hours care, please contact the Marie Rose Centre on (07) 3409 9059.

Yulu-Burri-Ba is located at 16 Dickson Way Dunwich, Stradbroke Island.

For more information call (07) 3409 9596 or visit their website at www.ybb.com.au



THE STAFF OF YULU-BURRI-BA MEDICAL SERVICE, STRADBROKE ISLAND.

HOW DO I FIND MY AMS?

Don't be ashamed. Visit your local AMS if you have a health problem you need to discuss.

GO TO
VIBE.COM.AU

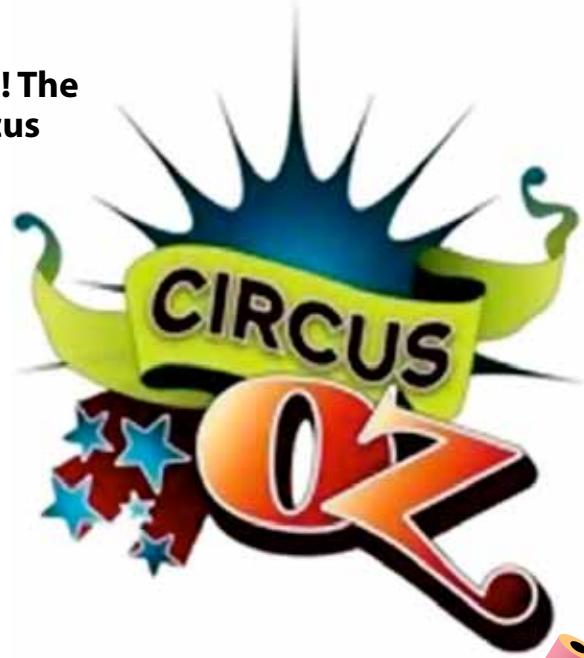
VIBE ACTIVITIES

Have you ever been to a circus?

Circus Oz is not your ordinary circus! The Circus Oz show is an animal free circus with death-defying stunts, awe-inspiring acrobatic performances and a spectacular live band.

It started in Melbourne in 1978. It now performs in 26 countries across the world!

Joshua Bond is the Koori Program Manager of Circus Oz. He is from Tasmania.



Draw a picture of you and your family at the circus.



Read the interview with Joshua Bond on page 14

ACTIVITY 1

BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

Literal

The answer is located in one sentence in the text.

Inferred

You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Applied

The answer is in your background knowledge, what you already know or feel.

1 Which circus does Joshua Bond manage?

(inferred)

- Moscow Circus
- Circus Oz
- Fruit Fly Circus
- a flea circus



2 What parts of your body need to be fit and strong to perform in a circus?

(inferred)

- heart
- legs
- muscles
- all of these

3 To be a good acrobat you need to

(inferred)

- be rich
- eat a lot of junk food
- eat well and train hard
- be good at training animals

VIBE ACTIVITIES

4 Joshua says, "You get to feel muscles that you never knew existed when you train at the level every day."

What does he mean by this?

(inferred)

- he sometimes has sore muscles because he trains so hard.
- he knows the names of all his muscles now.
- he does not train very much.
- he only trains when he has to.



5 What would be your favourite thing about being an acrobat performing in a circus?

(applied)



ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

1 The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.



You knead to stay fit in the circus.

You need to have a hole lot of cardio strength.

There is lots of music, acrobatiks and fun at Circus Oz.

2 Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

It takes repetition, practis and commitment.



Traneing to be an acrobat is very hard.

Your mussels get a good workout as an acrobat.

ACTIVITY 3

LANGUAGE CONVENTIONS - GRAMMAR

1 Which word correctly completes these sentences?

Circus Oz is a lot of fun for everyone _____ there are acrobats and lots of music.

- although
- because
- that
- however



2 Which word correctly completes these sentences?

You need to stay fit in the circus _____ you need a lot of muscle strength.

- although
- while
- if
- because

3 Which word correctly completes these sentences?

It takes _____, practice and commitment to be a good acrobat.

- repeat
- repeats
- repeated
- repetition

VIBE ACTIVITIES

4 Suffixes

A suffix is a group of letters added to the end of a word, which changes the word's use or meaning.

Most suffixes have specific uses.

Suffixes generally used for nouns, verbs and adjectives are:



Write your answer in the table.

noun				verbs		adjectives				
-age	-ance	-ar	-ence	-ed	-ing	-al	-able	-ery	-ful	
-er	-hood	-ice	-ion	-ise	-ude	-ic	-ent	-ish	-ive	-less
-ism	-ment	-or	-ship	-ure	-yse	-like	-ly	-ory	-ous	-y

Complete the table using the appropriate suffixes and modifying the spelling where necessary. There may be more than one correct ending.

noun	verbs	adjectives
collection collector	collect	collectable
	act	
	enjoy	
	obey	
	survive	
	educate	
	introduce	

ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION

1 Which sentence has the speech marks (“ ”) in the correct place?

- I've always loved the circus, "said Joe."
- "I've always loved the circus, said Joe."
- I've always "loved" the circus, said Joe.
- "I've always loved the circus," said Joe.



Shade one bubble.

ACTIVITY 5

WRITING AN EXPOSITION

Write your ideas on paper.

An **Exposition** is a type of argument that states one point of view about an issue.(A Discussion argues **both** sides of an issue.)

Here's how an **Exposition** is structured.

Argument type	Social purpose	Stages	Phases
Exposition	argues one point of view about an issue	Thesis Arguments Restatement	preview evidence statistics quotes examples elaborations review conclusions

TOPIC – Circuses are a lot of fun when there are no animal acts.



Write an EXPOSITION to argue your point of view.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.