



The Galston Gumnut

Galston Public School Newsletter

Wednesday 5th February 2020

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Respect

Responsibility

Personal Best

Week 2, Term 1

Calendar Dates

Calendar Dates	
Week 2, Term 1	
Friday 7 th February	No Assembly
Wed 5 th to Fri 7 th February	Dural/Hornsby Network Leadership Camp
Week 3, Term 1	
Monday 10 th February	Textbook Collection day
Tuesday 11 th February	Parent Information Evening, 6pm – 7:25pm P&C Meeting 7:30pm
Wednesday 12 th February	Scripture classes 2020 commence
Friday 14 th February	No Assembly
Friday 14 th February	GPS Swimming Carnival at Galston Aquatic Centre
Week 4, Term 1	
Tuesday 18 th February	Peer Support Training Day
Wednesday 19 th February	Peer Support Session 1
Friday 21 st February	No Assembly

Note	Due Date
Swimming Carnival	Friday 7 th February

From the Principal

Textbook Collection Date Change

With lessons now well underway and students settling into their new classrooms and routines, textbooks will soon be sent home to be covered and returned to school. Unfortunately, due to unforeseen circumstances, this will occur on Monday 10th February (Week 3) as opposed to this Thursday February 6th (Week 2) as previously advertised. Apologies for any inconvenience this miscommunication may have caused and we look forward to the prompt return of books once covered.

Kindergarten Have Landed!

What an exciting start we have enjoyed to our first full week of the year! Our newest learners have now completed their Best Start assessments and were raring to go first thing Monday morning. These assessments allow us to differentiate learning for students of all abilities from day one of their schooling, and we are extremely proud of how well the 2020 Kindergarten children have settled into their new classes. There were no tears (from the children at least!) and our Year 1 – 6 students have been outstanding in their kindness and care for the Kindies while out in the playground. While we have some students embarking on their Primary schooling as the oldest child in their family, there are also many siblings and even second generations attending Galston PS right by their side. We enrol families at our school, and this community feel has been a joy to experience as we celebrate the milestone that is the first day of Kindergarten. Many thanks to Mrs Bolger for her organisation of Kindergarten transition, as well as the P&C for organising a delicious morning tea to welcome and comfort our Kindergarten parents.

Dural/Hornsby Leadership Camp

Over the next three days, our Year 6 student leaders Jack, Katelyn, Jordan and Myffy will be representing Galston PS at the Dural/Hornsby network Leadership Camp at Vision Valley. The aim of this camp is to identify, encourage and develop leadership skills in our young student leaders so that they are more able to meet the challenges of their leadership roles back at school throughout the year. We are very proud of these 4 students and are certain they will be highly engaged by this experience. Both Mrs Muscat and myself will be visiting them throughout their time at this camp. Who knows, perhaps we'll learn a thing or two while we're there!

Meet the Teacher Evening Week 3

In 2020, Meet the Teacher evening will take on a slightly different format. In the interests of maximising time for parents to be in classrooms, we will not be holding an introduction in the hall. Instead, classrooms will be open at the following times:

6pm to 6:25pm - Kindergarten to Year 2

6:30 to 6:55pm - Years 3 and 4

7pm to 7:25pm - Years 5 and 6

7:30pm - P&C Meeting (All parents welcome to attend)

A note will be sent out this week with more details, and we look forward to hearing parent feedback regarding the updated format.

Sports Uniform Term 1

Beginning in Week 3, classes will be required to wear sports uniform on the following days:

Kindergarten to Year 2 – Monday

Year 3 and 4 – Wednesday

Year 5 and 6 – Friday

Many thanks to parents for the weekly organisation of these uniforms, as this allows our teachers to deliver high quality instruction in sport, fitness and PE for all students.

Keen to contribute? Your Canteen needs you!

Since arriving at Galston PS, many parents have spoken with me about the ways they can contribute to our learning community. Throughout the year, we will have many of these opportunities, where I look forward to building our already strong sense of community and school pride with our students, staff and families both in classrooms and the beautiful grounds of our school. Watch this space!

We are fortunate to have a dedicated team of volunteers manning our canteen on a weekly basis, and I would like to publicly thank these hardworking parents for the time they spend providing nutritious and delicious canteen options for our children at recess and lunch. Currently, we are in need of volunteers in the role of supervisor for any Fridays available. Training is user friendly and able to be completed on the job over the course of a single Friday shift. If you are able to volunteer (no matter how infrequently), please let our friendly office staff know ASAP...

