

Whyalla Stuart Campus R-7

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Term 2 Issue No. 08

24th May 2018

Term 1 Dates
30th April 2018–6th July
2018

Dates to Remember:

11th June
Public Holiday

20th June 2018
**Governing
Council Meeting**



WHYALLA STUART CAMPUS R-7 NEWSLETTER

Vision Statement — To provide a safe, creative environment encouraging:

- * Challenging, active learning
- * Confident, successful learners
- * Socially responsible citizens

Hello Families

Thank you for taking the time to read the newsletter. We are now in Week 6 and a lot of hard work has been happening in the last few weeks. Teachers are currently working on reports. Interviews will be happening in Week 10 of this term and Week 1 next term. Your child will be bring a note home for you to book in for an interview and you will receive your child's report after a discussion with their class teacher.

We are seeing excellent attendance for many Students across the school. It is really important for students to be coming to school every day and arriving on time. If a child is just 10 minutes late every day, they will miss more than 8 hours in a term. That is lot of learning time!

Please support your children to come to school on time every day.



Thank you to the families helping children to come to school in full uniform. It is expected that students wear their school uniform every day. That means, school t-shirt, school jumper/jacket and black pants/shorts/skirts. Also, hats are not to be worn in class by students. They are only to be used outside.

Uniforms are available to buy at the Front Office.



As the weather gets colder, children often need to eat more food to satisfy their energy needs.

Please talk to your children and make sure they are coming to school with enough food to get them through the day.

We have had a lot of children bringing toys and sports equipment from home. This can cause issues with children getting distracted from their learning. We also have problems with items getting lost, broken and mixed up with other students' belongings.

Please support us in keeping your child's belongings at home.



This weekend is a long weekend so we will be closed on Monday June 11th. School starts back on Tuesday 12th June at 8:55am. Enjoy the time off with your family.

PARENT INFORMATION

UNIFORM PRICE LIST

T/Shirts (S,M,L) \$ 20.00

We have a great new range of uniforms and accessories for the students to wear to school. The quality of the uniform is excellent and is very well priced.

T/Shirts (4-16) \$ 15.00

Dresses \$ 25.00

We have a new selection of jumpers, shorts and skorts available.

Shorts \$ 15.00

Please remember it is school policy for all children to be in uniform every day.

Skorts \$ 18.00

Hats \$ 5.00

If you require assistance to provide your child with a uniform, please do not hesitate to contact the Front office who are more than happy to assist you.

Scarves \$ 5.00

Zip Jackets \$ 20.00

Jumpers (4-16) \$ 15.00

Jumpers (S,M,L) \$20.00



REMINDERS



Parents and care givers please remember any medications or creams sent with your child to school needs to be brought into the front office and a 24hr Medication Form needs to be filled in. This form informs us of what type of medication it is, what it is for, how it is administered and you have given us temporary permission to administer it.



Monday the 11th June is a public holiday, the school will be closed and will re-commence Tuesday the 12th June.



Lunch ordering surveys were sent out with the last newsletter. Please return these as soon as possible. Thank you to students and parents who have sent theirs back, the results of the survey will be presented shortly.



FOR THE LOVE OF FOOD

Eating healthy as a whole family can sometimes be a bit of a challenge, especially when providing your children with a healthy lunch every day. Each newsletter we would like to present families with ideas, recipes and facts about children's health, diet and inexpensive ideas for lunch and recess.

If your children are like mine, they are not a fan of vegetables! They will do anything to get out of eating them.

A clever way to disguise them is to make a slice. There are a thousand different slices you can make that your children will love but will never know what is actually in and most slices you can vary depending on tastes and budget.

Another benefit of slices is they are great ideas for dinner but they will also last in the fridge for fantastic lunch ideas.

One recipe endorsed by the Healthy Eating Advisory Service and Nutrition Australia is

Easy Egg and Ham slice



Ingredients

- 2 zucchinis, grated
- 1 onion, peeled and chopped
- 1 large carrot, peeled and grated
- 4 slices of lean ham, chopped (Or 3 rashers of bacon, fat removed, chopped. Leave the meat out altogether for a vegetarian alternative)
- 1 cup (115g) reduced fat cheese, grated
- 1 cup (150g) self-raising flour
- 6 eggs, beaten

Method

1. Preheat oven to 180°C.
2. Mix all ingredients together in a large bowl.
3. Pour into a greased slice tray and bake for 30 to 45 minutes until slightly browned on top and set in the centre.
4. Cut into slices. Serve warm or cold.

With this recipe you could add things such as capsicum and mushrooms. It's an inexpensive idea that could be made in bulk to eat for dinner and lunches.

We would also like to hear from you! Do you have any great ideas, recipes or tips you could share with our school community? Please drop them into the Front Office and we will include them in each newsletter.

Please Note:- All ideas, tips and recipes are shared from the Healthy Eating Advisory Service, they are helpful hints only. We are not dieticians or health professionals. If you have a concern about your child's health please seek the advice of a health professional.

