

# Newsletter

Week 8 - Tuesday, 7 June, 2021



## Another COVID pause

It was great to welcome back students to school last Friday.

Lets hope that the situation continues and we can finish out the term at school

The school continues to be updated daily by the Department of Education and the Health Department on the current COVID situation and we are following all current advice.



## Student Reports

We have a Report Writing Day this Friday so that teachers can get on with finishing student reports. Student reports will be handed out last week of term.

## End of Term

Last day of term will be Friday 25 June. Students will be dismissed early. School buses will run 1 hour earlier for end of term. Parents can pick up students at 1pm.

## REPORTING WRITING DAY - Friday, 11 June

The school is having a Report Writing Day on Friday, 11 June. There will be no school for students on this Friday.

## QUEENS BIRTHDAY PUBLIC HOLIDAY - Monday, 14 June

Monday, 14 June is a designated public holiday. There will be no school for students on this day

### 2021 CALENDAR OF EVENTS

#### Term 2

Friday 11 June	Report Writing Day - no school for students
Monday 14 June	Queen's Birthday Public Holiday - no school for students
Monday 21 June	School Council Meeting
Friday 25 June	End of Term 2

#### Term 3

Monday 12 July	Term 3 commences
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### FRUIT 1

#### FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

#### MIXED FRUIT

- Fruit salad
- Fruit kebabs

#### DRIED FRUIT

- Dried fruit, nut, popcorn mixes\*

#### TINNED FRUIT/SNACK

##### PACKS/CUPS

- In natural juice (not syrup)



### VEGETABLES 2

#### FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

#### Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

#### SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad\*

#### BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

#### SOUP (in small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

### MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

#### Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

#### Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

### MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats
- Boiled eggs (e.g. ham, silveride, chicken)
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter\*

#### Can serve with:

- Wholegrain sandwich roll
- Pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

#### Vegetable tittita

- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

#### Can serve with:

- Side salad
- Steamed or roasted vegetables

### GRAIN AND CEREAL FOOD 5

#### MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

#### Tip: Use breads such as

wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or couscous dishes
- Noodle dishes
- Sushi

#### SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

#### SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

#### SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispbreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

### WATER 6

- Take a water bottle (for refilling throughout the day)
- Tip:**
- Freeze overnight to keep foods cool in lunchboxes

**Sweet and savoury snack foods** (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



\*Check your school's policy regarding the use of nuts and products containing nuts.