

## EVENTS & DATES TO REMEMBER - TERM 1 2014

MOBILE LIBRARY	FRIDAY 21 MARCH
COLOURSS SOCIAL DANCE at Wiangaree Hall	TUESDAY 25 MARCH ("HEROES")
SCHOOL ASSEMBLY (2.30pm)	WEDNESDAY 2 APRIL
YEAR 3/4/5/6 LEAGUE TAG GALA DAY AT CASINO	THURSDAY 3 APRIL
MOBILE LIBRARY	FRIDAY 4 APRIL
P&C MORNING TEA	WEDNESDAY 9 APRIL
ANZAC ASSEMBLY AT SCHOOL	FRIDAY 11 APRIL
LAST DAY OF TERM 1	FRIDAY 11 APRIL

### CLASS WEEKLY AWARDS

#### INFANTS CLASS



**FELICITY DULEY** –Taking on an outstanding role as a leader in the K-2 classroom

#### PRIMARY CLASS



**HOPE PORTER:** Making a personal commitment to learning that has seen her reading jump 3 levels this year and maths results have improved!



## The Risk Public School

### NEWSLETTER

Phone: 6636 6127 Fax: 6636 6110 Email: [therisk-p.school@det.nsw.edu.au](mailto:therisk-p.school@det.nsw.edu.au)

**Wednesday 19 March 2014**

**Term 1 Week 8**

### GOOD NUTRITION AND KEEPING FIT A FOCUS AT THE RISK!

The Risk Public School is well known for its great tradition of having fit students who do well at many different kinds of sporting pursuits. Students are also demonstrating their keenness to make healthy choices in their eating too! Our Friday lunches provided by the P&C and the Student Parliament are healthy options as well as the Wednesday recess menu provided by the Student Parliament. We also have lunch boxes filled with healthy food every day, too! It's great to have parents on board to support healthy eating at school. Our school has also joined a special program called Live Life Well @ School. This is a program to promote regular exercise and healthy eating.

#### What's in this week's Newsletter

- Good Nutrition
- Primary Class Homework
- League Tag Gala Day (MR MAC'S CLASS ONLY)
- Friday lunches
- Book Club
- Community News

#### Attachments

- League Tag permission note (primary only)
- Lamington Drive Order form



**Left:** Felicity is really enjoying her milk & toasty

**Bottom left:** Maddy is looking forward to her apple slinky

**Bottom right:** Trav is gnawing away on a big crunchy carrot!

#### Next P&C Meeting

**7th April**

#### ALL WELCOME

Agenda - School Uniforms

There are samples of new look uniforms to view in the school office



**TOGETHER WE LEARN**



## GOOD NUTRITION FOR SCHOOL LUNCH BOXES

The following information is taken from the NSW Govt's 'Healthy Kids' website. You can have a look yourself at [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

A healthy lunch keeps active kids alert and focused and gives them the nutrition they need every day. But no matter how healthy your child's lunch box is, it won't provide any nutritional value if it doesn't get eaten!

The solution is to make packed lunches as interesting and nutritious as possible – and to encourage your child to be involved in filling their own lunchbox from a range of healthy options. It doesn't have to be difficult, time-consuming or expensive. For example; sandwiches and rolls – a favourite among lots of kids – are simple and easy to prepare. Here are some simple, tasty and nutritious ideas for you to try when preparing your child's lunchbox.

### What to put in the lunchbox

#### A good helping of fruit and vegetables

Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips are popular as a snack or in a sandwich.

#### Starchy food

like bread, rice, potatoes and pasta. Have a variety to choose from, such as wholegrain, wholemeal or high fibre breads, such as seeded rolls, Lebanese bread, pita, lavash, bagels; brown and white rice; or tricolour pasta.

#### Lean protein

like tuna or salmon (fresh or canned in spring water or oils such as canola, sunflower or olive oil); boiled eggs; beans; or lean meat such as beef or chicken

#### Reduced fat dairy food

like reduced fat yoghurt, reduced fat cheese or reduced fat milk

#### A bottle of water

to keep your child hydrated all day. Freeze on hot days to keep the lunch box (and your child) nice and cool.

