

Hi, I'm Ella Webber, a year 6 student from St Thomas More's Catholic Primary School. It's super exciting to be here today to talk about science, why I love it and who inspires me.

I really enjoy learning about science and I love that science is all around us everywhere we go. In the last two years I have been able to participate in the UTAS Science Investigation program. This event is the best and the ultimate boost to my love of science. The UTAS Science Investigation experience has helped me learn about the step by step process of the scientific method. I have learnt that you can ask any question and use the method to test your ideas and I have learnt that even if your hypothesis is wrong, you still get an answer, even if it was not the one one you were hoping for. I have learnt that its not just important to be able to write about your investigation that you also need to be able to talk about your ideas and results in a way that everyone can understand. Most importantly I have learnt to think about how my ideas might be important in the real world.

This year I investigated the correlation between sleep and exercise. I did this experiment because sleep is important, it keeps us refreshed and ready to concentrate each day. I wanted to find out how to get the best possible sleep to reach peak performance each day. My hypothesis was that if that more than 10,000 steps were achieved in the day then my sleep quality would be better at night. I tested this with my fitbit for over two months and the outcome was quite surprising. I concluded that that it was not the exercise done in the day but sustained exercise on multiple days the helped achieve a better quality of sleep.

I think that anyone who really loves science must have someone who inspires them or who is a role model. The women who inspire me are the ones who are closest to home. My teachers at St Thomas Mores run a school science fair where other grades and parents can come along to see everyone's projects. It's an exciting experience because all the 5 / 6 's work on science projects at the same time. We all help each other out and the teachers give us guidance but don't give us the answers. This year my teacher's Mrs Pearce and Mrs Fasset were really helpful when I was way too attached to my enormous and unmeasurable hypothesis. They helped me understand the reason for a very straight forward hypothesis and come up with something that I could measure.

I have also been lucky to have amazing people at the Uni that inspire me to love science. Last year I would have been lost without the help of Kathy Tyson from here at UTAS who helped me understand how to calibrate a pH meter, she even gave me a little tub of buffer to take home so I could make sure my experiment was accurate. I met Kathy at the Uni Open Day and she gave me all this help even though she had never met me before.

I love science and I feel very lucky to have so many inspiring and generous women in my life who have supported me in my learning.

Thankyou.

