

Wednesday, 22nd February 2017

Dear Families,

NEWSLETTER – Week 5, Term 1

Healthy bodies, healthy minds

Did you know?

- Children need to be active every day for at least 60 minutes or more of moderate to vigorous physical activity. This may be through play, walking to school, cycling around the block, bouncing on the trampoline.
- Adults need to put together at least 30 minutes of moderate physical activity on most and preferable all days.
- Time spent on the computer, TV, iPad or other small screens is best limited to no more than 2 hours per day for children.

Physical activity should occur in as many ways as possible, such as active transportation, leisure, active play, organised and non-organised sports, games, physical education and other activities at home, school and in the community. This is in addition to the routine activities accumulated during daily living (incidental physical activity).

Good for Kids good for life

LUNCHBOX STARS

A child's lunchbox should provide 1/3 of their daily food needs. It is important to pack healthy foods that will help them to grow and learn.

Why not try some of these healthy snack options:

- Vegetable sticks
- Reduced fat yoghurt
- Popcorn (homemade or pre-packaged)
- Wholegrain crispbread with reduced fat cheese slices
- Sultanas
- Cherry tomatoes
- Rice crackers
- Fruit English muffin



Good for Kids good for life

WATERMELON ICE BLOCKS

INGREDIENTS	QUANTITY
Diced Watermelon	2 cups
Fresh strawberries (hulled)	10
Lemon Juice	1 x lemon
Water (optional)	1/2 cup

METHOD

1. Combine all ingredients in blender and blend until smooth
2. Pour into ice block moulds
3. Freeze until hard
4. Enjoy on a sunny summer day!



Birthday celebrations

Last week we celebrated three birthdays. Aidan turned 13, Braith (shown with his cousin Aidan) turned 5 and Kal-El turned 4. Happy birthday to these students!



Reminder...

Please return RDA forms and or money for insurance before Friday. Living skills cost is \$4 per week or \$40 per term. The school does not receive money by the Department of Education for this program, thanks.

Living skills

Our students thoroughly enjoy participating in community based learning which increases their independence and social skills. Room 1 students are shown below locating items needed for cooking Spaghetti Bolognese.



Community helpers

The students from Room 1 are learning about their community and the roles the services provide. Last week they visited the police station to meet the police officers and have a tour of the station. The students explored a cell and even tried out one of the beds. Coincidentally a lamb was on the premises and they all enjoyed patting the new recruit!



DATES

Sporting Schools (Active After School) – fitness group (under the sprinkler) all term, 3 – 4pm

GS Kidd Swimming Carnival – Thursday, 23rd February 10am – 2pm

Letter to God (musical) – Friday 24th February, 12:30pm

RDA – Friday, 24th February (depends on the heat)

School photos – 21st and 22nd March with Justine and Carly from Buggalugs Photography

WEEKLY NEWS

22nd February, 2017



ENDEAVOUR TO ACHIEVE

GS KIDD MEMORIAL SCHOOL

37 Lincoln st

Gunnedah NSW 2380

P.O Box 316

Telephone: 6741 5200

Fax: 6742 4120

STAR OF THE WEEK



Jayden Rose – fantastic participation during lessons at school and in the community!