

CWSF 2011 - Toronto, Ontario



Hannah Martin

A Time for Change

Challenge: Health

Category: Junior

Region: Chignecto East

City: Tatamagouche, NS

School: North Colchester High School

Abstract: My project is a study on the health of students in Tatamagouche. I created surveys that Elementary students participated in, with questions on physical activity, screen time, nutrition, and sleep. I also tested these students' BMIs. Grade 10 students also filled out these surveys with two additional questions on hydration. I graphed all collected data, found significantly bad health habits, and planned to change them.

Biography

My name is Hannah Martin. I live in Tatamagouche, Nova Scotia, and am a Grade 8 student at North Colchester High School. In my free time, I run and bike. I'm currently training for a half marathon in June. I belong to the school soccer and basketball teams, and enjoy all of my classes. I'm a high honors student and hard worker. I ranked first in grade 8 during my first term at N.C.H.S this year, and also during grade 7. Outside of school I have several hobbies. I play the snare drum, and love spending time outdoors. I'm a long distance runner and have taken part in many 5-10K runs in Nova Scotia, Prince Edward Island and Massachusetts. My hobbies include reading, photography, and drawing. I have recently won 1st place in the black and white poster contest with the Royal Canadian Legion. As for notable experiences, I won 1st place for best use of scientific method, and a trip to the Canada Wide Science Fair in Toronto, after winning 3rd overall at my regional fair this year. Also, in 2010, I won the award for best Engineering/Technology project, and 3rd overall-which guaranteed a trip to Peterborough, Ontario.

Awards

Value

Excellence Award - Junior - Bronze Medal Sponsor: Youth Science Canada	\$300
The University of Western Ontario Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Western Ontario	\$1 000
Total	\$1 300

