

Colourful Chemistry Show at Windsor Riverview Shopping Centre:

On Thursday 17 January and again on Friday 18 January a team of budding scientists assisted Mr. McKenzie (Science Faculty) in presenting a "Colourful Chemistry Show" at the Windsor Riverview Shopping Centre to approximately 100 people. From the photos attached, young people and adults had appear to be having a great time. Thank-you to those students and Mr McKenzie for a wonderful show.

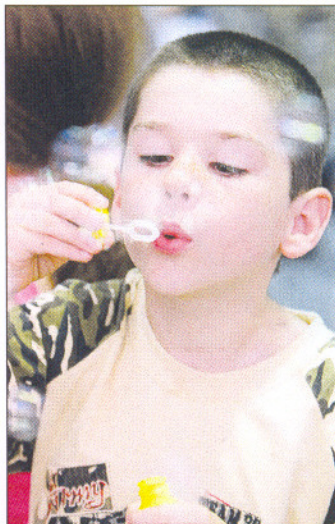
The Editor and Sub Editor of the Hawkesbury Gazette have informed us that they put our Colourful Chemistry Holiday Show as their first local news Feature Slide Show. This slideshow will be there for the first week of school and later easily found in the archives section of their website

The Hawkesbury Gazette has given us excellent coverage and have supported events that have been organised or promoted on behalf of our College.

Hawkesbury Gazette, Wednesday, January 23 2009



Above: Summer Lee, Emmett Busuttill, Luke Vanderwal, Alyssa Thomas, Bianca Vanderwal, Jasper Anderson and Colby Hedges combine fun with science with Arndell Anglican College Year 12 students Jess Murray, Alex Kury and Ellen Nichols.



Above: Blake Kujath, 7, of Bligh Park learns some weird science from the Arndell Chemistry Holiday Show at Windsor Riverview on Friday.



Above: Emmett Busuttill, 4, and Bianca Vanderwal, 5, enjoy the bubbles.



Above: Mitchell Lowe, 8, of East Kurrajong is taught the ins and outs of blowing bubbles at Windsor Riverview on Friday.



Right: Ben Wickenden, 5, learns some interesting and fun facts about science from Arndell Anglican College Year 12 student Ellen Nicholls.

Antioxidants:

Oxygen is required to burn various foods and is converted to water. Normally about 95% of oxygen undergoes reduction to form water in our system. Sometimes this combustion process is incomplete and it produces hydroxyl group and oxygen which are known as free radicals. These free radicals may damage body cells if their levels are not controlled. Antioxidants are naturally occurring compounds in food that stop free radicals damaging/harming the body.

What now is our role?

Eating foods containing antioxidants aid in promoting health. A balanced diet can provide a variety of antioxidants including vitamins (C & E), minerals (Zinc and Selenium) and Phytochemicals.(Lycopene, catechins and polyphenols)

How do we eat more antioxidants?

Try eating more fruits and vegetables, wholegrain breads and cereals, nuts and seeds. Drinking tea and red wine can also provide extra antioxidants.