Holiday Works

As is the case in many schools, holiday works in January are commonplace, and Galston PS is no different. A new septic tank has been added to the OOSH cottage, increasing capacity for the building and improving our already impressive facilities. On Thursday 6th February, the septic tanks at the back of the Library will be receiving a much needed deep cleanout. This work will commence at 7:15am and is predicted to be finished by the 8.55am bell. As always, staff will be on site to ensure students are kept well out of the area for safety.

Mobile Phones at school

Many of our students bring their mobile phones and other digital devices to school for a variety of reasons. For safety and security, it is an expectation that students hand these devices in to the office at the start of the school day and collect them at the 3pm bell. Over the next few weeks, our policies in this area will be reviewed and families of students who require these devices will be given an updated copy for their reference. At school, the hours between 8:30am and 3pm are for learning, playing, teamwork and developing social skills/relationships for our students. While technology is undoubtedly an important part of this time, your support in ensuring our policies around personal devices are adhered to by all students is greatly appreciated.

Allan Ison

Swimming Carnival

The 2020 Galston Public School Swimming Carnival will take place next Friday 14th February at Galston Aquatic Centre. All students from Years 3–6 will attend. Students in Year 2 turning 8 years old this year who can swim competently are also invited to compete.

If you are available to be a parent helper at the Swimming Carnival, please send a note to Mrs Hitchcock as soon as possible. Thank you!

Scholastic Book Club Issue 1

- **Cash or cheque** orders must be returned to school by **Wednesday 12 February**– in an envelope clearly marked with Book Club, child’s name and class.
- **Credit payment** must be completed using Scholastic’s **LOOP** facility
- If paying by cash or cheque (return order to school) and ensure **correct** payment is enclosed
 - **CHEQUES** – payable to Scholastic Books
 - **CASH** – must be exact amount: change not available
- If the order is completed by your child – **please check it!**
- **Late orders will not be accepted.**
- **Parent orders** (e.g. a present for child) – mark the envelope as a parent order and include your phone number.

Premier’s Reading Challenge 2020

Notes about the 2020 Premier’s Reading Challenge will be sent home on Thursday 6th February. If you would like your child to participate, please return the completed form.

Delia Morgan – *PRC Coordinator*

News From 5-6M

A big welcome to 2020 and the new school term from 5-6M! We have been very busy in our jungle-themed classroom this week getting ourselves organised and prepared for an awesome year ahead! We have been organising our school books getting ready to cover them, decorating title pages, getting to know our teacher Miss Mifsud and even some new faces in our class. We have had a great week settling into the school routine. Even though we have already had some super hot days, in 5-6M we are extremely thankful for our air conditioner which has recently been fixed!!

In class this week we have been able to start using our class laptops, which we LOVE! It is always so much fun using laptops in the classroom for learning, there is SO much on the laptops to learn. This week we have been using the program Microsoft Powerpoint to create a slideshow presentation about what school was like in the past. We researched the classroom dynamics and rules from hundreds of years ago, and we were amazed to find some pretty interesting facts. As a class we look forward to learning lots of new and exciting skills on the laptops this year!

Also this week the Year 6 students met their Kindergarten buddies and have been spending some time to get to know them each day just before recess and lunch time. Stage 3 have been helping the Kindy students adjust to their new school life and routines, teaching them our school rules with pride. We love spending time with our buddies and helping them to settle into Galston Public School.



Madelaine Mifsud – 5-6M

P&C News

P&C News

Welcome back to all our GPS families! I hope everyone had a lovely break over January and is enjoying being back with all their friends. A very warm welcome to both our new kindergarten students and any other new families that have joined us this year. And, of course, a big GPS welcome to our new principal Mr Ison. We look forward to working with you in the coming months.

We would also like to wish Ms Wallace good luck in her new relieving role at Rouse Hill this year.

P&C Meeting

Our first P&C meeting for 2020 will coincide with the information evening on Tuesday 11th February at 7:30pm in the school library. Everyone is welcome to attend, and we love to see any new faces. Please note that future meetings will commence at 7:00pm.

