School Vegetable Garden
Mrs T and her class have been busily planting vegetables. The whole class has been involved and are looking forward to reaping the reward of their labours.

Food and Healthy Happy Children
Breakfast It’s the most important meal of the day – but one in four children in Australia skips breakfast.
At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods, such as chips or biscuits.
A calm and healthy breakfast every day is the best defence against this happening. It also helps children to get into good habits that they can carry through life.
Lunch 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!
Choose from a variety of food types: fruit and vegetables, starchy food, protein and dairy.
For busy families, prepare lunchboxes and sandwiches the night before and store them in the fridge to ensure your child always has a healthy lunch with them. Don't forget the WATER!
Wash, rinse and thoroughly dry lunchboxes after every use to keep them safe and clean.

Fruit Break
Parents please remember to send in fruit with your child for fruit break in the mornings. The school has been receiving fruit from Woolworths but this is not to be replaced by fruit from parents as there would not be enough to go around.
So please remember to pack your child a piece of fruit each day.

Lake Ainsworth
Please keep your payments coming in. Next payment due on 6th June - thank you.

PLACE IN YOUR DIARY
Lake Ainsworth Excursion - 3rd November to 7th November 2014
P & C Fete 13th September - Term 3 Week 9

CHAPLAIN’S CORNER
Spending power
Getting a little bit of pocket money each week is a time-honoured way for children to learn the value of a dollar and how to exercise willpower as they save for bigger purchases. To prevent stress and drama when it comes to shopping trips, have some guidelines around when and how often you’ll take them. Nominate a time of the week or month to be your regular outing for the spending of pocket money. The aim is to keep things predictable and fuss-free so there are no debates or unexpected demands to be taken to the shops. Consider whether you’ll limit what they can buy with their own money too; if you’re not happy with them buying food or certain kinds of toys, be consistent about the rules from the very beginning to eliminate arguments.