You Can Do It!

"We are not what we know but what we are willing to learn."  
– Mary Catherine Bateson

Principal's Pen

Welcome back to Term 3, it’s amazing how quickly the year is flying by it has been a very cold start to the term but at least its dry.

Next Monday the 20th July, we have our whole day NAIDOC excursion to Yamuloong. Students will be leaving school at 9am sharp and returning at 2:30, there will be no supervision at school. As you are aware the cost of this excursion is being subsidised by Lake Macquarie City Council, so if you have not paid the $13.55 please do so by tomorrow.

Don’t forget that our major fundraiser for this term is the Bunnings BBQ, this Saturday 18th July. Any time you can spare to help out will be a great asset to the P&C, who work extremely hard to support the school by providing valuable resources. If you can help in any way please contact Karen McCraw.

Our school has registered for the Woolworths Earn & Learn Program. This allows our school to earn educational resources when we collect stickers and add to cards. This program starts 15th July and finishes the 8th September. Start collecting and grab some family and friends to help. The collection box is in the foyer. Thank you for your support.

Regards

Louise
DATES TO REMEMBER:

<table>
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<th>Date</th>
<th>Event</th>
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<tr>
<td>Monday 20th July</td>
<td>Yamuloong Excursion</td>
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<td>Tuesday 28th July</td>
<td>P&amp;C Meeting 3pm</td>
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<td>Thursday 6th Aug</td>
<td>Athletics Carnival</td>
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<td>Friday 14th &amp; 18th Aug</td>
<td>Zone Athletics Track &amp; Field</td>
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<td>Monday 24th Aug</td>
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<td>Tuesday 25th Aug</td>
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<td>Friday 18th Sept</td>
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ATHLETICS CARNIVAL

The Athletics Carnival will be held on Thursday 6th August. Any students who have not already put in canteen orders for day, please fill out the form which is available at the front office.

P & C MEETING

The P & C Meetings are held on the last Tuesday of each month. The next meeting is on 28th July, in the staffroom commencing at 3:15pm.

We welcome any new parents. Please come along and support your child’s school.

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BOOLAROO SCHOOL UNIFORM SPECIAL

Monday 20th July – Thursday 6th August 2015, earlier if sizes are sold.

Once current stocks have been sold and new stock is ordered prices will need to increase due to supplier increase that is passed on.

Orders can be placed in an envelope and handed in the day bag that goes to the office with each class. Orders will be filled Tuesday and Thursdays. No laybys for this period. Please make sure the following information is placed in the envelope:

- Students name/class
- Uniforms ordered
- Cash amount
- Contact name and number (in case I need to contact you regarding size)

Alternatively I will be there on Tuesday and Thursday from 8:30am-9:00am and 2:30pm-3:15pm. Maximum 2 per student of each item.

PRICES ARE:

- Blue/Gold Shirts – were $28 now $22
- Shorts – were $12 now $10
- Skorts – were $15 now $13
- Sports Jackets were $34 now $27
- Track Pants were $23 now $20
- Hats-ONLY SIZE SMALL were $12 now $7

Thankyou
Karen McCraw
President, Boolaroo Public School P & C

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P&C FUNDRAISER—BUNNINGS AT BOOLAROO

We are seeking helpers to support us with the BBQ at Bunnings on Saturday 18th July from 9.00 am to 3.00 pm. Any time you can provide will be wonderful, even half an hour helps.

Please contact Karen McCraw on 0407 494 857 if you are available.
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