



6 November 2018 | Term 4 Week 5

## Welcome from the Principal

Welcome to another fantastic week at North Morley PS.

Last Thursday and Friday, Jordan McGrath and I attended some training on the changes for our school in becoming an Independent Public School. The event was highlighted with the presentation of our IPS certificate for the school by the acting Director General and the Minister for Education.

### STAFF

Currently Ms Reid is on sick leave and we are hoping she will be back at school soon. Mrs Bartolli and Ms De Cinque will be in the class this week.



### HEALTHY LUNCHES:

Healthy food gives young minds and bodies the fuel they need to learn and grow. Children need to have a balanced diet to ensure they have the energy for school.

"A simple piece of fresh fruit, vegie sticks and a sandwich are still the best way to fill a lunchbox. Packets and processed foods are simply not necessary and not as good," a leading Australian dietician has said.

The Australian Dietary Guidelines recommend children have up to two servings of fruit and five servings of vegetables every day to maintain good health and physical development.

Daily servings from the grains (cereals, bread, pasta, rice etc.), protein (lean meats, poultry, fish, eggs) and dairy food groups (reduced fat milk, yoghurt, cheese or alternatives) are also advised.

Children should also be encouraged to drink plenty of water, instead of sugary drinks such as cordials, sports drinks, fruit drinks and soft drinks.

Some choices for lunch boxes can include:

- vegetable sticks like capsicum, celery, cucumber and carrot paired with a vegetable-based dip (such as guacamole, hummus, eggplant and salsa or cottage cheese)
- a fresh colourful salad (cut to finger size for easy eating)
- wraps (filled with lean meat such as diced chicken, turkey slices, reduced fat cheese or tinned fish or egg and plenty of salad vegetables)
- sushi rolls or rice-paper rolls (with fresh fillings rather than tempura or fried options)
- home-made muffins or slices with added fruit or vegetables
- reduced-fat cubed cheese or cheese sticks
- air-popped popcorn
- pikelets – sweet or savoury are good
- hard-boiled egg
- a small tin of baked beans
- a tub of yoghurt or custard or a carton of milk (choose reduced fat varieties)
- ensure a full water bottle is packed in their school bags every day

*Please don't forget to wash the lunch boxes out daily.*

## Up Coming Events

### Wednesday 7 November

- Playgroup 9:00 - 11:00am

### Wednesday 14 November

- Playgroup 9:00 - 11:00am
- P&C Meeting 7:00pm

### Friday 16 November

- Kindy/PP Assembly
- Grandparent Appreciation morning tea 9:45am
- Uniform Shop open 8:30-9:00am

## Grandparent Appreciation Morning Tea

Grandparents are invited to a morning tea on Friday 16 November in the Art Centre. Please RSVP at the office if you have grandparents that would like to attend.



Artwork by Zahra in Pre Primary of her grandparents in Iraq.

## Swimming Lessons 2018 - PP to Year 2

In-term swimming lessons for students from Pre Primary to Year 2 will be taking place Monday 3 December to Thursday 13 December. Permission forms are going home with students today. Please return this form with full payment by Wednesday 28 November.

### MAGPIE MANOR - IMPORTANT INFORMATION

**Wednesday 28 & Thursday 29 November 2018**  
**Tricycle Theatre Mt Lawley Senior High School.**

#### DRESS REHEARSAL

The Dress rehearsal for the whole school will take place on Saturday 24 November from 9:00-12:00 at the Tricycle Theatre at Mt Lawley High School. You are free to leave your children as there will be staff members supervising your children during this time.

#### COSTUMES

Costumes for the main characters have been organised with the students by Mrs Poh. For all other students, costumes are not compulsory. If your child would like to dress up however, please dress them 1920s inspired clothing or as a magpie. We encourage you to find something your child already has in their wardrobe.

#### TICKETS

Tickets for this performance will be \$5.00 each and will go on sale this Friday online and through the office. The link will be made available on Friday through Connect and Facebook. As there are limited seats we encourage you to attend only one session please.

#### NIGHT OF THE PERFORMANCES

All students are to be at the Tricycle Theatre no later than 5:30pm on both nights of the performance. If there are no family members in attendance during one of the performances, please ensure that you collect your child promptly at the end of the evening.



