



# Rutherford Public School

## Weekly Newsletter

### WEEK 5 TERM 4 2017



#### Respect

At Rutherford Public School we:

- ✓ follow instructions
- ✓ have good manners
- ✓ encourage others



#### Responsibility

At Rutherford Public School we:

- ✓ are organised
- ✓ are always safe
- ✓ own our choices
- ✓ allow others to learn and play



#### Personal Best

At Rutherford Public School we:

- ✓ always strive to do quality work
- ✓ are learners
- ✓ always strive to do our best



## School Calendar

	Day	Events
Term 4 Week 5	Assembly will be held this week for Stage 2	
	6/11	<ul style="list-style-type: none"> <li>1:50pm OzTag with Mr O'Sullivan</li> <li>3:30pm Year 6 Farewell Planning Meeting with parents</li> </ul>
	7/11	<ul style="list-style-type: none"> <li>1:45pm K-2 Webbie Wonderland</li> </ul>
	8/11	<ul style="list-style-type: none"> <li>Targeted Transition</li> <li>Kindergarten Excursion to Newcastle Museum</li> <li>10:00am Reg Kelly Cricket vs Tenambit at Fieldsend Oval</li> </ul>
	9/11	<ul style="list-style-type: none"> <li>MADD Day &amp; Night performances at RTHS</li> <li>9:30am Little Dragons Celebration in hall</li> <li>1:45pm Year 3-6 Webbie Wonderland</li> </ul>
	10/11	<ul style="list-style-type: none"> <li>10:00am Reg Kelly Shield vs Pelaw Main at Norm Chapman Oval</li> </ul>
	Assemblies will be held this week for Kinder, Stage 1 and Stage 3	
Term 4 Week 6	13/11	<ul style="list-style-type: none"> <li>Kindergarten - Sydney Sixers Mascot visit</li> <li>Year 7 2019 Selective High School Applications close today</li> <li>3:30pm Carols Planning Meeting</li> </ul>
	14/11	<ul style="list-style-type: none"> <li>Interrelate - Year 6</li> <li>6:30pm P&amp;C Meeting</li> </ul>
	15/11	<ul style="list-style-type: none"> <li>9:30am Targeted Transition RTHS</li> </ul>
	16/11	<ul style="list-style-type: none"> <li>9:30am Kindergarten Orientation Session 1</li> <li>2:00pm JAECG Meeting</li> </ul>
	17/11	<ul style="list-style-type: none"> <li>PJ Day Year 6 fundraiser</li> </ul>
Term 4 Week 7	Assembly will be held this week for Stage 2	
	20/11	<ul style="list-style-type: none"> <li>9:10am Girls and Boys Speech Writing Workshop</li> <li>Careers Workshop - Hall and Community Room</li> <li>12:15pm Election Week Girls Speeches</li> <li>3:30pm Aboriginal Education Meeting in Community Room</li> </ul>
	21/11	<ul style="list-style-type: none"> <li>Interrelate - Year 6</li> <li>12:15pm Election Week Boys Speeches</li> <li>4:00pm AECG meeting All Saints St Mary's Maitland</li> </ul>
	22/11	<ul style="list-style-type: none"> <li>9:00am - Thinkfest OC Excursion to New Lambton South PS</li> <li>9:30am Targeted Transition RTHS</li> </ul>
	23/11	<ul style="list-style-type: none"> <li>9:30am Kindergarten Orientation Session 2</li> <li>House Meetings to elect Sport Captains for 2018</li> </ul>
	24/11	<ul style="list-style-type: none"> <li>Election results given to students</li> </ul>

## What's On Week 5 ~ Week 6

ALL STUDENTS	<ul style="list-style-type: none"> <li>9/11 MADD Day &amp; Night Performances at RTHS</li> <li>17/11 PJ Day Year 6 Fundraiser</li> </ul>
ATSI	<ul style="list-style-type: none"> <li>Mondays 3:15pm ATSI Homework Club</li> </ul>
P-K Program	<ul style="list-style-type: none"> <li>9:00am Thurs - Little Dragons Morning</li> <li>12:45pm Thurs - Little Dragons Afternoon</li> <li></li> </ul>
Kindergarten	<ul style="list-style-type: none"> <li>8/11 Excursion to Newcastle Museum</li> <li>16/11 Kindergarten Orientation Session 1</li> </ul>
Infants	<ul style="list-style-type: none"> <li>7/11 1:45pm Infants Webbie Wonderland</li> </ul>
Primary	<ul style="list-style-type: none"> <li>9/11 1:45pm Year 3-6 Webbie Wonderland</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>14/11 Interrelate</li> </ul>
P&C	<ul style="list-style-type: none"> <li>13/11 3:30pm Carols Planning Meeting</li> <li>14/11 6:30pm P&amp;C Meeting</li> <li></li> </ul>

