Dear Parents and Carers
Welcome back! Timely reminder for all of us.
HEALTHY LUNCHBOX TIME.

Children eat almost half their daily food at school so it is important that they have variety and goodness in their lunchbox. Involve your child in the buying and making of their lunch as it is important that they enjoy lunch and snacks so that food doesn’t come back home! Getting this balance between goodness, variety and flavour can be tricky! Here are some tips on preparing a healthy lunchbox.

The first tip is to try and avoid packaged food that provides little nutrition or is high in sugar and salt. While sometimes the convenience of packaged food is tempting, it can lead to the formation of unhealthy eating habits. There is a wonderful variety of fresh and wholesome foods available that will not only give your kids the nutrition essential for healthy growth and development, but will expose them to the fun of learning about and preparing healthy meals; a great lifelong habit!

Start with a good base - wholegrain bread, pita, wholemeal muffins, bagels, tortilla wraps or Lebanese bread. Instead of using butter or margarine, try using avocado, hummus, ricotta cheese or tahini as a spread. Researching and experimenting with different types of healthy spreads is a fun activity. Fill with a combination of lettuce, tomato, cheese, roast vegetables, sundried tomatoes, grated carrot or sultanas. The list of healthy ‘fills’ is almost endless; just conduct ‘delicious experiments’!

As an alternative, a simple pasta salad with fresh rice salad or couscous with vegetables can be a hit with older children. For younger kids, muffins filled with grated vegetables are a great alternative to sandwiches.

Snacks can be tasty and nutritious. Try cherry tomatoes and carrot sticks with hummus, or celery sticks with low-fat cream cheese. Include at least one serve of seasonal fruit each day. Other suggestions include cubes of cheese, dried fruit, sunflower seeds or natural yoghurt.

Water is best! A chilled or frozen water bottle is great for keeping fluid levels up and keeping the lunchbox cool.

The final tip is: Healthy lunchboxes equals healthy kids!

Sun Smart Policy
The School Council agreed that the students MUST wear the school hat in terms 1 & 4, and that all parents be requested to encourage their children to wear hats in terms 2 & 3 as well. Please be reminded with the coming winter that students need to have protection from the cold wind and the wet and therefore you will need to place your orders for the school rain jacket early.

Thank you to the members of the P & C who give time and energy to fundraising, well done for the results of the Mothers Day stall.

Have a wonderful term, be happy and say nice things about each other.

Cheers.

Marg Dove.
Welcome back to term 2 everyone. We are starting in the LRC with a competition for the children in B6, C1, A1 and A7. The winners will receive signed copies of books by authors that we studied last term. Morris Gleitzman, one of our popular Australian authors, has just published his latest book “Too Small to Fall”. In it, he writes about the consequence of a collapsed economy. Gleitzman says that he believes his readers should be told the truth. A great read for our senior students.

Don’t forget to encourage your children to have a go at entering the Young Writers’ Contest that closes on the 30th June. Entry forms are available from the school library. Write one poem and/or one prose with a MAXIMUM of 1500 words.

Good luck.
Helen McGinniss
Library Resource Teacher

Welcome back to term 2!!
We have new items on our menu for terms 2 & 3.

**Pizza subs**—half a long roll topped with pizza sauce, diced ham and cheese with the option of pineapple.

**Puppy Dog**—Half a hot dog for those smaller appetites or maybe for something extra.

**Nachos**—return of a favourite from last year. Corn chips, nacho sauce & melted cheese.

**Soup of the Day & parbake roll**—starting off with pumpkin soup, there will be several varieties throughout the season.

**Macaroni cheese**—pasta in a creamy cheese sauce, sprinkled with breadcrumbs and cheese.

**Beannies/Cornies**—half round roll topped with baked beans or creamed corn with a sprinkling of cheese.

**Chicken Chippy Roll**—Parbake roll, bit of lettuce a chicken chippy and mayo.

Other changes to menu
- A few prices increased.
- Pies & potato pies $3.00
- Sausage rolls $2.50
- Juices & milk with sippah straw $1.80
- Yoghurts & Yogos $1.80

Sandwiches, rolls and wraps- new easy pricing system-choose salad or salad items, choose extras. Add as you go. Toasted available.

Unfortunately we are unable to heat food up bought from home in the canteen.

