Awards for Term 1 Week 9
Super Spellers: Mason, Axari, Curtis, Brady, Ruby, Hayley C, Georgia, Indikah, Lucy, Drew

Term 1 at a glance
Wednesday, 10 April  Canteen (order form in this newsletter – orders due before Monday)
Friday, 12 April  End of Term 1

Term 2
Monday, 29 April  Staff Development Day
Tuesday, 30 April  Staff Development Day – New Syllabus Implementation Training

Wednesday, 1 May  Students return
Friday, 3 May  Tatreagle PSSA Cross Country to be held at Rous PS
Saturday, 4 May  Sausage Sizzle at ‘Wyrallah Road Blue Ribbon Meats’ Lismore (P & C Fundraiser)

Calling Parent Master chefs!

Kids in the Kitchen Program
Parents who are interested in helping our students have a valuable experience through cooking are invited to be actively involved in our new Kids in the Kitchen program. Grandparents and community members are also most welcome to join in and be part of this program.

Research shows that involving children in hands-on cooking experiences increases the likelihood of them eating fruit and vegetables and, in the long term, developing healthy eating habits.

The objectives of the KIK program are for students to:
• Try a diverse range of healthy foods
• Learn how food affects their bodies
• Learn cooking skills
• Develop healthy eating habits

The Department of Health will provide a trainer just for our parents and school to run an information and hands-on session. The session will take about 3 hours and you get to eat everything you make!

Can you spare:
• 3 hours for the initial training?
• some time once a fortnight? Or maybe once a month?

Please fill out the attached expression of interest to let us know. When we know how many parents are available to be involved we will arrange a mutually convenient information and training session time.
P & C News

➢ Mother’s Day Raffle tickets attached to this newsletter. Fantastic prizes to be drawn on Wednesday, 8 May.

➢ Have you filled in the form (at end of this newsletter) for the Sausage Sizzle Fundraiser to be held at ‘Wyrallah Road Blue Ribbon Meats’ Wyrallah Road Lismore Saturday Morning, 4 May 2013 (Between 7.30 am and 12.30 pm)? Even if you can only help for 1 hour, it will be greatly appreciated.

TREGEAGLE PSSA SCHOOL CROSS COUNTRY
This is a whole school activity and will be held on Friday, 3 May (Term 2 Week 1) at Rous Public School. Students will leave Wyrallah school at 9.15 am and travel by bus which has been organised by the school. Cost of bus is $5 per student to be paid for by parents.

All students must wear appropriate sports footwear or they will not be able to compete. Students are to take their own lunch, drink bottle, hat and wear sunscreen. A Sausage Sizzle BBQ, drinks and ice-blocks will be on sale. Unless it is torrential rain, the day will go ahead. Students are to bring a change of clothes if there is a chance of rain. There are still some outstanding Permission Notes – please return NOW with $5 per student for bus hire.

CANTEEN
Thank you Charlotte for the delicious Penne Pasta with Bolognise Sauce for our last canteen.

Our next canteen will be on Wednesday, 10 April 2013.

Menu – Wednesday, 10 April: Chicken and Salad Wrap or Cheese and Salad Wrap and Fruit Popper (orange or apple or apple blackcurrant ) COST $5

FEES – SCHOOL VOLUNTARY CONTRIBUTION
Many thanks to the families who have already paid the School Voluntary Contribution, commonly referred to as School Fees. As a reminder the money is used at our school to provide students with textbooks and workbooks for the year. It also provides class consumables which many other schools require students to purchase, such as pencils, paints, rubbers, glue and rulers.

$30 per child, $20 for second child, and $10 for third child

If you are having financial difficulties in paying these fees please feel free to contact the school. The school does have a small amount of funds for financial support. All information will be treated confidentially.

P & C VOLUNTARY CONTRIBUTION - attached to a previous newsletter
$30 per child, $50 per family and $5 P & C Membership Fee

Lisa Fahy
Principal

Keep those, printer cartridges, smoke detectors, cd’s & DVD’s, corks, reading glasses and x rays coming in
NO BATTERIES ACCEPTED.
Woolworths Earn & Learn
From 8 April to 9 June when shopping at Woolworths collect stickers from the checkout operator and place on the sticker card attached to this newsletter. More sticker cards are available from the school office. There’ll be one sticker for every $10 spent (excluding liquor, tobacco and gift cards). Once sticker card is completed hand in to school office. This fundraising activity assists the school to buy resources to enhance our student’s education. Sticker card attached to this newsletter.

Community News

Healthy, Local Cooking Demonstration with Alison Drover –
Thursday 16 May in Lismore
Get your taste buds watering at our healthy cooking demo that will showcase the best local ingredients from the Northern Rivers Region.
Learn how to select, cook and present some fail-safe meals that are quick and simple, and sure to impress the whole family. Chef and local foodie, Alison Drover will show you how to incorporate seasonal produce from around the Northern Rivers region that’s sure to bring down your food mileage and help the family stay fit and healthy all year round. Free tastings included!
COST: FREE          WHEN: 11am – 1pm, Thursday 16 May, 2013
WHERE: Gordon Pavilion, Oakes Oval, Lismore   BOOKINGS: Call Graeme Williams on 6620 7504 or email: graeme.williams@ncahs.health.nsw.gov.au

Go4Fun

What is Go4Fun?
Go4Fun is a free healthy living program for kids to become fitter, healthier and happier. The program is fun and interactive and supports 7–13 year old children and their families to adopt a healthy lifestyle and a long lasting and healthy approach to living. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills.

Who can participate?
The program has been specifically designed for children aged 7–13 years who are above a healthy weight and their parents.

What happens on the Go4Fun® program?
The program consists of 20 sessions, twice a week for 2 hours. Highlights include:
• Weekly games and activities for children.
• Fun, interactive discussions to teach you easy and effective ways to improve your child’s nutrition, physical activity and self-esteem.
• Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.
• The chance to try delicious and healthy new foods!

Why join Go4Fun®?
✓ FREE healthy living program to help 7-13 year olds and their families to lead healthier lives
✓ Make new friends
✓ Feel more confident and boost self esteem
✓ Get fit playing fun games
✓ Set goals to reach and maintain a healthy weight

How to Register
Places on the program are limited, so register today and make sure you don’t miss out!
Free call 1800 780 900 or register online at www.mendcentral.org
--- Please complete and return before Monday, 8 April 2013 ---

Expression of Interest

Kids in the Kitchen Program

I am interested in helping our students have a valuable experience through cooking and would like to be actively involved in our new Kids in the Kitchen program.

Name: .......................... Date: ........................

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Please detach and return before Monday, 8 April 2013 ---

P & C Fundraiser

SAUSAGE SIZZLE

To be held at ‘Wyrallah Road Blue Ribbon Meats’ Wyrallah Road Lismore

Saturday Morning, 4 May 2013 (Between 7.30 am and 12.30 pm)

☐ YES I am able to assist on the day – ☐ 7.30 am to 8.30 am
☐ 8.30 am to 9.30 am
☐ 9.30 am to 10.30 am
☐ 10.30 am to 11.30 am
☐ 11.30 am to 12.30 pm

☐ NO I am unable to assist on the day

Name: .................................................. Phone No: ..........................................

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Please detach and return before Monday, 8 April 2013 ---

Canteen Order Form

Wednesday, 10 April 2013

Name: ........................................................

Amount Enclosed: ......................................

Menu: Chicken and Salad Wrap or Cheese and Salad Wrap and

Fruit Popper (orange or apple or apple blackcurrant)

(COST $5)