From the Principal’s Desk

I must congratulate the students for the way they have settled into school during the past week. It is very pleasing to say happy, smiling faces around the schools.

Congratulations to the 2014 house captains who were elected to lead their houses in sporting events throughout the year. Kiara Murphy and Jordan Crane are the House Captains for Hume Team and William Hassett and James Rummery are the House Captains for Sturt Team. The first major role for the House Captains will be to encourage their team members to participate in the swimming carnival on Friday.

Students are invited to wear their house colours to the swimming carnival on Friday—Hume – yellow & black and Sturt – red & dark blue. They may also like to make a banner or poster to assist in the cheering of their team. Please ensure you return your child’s permission note and lunch order slip to school if you have not already done so by tomorrow Wednesday 5 February. If your child is ordering a hot dog, please write the order on a brown paper bag and place it in the canteen box along with the money.

While we will experience a have a couple of ‘cooler’ days this week, the extreme heat is expected to return later in the week. Please ensure your child has a bottle of water to take to class.

The first P&C meeting for the year will be held on Wednesday 19 February commencing at 6:30 pm. Please come along to support your school and meet the staff. Supper will be provided.

 Regards  
Gayle Pinn

POSITIVE BEHAVIOUR FOR LEARNING (PBL) 
SCHOOL VALUES

BE RESPECTFUL  
BE SAFE  
BE RESPONSIBLE  
BE A LEARNER

P&C GENERAL MEETING – Wednesday 19 February at 6.30 pm in the school Library. All families are welcome.
Pictured are Year 1 students from Class 1/2 with their teacher, Mrs Bedford learning about halves. They were practicing this by halving pictures using the interactive whiteboard.

Coming Events

Friday 7 February  Swimming Carnival (back-up date 14 February)
Friday 25 February  Highlands PSSA Swimming Carnival
Friday 28 February  Schools’ Clean–up Australia Day

COMMUNITY NEWS

PIANO/KEYBOARD LESSONS
Lessons are available at the school during school hours on Mondays.
30 minutes individual lessons for ages 6 years and up. Lessons are conducted by an experienced and qualified teacher.
Contact Vanessa Hall on 6947 6770 or 0448 609 479

The simplest way
to include all 5 food groups in a Lunch Box

A well packed lunch box will provide your kids with the energy they need to learn and play. Remember to include lunch box items from each of the 5 food groups.

Breads and cereals: Try wholemeal bread, wraps and pita. Or try pikelets, rice cakes or homemade muffins and slices.

Fruit: Should be a lunch box staple as its high in fibre, vitamins and minerals. Serve fruit in fun ways: try fruit kebabs or fruit in jelly.

Vegetables: Pack carrot and celery sticks with hummus or salsa, or a cold zucchini slice.

Low Fat Dairy: Cheese slices, yoghurts and custards are all great lunch box items.

Lean Protein: Include a variety of sandwich fillings: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein and fibre.

Nutrition Snippet

Eat It To Beat It

The simplest way
to drink the right amount of water

We need to consume around 2 litres of water every day.

It sounds like a lot – but remember you get water from both drinking and eating the right foods.

Here’s some tips to help you and your family stay hydrated:

• Carry a water bottle with you wherever you go
• Mix 125mL of fruit juice with sparkling water for a treat
• Add tinned or fresh fruit pieces to ice block moulds for a snack
• Make sure a frozen water bottle is part of your kids’ lunch box every day

Getting the right amount of water is important all year round, but vital on these hot Summer days!

For more information visit
www.eatittobeatit.com.au

Nutrition Snippet

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