Parent Directory and Class Contact List

As in previous years, we will again have a class coordinator for each class to update you on the week ahead and send out any additional information from the school or your class teacher. To make sure I have your details, can you please either fill in the note that went home last week and return it to the office OR follow the link to complete the survey:

<https://www.surveymonkey.com/r/2L9G3GB>

If you have filled in the survey, you do NOT need to return the note as well. If you can't remember whether or not you have completed it, send me an email.

PS – just a reminder that classes in years 3-4 and 5-6 have teachers with similar initials this year, which has required some changes to the initial that particular teachers' classes have gone by in previous years, so do check with your child or last week's newsletter just what their class is called. Mrs Hitchcock's class is 3-4B and Mrs Muscat's class is 5-6G this year.

Kim Alsdorf – P&C President, kim@galstonpandc.org.au; 0481 439 663

Canteen News

Friday 7th and Monday 10th February Lunch + Counter Sales

Please lodge orders through Flexischools.com.au by 9.15am.

If your child is absent from school on a lunch ordering day you are able to cancel the order online prior to cut off at 9.15am or call Flexischools on 1300 361 769.

Please update your child's class in Flexischools. We had a couple of students listed in incorrect classes at lunch service on Monday.

****The Canteen will remain OPEN ALL TERM** thanks to Megan Kirkland. Megan has been working the phone to fill in ALL the shifts that needed filling in order for us to open. If Megan had not undertaken this task, the canteen would have been closed for 5 Fridays and 4 Mondays. **Thank you Megan!!**

We require parent volunteers to pick up our sushi order at approx 11am on a Friday. If you are able to help, please contact me on 0424 578 579 or email and I will put a roster together.

Dates that require pick up are:

7 th February	6 th March
21 th February	13 th March
28 th February	20 th March

The new 2020 Summer Canteen Menu is again included in this newsletter. Please take note of the Counter Menu prices when you supply some spending money. If your child does not have the required amount of cash we are unable to supply the item/s.

We are now stocking OZBAKE Pizza Wraps. A number of students sampled the wraps at the end of 2019. The feedback was very positive. They are heated in their packaging and eaten folded over so that the filling does not fall off.

We will still stock the GF Arrowroot biscuits even though they are not mentioned on the menu. We feel that a low priced GF snack item should be available for students that are unable to eat wheat.

We can no longer sell Honey Soy Chips. We are trying to source a replacement. Granola bars are currently out of stock. According to the manufacturer it will be another couple of weeks before they are available.

Louise O'Rourke – *Canteen Committee*

Uniform Shop

All orders placed on Flexischools during the school holidays will be delivered to students in their classes on the first day back at school in 2020.

The uniform shop is open twice a term unless the following term will be a change of season/uniform, in which case we will open on an additional afternoon.

We encourage all parents and carers to order uniforms via Flexischools. Orders will be packed and sent home with students at the start and end of each week. Any enquiries please contact us via uniformshop@galstonpandc.org.au

Uniform shop opening dates for Term 1 2020 will be as follows.

Wednesday 5th February 2.30 - 3.15pm

Wednesday 12th February 2.30 - 3.15pm

Wednesday 1st April 2.30 - 3.15pm

Wednesday 29th April 2.30 - 3.15pm

Kristie Chambers and Belinda Crofts – *Uniform Shop Coordinators*



GALSTON PUBLIC SCHOOL CANTEEN SUMMER MENU TERM 1, 2020



OPENING TIMES

The canteen is open at recess and lunchtime on Monday and Friday during the school term. Check the school newsletter for other opening times.

Large frozen items such as Moosies, Juicies and Twisted Frozen Yoghurt are not sold at recess due to limited eating time.

LUNCH ORDERING GUIDELINES

Place your lunch order online at www.flexischools.com.au by 9.15am. A paper lunch bag is included in the price of your order. Should you wish to provide your own Stickybeak bag, your child should place their bag into the canteen basket in their classroom.

Lunch orders through Flexischools are for lunch items and drinks only. Snacks, frozen and miscellaneous items may be purchased over the counter using cash.

We use light wholemeal bread from Goodies Bakery for all toasties and sandwiches. Sandwiches are lightly buttered.

STAFFING

The canteen is run entirely by volunteers and the roster for volunteer shifts is organised online through SignUp Genius. A link to the online roster where you can volunteer for a shift is emailed out at the end of each term for the following term. We would really appreciate your help, even for an hour or two per term. Your children will love seeing you in the canteen and it is a great way to meet other parents.

