Inside this issue:

Healthy & Clean eating 1
Healthy Eating Cont. 2
Book Week 2
The Yellow Bench 3
Emergency Luches 3
Sports Day 3
Class Contribution* 4

ABSENCES CAN BE TEXT TO THE SCHOOL MOBILE ON 0409 097 059

Dates to remember:

Tuesday 25th August
Early Dismissal 2.30
✓ Pupil Free Day — Friday 18th September
✓ Book Week—Week 6
✓ Sports Day—Thursday 17th September

TERM 2
ATTENDANCE RATE
89%
DECD TARGET
93%

Respect
Responsibility
Persistence
Confidence

Quality Education Empowering Community Minded Learners—Helping each other to succeed.

With so much talk lately about healthy and ‘clean’ eating and more emphasis on the negative effects of high sugar diets I thought it would be timely to share this article I came across recently about what a healthy lunchbox looks like. I found the article quite interesting and it certainly made me think twice about some of the foods I give my little girl and has also made me look at the nutritional information on all packaged foods I purchase. It is quite surprising to see the sugar content in many foods that are often portrayed as ‘healthy options’. I hope you too can get something out of this article that has been included in this newsletter, enjoy J

Carly Pavy
School Counsellor

ABSENCES CAN BE TEXT TO THE SCHOOL MOBILE ON 0409 097 059

Dates to remember:

Tuesday 25th August
Early Dismissal 2.30
✓ Pupil Free Day — Friday 18th September
✓ Book Week—Week 6
✓ Sports Day—Thursday 17th September

TERM 2
ATTENDANCE RATE
89%
DECD TARGET
93%

Respect
Responsibility
Persistence
Confidence

Quality Education Empowering Community Minded Learners—Helping each other to succeed.

WITH a third of a child’s daily food intake consumed at school, it’s worth making sure that parents get the lunch box balance right.

We all lead busy lives, especially parents of school-aged children, and often it’s easier to resort to prepackaged, processed items as a way of saving time. Seeing the contents of the lunch box return home untouched can be disheartening for many parents, let alone children not getting the nutrition they require for optimal growth and development.

On top of this, new research reveals an alarming number of primary school kids heading to school with no breakfast or what parents worry won’t be enough breakfast to power them through a morning.

Studies have proven the link between eating a balanced diet and improved cognitive and academic performance. Not receiving the right fuel can contribute to poor mental health and a lower IQ, and cause more disruptions in the classroom. This affects their ability to thrive and learn. What’s more, poor eating habits at a young age are also a key contributor to child obesity and the disease-promoting eating habits that may carry over into adulthood.

The lunch box formula

A nutritionally balanced lunch box has four key components according to Nutrition Australia, which recently updated the Healthy Eating Pyramid.

1. A main item. For longer-lasting energy, include a combination of low-GI (glycemic index) carbohydrates, such as wholegrain bread; a roll or flat bread; fruit bread; or crackers. Mix them with a protein-based filling to keep kids full and at optimal concentration levels for the entire school day. This includes lean meat (poached chicken, roast beef, lean ham, turkey) and for example, eggs, legumes or beans, or nut spreads (provided the school does not have a nut-free policy).

2. Fruit or vegetable. Include whole pieces of fruit; chopped, crunchy veggie sticks; canned fruit in natural juice; or a small mixed salad for fibre and an array of vitamins, minerals and antioxidants.

3. A snack. Include a nourishing snack based on a core food to top up energy levels and avoid the afternoon slump. Sensible choices include either a dairy-based snack, such as reduced-fat yoghurt, cheese, plain milk or milk alternatives (such as calcium-fortified soy), or carbohydrate-based foods including grainy crackers, plain popcorn, wholemeal fruit muffin, or protein-rich foods, such as a boiled egg, hummus or canned fish.

4. Drink. For optimal hydration, always include bottled or tap water. Plain milk is also acceptable. Cont’d

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied

A good lunch box: A balanced variety of nourishing snacks (such as yoghurt, wholegrain crackers and hummus), with fruit and veg and wholegrain wrap with baked leftover chicken. Source: Supplied
What to avoid

Sugar-sweetened beverages: fruit juices, fruit drinks, cordials, sports drinks, energy drinks, artificially sweetened or flavoured waters, iced teas and soft drinks. These are high in energy (kilojoules) and sugar, and can lead to weight gain and oral health problems in children.