## MT LAWLEY SHS MAP



### S.P.O.R.T Virtue of the Fortnight – Organised

Being organised is being prepared and ready to achieve your best. When you are organised you:

- Ensure you wear safe and correct attire
- Be mentally prepared for any task at hand
- Drink and go to the toilet before class
- Complete your class jobs
- Keep your spaces neat and tidy
- Take everything needed for your break
- Agree on game rules before starting and teach others
- Take everything needed for the class you are going to
- Move in an orderly line as your teacher requests
- Arrive at school on time
- Hand in notes, money and communication from parents at the start of the day

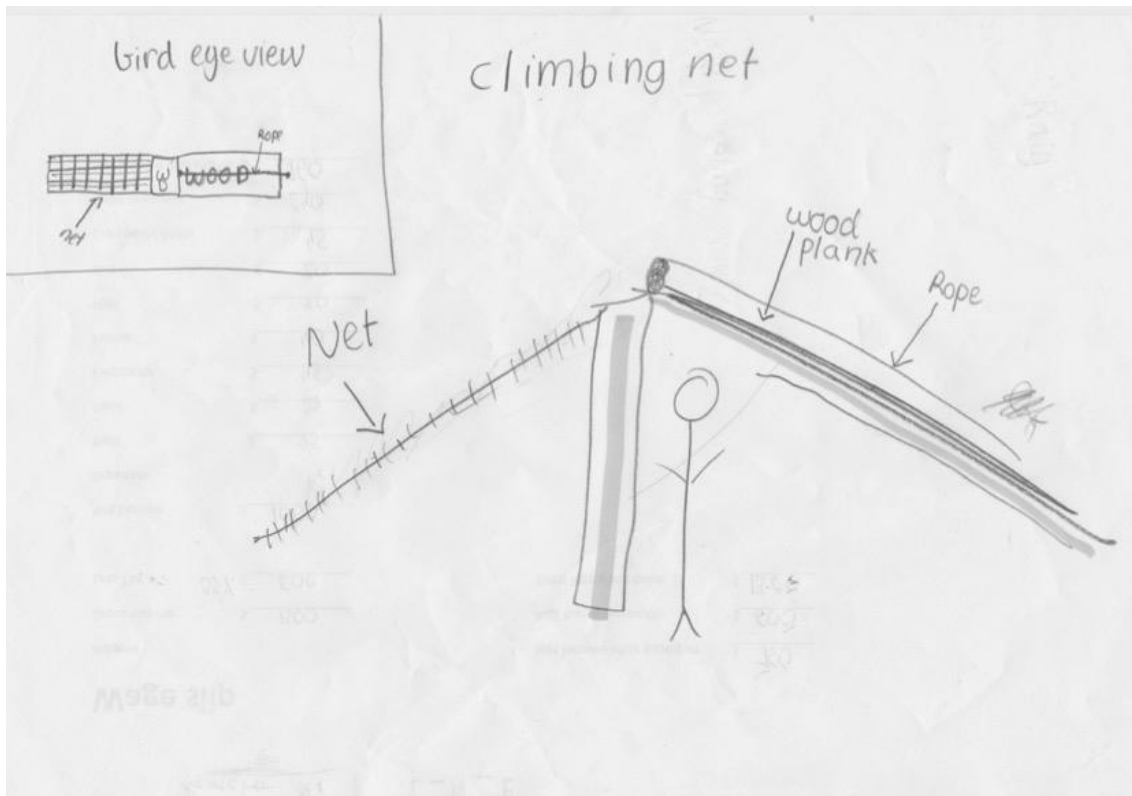


**P&C MEETING – Wed 14 November**

Our next and final P&C Meeting for the term will be on Wednesday 14 November at 7:30pm in the staff room. Join us to begin planning for 2019!

**Senior Nature Playground Committee**

This committee has been busy and have drawn up their ideal main climbing feature – see below. If you want to get involved or have some great ideas, see Rowen in Year 5.





Bookings are now open for Camp Australia's latest school holiday programs – **STEAM Works**. Based on STEAM learning – Science, Technology, Engineering, Arts, and Math – it will be full of activities that have fun learning outcomes.

Some of our brand new activities include making a mini soccer table, cool science experiments, solar powered cars, putting on a show with shadow puppets, excursions, and heaps more.



Book now. To find out when these activities are on during the school holidays and join in the fun, visit: [www.campaustralia.com.au/holidayclubs](http://www.campaustralia.com.au/holidayclubs).

Or you can call our friendly Customer Care Team on 1300 105 343 - 24 hours a day, 7 days a week.

We look forward to seeing you and your family during the school holidays.

The Camp Australia Team

