



TYALGUM PUBLIC SCHOOL

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SCHOOL MOTTO: UNITY, HARMONY, STRENGTH

SCHOOL NEWSLETTER TERM 1, WEEK 8 14.3.17

Dear Parents and Friends,



Healthy school canteens are in the news again as the NSW Department of Education has released the new “Healthy School Canteens” strategy. Our school canteen operates on only two days per week and therefore everything we sell is already considered healthy or is included under the “occasional food” category. The sushi rolls are extremely popular, and whenever possible, we pick our own lettuce for the chicken burgers. The link to the policy is included here: <https://healthyschoolcanteens.nsw.gov.au/>

Our students have a brief break for fruit mid-morning every day. Everyone seems to enjoy this time and it is a great way to see that something healthy from the lunch box is consumed. The snack does not have to be fruit but it does have to be fresh, so raw vegetables such as carrot, tomato etc. is fine, but tinned or jellied fruit is not. These things can be saved for recess or lunch. Pre- peeled or cut fruit is always easier to manage and eat than whole fruit.

We do see a lot of waste from school lunches. We suggest that children not be given more food than they would eat in one sitting at home. Most children find play is much more interesting than food. They will not starve if they don't eat much, but you can expect that they will arrive home ravenous!

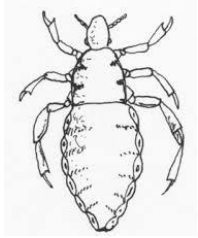
Treats in the lunchbox will always be eaten first. If your child's beautiful healthy lunch is being ignored, then perhaps try saving the treats for eating at home after school.

“Food for the body is not enough. There must be food for the soul.” -
Dorothy Day

Mrs Cloherty

Headlice

Please be vigilant in checking for these little pests – every day if possible. They pass around so quickly among the children. Normal hair washing will not remove them, but they are often easier to see on a wet scalp. A spray of insect repellent or some tea tree oil in the school hat may help keep them away.



Leaders Assembly

Our leaders will receive their badges of office and a commemorative certificate during this Friday's Assembly **17th March**. Parents are invited to attend to witness this event.

Office bearers are:

School Captain – Daniel

Vice Captain - Jak

Sport Captains

Kookaburras - Adin

Vice Captain - Lucas

Wallabies - Joshua

Vice Captain - Ivy

Librarians - Kiahn, Brianna, Hayden and Cheyenne

Environmentalists - Charlie and Zahlia

SRC representatives - Skye, Mia, William D, Max, Adam, Ronin, Dusharn, River and Declan G

Easter Hat Parade

Easter lands in the middle of the school holidays this year, with Good Friday on 14th April.

Tyalgum PS will hold an Easter hat parade on

Thursday 6th April. We have an environmentally

responsible theme to challenge the creativity and

craftwork skills of our students. Our students will

be making their own hats at school from clean

recycled materials that might otherwise find their

way into the bin. Students are encouraged to start

saving paper, cardboard and other materials that

they would like to use for their hats. Families may

like to send extra recycled and salvaged materials

along to school for the use of other students. Please do not buy

items especially for the hat. Only items that have already been

used are considered suitable. Parents may act as creative

consultants and technical advisers, but the children will

construct their own wearable creation in class.

**** Don't forget to order your Hot Cross Buns!!!!**





Assembly Achievers

Congratulations to these students who received a Principal's Award during last week's assembly:- Tamara, Nathan, Murrayah, Rohan, Joshua and Summer. Well done!

Assembly

Kindergarten will be hosting our Leaders' Induction Assembly this Friday. Everyone is welcome, commencing at 2.45pm in the school library.

What's On!! Term 1, 2017

Fri 17 Mar	Leader's Presentation Assembly
Mon 20 Mar	P & C Meeting and AGM
Thurs 6 Apr	Easter Hat Parade
Fri 7 Apr	Last Day of Term
Mon 24 Apr	Staff Development Day (Pupil Free)
Tues 25 Apr	ANZAC Day (Public Holiday)
Wed 26 Apr	Students Return Term 2

P & C News

Don't forget to pen down our AGM & meeting next Monday 20 March!

All Executive positions will be vacant for nomination. Please consider taking up one of these rewarding positions and also pen the date in your calendar to attend this meeting. We will require at least 5 members at the AGM to make the vote count.

Reminder!

All volunteers need to have a valid "Working with Children Check". It is free to obtain one for volunteer workers. Information on how to apply for a "Working with Children Check" is available at the office.

CANTEEN ROSTER

Term 1, 2017



	<u>Volunteer</u>		<u>Volunteer</u>
Mon 30.1	Sue	Mon 6.3	Robyn
Tues 31.1	Sue/Robyn	Tues 7.3	Min
Mon 6.2	Sue/Robyn	Mon 13.3	Sue
Tues 7.2	Min	Tues 14.3	Sue/Robyn
Mon 13.2	Sue/Robyn	Mon 20.3	Eliza
Tues 14.2	Min/Robyn	Tues 21.3	Min
Mon 20.2	Robyn/Sue	Mon 27.3	
Tues 21.2	Min	Tues 28.3	Min
Mon 27.2	Eliza/Robyn	Mon 3.4	
Tues 28.2	Min	Tues 4.4	Min

- We only order a small amount of Sushi each week. To avoid any disappointments you may like to order your Sushi with Sue the week before. Orders for Monday and Tuesday will need to be placed on the Friday before.
- Due to increase in price, **lasagnes** are now \$4.00 each.

Thank you!

Thank you to everyone who brought in plastic bottles and containers for me. I now have plenty to work with and **do not** need anymore. Thank you again.

Melissa Howarth



Hot Cross Bun



On the **Thursday 6th of April** after the Easter Hat Parade, the SRC will be holding a fundraiser morning tea. Parents/Guardians and Students will be able to purchase Hot Cross Buns and warm Milo for **\$3.00**. Additional Hot Cross Buns can be purchased for **\$2.00** each. If you would like to be able to participate you will need to **pre-order and pay** for your Hot Cross Buns by the **Friday 24th March**.

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HOT CROSS BUNS

To avoid disappointment make sure you have returned your note and paid for your Hot Cross Buns by **Friday the 24th of March**.

Flavours available

- Chocolate Choc Chip
- Fruit (traditional)
- Fruitless



- ☐ Hot Cross Bun and Milo (\$3.00) _____ Flavour
- ☐ Single Hot Cross Bun (\$2.00) _____ Flavour

Total \$ _____

Child's Name _____