#### Healthy choices

look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads and try a little avocado, low fat mayonnaise, mustard or ricotta cheese instead.

#### Nutritious snacks

such as dried fruit, rice cakes or unsalted and unsweetened popcorn are great.



Annie just loves eating grapes by the mouthfull!

**And remember:** Treats like chocolates, lollies or chips should be left to have at special times at home.

## PRIMARY CLASS HOMEWORK

Mr Mac would like to congratulate students in his class for their improving commitment to their homework program. A weekly maths revision page, a nightly review of spelling lists and 5 minutes (or more) of reading has been achieved by most students so far this term. Homework will continue in this format for 3 more weeks. There will be no homework in the last week of the term.

### Please return your lamington order forms

Helpers are needed please let the school or Kerri

Moss know if you can help

The Risk P.S. - 66 366 127

Kerri - 66 366 284

## YEAR 3/4/5/6 LEAGUE TAG GALA DAY AT CASINO - THURSDAY 3 APRIL

After such an excellent experience with the NRL clinics a couple of weeks ago, our Primary class are going to go over to Queen Elizabeth Park, Casino to participate in a League Tag Gala Day. This is a NON-CONTACT game with NO tackling. Players wear a belt around their waist with 2 tags on the belt and the opposition have to take a tag off to make you stop and play the ball. Our students have been playing now for a while and are getting very good! We have asked a few Wiangaree PS students to play to give us enough players to form 2 teams - 1 senior team (Yr5/6) and 1 junior team (Yr3/4). We once gain ask for parents to assist with transport. Please complete the attached permission note and return as soon as possible.

**WHAT:** League Tag (8-a-side with subs)

**WHEN:** Thursday 3rd April

**TIME:** 9.30—2.30 (Leave The Risk at 8.30)

**UNIFORM:** School shirt & shorts

**WHERE:** Queen Elizabeth Park, Casino (same as Cricket Gala Day)

**BRING:** Recess, Lunch, plenty to drink

**COST:** Free

## FRIDAY LUNCHES

### THIS WEEK

#### STUDENT PARLIAMENT MENU

**The primary students will prepare and cook the delicious zucchini slice they cooked several times last year!**

Home-made Zucchini Slice - \$1 per piece (most children would get a decent-sized meal from 2 pieces)

## BOOKCLUB

**Please return to school no later than 21st March**

Keep up the book club ordering. With every order our school receives rewards this helps us buy new books for the library and the books at the end of year that are presented to the students.

## SCHOOL JACKET ORDERS

The P&C would like to take orders for anyone who wants to purchase a school jacket before the cool weather sets in. The jackets are \$25 each and are the official school uniform jacket. Please contact the school if you wish to order a jacket.

## COMMUNITY NEWS

### Kittens free to good home.

One black female kitten. Two ginger and white male kittens.

Five weeks old now.... Ready in another two/three weeks.

Phone Keith 66362190.

**KYOGLER JNR SOCCER:** Kyogle Soccer Club is looking for players turning 5 this year through to age 11 to play in the Football Far North Coast competition on a Saturday morning. You can register online at 'my football club' website or contact the clubs registrar Glenn Rose on 0418264968 for more details.

Training will commence on Thursday 27<sup>th</sup> March at Don Gully Oval from 4pm.

A preseason carnival will be held at Dunoon on Sunday the 6<sup>th</sup> April and the competition is starting on Saturday 3<sup>rd</sup> May.

**KYOGLER JNR LEAGUE:** Training days for Kyogle Junior Rugby League will commence for Under 7, 8, 9 and 10's on 14 March and for Under 11, 12, 13, 14, 15 and 16's on 11 March. All players must be fully registered to commence training. Our club registrars will be available on these days to sign-on any unregistered players. Registration fees are \$70 for Under 7, 8 and 9's and \$90 for under 10 - 16's. For all NEW players please bring a copy of your birth certificate for registration. Any enquiries please phone Lorraine on 0422112490

**THE KYOGLE RUGBY UNION CLUB HAS AN U13'S** team this year and are looking for more players. So if you are turning 12 or 13 this year and are looking to play Rugby Union on Friday nights. Training is Wednesday 5pm @ The Don Gully Oval or contact the club on 0477 000 438.