## Christmas Holidays

Last Day of Term 4 for students - Friday 15th December

Holidays - Monday 18th December to Monday 29th January

Year 1 to 6 students start 2018 on Tuesday 30th January  
Kindergarten students start 2018 on Monday 5th February

## Please Pay By...

Kindergarten Christmas Show	\$2.00 by Mon 4th December
Stage 1 Christmas Show/Party	\$6.00 by Mon 4th December
Stage 2 Christmas Excursion - Hunter Valley Zoo	\$22.00 by Mon 4th December
Stage 3 Christmas Excursion - Movie "Wonder"	\$20.00 by Fri 8th December
<b>Voluntary Contribution</b> \$45 per child or \$90 per family	

...Together We Strive...



RUTHERFORD PUBLIC SCHOOL  
PROUDLY PRESENTS THE 2017

# MAD

# NIGHT

*Music, Art, Drama and Dance*

**9th November 6pm**

**RUTHERFORD HIGH SCHOOL HALL  
Avery St, Rutherford**

Featuring: The talented students of  
Rutherford Public School!

*Tickets \$5 at the door*

## **M.A.D.D. NIGHT**

Students in the band, choir, dance groups and drama ensemble will have an opportunity to showcase their talents at our Music Art Dance and Drama (MADD) Night to be held this coming Thursday 9th November at Rutherford Technology High School Hall. Notes have been sent home about the night, and we ask parents to indicate if their child is able to attend the performance.

This is a great opportunity for our students to shine on stage! Thank you to the many teachers at the school who provide such wonderful opportunities for our students. Thank you to parents for making time in your busy schedule to come along and enjoy a night of entertainment.

Details:

### **Rutherford Public School MADD Performance Night!**

Thursday 9th November 6:00pm - 7:30pm

Rutherford High School Hall

\$5 tickets at the door (performers are free)

Snacks and drinks available to purchase from approximately 5:30pm.

Band will commence playing at around 5:45pm

When performers arrive, they will be seated in the 'student section' in the hall for ease of access to the stage. This will allow them to enjoy other student performances while keeping the night moving. Thank you for your assistance in this matter.

All students will be invited on to the stage to perform together at the end of the night, the finale is sure to impress!

We hope you enjoy the show!

Please see the flyer in this newsletter!

## **COME AND SEE RUTHERFORD PUBLIC SCHOOL'S FUTURE!!!**

**Proposed plans will be on display for community consultation this**

**Thursday 9th November from 9:00 am at the school**



Parents, staff, students and interested community members will be able to view the proposed plans for our multi-million dollar upgrade due to commence next year. Representatives from the Department of Education, Coffey Project Management and NBRs Architecture will be on hand to show the plans, explain key features of the build and answer any questions. The display will also be available at the Rutherford Shopping precinct in the afternoon period. Please come along and see this exciting future!

## **NEW CLASSROOMS**

Two new demountable classrooms will be installed this week in preparation for the 2018 school year. Parents and visitors are asked to stay well clear of any construction works! The Department of Education is working hard to prepare our school as we grow and new building works are planned.

## **PRE-K STUDENTS LITTLE DRAGONS READINESS PROGRAM**

This week will see our P-K Little Dragons students celebrate the end of their Kindergarten Readiness program. It has been wonderful to see the children come to school each week, become comfortable in our school environment, and begin their learning journey at Rutherford Public School.

### **Important Dates:**

Thursday 9th November - 9:30am Little Dragons 2017 P-K Graduation in the school hall

Thursday 16th November - 9:30am Kindergarten 2017 Orientation Session 1 in the school hall

Thursday 23rd November - 9:30am Kindergarten 2017 Orientation Session 2 in the school hall

Please bring your children to the school hall, where students will be allocated to a room.