If you would like to come and help in the canteen you are more than welcome, please ring me and we can arrange a time.

Seasonal fruit is available every day.

Thank you
Teresa Elzer
Canteen Manager
9294 3347

**A look at the 3 R’s - Reduce, Reuse, Recycle**

**The performance**
Rubbish is an innovative performance about the 3 R’s- Reduce, Reuse and Recycle. Multi award winning “Magic Mic” Conway gets the message across with a circus of comedy, magic and mayhem. He puts the fun into **recycling** with all kinds of junk musical instruments. Mic **reuses** the garbage out of the bin to make magic and **reduces** his audience to tears of laughter with his songs and serious silliness!
Musical garbage bins and rubbish, junk costumes, light juggling, magic with water bottles and cans, ripping newspapers, a cranky little boy puppet and loads of audience participation make for load of rubbish - entertaining and education rubbish!

**The Cost**
The cost for this incursion will be $4.40 per student.

**The Date:**
25th May 2011

**Times:**
PP-Yr3 9.15am
4-7 10.45am

Tim Schoenmakers
Music Specialist
Many thanks to those families who have supported the three year 7 sausage sizzles held during term 1 to raise money for the annual year 7 camp to Rottnest. Also a big thank you to those helpers who have come along and cooked the sausages for the students, without your contribution fund raisers such as these would not happen. To date we have raised a total of $1 300.00, a really fantastic effort. This term we are again planning to have three more sausage sizzles and once again we would call upon your support. The dates are as follows:
Monday May 23rd
Monday June 20th
Monday July 4th
Please make a note of these dates in your diary.

Ross Tompkins

Heart Foundation Jump Rope for Heart is an exciting and non-competitive program which encourages children to become active, learn new skills and raise vital funds for cardiovascular research and community health programs. 25th May is the official launch of JRFH and we will give out the sponsorship forms to all students on that day.

At the end of the program we will be holding a Jump Off, which is an event to celebrate the conclusion of the Heart Foundation Jump Rope for Heart program. Your child should bring any cash donations they have collected and their sponsorship forms to school before the jump off.

A. Durant
Jump Rope For Heart CoOrdinator

This term sees the start of a number of sporting competitions for our school. The first of these is our interschool competition in the sports of football, soccer, netball and volleyball. This competition involves year 6 and 7 students (with a few year 5s) students playing 5 games against other school during the term on Friday afternoons.

We also have a winter lightning carnival coming up in a few weeks. This is an all-day carnival which involves a few sports such as flag rugby and tee-ball as well as the other 4 sports.

Starting this term is also the lunchtime Freo Skills For Schools competition. This involves year 4 to 7 students competing in 3 different football skills events during the term. The winners from our school in each event will have the opportunity to compete in the state semi-final to be held on the next school holidays.

P & C meeting coming up on Tuesday 17th of May, 7.30pm in the staffroom.

Please come along to find out what we are all about you can find out what's happening in your school.

Mothers' Day Stall
I would like to say a big thank you to all the helpers out there who helped out on Friday for the Mothers' Day stall. Thank you for all the donations, we made a profit of about $600, which will go to some great things around the school.
We would also like to send a big thank you to Wayne & Carla Searle for the donation of the chopping boards. Also a really big thank you to Korina Edwards, Vice President of the P & C, you did an excellent job thank you.

Fathers Day Stall
We will also be holding a Fathers’ Day stall, so if you have anything laying around that you think would be suitable to go in a Fathers’ Day stall please bring it into the canteen, where we have a box waiting to collect items. Thank you to all parents, carers, grandparents, teachers and students for all your support.

Cookie Dough
We still have some cookie dough available in the canteen, great for after school snacks. At only $12 a tub, normally $15, it’s a bargain. Only certain flavours are available so be quick.

2012 School Fete
I am organising the first meeting for a 2012 school fete.
We had great success in 2009, where we managed to raise over $7000. Let’s try and make this one bigger and better. The first meeting will be held on Tuesday 17th May at 1.30pm. We will meet at the tables and benches near the undercover area. Please come along to help organise and have your input on how we can make it a bigger and better fete. We are only in the planning stages so we will be discussing what stalls to have and how we are going to arrange them. So if you can make it, come on down. Kids welcome. Also if you know of anyone who would like to set up a stall please get them to email me their details on amandakerrison@hotmail.com.