How to pack a Healthy Lunchbox

When packing a lunchbox for your child, you should feel confident that you’re providing them with a nutritious supply of food that will get them through the day with the energy they need to function.

Follow this rule to make packing a healthy lunchbox easy. PACK THE CORE 4

What is the CORE 4?

1. Main lunch item – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.
2. Nutritious snack – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hommus, or yoghurt.
3. Piece of fresh fruit – whatever is in season.
4. Drink – always include a water bottle. Add an additional small 99% fruit juice drink (less than 200ml) once or twice a week.

Remember! Always pack an ice-pack or frozen water bottle with your child’s lunch. This will help prevent the growth of bacteria and keep it cool until lunch time.
Congratulations to the following students

Library Monitors
It’s fantastic to have so many keen students helping in the library as Library Monitors! Remember to check the roster on the main door to the library to see when it is your turn. If your name isn’t on the list and you are keen to help in the library during the first lunch break, please see Mrs Veugen.

Library Lessons
We have started reading some Australian and New Zealand authors during our library lessons. The Kindergarten classes, K/1B and 1T are reading the Hairy Maclary books by Dame Lynley Dodd; 1/2M, 2S and 2/3D are reading Old Tom and other Leigh Hobbs books; 3G, 3/4M and 4/5S are reading Anna Fienberg’s Tashi books; and 5H, 5/6E and 6K have begun exploring Emily Rodda’s Rowan of Rin.

News from the World of Children’s Books
On a sad note, we mourn the passing on the weekend of the wonderful Kim Gamble, illustrator of the very popular Tashi books. His passing leaves the world of Australian children’s literature so much the poorer.

Mrs (Robyn) Veugen – Teacher Librarian

<table>
<thead>
<tr>
<th>Thursday 25th</th>
<th>Friday 26th</th>
<th>Monday 29th</th>
<th>Tuesday 1st</th>
<th>Wednesday 2nd</th>
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<tbody>
<tr>
<td>Michelle Rowe</td>
<td>Leigh-Anne Clarke</td>
<td>Michelle Rowe</td>
<td>Erica Whiteford</td>
<td>Melinda Hynes</td>
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PLEASE HELP US - *By sending in correct money with your child’s lunch order.
*By placing all hot food orders before 9.20am.
We are unable to change $50, $20 and $10 notes.
No money is kept in the Canteen overnight.

SPECIAL - “Wests Mighty Burger” - beef patty with lettuce, tomato, carrot, beetroot, cheese and BBQ sauce $5.00
to be ordered with your lunch order before 9.20am

Assembly Awards Term 1 Week 4
Congratulations to the following students

MERIT AWARDS
KR – Giuarna D, Scarlett R
KH – Elijah N, Nakoda H
KJ – Zeph H, Ashton L
K/1B – Kaylem C, Charlie B
1T – Bella S, Tahlia A
1/2M – Myra T, Miley H
2S – Abigail D, Cassie W
2/3D – Izzaac M, Emily J
3G – Cheyenne W, Perry P

3/4M – Rachael J, Naitwon W
4/5S – Stanley W, Shakaya H
5H – Evan O, Deslie A
5/6E – Britania C, Rebecca C
6K – Luke F, Chantelle H
K-6H – Blair M, Danny M
K-6M – Stanly E
K-6S – Chloe S
K-6T – Emily M

STUDENTS OF THE WEEK – Abbey B, Dakota C, Jayson B.
BOYS’ GROUP – David T.

Unfortunately many parents and guardians mistakenly believe accidents happening to their children whilst at school will be compensated for by the school or government and in most cases this is simply not the case. Backed by AIG Australia Limited, StudentCover gives parents and guardians peace of mind by insuring their children not only during school activities but 24 hours per day, including almost all sporting activities.

Flyer with more information is going home today with your child.
When I went to Mapping the Macleay at Melville High School I walked around and I saw paintings and photographs of Aboriginal people from different areas. We watched a video and it was about the Aboriginal people in the area.

Rune 5/6E

When we went to Melville High School for Mapping the Macleay we watched a short film about the Aboriginal people from this area. The elders talked about how they built their houses and what they did when they were little. There were different kinds of paintings from different schools. Each child did a little square painting and they put the squares together to make a picture of this area. We looked around the room at other schools’ art and we found it very interesting.

Destiny 5/6 E and Tykea 5/6E

Congratulations to our swim squad who competed at the Macleay Carnival on 17th February at the Kempsey Pool. All students swam their best and improved their times from our school carnival. Two teams and three individuals qualified for the LNC Carnival today Wednesday 24th February at Kempsey Pool.

1st in 9yrs 50m, 2nd Jnr Relay Tallis H
2nd Junior backstroke, 2nd Jnr relay Rusty G,
4th 10 yr 50m, 4th Jnr breaststroke, 2nd Jnr relay Lachlan M
2nd Jnr relay Mekhi K
3rd Senior Relay Justin K, Glen B, Connor B, Lachlan B

Tallis H 1st in 9yr freestyle
Lachlan M 4th in 10yr freestyle
Both qualified for LNC today

Lachlan M 4th in Jnr breaststroke
Rusty G 2nd in Jnr backstroke

3rd in Senior Relay
Lachlan B, Connor B, Glen B, Justin K
Crazy Hair Pictures by Class 3G

Veronica - First I drew the head and shoulders, then coloured it in. We made the hair using food colouring and straws.

Alena - We drew the shirt and head in pencil, then used crayons to colour it in. We made the crazy hair by putting drops of food colouring on the paper and blowing it with straws. Some of the dyes mixed together and made different colours.

These three boys will be representing the Macleay at the Lower North Coast cricket trials on Thursday 25th at Port Macquarie. Good luck boys.

In Boys’ Group we are making wooden seats for the playground. Mr Scott got some wood blocks and we sanded them and screwed the seat on top of one leg. We carried it to the basketball court and then we screwed the other leg on with a drill. We carried it to under the mulberry tree and dug two holes and put the legs in. We made sure the seat was level and then we poured quick drying cement in the holes and stirred it. We let it dry and now it can be used. It is great to have some where to sit in the playground. Mr Scott made sure that we used the right safety gear as we had to wear safety glasses, masks and gloves. We are going to make two or three more.

Bailey and Mathew 5/6E