## **CLASSES FOR 2018**

Planning and class allocations for 2018 are well underway! As you can imagine, trying to place over 900 students into 37 classes can be challenging to get everything right the first time!

Teachers have not yet been allocated to classes and we would like to ask parents to avoid making unreasonable requests. Every effort is made to place students with some of their friends and to make classes harmonious and productive for all.

If you are aware that your child/ren will not be returning in 2018, we would appreciate you letting the office know so we can ensure our enrolment numbers are accurate.





Last term 5/6G competed in the “**Smart Art Includes You**” challenge. Students had to create a piece of artwork that expressed what ‘inclusion’ meant to them. These artworks have been on display at Maitland Art Gallery over the holidays.

**Congratulations** to the students in 5/6G who won the grand prize of **\$5000** for Rutherford Public School to spend on inclusive technologies.

**Congratulations** to Charlotte Fathers – Jamieson who won an individual prize of **\$500**. This will be spent on inclusive technology for Charlotte to use at school.

## GRANDPARENTS DAY

Thank you to the grandparents who ventured to Rutherford Public School last Monday, despite the 37°C heat! We had over 500 visitors pour through the gates and it was a great opportunity for our students to share their school and classrooms.

Thank you to Mrs Gandhi, Mrs Ross and the organising committee for all their preparation and planning.

## ANAPHYLAXIS

Anaphylaxis is a severe and sudden allergic reaction to certain foods such as nuts, shellfish or insect bites which can be life threatening. You must inform the school if your child has any known allergies. This is most important if an EpiPen® has been prescribed, in which case a health plan needs to be drawn up in consultation with medical practitioners. A number of children within the school are at risk of an anaphylactic reaction triggered by nuts. To ensure the safety of these students, we request that nuts or products containing nuts are not brought to school.

Thank you for your cooperation.

## PRESENTATION DAYS

Our school Presentation Days aim to encourage and recognise all students for their learning throughout the year. Our hall is too small to accommodate one large assembly, and we have planned our end of year assemblies for the following dates and times. Please note the Stage 3 assembly will be held at Club Maitland City.

Grade	Date	Time	Venue
Kinder	Wed 6/12/17	9:15am	School Hall
Year 1	Thur 7/12/17	9:15am	School Hall
Year 2	Thur 7/12/17	10:15am	School Hall
Year 3	Fri 8/12/17	9:15am	School Hall
Year 4	Fri 8/12/17	10:15am	School Hall
Stage 3	Mon 11/12/17	9:45am	Club Maitland City

## KINDERGARTEN NEWS

### LITTLE DRAGONS

Times and dates are being prepared for next years enrolments to the transition program. We will send out more information when dates are finalised.

Orientation sessions for this years (2017) Little Dragons Kindergarten Orientation days are 16th and 23rd November.

## KINDERGARTEN DATES:

**Dinosaur Exhibit (Museum) Excursion** - Wed 8th November  
Kindergarten Excursion

This Wednesday, Kindergarten students will travel by bus to the Newcastle Museum to explore the world of dinosaurs, along with many other exciting exhibits on show for us.

Kindergarten have been studying dinosaurs this term and we are looking forward providing the students with an experience that they won't forget. Be sure to visit the classroom in the upcoming weeks to read all about our travels.

**End of Year Presentation Assembly** - Wed 6th December

**Magician Show** - Thu 14th December

## STAGE 3 NEWS

### YEAR 6 FAREWELL PARENT PLANNING COMMITTEE CATCH UP

The Year 6 Farewell parent planning committee meeting has been moved to Monday 6th November due to the clash with Melbourne Cup. This catch up is for organisational purposes and share some decorating ideas. Please meet outside of 5/6L classroom. I look forward to seeing you then.

## REMEMBRANCE DAY

Armistice Day is on 11th November and is also known as Remembrance Day. It marks the day World War I ended, at 11am on the 11th day of the 11th month, back in 1918. To pay our respects to those who have passed as a result of the war, Rutherford Public School will observe a 1 minute silence at 11am on Friday 10th November.

Our Year 6 leaders will be representing our school at a Remembrance Day Service being held at the Cenotaph, Maitland Park on Saturday 11th November. This service will begin at approximately 10:35am. We would love to see Rutherford Public School represented by as many of our students, including our School Leaders, as possible. Although it is the end of the week, if it is possible, we would love to see you wear full school uniform.

