

Wednesday, 15th March 2017

Dear Families,

NEWSLETTER – Week 8, Term 1

Shaping positive eating behaviours

Teaching kids positive eating behaviours during childhood can set them up with healthy eating habits for life. Nowadays, an alarming 25 per cent of Australian children are being classified as overweight or obese. Here's how you can help your child;

- Enjoy all foods in moderation.
- Don't binge on 'occasional' or 'extra' foods.
- Cook meals at home and try to encourage your children to help you. Involve your kids in the menu planning and shopping, too.
- Discourage eating in front of the TV or computer as this is often done mindlessly without paying attention to hunger cues and can result in the consumption of unnecessary kilojoules (energy).
- As often as possible, eat together at the dinner table and turn off the TV, even if the whole family isn't present.
- Ensure your child gets at least an hour of exercise every day.

Healthy eating during cooking at school

As everyone can see the students help to prepare, cook and eat their nutritious meals!



Science lessons

Ms Christie has been engaging the students with fun science experiments to learn about chemical reactions. The pictures below show Room 5 and 1 learning about what happens when cola and Mentos lollies are mixed!



Personal hygiene

On Friday afternoons students from Miss Dando's class have been learning about the importance of dental care by practising brushing their teeth.



Anne McMahon

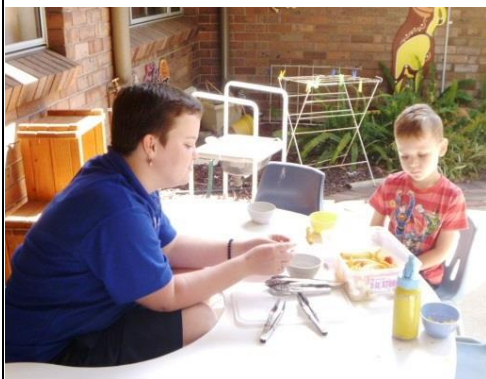
We sincerely appreciate Anne (Shayne's nan) volunteering her time to teach maths to our older students. Anne is a retired Head Teacher of maths from Gunnedah HS and our students are fortunate to have an opportunity to work with her. Darcy is shown below left working with Anne on measurement.



Happy 14th birthday to Caleb!

Work experience

Some of our students have started their work experience programs and Ally is shown working with a youngster at Early Childhood intervention. Ethan and Cameron are shown at 'Meals on Wheels'.



DATES

P&C AGM – Thursday 16th March, 3:15pm

RDA – Friday 7th April

St Patricks Day disco – 16th March at the PCYC from 10:30 – 1:30pm, cost is \$3 pp which includes a BBQ lunch and snacks, **every participant is to wear 'green'** and MyGunnedah will be taking photos to upload onto various social media sites

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

WEEKLY NEWS

15th March, 2017



GS KIDD MEMORIAL SCHOOL

37 Lincoln st

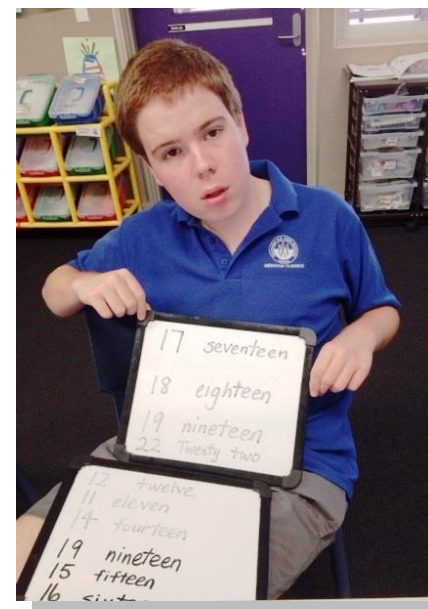
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STAR OF THE WEEK



Alex Rodstrom – counting, writing and naming numbers independently