Athletics Carnival Results
Senior Boy Champion Tim Bliss, Runner up Tim Beattie
Senior Girl Champion Lilly Romer, Runner up Karene Robinson
11years Boy Champion Liam Pearce, Runner up Sebastian Owen
11years Girl Champion Sarah Johnson, Runner up Grace Barrett
Junior Boy Champion Tully Arnold, Runners up Dayne Borthwick & Kehan Romer,
Junior Girls Champion Indra Graham Renwick, Runners up Brooke Wilson and Lily Arnold
Sub Junior Boys Champion Bailey Thomas-Evans, Runner up Sonny Arnold
Sub Junior Girl Champion Ella Mills, Runner up Montana-Rose Garmeister
Congratulations to Mr Loy for a extremely well run carnival

Lake Ainsworth Please keep the payments coming in as all money need to be paid by the end of August.

Dance Performance
Thank you to Bundarra Central School for putting on a dance performance at Gilgai School

Gilgai P & C Meeting
Next meeting 5th August at 7pm
All welcome

Playgroup Dates
29th July, 11th August, 25th August
**Good for Kids good for life**

**Tips to sneak fruit and vegetables into your child’s lunchbox**

56% of NSW primary school students do not eat the recommended daily amount of vegetables1. Fruits and vegetables provide an array of colour, taste and texture in a child’s diet. They are also an excellent source of fibre, vitamins and minerals. Eating fruit and vegetables daily helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese2. It also helps children to meet their recommended daily intake of fruit and vegetables.

Here are some tips to sneak fruit and vegetables into the lunchbox:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, frozen, canned (in natural or unsweetened juice) or occasionally dried fruit</td>
<td>Vegetable sticks e.g. carrot, celery, cucumber, capsicum etc.</td>
</tr>
<tr>
<td>Bite size fruit e.g. grapes, orange segments, melon etc.</td>
<td>Bite-size vegetables e.g. cherry tomatoes, snow peas, corn kernels</td>
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<tr>
<td>Raisin or fruit bread</td>
<td>Corn on the cob</td>
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<tr>
<td>Fruit muffin</td>
<td>Vegetable muffins</td>
</tr>
<tr>
<td>Fresh fruit and yoghurt</td>
<td>Salad vegetables on sandwiches</td>
</tr>
</tbody>
</table>

Reference:
1 SPANS 2010 Short report
2 NHMRC – Australian Dietary Guidelines Summary

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**PLACE IN YOUR DIARY**

Education Week - Week 3 Term 3
Book Week - Week 6 Term 3
Music Eisteddfod - Week 7 Term 3
Transition for Year 6 - starts in Week 9 Term 3
Lake Ainsworth Excursion - 3rd November to 7th November 2014
P & C Fete - Week 9 Term 3 13th September

**School Fete**

13th September Term 3 Week 9
The P & C will need donations of cakes and slices for a stall.
Goods for the White Elephant stall
Plants for a plant stall
And any help you can give to support our students

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**When school is a long way from home**

Find out if you’re eligible for the PVC subsidy at transport.nsw.gov.au/pvc

If you’re not close to public transport and need to drive a student to a bus stop or school, the Private Vehicle Conveyance (PVC) subsidy can provide twice-a-year payments to help you cover the expenses.

Can’t get online? Ask about the PVC subsidy at the school or call 1800 010 123 for more information.

To apply online and see full terms and conditions visit transport.nsw.gov.au/pvc
This is the quickest way to apply

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**T3 Wk 3**

<table>
<thead>
<tr>
<th>Date</th>
<th>AASC</th>
<th>Playgroup</th>
<th>Library Borrowing</th>
<th>Bundarra Performance</th>
<th>Preschool in the Hall</th>
<th>P &amp; C Luncheon</th>
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<td>28th July</td>
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<td>30th July</td>
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<td>1st August</td>
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</table>

Preschool will now run on Thursdays and Fridays
Active Afterschool will run on Mondays for 7 weeks 21st July to 1st September

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**T3 Wk 4**

<table>
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<tr>
<th>Date</th>
<th>AASC</th>
<th>Playgroup</th>
<th>Library Borrowing</th>
<th>P &amp; C Meeting 7pm</th>
<th>Preschool in the Hall</th>
<th>P &amp; C Luncheon</th>
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