## PYJAMA DAY - YEAR 6 FUNDRAISER

On Friday 17th November students may come to school dressed in their pyjamas. Students who wear pyjamas are asked to bring a gold coin donation as a contribution towards Year 6 fundraising. Students are asked to ensure that they are wearing enclosed shoes e.g. joggers, and are wearing tops with sleeves.



# Rutherford Public School's got Talent



## Rules/information

- Your performance must go no longer than 2 minutes.
- No tricks, this includes cartwheels and handstands (same rules as school).
  - You can participate in 2 acts (At the most).
- Provide your own appropriate costumes and props.
  - Ensure your act/music is appropriate for school.
- Auditions will begin in week 4. You will be notified prior to your audition day.
- Final will be held Wednesday the 13<sup>th</sup> December (week 10).

## **STUDENT REPRESENTATIVE COUNCIL 2018:**

### **ELECTION WEEK**

Students in Year 5 will soon be asked if they would like to be part of the 2018 Student Representative Council (SRC). Students must have been awarded the silver PBL badge in 2017 to be eligible for a position.

The following positions are available for 2018:

**School Student Leader (4 Girls and 4 Boys)** - Duties include chairing assemblies, representing the student body at official school and community events.

**Sports Captains** - (2 girls and 2 boys for each sporting house)  
- Duties include helping teachers organise sporting carnivals, managing school sports equipment – No formal speeches are required.

**General SRC member** - Duties include running school events, environmental programs, breakfast club, school social events. Students DO NOT have to present a speech to be a member of the SRC.

“Election Week” will commence in Week 7 of this Term. Students wishing to be considered for a School Leader position will need to present a short speech to the primary school. Students must prepare their speeches at school. (Students can bring lots of ideas from home and family!)

### **ELECTION WEEK**

**Monday 20<sup>th</sup> November** - Girls Speeches at 12:15pm - School votes straight after speeches.

**Tuesday 21<sup>st</sup> November** - Boys Speeches at 12:15pm - School votes straight after speeches.

**Thursday 23<sup>rd</sup> November** - House meetings to elect sports captains - students vote.

**Friday 24<sup>th</sup> November** - Election Results given to students in an envelope and to be opened at home.

**Monday 27<sup>th</sup> November** - 2018 Leaders introduced at an informal school assembly at 9:10am.

Year 5 students will bring home a note about the Election Week and are asked to indicate if they will be running for a position.

We wish all Year 5 students well in the process to find our new student leaders for 2018!

### **YEAR 7 2019 SELECTIVE HIGH SCHOOL**

Parents of our current Year 5 students may wish to consider a selective high school enrolment for their child in Year 7 2019. Entry to the selective schools program is through an

examination.

The nearest selective high school in the Hunter Region is Merewether High School.

Applications are now open and must be submitted before 13th November.

Applications can only be submitted online. More information can be found at:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Parents who do not have access to the online process can see Mr Beaven or Mr Brown for assistance. Please see the flyer attached for further information.

### **YEAR 6 TRANSITION NEWS**

This term there are a number of dates where staff from RTHS will visit Rutherford to talk to students. There are also a number of visits that students will make to RTHS to ease the concern and worry around moving to the high school environment.

### **KEY TRANSITION DATES AND ACTIVITIES:**

**Week 6:** 15<sup>th</sup> November - selected students to visit RTHS

**Week 7:** 22<sup>nd</sup> November - selected students to visit RTHS

**Week 8:** 28<sup>th</sup> November - Aboriginal and Torres Strait Islander students visit RTHS

### **Week 9: Parent Information Evening**

Monday 4<sup>th</sup> December (5:00pm to 6:00pm for GATS class, 6:00pm to 7:00pm for everyone). The uniform shop, office and canteen will be open on this night, and the school will have a BBQ before the session commences.

### **Week 9: Orientation Day**

Tuesday 5<sup>th</sup> December (9:15am to 2:20pm). Students should be in their school uniform and bring recess, a hat and a pen. A BBQ lunch and drink will be provided.

### **TARGETED TRANSITION**

Our Targeted Transition program with Rutherford Technology High School will commence in November. This is an additional transition program designed for identified students requiring extra time to get to know RTHS and its teachers. Notes for this program have been sent home. Our school is limited to 20 positions for students.

