

Seahorse Tales

TERM 1, ISSUE 10

APRIL 3, 2008

FROM THE PRINCIPAL'S DESK

SCHOOL DISCO

All students and staff are looking forward to this evening's disco in the school hall. It promises to be a fun evening, with Years K-2 disco dancing from 6:00pm to 7:15pm and Years 3-6 from 7:30pm to 9:00pm.

OUR NEWLY FORMED P&C

I would like to acknowledge the wonderful work our new P&C Committee have already begun to undertake. They have settled into their various roles with enthusiasm and have made great steps forward to get organised for the busy year ahead. With 'Mother's Day' only just around the corner our P&C are busy planning lots of special gifts that will be for sale on the Mother's Day stall next term. More information will be sent home soon by the P&C Committee.

E-NEWSLETTERS

Thank you to those parents who requested copies of the Seahorse Tales via email. You should receive your first E-Newsletter today.

For those who would like to receive our weekly newsletter via email, so you can see all the wonderful pictures in colour, please contact the school by emailing your address details to:

woolgoolga-p.school@det.nsw.edu.au

MORNING TEA FOR VOLUNTARY HELPERS

Invitations have been sent home for a special morning tea to be hosted by the school next Wednesday 9 April for all of our wonderful voluntary helpers. Our school could not function without your dedication and support. I look forward to meeting you.

Cheers, Graeme Ross, Principal

NEWS ARTICLE FROM 2G

This has been an extremely busy term. With recorder now in full swing and proving to be a most enjoyable time for 2G students. Students now know two notes and have discussed line and space notes, playing 'piano' (that is softly) as well as playing along with music in just a few short weeks.

Last week students had their final lesson for the SPOT programme where students were taught strategies for dealing with an angry dog as well as being shown how to identify a dangerous dog.

The last half of the term students have been studying the text type PROCEDURE and have read several procedures. Students have also followed a procedure to make a puppet. This week students have written a procedure to make fruit salad. Then they made the fruit salad to eat for fruit break.



We also continue to study CELEBRATIONS until the end of the term. Students have looked at family celebrations, community celebrations, National celebrations as well as celebrations from other countries.

Friday last week, we had a visit from 4/5C to share reading time as part of Harmony Day celebrations. 2G students spent time getting to know the older students and 4/5C were wonderful role models. This week for sport 2G will start practising for the Cross Country during sport on Thursday, please send your child with the correct footwear for this activity.

Thank you to parents and grandparents who have visited our classroom to help. If you would like to help in the classroom please do not hesitate to contact us.

Finally, just a few reminders, homework is due on Friday, Library is on Wednesday, and Sport is Thursday. Also, even though our class does not have any students that have anaphylactic reactions we quite often sit with Mrs. Read's class to eat recess and lunch. I would just like to remind parents to avoid sending children with food containing the following: peanuts, eggs and vanilla.

Mrs Joanne Goodenough (Class Teacher)

CALENDAR OF EVENTS

School Disco	Thur Apr 3
Cross Country	Thur Apr 10
Last Day of Term 1	Fri Apr 11
ANZAC Day School Ceremony	Tue Apr 29

CONGRATULATIONS!

Certificate of Merit

- ◆ Sheldon Koopmans - KF
- ◆ Georgi Curtis - KF
- ◆ Alex Greenhalgh - KF
- ◆ Beau Pearce - KF
- ◆ Conan Brisley - KK
- ◆ Jack Payne-Harvey - KK
- ◆ Brynd Storrie - KK
- ◆ Chelsea Mallett - 1B
- ◆ Kirra Henderson-Smith - 1H
- ◆ Connor Park-Harris - 2G
- ◆ Connor Park-Harris - 2G
- ◆ Hana Truban- 3/4C
- ◆ Brock Atkins - 3/4C
- ◆ Brock Atkins - 3/4E
- ◆ Jessica McInerney - 5/6M
- ◆ Jye Orcher - 5/6R

Certificate of Excellence

- ◆ Kaylee Parker - 1B

Principal's Values Award

- ◆ Chloe Sankey - 5/6M
- ◆ Tahlia Few - KF



GYMNASTICS REMINDER

There is one week left to return permission notes and money for next term's gymnastics program. The program runs for 9 weeks in Term 2 and costs \$40.00 for each student. If you have misplaced the permission note, or did not receive one, then please see a member of staff at the school office. The gymnastics program is held in the school hall and is a great opportunity for students to be taught the skills properly by highly qualified teachers.

