

Good for Kids good for life

START THE DAY RIGHT WITH BREAKFAST



We've all heard that breakfast is the most important meal of the day and it's true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereal such as Weetbix, Porridge and Sultana Bran
- untoasted muesli topped with low fat yogurt
- Wholegrain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies

If you're short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.

Tuesday Tabloid

Weed Wars

NAME: _____

15.02.2022



A great place to be,
a great place to learn

Principals Message

Students have continued to show enthusiasm for their learning and happiness in the playground over the past week. The kindergarten students and their UD buddies have been exceptional in the way they have developed caring relationships and trust in each other. This has led to such a smooth transition to school.

You will receive information about the exciting and challenging learning in each classroom from your child's teachers today. It is great if you can talk to your child about their learning each day- even if they are reluctant to share, it is good to ask them about the lessons they have participated in throughout the day and the fun times they have had with their friends and teachers. Try to avoid focusing on the one thing that went wrong. This can develop into a negative pattern. The good news is, and our daily observations confirm, students are happy and engaged the majority of their day at school.

Weed Wars

Upper Division and Mrs Farley had a fabulous Friday weeding the Kitchen Garden. We had to dodge rain, creatively use tools, relocate skink eggs and solve some pretty tricky weed problems. The resilience, determination, good humour, cooperation and hard physical work led to us all having a great afternoon and successfully defeating the weeds.....for now!

Library News

Library day is on **Thursday** again this year. Children are reminded that it is preferred that they bring a library bag (or an old pillowcase) to protect the books when they take them home. Kindergarten students received a library bag last week. Often Upper Division students are permitted to borrow books without a bag as they use them for silent reading in class. This is a great idea.

Lower Division students are allowed to borrow two books each week, provided they return the previous week's books. Students return their books to Felice at the office and place them in the yellow tub.

The library is open for students at lunchtime on Thursday if they would like to come in, lie around, play games, read or sketch.



PRC

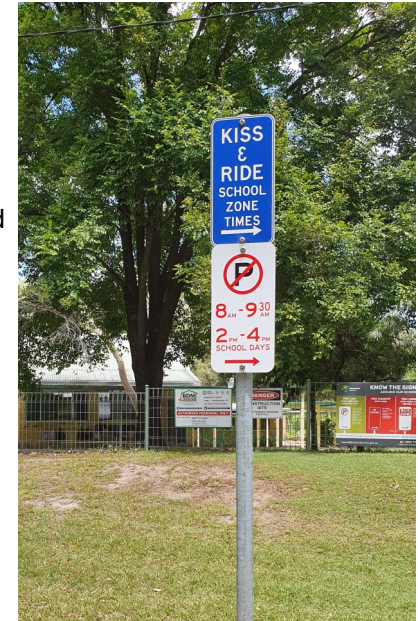
Once again, we will be participating in the Premier's Reading Challenge (PRC) as part of our library program. For new parents this involves the students reading and recording books from designated lists over a period of time between March and August. Student in Lower Division are required to read 30 books while Upper Division need to read 20 titles. I will send more information as I receive it.

KEEPING OUR CHILDREN SAFE

Kiss and Ride Signs

A reminder for returning families and information for new families there are **Kiss and Ride signs** out the front of the school – either side of the driveway near the administration building.

Kiss and Ride Zones are designed for your convenience and for your child's safety. Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers. These zones operate under the same conditions as **NO PARKING ZONES**, which means you may stop to drop off or pick up children for a **maximum of 2 minutes**. You're required to **remain in, or within 3 metres of**, your vehicle. Days and hours of operation may apply to some zones.



We are continuing our requests to have the speed limit changed to 60kph from the intersection of Seal Rocks Road and The Lakesway to past the school. (Currently there is a mixture of speeds within Bungwahl village)

The double lines in front of the school prohibits overtaking and making a u-turn. From time to time highway patrol officers visit the school to ensure our students are safe.

