

Weethalle Public School



NEWSLETTER

Empowering Learners for their future

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Relieving Principal: Jason Hurley

22nd May, 2017

Term 2: Week 5

FROM THE PRINCIPAL

Thank you to those parents who attended last weeks Parents and Community meeting, we have a lot of things coming up. Please read through the newsletter for details on some of the fundraising initiatives that have been organised for this term. At this meeting the P&C decided that they would donate \$150 per child to go towards the school excursion and it was agreed that the school would match this contribution, bringing the excursion cost down to \$160

per child. We would like to thank the P&C for this contribution as it has made the excursion more affordable for students to attend.

Wednesday 7th June we will hold the school Athletics Carnival at Weethalle Public School. We would like to invite parents and friends to take part and cheer on their children in events throughout the day.

Jason Hurley
Relieving Principal

Grip Leadership (Yr 6)

Wednesday 24th, Griffith

Zone Cross Country







Friday 26th, Lake
Wyangan Picnic Area

EnviroChamps

Tuesday 30th, Lake
Cowal Conserveation Area



TERM TWO CALENDAR

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
4	15	16	17 LMBR 	18 LMBR	19 Nicola	20/21
5	22	23	24 LMBR	25 Biggest Morning Tea 	26 LMBR (Principal)	27/28
6	29 Debating	30	31 LMBR 	1 LMBR	2 Assembly Nicola	3/4
7	5	6	7	8 LMBR	9 LMBR (Principal)	10/11
8	12 Queen's Birthday	13 LMBR	14 	15	16 Nicola	17/18
9	19	20	21 LMBR	22 LMBR	23 LMBR (Principal) Smalls Schools Athletics 	24/25
10	26	27	28 	29	30 Assembly	1/2

Did you know the school has it's own website? Go to www.weethalle-p.schools.nsw.edu.au to see more photos, newsletters and much more

Monday:

Stevie, Isabelle and Laci

Tuesday:

Broden, Ellie and Macey

Wednesday:

Isla, Henry and Darby.

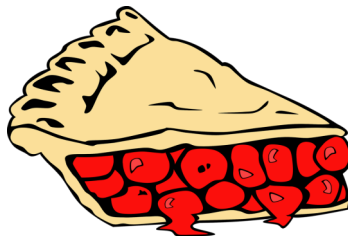
News topic:

Week 5: Magic Wand. You have found a magic wand! What would you do with it?



P & C News

- We will be having a Pie Drive this term. Orders are due back at school with payment on FRIDAY 2nd JUNE. Please find order forms attached.
- We will be catering for a Principals Conference at the Country Club on the 1st & 2nd June. We would love parent helpers on those days and donations of food. (types of food will be advised soon) Please let Sarah Anderson know if you are able to help!
- Bunnings BBQ - Saturday 1st July. We would love help on this day.



PUPPIES TO GIVE AWAY

- * 5 females
- * Kelpie x Huntaway

Ring Justin McCarten on 0429661314

We can deliver!!

SHOOSH

FOR KIDS WEEK

15-21 May 2017

If your comment
is negative,
then **SHOOSH!**

Reward good
play by both teams
with applause; if you
can't then **SHOOSH!**

If your comment is
directed at a referee
or match official,
then **SHOOSH!**

If your
comment is directed
at a player, then
SHOOSH!

Show respect to players and game officials. **Remember it's their game.**



Shoosh for Kids Week is proudly supported by:



#shooshforkids | sport.nsw.gov.au



Office
of Sport

Live Life Well @ School

A Quick Bite ...

Nut allergies

Peanuts and tree nuts including almonds, brazil nuts, cashews, chestnuts, hazelnuts, hickory nuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts and others are the most allergenic food and cause the highest number of anaphylactic reactions.

Foods labelled with "may contain traces of nuts" are processed near foods containing nuts and can contaminate the food. Children with nut allergies should consult their allergy specialist for advice about eating these foods.



Risks of allergic reactions can never be eliminated and nut bans can give a false sense of security. It is important that students and staff receive education and training and that individual health care plans are in place for affected students. For more information go to www.allergy.org.au

For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well
@ School

NSW
Murrumbidgee
Local Health District



A Quick Bite ...

Reduced Fat Dairy versus Full Fat Dairy: what is the best?

There are many nutrition myths that confuse people about what to eat for good health. The Australian Dietary Guidelines offer the best information. Full fat dairy is only recommended for children under 2 years of age as they need more energy to grow.

Reduced fat dairy is the best choice after 2 years of age because it provides us with important nutrients with less fat and kilojoules.



Full cream milk has around 3g of fat per 100ml and low fat milk has half of that amount. Calcium and sugar remains the same in both milks.

For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

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A Quick Bite ...

Egg Allergies

As child food allergies rise it is important to know that environments can't be made completely safe for allergic children. However we can minimize the risks for allergic reactions.

Egg allergies are one of the most common but are not likely to cause fatal anaphylaxis and children are likely to outgrow this allergy.



If a school, pre-school or childcare service has a child with a confirmed egg allergy, parents of all children might be asked not to send meals containing whole eggs, egg containing foods and egg cartons. For more information go to www.allergy.org.au

For more information about healthy eating for children visit:

www.mlhd.health.nsw.gov.au/services/health-promotion-1

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Reminder

Students are not to bring foods that contain nuts to school, this includes nut products such as, Nutella, peanut butter and muesli bars that contain whole nuts. Nuts can be fatal for students with allergies and by keeping our school nut free we are helping keep all our students safe.

Thank you,
Weethalle Staff