Barb Booker, Coordinator

MY TOUCH FOOTY FINAL

The Warriors versed the Pirates in the northern beaches primary schools touch football final.

The Warriors went into the final without losing a game all year. My team, the Warriors, went to the halftime break leading 4-0. We eventually ran out winners 8 tries to 1.

With tries to Matt Waters 3, Jeb Freeman 3 and myself Sione Fangupo 2.

Remember 'Stay in touch'.

Written by Sione Fangupo 5/6R



TIPS FOR ENCOURAGING GOOD BEHAVIOUR

MAKE YOUR CHILD FEEL IMPORTANT

Children love it when they can contribute to the family. Start introducing some simple chores or things that they can do to play their own important part in helping the household. This will make them feel important and they will take pride in helping out. If you can give your child lots of practise doing a chore, they will get better at it and will keep trying harder. Safe chores help them feel responsible, build their self-esteem and help you out too.

<http://raisingchildren.net.au>

COMMUNITY NEWS

THE GREAT SIBERIAN CIRCUS IS COMING TO TOWN

The circus will be performing at the Coffs Harbour Showground from 11 April to 20 April. A traditional Russian circus focussing on human skills, featuring graduates of the Russian Circus Academy. Family tickets start at \$50 (2 adults, 2 children). For more information visit www.siberiancircus.com or Ph: 0415 344 505 for booking information.

A MESSAGE FROM OUR MUSIC TUTOR

Please note that music lessons **will** take place as normal on Tuesday 8 April. Thank you.

Nicola Fraser, Music Tutor

Woolgoolga Public School

PO Box 523, Woolgoolga NSW 2456

Ph: 66541305 Fax: 66540028

Email: woolgoolga-p.school@det.nsw.edu.au

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CANTEEN ROSTER

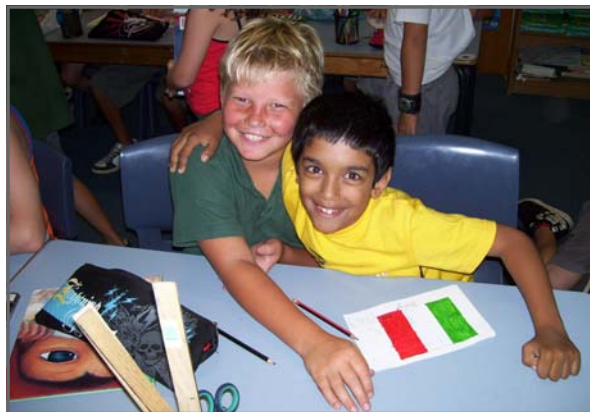


Maree Hartin Raelee Wright	Fri 4 Apr
CLOSED MONDAY	Mon 7 Apr
Maree Hartin Dot Falzon	Tue 8 Apr
Maree Hartin Sandy Butler	Wed 9 Apr
Maree Hartin Scot Simson	Thur 10 Apr

Have you ever considered working in the school canteen? If you are interested in volunteering some of your time, or if would like to find out more, then please contact the school office.

OUR MULTICULTURAL SOCIETY

Harmony Day is part of the Commonwealth Living in Harmony initiative and each year provides Australians with an opportunity to think about our community's success as a multicultural society; recommit to continuing respect, good will and understanding between all Australians of all backgrounds and say no to racism.



Woolgoolga Public School celebrated Harmony Day last Friday and the students and staff celebrated with various activities throughout the day culminating in peer support activities in the afternoon.

AFTER SCHOOL CARE

For more information about 'After School Care', please contact the program coordinator on Ph: 6654 8554.

