

Wednesday, 17th May 2017

Dear Families,

NEWSLETTER – Week 4, Term 2

What happens when we eat too much sugar?

Eating too much sugar means we're eating too many kilojoules which start to replace nutritious foods kids need to grow and develop. Biscuits, some breakfast cereals, pasta sauces, cakes, chocolates, sweets, fizzy drinks and fruit juice are all considered high in sugar. Almost a quarter of free sugar in our children's diet comes from sugary drinks, and one single can of fizzy drink contains approximately nine teaspoons of sugar. The table below shows the recommended intake of sugar per day.

Age	Maximum recommended sugar intake per day	Teaspoons
4-6yrs	19g	5
7-10yrs	24g	6
From 11yrs	30g	7

Sentral - School and Student Management Software

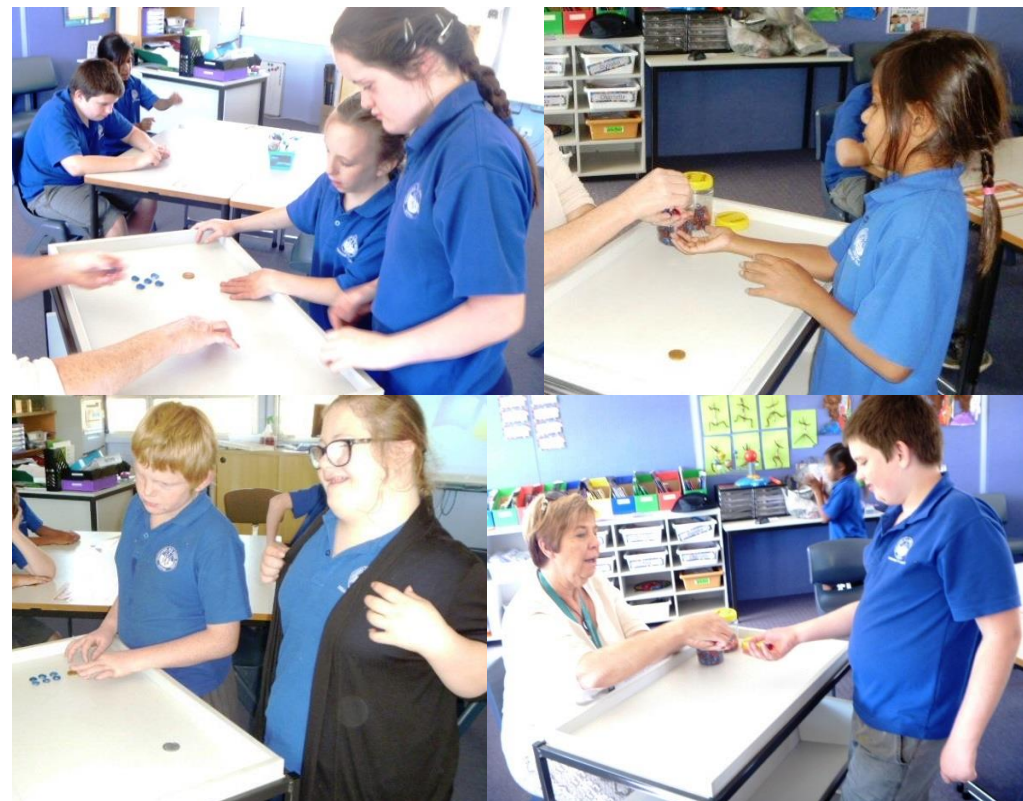
Sentral is a comprehensive student information system (SIS) solution that incorporates enrolments, finance, student attendance, wellbeing, resource scheduling and communications with parents and carers.

Last October GS Kidd School initiated the process to use Sentral Education to facilitate communication between parents, staff and students. It allows teachers to post individual or class messages and set homework etc. It allows students and parents to send messages direct to the relevant teacher.

Sentral's SMS communication module will enable us to send messages to families, committees or school community in one batch, direct to mobiles. We will inform families of the mobile number when we have this service running.

Money handling skills in Room 1

Students in Room 1 have been working with counters and real coins to gain a deeper understanding of the value of money. The students are shown working with Sandy Cavanagh; (clockwise from left to right) Charlotte & Rebekah, Dyoaka, Max, Mackenna & Damian.



Winanga-Li Winter Fair

Join us for an eventful afternoon at the Winanga-Li Family Centre on Saturday 2nd June from 3 – 6pm. There will be a variety of stalls to purchase new and used items from. Old Macdonald's Farm will be there with baby animals, rides for the little ones and more adventurous rides for the older kids.

GS Kidd School will be manning the BBQ (profits to our school). Other items available include raffles, chocolate wheel, Slushies, hot potatoes plus lots more. For more information contact, WINANGA-LI ACFC, 12 Hunter st Gunnedah, 6743 0999 or www.winanga-li.org.au

International MPS Awareness Day: May 15

Last Monday we celebrated MPS Day in memory of Jayda Hannaford. Mucopolysaccharidoses (MPS) and related diseases are genetic lysosomal storage diseases (LSD) caused by the body's inability to produce specific enzymes. We thank Craig and Anna Hannaford who are shown below left with Damian and Alyssa.



Meals on Wheels

Once a month Heather Welch and Val Ingall take interested students to volunteer to deliver Meals on Wheels. Cameron and Darcy are shown below left with Mr Barnier. Tyson and Shayne are shown below right with Elaine Smith.



DATES

Eisteddfod – Thursday 1st June from 9am

Tennis with Robyn Louis – Thursday 11th May, 'Sporting Schools' starts in week 2 (fitness group until tennis) and finishes in week 9, 22nd June

RDA – Friday 19th May

WEEKLY NEWS

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ENDEAVOUR TO ACHIEVE

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STARS OF THE WEEK



Dave and Darcy – great effort in completing NAPLAN last week!