

Wednesday, 21st June 2017

Dear Families,

NEWSLETTER – Week 9, Term 2

Lunch box concerns

We realise that packaged food is easier for parents when it comes to packing your child's lunch but we are concerned about the amount of junk food in student's lunch boxes eg chocolate, chips, lollies, fruit juice and cakes. These items should only be occasional treats with the national guidelines of 2 serving of fresh fruit and 5 servings of fresh vegetables to be served every day.

Children who consume unhealthy foods can have trouble concentrating, become easily fatigued, listless or irritable. Given that obesity occurs in 1 in 4 children the associated problems will become obvious in adulthood which includes;

- type 2 diabetes – while this condition is most commonly seen in adults, it is now also being diagnosed in children
- orthopaedic disorders – problems with foot structure
- liver problems, including fatty liver
- respiratory disorders, such as blocked airways and restrictions in the chest wall, which cause breathlessness during exercise
- sleep apnoea – this is a condition that causes difficulty breathing when sleeping. It also causes snoring, waking often and poor sleep. It makes people feel tired and contributes to poor concentration during the day
- cardiomyopathy – a problem with the heart muscle, caused when extra effort is needed to pump blood.

School community BBQ

On the last day of term, Friday 30th June we will be cooking a BBQ lunch for friends and family members of the school starting at 12:30pm. We have a lot of sausages, steaks and bread left over from the Winter Fair that we'll be serving up on that day. Sausage sandwiches will be \$2 each and steak sandwiches \$4 each.

Winanga-Li are kindly letting us borrow their jumping castle for the afternoon so we hope to see as many families and friends as possible to join us for a social afternoon. Many staff will be in and out of the school during the day to prepare for 'Tinseltown' which is on that night from 7pm.

Sporting Schools' - Tennis

Term 2 has shown an increase in our students' tennis skills thanks to Robyn Louis and Mark Single. Shown from below left (clockwise) is Max, Alysha, Charlotte, Shayne, Robyn & Max, the group and Darcy. Tennis will finish this week and continue in Week 2, Term 3 (18th July) with Robyn and Mark.



Tinseltown – 30th June, Town hall from 7pm

We still have seats or tables available for anyone interested in attending our combined fundraiser with Gatepost Support Services. Entertainment Works Australia are a professional dance troop and their styles include: Hip Hop, Latin, Ballroom, Adagio, Acrobatics, Bollywood, Commercial, Ballet, Contemporary, Tribal, Musical Theatre, Jazz, Street Funk, Gatsby, French, 90's Pop, Singers and Actors. Their show will be followed by band 'Uptown Groove' with lead vocalist Sally-Anne Whitten belting out well known rock songs until midnight. Once again we have our own amazing Sheila Work performing a few numbers and on MC duties.

NAIDOC Week workshops

Thank you to Jack Conlan (below left) who worked with students and staff on some beautiful Aboriginal art to be displayed during the official NAIDOC Week celebrations starting on the 2nd July 2017. It is compulsory for all schools across Australia to embed Aboriginal and Torres Strait islander (ATSI) culture into all school programs.

Our school proudly embraces inclusive education and we do not tolerate discrimination of any kind. Jack is shown below working with some of our students on boomerangs and canvases. Our students participated respectfully and should be proud of themselves.



DATES

P&C meeting – Thursday 28th June, 3:15pm at school

RDA – 30th June (last day of school)

'Tinseltown' – Friday, 30th June at 7pm

School community BBQ – 12:30pm, Friday 30th June, \$2 per sausage sizzle, \$4 per steak sandwich (everyone welcome!)

WEEKLY NEWS

21st June, 2017



ENDEAVOUR TO ACHIEVE

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STAR OF THE WEEK



Hugh McCormack – welcome to GS Kidd Memorial School for your service week (shown with Room 3 students)