PSSA School Cross Country

Students have been getting plenty of Cross Country training in readiness for this Thursday's Cross Country at Rous Public School.

We will be leaving 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 canteen and cake stall will be available on the day. Attached to this newsletter is a program for the day. Parents & Families are welcome.

School Library

Due to Cross Country being held this Thursday we will be having library on Wednesday afternoon. Could all students please remember to return their library books on Wednesday.

P&C News

Our P&C have been putting their heads together and are busy organising fundraisers for our students.

Poppers - Fruit juice

The first will be a regular sale of poppers. It has been decided that poppers will be available for $2 every Friday starting this Friday.

BBQ @ Wyrallah Road

A BBQ at the Wyrallah Road Shopping Village will be held on Saturday, 17th May commencing at 7:30am to approximately 1:00pm. If anyone could please spare an hour or more on Saturday 17th please complete to attached note and return to school as soon as possible.
Spelling: Kirra-Lee, Ella, Brady, Grace, Lucy, Indi, Jacob & Drew A

Merit Awards: Ruby

Mathletics: Bronze - Drew C & Jiah

Book Club
Issue 3 book club catalogues will be sent home today with the newsletter. Please note the return date for this issue is Tuesday 13th May.

Theme Park passes
Discount vouchers have been send home today. More vouchers are available at the school office if required.

Canteen
Charlotte has once again offered to do canteen. This is planned for Wednesday, 28th May. More information and an order form will be issued next week.

Can Breakfast Make Kids Smarter?

Last year the University of Pennsylvania School of Nursing published findings from their research that says it does. The research found that children who regularly have breakfast on a near-daily basis had significantly higher full scale, verbal, and performance IQ test scores.

Why? After a whole night of fasting, breakfast serves as a means to supply “fuel” to the brain. Meanwhile, social interaction at breakfast time with others may promote brain development. Mealtime discussions may facilitate cognitive development by offering children the opportunity to expand their vocabulary, practice synthesizing and comprehending stories, and acquire general knowledge, noted the authors.

So the advice is eat breakfast – it may make you smarter. http://www.nursing.upenn.edu/sia/Pages/Can-Breakfast-Make-Kids-Smarter.aspx
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 wholemeal 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 full 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
Meeting opened: 6.35pm  
Present: Lisa Fahy, James Quinn, Charlotte Walker, Peter & Sue Graham, Nathan Rose and Nancye Felsch  
Apologies: Michelle Allan  
Moved: James Seconded: Charlotte  

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

Business arising from previous minutes:  
A letter to be drafted to the Lismore Traffic Advisory Committee in regards to (school signage) on Wyrallah Road  

Correspondence:  
Letters received Nil  

Treasurer’s Report  
Opening Balance from previous meeting $2445.39  
Money banked for Easter Raffle $185.00  
Reimburse Wyrallah Public School (school flag) Approved $319.00  
NORPA tickets & bus hire (Subsidised by P & C) Approved $285.00  
Credit Interest paid $1.98  

ACCOUNT BALANCE@ 1-5-14 $2028.37  

Moved: Peter Seconded: Lisa  

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

Committee Reports (Canteen, Fundraising, Sustainability, and Media):  
A motion was moved to start selling poppers at the school for $2.00.  
Moved: James Seconded: Nathan Carried  

Next canteen day will be Wednesday 28th May, menu to be decided  

General Business:  
- The next Fundraising BBQ is being held at Wyrallah Shopping Village on 17th May. The times will be 7.30am- approx 1.00pm, anyone willing to give some help on the day that would be greatly appreciated, please see roster attached to newsletter.  
- Nathan has been speaking with the Lismore City Council and the Roads and Maritime Services about the school sign on Wyrallah Road. The sign says SCHOOL, the P & C are trying to get this sign changed to read WYRALLAH PUBLIC SCHOOL to help promote our school. Nathan is drafting a letter to be forwarded to the secretary of P & C to be sent to the Lismore City Council Traffic Advisory Committee asking them if the sign can be changed.  
- A motion was moved that Nathan would draft a letter to the Lismore City Council Traffic Advisory Committee.  
- Nathan made a suggestion in regards to the Kinder Orientation days, he suggested that we advertise through the local radio stations and community calendar advertisements to promote new enrolments.  
- James will speak with Fred Hoskins in regard to the Trivia Night that Wyrallah Hall was to hold in April, to be discussed at next meeting.  

Next meeting scheduled for 5th June 2014  

Meeting closed 8.15pm
Tregeagle District Cross-Country

When: Thursday 8th May, 2014 commencing at 9.45am.

Where: Rous Public School grounds

Who: 8 – 13 year old students from Rous, Tregeagle, Wyrallah and Albert Park.

Program: Students will walk the course at 10am.

1. 8/9 yrs boys 2 laps
2. 8/9 yrs girls 2 laps
3. 10 yrs boys 2 laps
4. 10 yrs girls 2 laps
5. 11 yrs boys 3 laps
6. 11 yrs girls 3 laps
7. 12/13 yrs boys 3 laps
8. 12/13 yrs girls 3 laps
9. 7 yrs boys 1 lap
10. 7 yrs girls 1 lap
11. 5/6 yrs boys 1 lap
12. 5/6 yrs girls 1 lap

Students compete in the division of the age they turn this year.

Additional Information:
- Students must run in shoes.
- Students are allowed to carry a puffer, if needed, during the race. (Please discuss the use of puffers with your child so they know if and when they are to use it).
- Students in the 8 -13 yrs events will be selected for the NRPSSA Carnival to be held at Corndale on Friday 23rd May 2014 (Week 4).
- K/1 will spend the morning in class and join us at approximately 1pm to compete in their races.

Canteen:
Sausage sandwich $1
Drinks – Soft drink/Juice $1
Ice-blocks 60c

Cake Stall:
Tea and coffee and a variety of cakes and slices will be available on the day. Prices will vary.

Parents are most welcome to come and cheer students on in their events. We look forward to seeing you there.

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Wyrallah Public School P&C
Wyrallah Road BBQ Fundraiser - Saturday 17 May 2014

YES - I am available to help on the day. (Please circle what time you are available)

• 7:30am to 9:00am • 9:00am to 11:00am • 11:00am to 1:00pm

Another time: ____________________________

No - I am unavailable to help on the day.

We will require 4 helpers at each session. If you would like to even do 30 minutes, it would be greatly appreciated.

Name:__________________________ Phone:__________________________