DATES TO REMEMBER
17th June – Small Schools Athletics Carnival
24th June - NAIDOC South Kempsey
26th June – Last day Term 2

DALAIGUR PRE-SCHOOL 50TH CELEBRATIONS
On Friday, all students will be attending the 50th anniversary celebrations at Dalaigur Pre-school where they will perform the Welcome to Country and traditional dances. All students have been practising for the event and will wear costumes designed by Aunty Caroline. We look forward to celebrating a wonderful community event.

DANGEROUS BEHAVIOUR
I have been concerned with a couple of incidents recently where students have climbed on top of buildings and structures within the school. Despite the fact they have removed themselves when asked, it is an extremely dangerous practice which we need your help in stamping out. The potential injuries that could be sustained from a slip, trip or fall are unthinkable. The Department of Education and Communities advises that no staff member, student or visitor in a NSW Government school is to undertake any activity where they are positioned with their feet at heights above two metres. If you could talk with your child about this we would greatly appreciate it.

SMALL SCHOOLS ATHLETICS
As we move into the second last week of Term 2 we are yet again faced with a busy few days full of activities. On Wednesday, all students aged 8+ in 2015 will attend the Small Schools Athletics Carnival at Services Club Park here in Kempsey. Each student will compete in track events which may include the 100m, 200m and 800m. Students have also finished qualifications for field events at school and we have now submitted our nominations for Shot Put, Discus, High Jump and Long Jump. We encourage everyone to come along and support the day. Please ensure your child's permission note has been returned to school by Wednesday morning.
NATIONAL DATA COLLECTION
Please find attached to this week’s newsletter a parent and carers information sheet on the national data collection process. The aim of the national data collection is to collect better information about school students who require extra support with their learning.

ASSEMBLY AWARDS
At last week’s Thursday assembly class awards were presented to the following students: Allan M, Bella, Tameira, Yapuma, James, Allira and Sylvester.

FRUIT BREAK
Please send in a piece of fruit for fruit break. Fruit is collected in the morning and cut up and beautiful platters of fruit are served to each class every morning. This helps form healthy eating habits and our students all benefit from happily sharing some delicious fresh fruit.

SCHOOL PHOTOS
This year’s school photos will be taken by the School Photographer on Tuesday 21st July. Order forms will be handed out at the end of Term 2.

HEALTHY LUNCH BOX
At Green Hill School we have a healthy lunch box program and prizes. Things to include in a healthy lunchbox: Sandwiches, rolls or wraps with meat, salad, cheese, vegemite
Cheese snacks
Fruit – Fresh or dried
Vegetables eg: carrot, celery
Bottle of water or popper
NO PRODUCTS CONTAINING NUTS
Eg: Nutella or peanut butter
COMMUNITY ANNOUNCEMENTS

Come & see what’s NEW at Curves
NEW & improved circuit equipment
NEW Body Basics classes
NEW protein bars
UPGRADED Curves Smart personal coaching system
PLUS MORE!!!
Join during February and mention this ad and we will waive the regular joining fee
Phone: 6562288

Nutrition Snippet

The simplest way
...to add healthy snacks to lunch boxes
Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child’s lunch box:
• Plain air-popped popcorn (without salt or butter) mixed with sultanas + dried apple
• Dried fruit snack packs: buy them ready made, or make your own at home in reusable containers
• Fruit salads: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own!
• Crackers + veg: Slice up some avocado or tomato + send with some rice crackers
• Little veggie bags: cherry tomatoes, capsicum, carrot and celery sticks
• Frozen fruit bags: freeze grapes, orange quarters or strawberries + then send to school!

Remember: kids love small portions, so cutting up fruit + veg will help make sure they don’t bring it home at the end of the day!

For more information visit www.eatittobeattit.com.au or join us at facebook.com/eatittobeattit

The simplest way
...to work out how much fruit + veg you need.
Eating two serves of fruit and five serves of vegetables every day will help keep you and your kids healthy. But what does a serve look like?

A serve of fruit is 150 grams or:
• 1 medium fruit (apple/banana) or
• 1 ½ tablespoons dried fruit (apricots/sultanas) or
• 1 cup of chopped or canned fruit (fruit salad)

A serve of veg is 75 grams or:
• ½ cup of cooked veg or
• ½ medium potato or
• 1 cup of salad

Pack fruit and veg every day for school lunches – every bit counts towards your child’s daily total – plus healthy food gives them extra strength to concentrate longer.

For more information visit www.eatittobeattit.com.au or join us at facebook.com/eatittobeattit