Tuesday 29th April 2014

Principal's Report

Welcome back to all of our students. I hope this finds everyone well and ready for a great term of learning.

All staff attended cultural awareness training yesterday. Our thanks to Aunty Carmel, Aunty Sue, Uncle Shane, Sonia, Zandra and Bev for all your effort and for delivering such a valuable training opportunity to the staff of both Casino West and Casino Public Schools.

I would once again like to remind parents to read a story to your kids every night. This is so important as it shows you value reading and also improves listening and comprehension skills. It is also important to listen to your kids as they read to you. With winter coming, sitting with your kids while they are snuggled up is a great thing to do!

It is also really important to ask your kids what they learnt at school every day. Revisiting learning really helps embed the concepts taught at school and keeps parents up to date with learning.

Homework Centre will kick off next week and we would like to see lots of students access this excellent program. Thanks to Mrs Newton for running our homework centre.

A big thank you to the students who joined us on the ANZAC Day march. You were a credit to the school and our community.

All the best to everyone and lets have a very successful term.
Regards Michael Taylor, Principal.

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Week 1 – Term 2

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<th>Dates to Remember</th>
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<td><strong>Term 2</strong></td>
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<td>Thur 1st May</td>
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<td>Thur 8th May</td>
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<td>13th - 15th May</td>
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<td>Tues 27th May</td>
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<th>Term 3</th>
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<td>Mon 14th July</td>
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<td>Tue 15th July</td>
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<td>28th – 31st July</td>
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<td>Fri 19th Sept</td>
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A Message From The AEO

Leanne Caldwell will be acting for Aunty Sue while she is on leave until 23rd May.
Easter Egg Raffle Winners

- Jill Connolly
- K Smith
- Noel York
- Preston Hickling
- Will Vidler
- Jay Smith
- Tayla Boyle
- Winning Class: 1/2S

- Tina Amey
- Josh Lewis
- Isabelle Needham
- K Geary
- Zander Cowles
- Danielle Bennett
- M Hogan

- Donna McLennan
- Tayla Boyle
- Brandon Lewis
- Ann Battistuzzi
- Heath Barrett
- Amy Leadbeatter
- Logan Moran
- Most Tickets Sold: Ebony and Taylah Pederson

- Sandra Riggall
- Logan Moran
- Katie Ellis
- Sophie Goldthorpe
- Leila Sumbeiywo
- Luke Smith
- Isabelle Needham

Thank you to everyone who supported our Easter Egg raffle last term.
Matt King Shield
A note has been sent home today to selected students in Stage 2 and Stage 3 to attend the Matt King Shield day at Queen Elizabeth Park this Thursday. If you can help with transport for students on the day please indicate on the note. Students will leave school at 9.00am, please return notes as soon as possible.

School Photographs
The annual school photographs are being processed and should be sent to the school towards the end of May.

Stewart House Donation Drive 2014
Envelopes have been sent home today. Your donation supports the 1,800 children who attend Stewart House each year from public schools across NSW and the ACT. Please return envelopes to the front office. Thank you.

Growing Respect Project
Growing Respect Project Information sheet for parents was sent home last term, if you do not wish for students to participated in this evaluation please return the signed note. Thank you.

Homework Centre
Homework Centre will recommence for Term 2 on Wednesday 7th May between 3.30pm and 5.00pm. Afternoon tea will be supplied for children. Parent help for making afternoon tea would be appreciated. Please collect your child promptly at 5.00pm from the library. Thank you, Mrs Newton.

Canberra Excursion Year 5 and Year 6
Please return all notes for this excursion by the end of the week. We have 31 students who have paid a deposit for the Canberra excursion. We required a minimum of 40 students to make this excursion viable. Please return your permission note and $50 deposit by the end of the week so the school can collate the information. Thank you, Mr Campbell.

Healthy Eating Tips For School Lunchboxes

Keeping snacks healthy
When preparing snacks for children, ensure you:

- choose plant-based foods, for example fruit, bread, vegetables.
- encourage children to understand a treat is an occasional rather than an everyday item.
- make water a regular drink, with soft drink or juice as an occasional option.
- keep in mind that taste and interest are important factors in encouraging children to eat healthy snacks (offer snacks of varying colours, textures and flavours).

More information: www.heartfoundation.org.au

Lunchbox tip
Even fussy eaters should be given a variety of different foods in their lunchbox (plus a couple of favourites so you know they won't go hungry). They are more likely to eat new foods when mum is not watching and they are surrounded by other children eating.


Snack ideas
- Cut vegetables such as carrots, celery and cucumber and store them in a small container or snap-lock plastic bag. Add dips such as yoghurt, hummus or soft cheese in a separate container.
- Make wholemeal muffins and freeze them. Pack a muffin each day for a snack.

More advice at www.schools.nsw.edu.au

Lunch box ideas
Healthy lunches and snacks are important for your active child. Eating healthy food helps your children concentrate and learn. Here are some suggestions of foods to put in your child's lunch box at school:

- Crunchy vegetables.
- Fresh fruit.
- Meat or protein food such as slices of lean meat or hardboiled egg.
- Dairy foods such as cheese stick or slice, milk or yoghurt.
- Starchy food such as bread, a roll, pita or flat bread, fruit bread or crackers.
- A frozen drink such as water or milk, an icepack or freezer pack.
- It is very important that your child still has time to relax, play outside and do things that they enjoy.

For more information visit: www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/(Pages)/Lunchbox_tips