



GREENETHORPE PUBLIC SCHOOL NEWSLETTER

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Principal - Mr Garry Heath AH. 0431 011229

Term 2 Week 6 – Thursday June 7th, 2018

PRINCIPAL'S MESSAGE

Congratulations to Charlie Rose and Ollie who were both awarded a highly commended in the Henry Lawson Festival art competition. All art will be on display in shop windows at the festival. Today, we have Charlie Rose and Dixie entered in the Poetry Recitation. No doubt they will enjoy this experience and learn some new skills from their fellow competitors and the adjudicator.

BOOK CLUB

Issue 4 of book club was distributed today. If you would like to make a purchase please return the order form by June 18th.

WEBSITE TRAINING

For some time now, I have been conscious of the fact that our website is not as current or functional as it could be. I try to get the Newsletters published online each week but somehow it doesn't always get done. Hopefully my attendance at a website training day in Cowra next Tuesday will give me the inspiration and skills to update our site and make it a more useful tool for regular use. I have looked at some of the renewed websites where the training has already taken place and hopefully I will be able to produce something similar.

SOME TIPS FOR HEALTHY LUNCH BOXES

Children spend one third of their day at school so their lunch box should include one third of their nutrient needs. The lunch box is a tool for setting up healthy eating habits for life, so it is really important to think about all the foods that are packed in the lunch box. Remember every little bit counts. Small steps can make a big difference.

- Eating vegies through the day is the simplest way to reach the recommended number of serves. Include at least two serves in the lunch box, for example salad at lunch and some carrot sticks as a snack.
- Snack time is a great time to include fruit and vegies in the lunch box, such as cherry

- tomatoes, celery sticks with cream cheese and sultanas, or salad vegies on crispbread.
- Children need healthy snacks between main meals because they have small stomachs and require small amounts of food more frequently than adults.
- Serve fruit and veg in different ways: chop fruit in to small pieces; serve raw vegie sticks with a veg or yoghurt-based dip; pack salad for lunch; or add fruit and veg to baked goods such as muffins or pikelets.
- For small appetites or younger children, pack smaller serves, cut up sandwiches into quarters and chop up fruit.
- Plant some vegies or herbs at home for kids to pick and pack in the lunch box.
- It is ok to say "no" to requests for junk food such as lollies, chocolate, cakes, sweet biscuits, chips and juice poppers, in the lunch box. These foods are high in fat, sugar and salt. Eating too many of these foods leads to being overweight or obese. They also displace the healthy options that kids need to provide nutrients to learn and play at school.
- Be a positive role model and eat fruit and veg in front of your kids. It will make them more likely to eat and enjoy fruit and veg too.
- Don't try too much at once – make one change and let your child get used to it before introducing other new items in the lunch box.
- Try new foods at home after school before packing in the lunch box.
- Kids need a serve of protein at lunch time so ensure you include lean meat, canned salmon or tuna, egg, beans, lentils, chickpeas or tofu.

Date	Event	Venue/Time
Monday 4 th June	Literacy and Numeracy Progressions Training	Charles Sturt University Bathurst All Day
Thursday 7 th June	Recitation Day Henry Lawson Festival	Grenfell Public School
Tuesday 12 th June	Website Development Training day	Cowra Public School All Day
Friday 15 th June	Debating training and Competition	Murringo All Day
Friday 29 th June	Teaching Technology Training	Henry Lawson High Grenfell

HELP NEEDED

The Greenethorpe RSM Hall Committee has been asked to cater for the Open Day at landra Castle this Sunday 10th June.

This is a huge undertaking for us and we are calling for volunteers to help on the day.

The fare will be simple - snags in rolls and steak sandwiches. All stock will be supplied by us, we just need your hands to help in setting up, food prep, serving, packing up etc.

We will be required to follow strict food preparation and serving protocols e.g. Gloves (provided), aprons, long hair tied back etc (a common sense approach).

Please call -
David Watt 63436371,
Corrie Bryant 63436291,
Jill Allen 63436208

Have an enjoyable long weekend and don't forget to go to Grenfell and check out the Henry Lawson Festival. See their website for a full range of fun family activities.

Garry Heath

Principal