NEWSLETTER

Week 2 Term 3

23 July 2014

P&C Meeting - next Monday
The next P&C meeting will be held at school on Monday 28th July commencing at 8.30am. All current and new members are welcome. We encourage parents to come along and get involved.

Jeans for Genes and Chopper Day
Both Jeans for Genes Day and Westpac Helicopter Chopper Day will be held on Friday 1st August. At school we will dress in jeans and a red or yellow top, donating our lunch money to both of these important causes.

Life Education & Healthy Harold
On the 18th of July the Healthy Harold Van came to visit our school. The Healthy Harold presentation was run by John. He talked to us about medicines and explained how drugs change the way our bodies work. We learnt about different types of drugs and how they affect the body. We mostly learnt about medicine which can help us.

We did some fun quizzes and watched some interesting, short video clips about different ways we can take medicine. We also looked at a medicine bottle and examined its label. We learnt that it has doctors instructions, a used by date and a special dosage you need to follow. You must never take anyone else’s medicine!

Our favourite part was when we got to meet Harold and he pretended to try and bite us. It was also very funny when Harold kept trying to steal John’s banana.

By Viola and Brodie

Cake Stall
Thank you to Mark, Jenny, Karen and Annabella for supplying goodies and/or running the cake stall at the Nymboida markets on the weekend. Approximately $70 was raised for our P&C.

Premier’s Reading Challenge
Well done to Viola, Lilith, Kasey who have already completed their 2014 Premier’s Reading Challenge. Everyone is working towards completing the challenge by the closing date of 31st August.

Small Schools Athletics
Last week the Clarence Small Schools Athletics Carnival was held in Junction Hill. Unfortunately we did not have any representatives available to attend this year. Congratulations to Baryulgil PS who won the handicap trophy and to Ulmarra PS who were the overall winning school.

ICAS
Brodie, Izzy and Kasey completed the Computer Skills and Science UNSW International Competitions and Assessments for Schools in term 2. Well done to these students for their participation. A special mention to Izzy who was awarded a merit certificate for her results in the computer skills test.

Congratulations to this week’s class award winners - Chase, Ebony, Viola and Lilith

How to S-t-r-e-t-c-h the Food Dollar AND Eat Healthy
Vegetables: Fresh, in season are usually the best buy, however, frozen vegetables can be more economical at certain times of year and are always convenient with little waste, it’s good to keep some in the freezer.

For maximum nutrition; when preparing fresh vegies: minimise the chopping and cutting, clean skins rather than peeling, don’t soak your vegies and try not to overcook.

Meat, chicken, fish: When you’re buying, compare cost per serving rather than per kilogram as sometimes a moderately priced protein with little or no waste may be more economical than a very cheap one with more gristle, bone or fat. Cheaper cuts are just as nutritious but may need different preparation methods for maximum deliciousness! Using legumes such as lentils, peas and beans (cans are quick) will extend most stews and casseroles; maintain protein content and increasing fibre.

Milk: Powdered (dried) milk contains all the nutrients of fresh milk and it’s very convenient. If you make it up the night before it’s very like fresh in the morning. It’s also very good for using in cooking.

Canteen
Lunch and recess will be available this Friday. Orders will be sent home today for return Thursday or Friday.

Important Dates

Friday 25 July Book Club orders due
Monday 28 July P&C Meeting 8.30am
Tuesday 29 July ICAS English 3-6
Friday 1 August Jeans for Genes & Chopper Day
Tuesday 12 Aug ICAS Moths 3-6
Wednesday 20 Aug Dundurrabin PS excursion