Specific information regarding the transition day for all Year 6 students attending RTHS in 2018 will be available later in the term.



## YEAR 6 INDIGENOUS STUDENT TRANSITION DAY 2017

**When:** Tuesday 28th November 2017

Students will spend the day at RTHS beginning at 9:15am. The morning will be spent with our Aboriginal staff and students learning about our school. A BBQ lunch will be provided with family and friends invited to join in. The day will conclude at 2:20 pm.

### BAND NEWS

A reminder to Band families that we have still a few band members who have not returned their MADD night notes. These need to be returned as soon as possible. We will have band on the same day next week, (Wednesday) and students will need their instruments on Thursday as well for the MADD rehearsals and performance.

### BAND PERSON OF THE WEEK

Each week the band likes to acknowledge a student who is working at school and at home to make our band sound fantastic!

Week 3

**Anderson Thompson**


for his strong playing in our Alto Sax section

Week 4

**Darcy Spalding**

for consistent effort and power when playing as a band.

**Kirsty Ward, Band Coordinator**



## HEY, DO YOU LOOK AFTER ONE OF YOUR MOB?







Do you take them to appointments?  
Do you cook them a feed?  
Do you want to have a yarn how this can help you get a job?  
Do you take time out to look after yourself?

### FREE Self Care and Wellbeing Workshops

When: Wed 22nd Nov, 9.30am - 2.30pm @ Yamuloong, Garden Suburb  
Or Thurs 23rd Nov, 9.30am - 2.30pm @ Nikinpa, Toronto

**\*\* Free morning tea and lunch \*\***

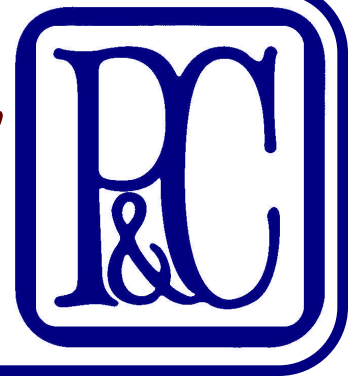
For more information and to register contact Markeeta Douglas  
Phone: 0439 044 456 or Email: [markeeta.douglas@wesleymission.org.au](mailto:markeeta.douglas@wesleymission.org.au)





# Rutherford

Public School



## COLES TROLLEY DASH

Rutherford Public School has been selected to participate in Rutherford Telarah Rotary Club's Coles Trolley Dash 2017. Every ticket sold from our allocated raffle books will be donated back to the school and put towards our upgrade.

Tickets cost \$5. Books will be sent home as soon as we receive them and will be sold at school events in November. Books MUST be returned sold/unsold by the due date.

Last years winner filled their trolley with about \$700 worth of groceries - what a perfect way to start the Christmas preparation!

If you don't want to run, you can nominate a runner!

Tickets are drawn 4th December and The Dash will occur at Rutherford Coles in the second week of December - date TBA.



## XMAS RAFFLE

Christmas Raffle tickets have been sent home with students. Prizes include a Toshiba 40" LED LCD TV, an Xbox One S 500GB Console Entertainment Bundle, and a 32GB iPad!

Get your tickets in by Monday 11th December to be in the running! Prizes will be drawn at our Carols on Thursday 14th December 2017.

Additional sheets of tickets are available from the office and the canteen.



### Dragon's Nest Breakfast Club

Our mothers always told us that breakfast is the most important meal of the day, and like many favourite old sayings, it contains far more than a grain of truth. Eating a nutritious breakfast is important for everyone – but especially for children, as it can provide up to a third of their daily nutrient needs. It also improves their concentration and they are more likely to be settled and happy and it allows them to participate better in school life. Our breakfast club relies heavily on donations

from the community & help from our volunteers. If you are interested in donating vegemite, honey, margarine, strawberry jam, long life full cream milk, napkins, plastic spoons & cups or would like to volunteer at the breakfast club, please contact Mrs Gandhi (CLO) in the office. We would like to say a big thank you to everyone who supports our Breakfast Club. Please support our Breakfast Club Sponsors

