On Monday 22nd April our school students had the opportunity to participate in African Drumming performance.

**SUN SAFETY**

**is**

**IMPORTANT**

**NO Hat—NO Play!**

**TAKE HOME A BIG BROTHER OR BIG SISTER**

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2013 for their 3, 5 or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, and Spain will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

**African Drumming Performance**

**Newsletter Number 11—1st May 2013**

**FROM THE PRINCIPAL’S DESK**

**What’s for Lunch?**

Children need to eat a variety of foods everyday to be healthy. Parents can give children a healthy school lunch that tastes great and is good for them too. Many parents say one of the major problems with school lunches is when the children bring them home! Try to give kids some choice about what they take for lunch, and if possible, get them involved with preparing the ‘healthier’ foods.

**Choosing food for a healthy lunch is easy!**

Use Nutrition Australia’s Healthy Living Pyramid to help you plan a healthy school lunch. **What is a healthy school lunch?**

- Start by choosing a variety of foods using the Healthy Living Pyramid as a guide. This will ensure that your child is receiving adequate nutrition from various food groups during the day.
- Don’t forget to include mainly breads and cereals (bread, rice, pasta etc) and fruit and vegetables, and moderate amounts of dairy and meat or meat alternatives.
- Bread is the most common lunch food for kids. Remember that a range of breads such as sliced bread (white, white high fibre, wholemeal, multigrain, rye), pita bread, kebab bread, bread rolls, and English muffins are available and can be used to vary the lunch you provide.
- Use a variety of fillings to keep children interested.
- Dairy products are particularly important, so be careful that your children are not continually replacing milk with juice. Encourage children to drink water throughout the day.
- Save sweet and fatty treats for special occasions. Most children attend enough birthday parties and holiday celebrations where these foods are readily available.
- Choose healthy snack options including cheese sticks, canned or fresh fruit, rice cakes, pikelets etc. Don’t forget that water is the most ideal drink for children.

Here is an example of a morning tea that you can send to school:

<table>
<thead>
<tr>
<th>Food (Food Group)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scone (Bread or cereal)</td>
</tr>
<tr>
<td>Banana (Fruit)</td>
</tr>
<tr>
<td>Cheese slice (Dairy)</td>
</tr>
</tbody>
</table>

Try the following example for lunch:

<table>
<thead>
<tr>
<th>Food (Food Group)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandwich bread (Bread or cereal)</td>
</tr>
<tr>
<td>Salad filling for the sandwich (Vegetable)</td>
</tr>
<tr>
<td>Tuna or other lean meat (Meat)</td>
</tr>
<tr>
<td>Apple (Fruit)</td>
</tr>
<tr>
<td>Milk drink - frozen (Dairy)</td>
</tr>
</tbody>
</table>

**Remember to plan ahead!**

Planning ahead for the busy times helps you get through them a little easier. Think about the lunches you will be preparing for the next week and make sure you buy the necessary ingredients when you do your regular shopping.

**Packing a Lunch**

When packing a school lunch, it is important to consider how the lunch will be kept cool.

**Keeping food cool**

If food is not stored properly bacteria in and on top of the food can grow and make you and your children sick; for this reason it is essential to keep school lunches cool. Lunches kept in children’s school bags all day, are likely to get warm, though foods such as meat or cheese sandwiches, milk, cheese and yoghurt need to be kept cool.

**Continued over page / - - - - -**
To keep sandwiches fresh, wrap them in plastic wrap or snaplock plastic bags.

Find a lunch box that includes a small water bottle. Fill the bottle with water and freeze it, then place it in the lunch box to keep food cold.

Freeze small packs of milk or juice

If you prepare lunches the night before they will be eaten, make sure they are stored in the fridge overnight.

In the interest of supervision and safety, children are not to arrive at school before 8:30 am and should be collected! have left the school grounds no later than 3:15pm each day. No supervision for students is offered before or after school. Our staff are extremely busy in the mornings and afternoons with curriculum preparation, meetings and administrative tasks, and therefore are not available to supervise early arrivals or late departures. Thank you for your support and understanding; it is greatly appreciated.

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Why not try the following:

- If you prepare lunches the night before they will be eaten, make sure they are stored in the fridge overnight.

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