All canteen profits are used by the P&C to purchase equipment and other items for the school. For any enquiries regarding the roster, please contact Rosie or Louise.

CANTEEN TEAM:

Canteen Manager

Rosie Barba 0413 114 426

Canteen Manager

Louise O'Rourke 0424 578 579

Stock Controller

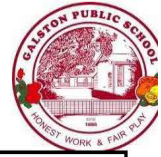
TBA

Email: canteen@galstonpandc.org.au

Thank you to all the mums and dads who help run our canteen.



GALSTON PUBLIC SCHOOL CANTEEN SUMMER MENU TERM 1, 2020



MONDAY LUNCH

Place your lunch order online using Flexischools anytime by 9.15am Monday morning.

MACARONI CHEESE Home-style	(E)	\$4.00
MEATBALLS & PASTA Home-style	(E)	\$4.50
BANGERS & MASH (GF) Home-style	(E)	\$4.50
RICE BOLOGNAISE BALLS (ARANCINI)	(O)	\$1.00
OZBAKE BBQ CHICKEN PIZZA WRAP	(E)	\$4.00
OZBAKE MEAT AND CHEESE PIZZA WRAP	(E)	\$4.00
CHEESE TOASTIE (V)	(E)	\$2.30
CHEESE & HAM TOASTIE	(E)	\$2.90
CHEESE & TOMATO TOASTIE (V)	(E)	\$2.90
CHEESE, HAM & TOMATO TOASTIE	(E)	\$3.30

DRINKS

SPRING WATER 600ml	(E)	\$1.00
BIG M MILK Chocolate	(E)	\$2.50
JUICE BOMB 99% Sparkling Juice. Raspberry or Blackcurrant	(E)	\$2.40
APPLETISER 99% Sparkling Apple Juice	(E)	\$2.50
POPPER 100% juice. Apple or Paradise Punch	(E)	\$1.30
SIPAHH STRAW with MILK	(E)	\$1.30
CUP OF MILK	(E)	\$0.70

SNACKS

GINGERBREAD FOLK (GF) (V)	(O)	\$2.00
TASTY CHEESE & CRACKERS (H) (V)	(E)	\$1.70
VANILLA CUSTARD (GF)	(E)	\$1.50
CHEESE TOASTIE (1/2) (V) <i>Recess only</i>	(E)	\$1.20
JATZ MINI'S	(E)	\$1.00
PIKELET & STRAWBERRY JAM (V)	(E)	\$0.60
RAISIN TOAST (1/2 slice) <i>Recess only</i>	(E)	\$0.50
SULTANAS 40g box (GF) (DF)	(E)	\$0.50
GRANOLA BAR	(O)	\$0.40
CHOC MINT FUDGE (GF) (DF)	(O)	\$0.40
BREADSTICKS (DF)	(E)	\$0.20
SEASONAL FRUIT See school newsletter for details	(E)	TBA

FROZEN SNACKS

JUICIES Tropical or Wildberry (GF) (DF)	(E)	\$1.00
MOOSIES Chocolate (GF)	(O)	\$1.20
TWISTED FROZEN YOGHURT Chocolate (GF)	(O)	\$2.20

MISCELLANEOUS

HI BOUNCE BALL (HANDBALL) Assorted colours	\$3.00
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ALLERGIES & FOOD RATINGS

(GF) Gluten Free (H) Halal
(DF) Dairy Free (V) Vegetarian

GF, DF and H indicators are based on information from suppliers or packaging.

We do our best to source menu items that have minimal additives and preservatives.

Menu changes will be notified in the school newsletter.

Menu items are rated according to the NSW Healthy School Canteen Strategy.

(E) = Everyday food (O) = Occasional food

FRIDAY LUNCH

Place your lunch order online using Flexischools anytime by 9.15am Friday morning.

