Welcome back

Welcome back for term two. I look forward to working with you as we fit so much into this short 9 week term.

NAPLAN testing will take place for all Year 3 and Year 5 students in week 3. The tests will be completed on Tuesday 13, Wednesday 14 and Thursday 15 May. It is very important that your children arrive at school on time ready to complete the tests. This assessment is simply a snapshot of student knowledge and skills on that particular day. Parent reports will be provided during September.

PSSA School Cross Country

This is a whole school activity and will be held on next Thursday, 8th May at Rous Public School. Students will leave Wyrallah school at 9:15am and travel by bus which has been organised by the school. Cost of bus is $5 per student to be paid for by parents.

A detailed note is attached to this newsletter. Could notes and money please be returned by Monday, 5 May.

Easter Raffle

Congratulations to the following winners of our Easter Raffle -

1st prize - 2 child tickets to Sea World - Mary
2nd prize Easter Hamper - Drew C
3rd prize Kids Bath Kit - Ella G

Jaime Oliver / Kids in the Kitchen

On Friday 16 May we will be participating in a combined Kids in the Kitchen and the Jamie Oliver Food Revolution Day. We will be making rainbow salad wraps. Food Revolution Day is an annual global day of

For your Diary

Term 2

Week 1

Mon 28 April Staff Development Day
Tue 29 Students Return
Year 6 - Interelate - ‘My Family’ @ Tregeagle PS
Wed 30 Maths Day
Thur 1 May P&C Meeting @ 6:30

Week 2

Thur 8 Cross Country @ Rous

Week 3

Tue 13 NAPLAN - Language & Writing
Wed 14 NAPLAN - Reading
Thur 15 NAPLAN - Kids in the Kitchen - Jamie Oliver cooking

P&C Meeting

Thur 1 May @ 6:30pm
action that celebrates good, fresh, real food. It’s a day to shout about the benefits of cooking from scratch and, ultimately, to show people that not only is fresh food tastier, changing their food choices can also make them healthier and happier.

**Last Day of Term Activities**

The last Friday of Term 1 was an action packed day of FUN! We departed school at 10:00am, had morning tea, a birthday cake (for Brady & Ella) and a train ride (thanks to our wonderful GA, Brian) at Heritage Park. As part of the Active After School Communities program, we then spent the afternoon at the East Lismore Tennis Courts along with Whian Whian and Corndale Public School.
Meeting opened: 6.30pm
Present: James Quinn, Charlotte Walker, Lisa Fahy, Sue Graham and Nathan Rose
Apologies: Peter Graham and Michelle Allan
Moved: James Seconded: Charlotte

Minutes from previous meeting:
Read by Sue Moved: Sue Seconded: James

Business arising from previous minutes:
Bunning’s BBQ Brochure Student Injury Insurance
Trivia Night Wyrallah Shopping Village BBQ

Correspondence:
Letters received-
# WPS (Invoice for school flag)
# Certificate of Currency (Student Injury Insurance)
# NSW Education & Communities (School Global Funding)

Treasurer’s Report
* BALANCE from previous meeting $3023.36
* Less Bunning’s expenses (22/2/14) $ 417.90 -
* Less Audit fees (Glenda Fraccaro) $ 100.00 -
* Less Student Injury Insurance $ 87.30 -
* Credit Interest paid $ 2.23 +
* P & C Subs paid $ 25.00 +
* ACCOUNT BALANCE $ 2445.39

Moved: Sue Seconded: Nathan

Principal’s Report Read by: Lisa (attached to minutes)

Committee Reports (Canteen, Fundraising, Sustainability, Media): Nil

General Business:
A motion was moved that the P & C pay on the invoice presented for $285.00 for the NORPA tickets and Bus Hire to the City Hall. Moved: James Seconded: Sue

A discussion was held in regards to holding a Fundraising BBQ at Wyrallah Shopping Village. The date for the BBQ is 17th May to be confirmed with the owner and confirmed at the next P&C meeting on Thursday 1st May 2014.

The Trivia Night is still on hold due to the Wyrallah Hall holding a Trivia Night in April.

James has posted the letter to Bunning’s and waiting on a reply to hold a Fundraising BBQ in the second half of the year.

Nathan is ringing the RTA or Lismore City Council in regards to the school sign on Wyrallah road, the P&C would like the sign to read WYRALLAH PUBLIC SCHOOL not just SCHOOL as we are trying to promote OUR school.

Next meeting scheduled for Thursday 1st May 2014 Meeting closed 8.47pm
Building a Healthy Lunchbox

Building a healthy lunchbox is as easy as 1, 2, 3… and a water bottle!

1. pack a sandwich, roll, wrap or alternative
2. add fresh vegetables, fruit or fruit snack pack
3. select 2-3 more healthy snacks……
   PLUS a thirst quenching Water Bottle (freeze in hot weather)

A healthy lunchbox is vital to help kids be active, concentrate and learn. Growing kids need lots of nutritious foods and snacks. Lunchbox foods should be simple, ready to eat and appetising after several hours storage in the lunchbox. Young children need small, easy to manage servings. They will want to eat their lunch quickly and then go and do other activities.

It’s great to get your kids involved by getting them to help you shop for lunchbox foods they like and by encouraging them to make or prepare their own lunchbox food.

Fill their lunchbox with a variety of nutrition packed foods and a water bottle. Plain water is naturally the best choice and it’s the best thirst quencher too! Freeze drinks to keep the lunchbox and the kids cool on warmer days.

Tips and Ideas

Sandwiches, roll, wrap or alternatives

- If lunches return home uneaten perhaps there wasn’t enough time to eat before their friends wanted play. Try cutting sandwiches into quarters, so they can at least finish some.
- For the little ones, use cookie cutters to cut sandwiches into shapes for fun and variety.
- Try sandwich sushi – put sandwich filling on a slice of bread then roll up and cut in thirds.
- Try different types of breads - pita bread, rolls, bagels, mountain bread, baguettes, French sticks, and muffins – small bake-at-home rolls are a great size for kids and can be heated fresh each morning.
- Vary fillings. Choose from salads, cheese, shaved meats, tinned tuna and baked beans. Chutney, hommos and pickles can sometimes be just the thing you need to make it more appealing. Try to avoid fillings that will make the bread go soggy like thickly sliced tomato.
- Alternatives to bread include crisp breads, water crackers, corn thins, rice cakes or rice crackers, other wholmeal or grain crackers.
- Pack crackers with cheese slices or cubes of cheese and some carrot and celery sticks
- Wholemeal and wholegrain varieties of breads or crackers are healthier choices and will keep kids feeling fuller for longer.

- Some fantastic alternatives to sandwiches:
  - Bake and freeze some savoury muffins – they’re a great alternative to sandwiches and kids love them.
  - Small salads in zip lock bags with hard boiled egg, cherry tomatoes, cheese or some cold meats.
  - Left over dinners – fried rice, pasta, cheese and spinach triangles, baked vegetables, homemade pizza… all make nutritious manageable lunchbox food.
  - Use a thermos to pack vegie soup with a small dinner roll.
  - Pasta or a noodle salad
  - Try making mini quiches in muffin tins with bread as pastry and vary the filling.

REMEMBER TO RESPECT THE SERVICE NUTRITION POLICY – SOME SERVICES ARE NUT AND/OR EGG FREE