Mini Newsletter- Term 4, Week 5

Wednesday, 5th November, 2014

Dates to remember

Week 5

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wed 5th Nov,</td>
<td>* Year 7 orientation at THS 1.30pm</td>
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<td></td>
<td>* P&amp;C Meeting in Library at 7.00pm tonight all welcome</td>
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<td>Fri 6th Nov,</td>
<td>* Kinder 2015 information meeting for parents only in hall 10-11am</td>
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Week 6

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<th>Date</th>
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<tr>
<td>Mon 10th Nov,</td>
<td>* Prac teacher Carly Byrne commences on Year 5/6F</td>
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<td>Tue 11th Nov,</td>
<td>* Remembrance Day service in park at 11am. SRC reps to attend</td>
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<td>* 3/4S &amp; 2/3G to Sproules Lagoon</td>
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<td>Wed 12th Nov,</td>
<td>* Mayor Rick Firman spends the day at his old school T.P.S.</td>
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<td>* 2/3G Visions of Temora project at Town Hall, 11am</td>
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<td>* Stage 3 sports gala day at THS 12.45pm</td>
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<td></td>
<td>* Year 7 orientation at THS</td>
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<td>* Information sharing at Preschool/ KidsKare</td>
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T.P.S. Chess team success

Congratulations to our chess team pictured above, Anna P, Tom L and Andrea G who came third in the district chess competition held in Wagga on Monday. Andrea was awarded 5th position out of 35 players which was a fine effort. Thankyou to Sarah Lennon who coached the students and transported them to the event. Sarah has volunteered many hours of her time during the year to teach the game of chess to T.P.S. students.

Author visit inspires students

Visiting author, Aleesah Darlison is pictured right with Stage One students who enjoyed hearing about her books last Friday. Aleesah entertained the students with a story about Puggles the little bent wing bat and they showed great interest in learning about bats and their behaviour. The school has purchased a set of Aleesah’s books which will be placed in the library for borrowing. It was pleasing to see how inspired the students were to become authors too and to have a go at writing a book themselves.
Healthy lunches and snacks are important for children and help with their concentration and learning. Healthy eating changes are not always easy to make but there are simple ways to make your child’s school lunch healthier.

School is a time when children start to make independent choices about their lifestyles. School aged children learn quickly and are influenced by friends and popular trends. This is an important time to talk about and encourage healthy food habits.

Try planning a healthy lunch box to start the school year. Talk to your children and discuss what they would be happy to have included.

The six key parts to a healthy lunchbox include:
- fresh fruit
- fresh crunchy vegetables
- milk, yoghurt or cheese (you can use reduced-fat options for children over the age of two years). For children who cannot tolerate milk products, offer appropriate alternatives like calcium fortified soy or rice drink or soy yoghurt
- a meat or meat alternative food like some lean meat (e.g. chicken strips), hard-boiled egg or peanut butter. If your school has a nut-free policy, peanut butter and other nuts should not be included in your child’s lunchbox
- a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)
- tap water.

Tips for healthy lunchboxes include:
- Cut up large pieces of fruit and put them in a container – this makes it easier to eat, especially if your child has wobbly teeth or if they have less time to eat than they are used to. Send a damp face washer to help with extra juicy fruit.
- Consider giving half a sandwich or roll for morning recess, as this is an easy way to get a healthy fill.
- In the hot weather, send frozen milk, yoghurt or water, or even frozen orange segments. This makes a great refreshing snack and helps to keep the lunch box cool.
- Go for colour and crunch in the lunch box by offering a variety of colourful vegetables and fruit.

What not to put in healthier school lunches
Some items do not belong in a healthy school lunchbox. Six items to avoid when preparing lunch for your children include:
- all sweet drinks such as fruit juices, fruit drinks, cordials, sports drinks, energy drinks, flavoured waters, flavoured mineral waters, iced teas and soft drinks. These are high in energy (kilojoules) and sugar, and can lead to weight gain and oral health problems in children
- dried fruit bars and ‘straps’. These are low in fibre and are also high in sugar and can stick to children’s teeth, causing tooth decay
- ‘dairy desserts’, chocolate bars and muesli bars. These are generally high in fat and sugar
- chocolate spreads, jams and honey in sandwiches. These add extra, unnecessary sugar to the lunchbox
- fatty, salty processed meats such as salami and Strasburg
- ‘oven-baked’ savoury biscuits. These may sound like healthier options, but some are just as high in salt and fat as crisps.

Is your child’s lunchbox helping or hindering concentration and learning at Temora Public School?
The T.P.S. staff are concerned that too many students are having sugary, high fat foods rather than nutritious options as recess and lunch snacks. Some children have lunch boxes full of highly processed packaged food with little nutritional value. Please support their learning by providing healthy options such as those below.

If you find you don’t have anything at home for lunch:
Please remember our Snack Shack is open every Monday, Wednesday and Friday.
There is no need to buy takeaway down the street, you can easily order at the Canteen and support our school and probably spend less!!!