Packaged snacks: cheese and dip snack packs, coated muesli bars, oven-baked savoury biscuits, muffins, rice crackers, crisps and biscuits are often high in salt or fat, along with highly processed carbohydrates, including starch or sugar. Dried fruit straps tend to be low fibre and high in sugar, which can stick to children’s teeth, causing tooth decay.

Processed meat: salami, bacon, pastrami sausages are highly processed and salty. They can also be fatty. Save these for every now and then, rather than packing them every day.

A Bad lunch box: Snacks with added sugar and fat, refined carbohydrates (such as bread and crackers) with processed meat and a sugar sweetened beverage. Source: Supplied

Daily lunch box dilemmas solved

Involve the kids. Parents can encourage their kids to eat healthy foods by involving them in packing decisions. Not only does this encourage healthy habits from a young age, it also increases their likelihood to eat those foods, preventing lunch box leftovers.

Be patient. It can take up to 15 times before new foods become familiar and are accepted, so constant exposure is critical. It’s important not to give up as this is key to forming healthy habits that last a lifetime. Make sure the environment is always relaxed and avoid bribes where possible.

Plan ahead. To ensure you get through busy times a little easier, plan in advance what foods to include for the week. This includes cooking a little extra dinner for leftovers, and having enough fruit, vegetables and portion-controlled snacks that are quick to prepare and fun to eat.

Food safety. When packing a school lunch, it is important to consider how the lunch will be kept cool to prevent foods and drinks from spoiling. Include a frozen drink bottle or use an insulated lunch box with an ice brick.

KATHERINE ALLEAUME
news.com.au

Risdon Park Primary School is celebrating this year’s Book Week in week 6 of this term (24th August - 28th August).

We will be having classroom activities with the short listed titles being shared around the classrooms. Other events will include the Year R-2 students visiting the Public Library during the week and a dress up day on Friday 28th of August with a parade at our assembly at 12.30.

On dress up day your child can dress up as one of their favourite book characters that lights up their world.

Reading is important and we hope that Book Week can provide strategies for students to continue to enjoy learning from books.

Regards,

Book Week Committee.

Is your son or daughter taking up the Challenge in 2015?

If so, please ensure they fill in their student reading records as they read their books, gets them signed off as they go and please make sure your child hands it in to their teacher or the school contact person before Friday 4th September.

THE CHALLENGE IS TO READ 12 BOOKS

Student reading records are available from your child’s teacher download from the website:

www.prc.sa.edu.au
THE YELLOW BENCH

In our discussion through unit meetings our staff is looking at other ways we could support our Reception to Year 2 students in making stronger choices and not going to reflection room. A yellow bench in the front yard is being trialled to sit students out for a period of time.

Please talk about this with your children as parents have a positive impact on their children. Key questions could include:

- Why did you have to sit on the yellow bench?
- What stronger choices could you use next time?
- Did you think of using these strategies?
- If you would like more information please have a conversation with your class teacher.

Regards,
Damien Mellow

EMERGENCY STUDENT LUNCHES

We are having an increased number of students come to the office at eating time, saying that they have no lunch. Office staff try and ring parents, but often we cannot get on contact with them, or they are not able to get lunch to their children within the lunch period.

I strongly encourage parents to ensure that their children leave home with lunch and recess in their school bags.

Emergency lunches will be provided, but it will come at a cost from the canteen

Regards,
Carolyn Clinton
Principal

SPORTS DAY

SPORTS DAY is to be held on Thursday  17th September, with a pupil free day held on the following day Friday 18th September.
Sports day commences at 9.10am on the oval. Junior Primary students finish at 12noon and are encouraged to be collected by their parents or a designated family member. Year 3 to 7’s continue sports day activities until 2.30pm with award celebrations following. SPORTS DAY will conclude at the end of the presentation.

Everyone is welcome.

Canteen facilities available with food and drink for purchase on the day.
In Room 11

We have been learning about emotions.

During Drama our class has been using role play to portray a range of emotions. We have been discussing how these emotions can look and what they mean. Students have been involved in a range of activities to promote social skills and self awareness.