### Events:

#### Fortnightly Assemblies in even Weeks:

Stage 1	2:30 pm	Monday	School Hall
Stage 3	2:30 pm	Tuesday	School Hall
Kindergarten	2:30 pm	Thursday	School Hall
Even weeks only (Week 2, 4, 6, 8, 10)			

#### Fortnightly Assemblies in odd Weeks:

Stage 2	2:30 pm	Tuesday	School Hall
Odd weeks only (Week 3, 5, 7, 9)			

#### Second Hand Uniform Stall

Every Monday 2:30pm to 3:00pm  
P&C Shed behind the hall

#### School Band

Every Wednesday 8:30am  
Community Room

#### P-K Program for Kindergarten 2018

Every Thursday 9:00am and 12:45pm



*Proud Sponsors of our  
Schoolaerobics Program*

## POSITIVE BEHAVIOUR FOR LEARNING

### Respect

At Rutherford Public School we:

- follow instructions
- have good manners
- encourage others



### Responsibility

At Rutherford Public School we:

- are organised
- are always safe
- own our choices
- allow others to learn and play



### Personal Best

At Rutherford Public School we:

- always strive to do quality work
- are learners
- always strive to do our best



I can control what I do and say.



I can follow instructions.



I can listen.



I can raise my hand and wait.



I can work quietly.



Click the picture below to go to the  
Learning Potential website



# Learning potential



Place lunch  
orders from your  
phone, tablet or  
home PC!

For help call  
1300 361 769

**flexischools**

## ONLINE ORDERING



- Available 24/7
- Convenient for parents
- Removes paper orders and cash
- **FREE** registration

Online ordering is more convenient, providing a 24/7 payment and ordering system that can be accessed from home, work or a mobile device.

No more fumbling around for coins in the morning or sending kids to school with excess cash, online orders are faster and more accurate giving parents peace of mind that their order and payment is received accurately at the school.

Registration is free and only takes a few minutes.

## EASY, ONLINE REGISTRATION

- Go to [www.flexischools.com.au](http://www.flexischools.com.au)
- Click REGISTER
- Enter your email
- You will be emailed a link to an online form - follow the link
- Choose a username and password and complete the form
- Add each student and their class
- Top-up the account - VISA or Mastercard preferred.

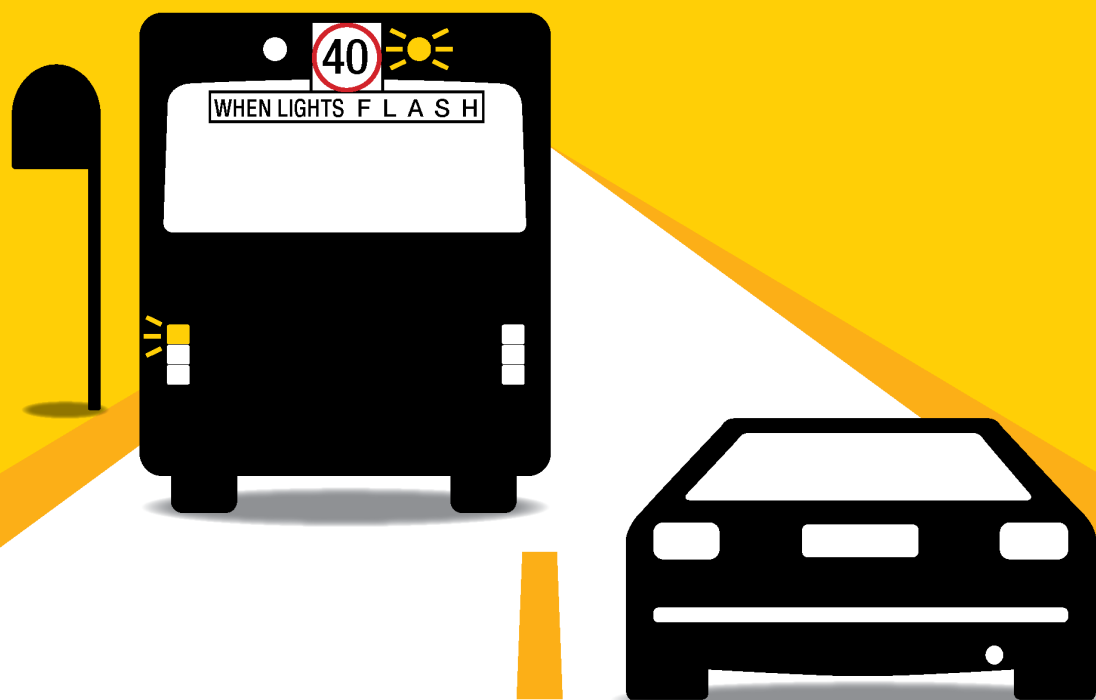
[Click here for the canteen menu:](#)