Vacation Care is also available each school holiday. Venue ~ Short St, Woolgoolga

Details about the Autumn Vacation Care Program, and the booking form, can be downloaded from the school's website. It promises to be 'lots of fun'!

Monday
to
Friday

Healthy homework



Source: Parents Jury Website www.parentsjury.org.au supported by:



As part of the New South Wales government's Fresh Tastes @ School initiative, students can learn to categorise foods as **GREEN**, **AMBER** and **RED** according to their nutritional value. **GREEN** foods are 'everyday foods', such as fruit, vegetables, lean meats and grains. **AMBER** foods provide some nutrients, but can be high in energy (such as a burger). **RED** foods include food and drinks that are high in fat, sugar and sodium (salt). Below are some ideas from children's health advocacy group The Parents Jury that you can try at home, so that your children can practise healthy eating homework.

- Let your children assemble their own lunch box and ask them to define which foods are green foods, which are amber foods and which are red foods. Then, ask your child to think of healthier alternatives to the amber and red foods, such as replacing sweet biscuits with a healthy muffin, or a pack of chips with some dried apples. By doing this, your child is more likely to eat all their food because they chose it themselves, while reinforcing their nutritional education.
- When you're grocery shopping, ask your child to describe the food in the trolley as green, amber or red. For older children, also ask them why the food is classified in that way. Is it high in sugar, or does it contain whole-grains? Is it full of vitamins? By teaching you something, your child is reinforcing their nutritional education and taking an active interest in their household food.
- For young children, keep a chart of their fruit and veg intake, as well as any treats, to help them monitor their own daily intake. Place a gold star on the chart for every serve of fruit or vegetables they have in a day, and a red star for every treat they have. If they achieve two serves of fruit and five serves of vegetables a day, and only one treat per day over the course of a week, reward them with a family day out, a new book or toy they have been longing for.

Your children will have a better understanding of their food intake when it's recorded and they can take responsibility for achieving a goal. Remember to avoid using food as a reward, bribe or show of affection to your children. Giving children lollies, sweets and other foods as behaviour rewards teaches them to eat in between set meal and snack times and they can associate eating with fulfilling emotional needs, rather than eating for hunger.

Fruity treats make healthy lunches a breeze



Living in Australia means we have access to a variety of fresh and delicious fruits which are the perfect addition to any child's lunch box. Stone fruits like peaches, nectarines, cherries, apricots and plums are great for children as they are the right size for small hands and they're ready to eat because they don't require any peeling – they are the ultimate 'fast food'.

You can make other flavoursome fruits fun and easy for kids with some simple preparation:

- Mangos and melon pieces can be frozen overnight in a container. Your kids will love you for it on a hot day.
- Some children will devour an apple when it's cored and cut into pieces, but will not touch it whole, so why not prepare the apple before school, with a squirt of lemon juice to stop it going brown. If you keep it in a snap lock bag the fruit will still be fresh enough to eat during morning recess.
- Get your kids eating four fruits at once! Chop their favourites into cubes, and skewer them to make fruit kebabs. Refrigerated overnight in cling wrap, they'll stay fresh and cool in the lunchbox. *(Do this only if your kids can be trusted with skewers. Children should always eat while sitting down, never while playing or walking).*
- Treat your kids to a gourmet experience. Some fresh berries and a tub of yoghurt can provide lots of fun as they share the dipping delight with friends.

For more tips on healthy school lunchboxes and school nutrition policies around Australia, log on to The Parents Jury's 'Back to School with Healthy Food' campaign at http://www.parentsjury.org.au/tpj_article.asp?ContentID=back_to_school_campaign_page

The Parents Jury is a web-based network of over 3,000 parents who are interested in improving the nutrition and physical activity environments of Australian children. It provides a forum for parents to express their views and to collectively advocate for change on current issues relating to children's nutrition and physical activity. Membership is free and open to all parents, grandparents and guardians of children aged 18 years and under. Register online and have your say at www.parentsjury.org.au