You Can Do It!

The ability to believe in yourself. To work independently and have an optimistic outlook and recognise making mistakes as part of authentic learning.

“It is the supreme art of the teacher to awaken joy in creative expression and knowledge” - Albert Einstein

Principal’s Pen

Well here we are at the end of Week 4 already and what a busy start we have had with the Small Schools Swimming Carnival and the Captains Induction Ceremony. All students have settled well into the new classes and routines and are working very hard. Just a reminder to parents if you need to speak to your child’s teacher please either organise to meet during their RFF or prior to 8:45 each morning. After 8:45 teachers are very busy preparing for your child’s learning.

Congratulations to all our students that participated at the swimming carnival, it was great to see such a good attendance and so many wonderful competitors. Our students showed great sportsmanship on the day. Big congratulations to Beau and Keelan, who represented us at zone on Tuesday.

Just as we encourage our students to be lifelong learners, our teachers also demonstrate this with attending after school training sessions. This year our staff are training in Language, Learning, Literacy (L3) Targeting Early Numeracy (TEN) and Focus on Reading (FoR). These sessions take place every week for two hours after school, I believe this demonstrates how committed our staff is to providing every learning opportunity for your students.

In the next few weeks we hope to have a yearly plan that will contain all expenses for extra curricular activities your child may be involved in. We feel this will help families plan ahead of time.

Our first whole school assembly will take place this Friday 20th February at 2:30 pm please join us in the school hall.

Louise Wrightson / Principal
At the moment our Canteen operates on Mondays and Fridays manned totally by volunteers. With parents undergoing training and gaining employment we need some new helpers to volunteer. If you, or any member of your family, would like to give some time to serve recess and lunch to our children, this would be greatly appreciated. Our existing volunteers are happy to show new people the ropes so let Janet in the office know or speak to parents—Reidena, Kristy, Tara or Katrina.

Thank you to all parents who have returned notes for their children. Last week we sent home a Permission to Publish, Medical Update and request for the Essentials Book Packs to be paid for. It is extremely important that we update medical and publication permission each year. If you haven’t returned this information for 2015, please do so promptly or ask at the office for a replacement form. It’s a good time to touch base and let us know of any changes with your contacts etc.

A big thank you to all parents who have paid (or started to pay off) the School Essentials Pack. As this pack includes the student’s textbook, it is a priority to get this expense paid as soon as possible. There is no problem making an arrangement to pay this off in instalments. Parents can come in and speak to Mrs Wrightson or Mrs Craggs.

The P&C Annual General Meeting will be held on Wednesday 25th February at 3.30pm. All new and existing parents as well as interested family members are welcome to attend. It is only 50 cents to join the Boolaroo Public School P&C Association. Information is attached about the different positions within the P&C.

All positions will become vacant at the AGM and these vacant positions will be filled.

Each year the Year 6 students raise funds to purchase a gift for the school. Next week they will resume selling zooper doopers (natural fruit juice variety) for 50c. This will be on non-canteen days only.

This centre has been established at our school and some information is attached to this letter with times and contact details. Contact the friendly staff at the centre for further information.

Healthy snack food ideas
Children need snacks as they have small stomachs and get hungry between meals. Snacks need to provide energy (kilojoules) and a range of other nutrients that children need for their growing bodies. If children are regularly given snacks that contain lots of energy and sugar but few other nutrients (eg. cakes, confectionery, sweet biscuits, energy bars, crisps, soft drinks) they will miss out on the vital nutrients they need for growth and development. So keep these foods for special occasions only.

By providing healthy snacks for children every day, you will set them up with good eating habits now and into the future. There are lots of healthy and delicious everyday snacks to choose from.

- Fruit loaf
- plain popcorn
- plain or fruit yoghurt
- cheese and crackers
- a piece of fresh fruit
- a can or tub of fruit in juice NOT syrup
- reduced fat cheese cubes
- wholemeal biscuits or crackers
- vegetable sticks and dip or salsa
- corn or rice cakes with or without spreads
- raw veggies: baby tomatoes (ensure any raw veggies are not choking hazards)
- salad cup
- pikelets
- cheese scones
- cheese on toast
- vegetable soup
- wholegrain cereal and milk
- baked beans or tinned spaghetti with toast
- toasted English muffin with tomato, cheese and pineapple
- toasted cheese and tomato sandwich
- fruit smoothie

Reference:
Adapted from Munch & Move Healthy eating newsletter snippets
School Captains Induction Assembly

Congratulations

School Captains - Joseph & Tarli

Sports Captains – Beau & Charnts

Sports Vice Captains – Bella & Trinity