HOT FOOD		
CHICKEN BURGER	(O)	\$3.90
MUSCAT BURGER	(O)	\$6.00
CRUMBED CHICKEN TENDER (H) (GF)	(O)	\$1.60
SAUSAGE ROLL	(O)	\$2.90
BEEF PIE	(O)	\$3.90
MACARONI CHEESE (V)	(E)	\$3.60
BANGERS & MASH Home-style	(E)	\$4.50
BEEF LASAGNE Home-style	(E)	\$4.50
OZBAKE BBQ CHICKEN PIZZA WRAP	(E)	\$4.00
OZBAKE MEAT AND CHEESE PIZZA WRAP	(E)	\$4.00

SUSHI (NO VARIATIONS)

TERIYAKI CHICKEN & AVOCADO	(A)	\$4.00
TERIYAKI CHICKEN & CUCUMBER	(A)	\$4.00
TUNA & AVOCADO	(G)	\$4.00
TUNA & CUCUMBER	(G)	\$4.00
VEGETARIAN	(G)	\$4.00
BABY TUNA SUSHI (8-pack)	(G)	\$4.00

TOASTIE / JAFFLE

CHEESE TOASTIE (V)	(E)	\$2.30
CHEESE & HAM TOASTIE	(E)	\$2.90
CHEESE & TOMATO TOASTIE (V)	(E)	\$2.90
CHEESE, HAM & TOMATO TOASTIE	(E)	\$3.30

EXTRAS

CORN ON THE COB (GF) (V)	(E)	\$0.50
GARLIC BREAD (V)	(O)	\$0.35
HASH BROWN (V)	(O)	\$1.00
TOMATO or BBQ SAUCE (GF)		\$0.25

SALAD BOX

SALAD BOX: Lettuce, tomato, cucumber & grated carrot	(E)	\$3.00
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EXTRAS:

Ham, cheese, hard-boiled egg (each)	\$0.60
Crumbed Chicken Tender (cut)	\$1.60
DRESSING: Balsamic, French, Mayo	\$0.30

SANDWICHES & ROLLS

VEGEMITE	(E)	\$1.70
CHEESE	(E)	\$2.20
HAM	(E)	\$2.40
CHEESE & TOMATO	(E)	\$2.80
EGG & MAYONNAISE	(E)	\$2.70
SALAD: Tomato, lettuce, beetroot, cucumber, carrot	(E)	\$2.80
SALAD & HAM	(E)	\$3.40

EXTRAS:

Beetroot, carrot, lettuce, tomato, cucumber (each)	\$0.60
Ham, cheese (each)	\$0.70
Crumbed Chicken Tender (cut)	\$1.60
Mayonnaise	\$0.30
BREAD ROLL (extra)	\$0.65



PENNANT HILLS HIGH SCHOOL
RESPONSIBILITY INTEGRITY ACHIEVEMENT

OPEN NIGHT 2020

March 3rd 4pm - 6pm

PERFORMANCES REFRESHMENTS GUIDED TOURS
INTERACTIVE EXPERIENCES ENROLMENT INFORMATION

LAURENCE STREET PENNANT HILLS
9473 5000 pennanthil-h.schools.nsw.edu.au



**REGISTRATIONS
 ARE NOW OPEN!**

Join the Galston Netball Club, experience fitness and fun in a team sport.

Age Groups in 2020:

NetSetGO - turning 5 to 9
 Junior Grades - turning 10 to 15
 Senior Grades - turning 16+

Dates to Remember:

Expo Day: 9th February
 Registrations Close: 14th February
 Grading Day: 23rd February
 Training commences late March
 Netball competition runs May to September

Other Information:

All competition games are played at Pennant Hills Park, Pennant Hills.
NetSetGo plays Friday nights, Juniors & Seniors play Saturday.
 Training is held at the Galston Netballs Courts.

Umpires, coaches and managers wanted!

Interested? Register online at www.galstonnc.nsw.netball.com.au
 Direct any enquires to rego.galstonnetballclub@gmail.com

Galston Netball Club - Bling it
www.galstonnc.new.netball.com.au

For the latest news: [TheGalstonNetballClub](https://www.facebook.com/TheGalstonNetballClub)

EXPO DAY 2020

A FREE FUN DAY FOR THE WHOLE FAMILY!

SUNDAY 9TH OF FEBRUARY 8:30AM - 10:30AM

GALSTON RECREATION RESERVE (NEXT TO THE NETBALL COURTS)

SKILLS LASER TAG SNOCONES FACE PAINTING BBQ



COME AND MEET

AUSTRALIAN DIAMONDS & NSW SWIFTS PLAYERS:

PAIGE HADLEY

SARAH KLAU



85TH
ANNIVERSARY



Australian
Air League

NSW Group

JOIN NOW

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Childrens Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

**FOR MORE INFORMATION ON THE AUSTRALIAN AIR
LEAGUE AND YOUR CLOSEST SQUADRON
PLEASE CONTACT**



www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175



Hosting an exchange student can be a truly rewarding experience for the whole family

Welcome a new family member into your home

HOST FAMILIES NEEDED 2020

- ✓ Experience a foreign culture firsthand
- ✓ Be exposed to a new language at home
- ✓ Rediscover and share the beauty of Australia
- ✓ Develop friendships that last a lifetime

We have a wonderful group of students arriving in May, July and August 2020 for 3, 5 or 10 months and are excitedly waiting to hear news of their host family in Australia.

