MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers,

Stage 3 students had a very enjoyable camp last week at the Great Aussie Bush Camp. Thank you to Mr McWhirter and Mrs Boyd who organised the excursion. They reported that the behaviour was excellent and the activities were enjoyed by all. It’s always a busy, tiring few days but well worth the effort. Thanks to Mrs Reeve and Mr Cavanagh also who accompanied the students on this great excursion, I hope all attendees, both staff and students had a quiet weekend to recharge for the activities this week.

It has been a busy start to the term. Our leaders attended a Leadership Conference at Forster on Monday, accompanied by Mrs Johnston. Beef Week activities were also on Monday and our Year 6 students walked to Wingham High School where they had a very interesting day. NAPLAN continues tomorrow after starting yesterday for our Year 3 and 5 students and the first game of the Netball Knockout begins tomorrow where our team will play against Wingham Public School.

At this point, due to Mr Rees taking indefinite leave, I will continue in the role of Relieving Principal. The support of the P&C, staff and students is greatly appreciated.

Regards,
Liz Newman, Relieving Principal

P&C

Reforms to P&C Federation

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of Management.


CANTEEN VOLUNTEERS ROSTER

MAY

Thurs 15    S Deacon
Thurs 15    P Waldron
Thurs 22    G Thomas
Fri 23      B Hall
Wed 28      K King

BOOK FAIR

Our school is hosting a Scholastic Book Fair. Our Book Fair hopefully will encourage children to understand the benefits of reading as a life skill; help promote a reading culture in every home; and invite families to share books with their children every day.

The Book Fair will be open in the Library and books will be available for purchase on Monday May 26, Tuesday 27, Wednesday 28 and Friday May 30. Times for purchasing will be between 8-50 and 9am, recess and lunchtime each day.

TENDER - FAX MACHINE

We are calling for tenders for a Canon Phone/Fax machine. This machine is in full working order. It is a Canon L390 Phone/Fax/Copier 2010 model with a spare ink cartridge. Viewing is available if needed. Tender submissions must be placed in a sealed envelope addressed to WBPS ‘Tender of Fax Machine’ by May 30, 2014.

LIVE LIFE WELL

How much water do children need?

The amount of fluid that children need varies between individual children. The older the child, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active.
and on hot and humid days. Water is the best drink – for both children and adults – in all situations.

**Water**

Tap water makes the best drink!

Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here’s what water has to offer:

- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body

We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

**Fruit juices**

Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:

- Limit fruit juices to no more than half a glass per day.
- Too much juice can lead to diarrhoea.
- Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
- It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
- Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.

**Healthy party drink idea**

- Fruit spritzers are a fun alternative to soft drink for parties and social events, and so easy to make! Just mix ½ fruit juice and ½ soda water!
- Or why not freeze juice in ice cube trays to add to mineral or still water for a nice fruity taste!

**Milk**

Milk is a good source of calcium, which gives children healthy bones and teeth. It is recommended that children have three serves of calcium rich foods a day. A glass of milk, a slice of cheese or a small tub of yoghurt, are each considered one serve.

Due to the high energy needs of babies and toddlers, reduced-fat milk is not suitable for children aged less than two years. However, from the age of two years, drinking too much milk can reduce a child’s appetite and contribute to excess energy consumption. Therefore reduced-fat milk is recommended for children two years and over.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Milk Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 12 months</td>
<td>Cow’s milk is not suitable. Breastmilk is best.</td>
</tr>
<tr>
<td>12 months to 2 years</td>
<td>Skim milk and reduced-fat milks are not recommended.</td>
</tr>
<tr>
<td>2 years and older</td>
<td>Reduced-fat milk can be used.</td>
</tr>
</tbody>
</table>

**Cordials, soft drinks and sports drinks**

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay. Take a look at the sugar content found in these drinks:

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
</tr>
</tbody>
</table>

**COMMUNITY NEWS**

**MINKEY HOKEY TAREE**

What is Hook In2 Hockey (Minkey Hockey)? – it is a fun and exciting way for children aged 3-7 to get involved in playing hockey. Held on Saturday Mornings at 11.00am at Taree Hockey Centre and it is FREE! If you would like to come along or need more information please contact Adam Johnson on 0400 952 556.

**STROUD LEGO DAY**

This Sunday May 18 between 10am and 3pm Stroud Public School will be holding Lego Day 2014. Cost is $10 per family or $3 per single person/child. There will be a huge display of Lego by Bay Bricks, Building Competitions, Food Stalls, BBQ, Cake Stall, Fun Fair Stalls run by the children, Lego Sales, Craft and Interactive Stalls and fun for the whole family. For further information please contact the school or David on 0407 935 685.

**KERRIE RENEE DANCE STUDIO**

Kerrie Renee Dance Studio, Wingham are now taking enrolments for term 2. KR Dance offers a safe, fully equipped studio with all the correct tools to aid in your child’s training. There are numerous discounts to cater for students in performance classes and for those choosing to do multiple lessons. And if you have more than one child wishing to dance we also offer discounts for siblings. Classes on offer at KR Dance are for all ages and include Ballet, Tap, Jazz, Hip-Hop, Contemporary and also a Pre-School program which introduces them to the world of dance. KR Dance not only teaches your child to dance correctly, we equip them with the skills that last a lifetime. Call 6553 1206 or 0450 704 544 or email kerrie@krdance.com.au for more details.

**SHELL QUESTACON SCIENCE CIRCUS**

Visit the Science Circus at Taree Saxby’s Stadium on Tuesday May 20 from 6-9pm. Tickets available at the door. Family $18, Adult $6, Student/Concession $5. Children under 5 are FREE. Children under 12 must be accompanied by an adult. Science toys are for sale. Please note: All CASH ONLY. For further information please phone 0417 465 028.