**CLICK HERE**



# BE BUS AWARE

## Slow down to 40 when lights flash



[BeBusAware.com.au](http://BeBusAware.com.au)



# Rutherford Play 2 Learn

**NEW!**

**Hunter Prelude &  
Rutherford Public  
School are pleased  
to announce the  
NEW Play2Learn**



You and your family are invited to attend **Community Play Sessions**. We will provide toys, craft and outdoor activities. Play sessions are facilitated by Hunter Prelude, supported by Early Childhood Educators and Therapists, and partnered with Community organisations.

A variety of play based learning experiences and opportunities will be provided to support and enhance your child's skills. A place to meet other parents and share your journey.

**Who: Families with Children 0-6 yrs**

**When: Every Tuesday**

**Starting 1st August**

**Where: Rutherford Public School Hall**

**Time: 9.10am-11.10am**

**Cost: Free**

**Contact: 49374549 for more information**

Please bring a sunhat and drink,  
Morning Tea & Sunscreen will be available.





Education  
Public Schools

High Performing Students Unit

## Information about applying for Year 7 entry to selective high schools in

# 2019

### Thinking of applying for a government selective high school for Year 7 entry in 2019?

You must apply online at  
[https://education.nsw.gov.au/public-schools/  
selective-high-schools-and-opportunity-classes/  
year-7](https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7)



#### Key dates

**Tuesday 10 October 2017**

Application website opens

**Monday 13 November 2017**

Application website closes. You must  
apply by the due date.

**Thursday 1 March 2018**

Test authority advice sent to all  
applicants

**Thursday 15 March 2018**

Selective High School Placement Test

**Friday 6 July 2018**

Placement outcome information is sent

Please read this booklet carefully  
before applying.

There is more information at:

<https://education.nsw.gov.au/shs-oc>

Parents should check this website  
for updates all the way through  
the application and placement  
process. Please check the website  
for information before you contact  
the Unit.

The selective high school placement process for Year 7 entry is administered by the  
High Performing Students Unit.

#### Contact details

High Performing Students Unit

NSW Department of Education

Email: [ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au) Telephone: 1300 880 367 Fax: 02 9266 8435

Postal address: Locked Bag 53, DARLINGHURST NSW 1300

Facebook: <https://www.facebook.com/Selectivehighschoolplacement>



# Good for Kids good for life

## EVERYDAY FOODS IN THE CANTEEN

Our canteen is working towards aligning with the new NSW Healthy School Canteen Strategy! Instead of Green, Amber and Red categories, there are now Everyday and Occasional foods and drinks. We are aiming to provide a large range of delicious and nutritious Everyday foods and drinks for your children.

Everyday foods and drinks can include:

- Fruit and vegetables
- Sandwiches/wraps/rolls, sushi and salads
- Toasties, soup, pasta, jacket potatoes and lean burgers
- Reduced fat dairy, cheese and wholegrain crackers, air popped popcorn and pikelets
- Water, 99% fruit juice and reduced fat milk.



Health  
Hunter New England  
Local Health District

PHONE 4924 6499

# The simplest way

...to add Spring produce to your menu.

Adding seasonal produce to your weekly menu not only tastes better, but buying fruit and veg in season can be up to 35% cheaper than other times of year.

Here are four easy ways to add more Spring vegies and fruit to your day:

- **Add some legumes** – add chickpeas to your salad, stir kidney beans through your bolognaise sauce, add canned lentils to your sausage roll mix.
- **Put vegie sticks in every lunch box** – carrots are super cheap in Spring, cut them into sticks and pack them with a small container of hummus.
- **Roast vegies and use in sandwiches** – roasted pumpkin and zucchini are delicious on wholegrain bread.
- **Make fruit salad cups** – cut up some strawberry, apple and rockmelon and put in a cup for a sweet, tasty treat.



For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)