All students have a wide range of interests and hobbies.

If your family can offer a friendly, supportive and caring home environment, contact us today
1300 135 331 or info@studentexchange.org.au

www.studentexchange.org.au/hosting
experienceiseverything



How are you making the internet a safer place?

Date: Tuesday 11 Feb
Time: 7:00pm - 8:00pm

Event:
Free internet safety presentations delivered at your local PCYC club



Top tips for online safety

- for community champions

- 1 Be an upstander** If you see abuse online, report and delete it
- 2 Protect your personal information online** by using a different password for each account and turning on privacy settings on devices, apps, and social accounts
- 3 Tame the tech** Explore how to set access and parental controls on home wifi networks, gaming consoles, mobile devices and smart TVs
- 4 Be conscious of your online profile** Don't post anything that may put you in danger, affect your reputation or be used against you
- 5 Stay on the lookout for scams and phishing contacts** - don't click links, give out personal information or send money in response to an unexpected request
- 6 Help others** to be safe online - especially family and friends who aren't tech-savvy



eSafetyCommissioner

esafety.gov.au



eSafetyCommissioner

esafety.gov.au

With the **Safer Internet Day** fast approaching, I wanted to share some information on **FREE WEBINARS** for parents and carers of young people, which are being run by the eSafety Office.

These webinars are convenient for parents and carers who are not able to make it to one of the **Safer Internet Day** cyber safety presentations at PCYC clubs across NSW due to work, childcare, or other prior commitments.

There are two webinar topics:

1. **Helping Kids Thrive Online** - suitable for parents and carers of young people aged 5-12 years old.

- ideas to start the chat about harmful content, contact with strangers and online bullying
- strategies for addressing common digital parenting challenges
- skills that young people need to protect themselves online
- how to get help if things go wrong

Webinar Times:

- Wednesday 12 February 2020 - 8pm to 9pm (AEDT)
- Friday 14 February 2020 - 12pm to 1pm (AEDT)

2. **Tech, Teens and Time Online** - suitable for parents and carers of young people aged 12-18 years old.

- ideas to start the chat about harmful content, relationships and online harassment
- strategies for addressing common digital parenting challenges
- online wellbeing strategies for teens
- how to get help if things go wrong

Webinar Times:

- Tuesday 11 February 2020 - 8pm to 9pm (AEDT)
- Wednesday 12 February 2020 - 1:30pm to 2:30pm (AEDT)

All sessions will be delivered by eSafety expert Greg Gebhart and parents will need to register by logging onto the **eSafety webpage** - <https://www.esafety.gov.au/parents/webinars>

Live Life Well @ School

KIDS EATING HEALTHIER FOODS

What to pack
for

Crunch & Sip

Pack a water bottle
and a container of bite
sized pieces of fruit or
vegetables ready to eat
in the classroom.

Choose an easy to eat
fruit or vegetable that
isn't messy.



For more ideas see:
healthy-kids.com.au/crunchsip-healthy-snack-ideas



Health
Northern Sydney
Local Health District

Live Life Well @ School

HEALTHY SCHOOL CELEBRATIONS



From birthdays to holidays, there are many celebrations in schools. Each student's birthday can mean multiple birthday cakes and party foods in the classroom...

Let's help kids celebrate with some FRESH ideas:

Hello Creativity

Make a birthday sign, stickers or a badge for your birthday boy or girl to wear

Eat a Rainbow

Pack a NEW fruit or vegetable for Crunch & Sip for the whole class to try or send in fruit kebabs or a fruit platter

Move More

Think of presents that help kids get active at recess or lunch – balls, frisbee, skipping rope

Mini Masterchef

Whip up some tasty fruit or veggie mini muffins or pikelets. Search for recipes at www.cancerouncil.com.au

More tips:
www.healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District