DIARY DATES

<table>
<thead>
<tr>
<th>Term 1</th>
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<tr>
<td>JUNE</td>
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<tr>
<td>Fri 27</td>
<td>Canteen Special Day</td>
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<tr>
<td>Fri 27</td>
<td>Last Day of Term 2</td>
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<td>JULY</td>
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<tr>
<td>Mon 14</td>
<td>Staff Development Day</td>
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<tr>
<td>Tues 15</td>
<td>Term 3 begins - Students Return</td>
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<tr>
<td>Mon 28</td>
<td>Education Week begins</td>
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MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers,

Thanks to all who supported the ‘Wear Your Footy Jersey to School’ last week. Wingham Brush students raised $244.50 which was a fabulous effort – well done!

Reports will be going home this Friday. If you wish to discuss any aspect of the reports, I would encourage you to contact your child’s class teacher by making an appointment next term.

Don’t forget this Friday is our ‘Walk Safely to School’ day and all students are encouraged to participate and can wear mufti clothes as they come to school safely by car, bus or walking.

It is with sadness that I report that Mrs Burrows is leaving us for the year to take up a position at Harrington Public School. She is a valued staff member and I know that the staff and the students, especially of 1B will miss her greatly. We wish her all the best for the rest of 2014. We are fortunate to have Mrs O’Connor returning from her leave and she will take over 1B for the second semester. Miss Irvine will maintain her role as teacher of 2O.

I wish everyone a safe and happy holiday and hope that all members of our school community return safely and refreshed for Term 3.

Walk Safely to School Day

This week’s message:

For the safety of all school children, please do not stop or park your vehicle on or near any pedestrian crossing. The fine and the loss of 2 demerit points applies if you stop or park a vehicle on or near:

- a pedestrian crossing
- a children’s crossing
- any marked foot crossing.

Regards,

Liz Newman, Relieving Principal

CANTEEN NEWS

There will be a sausage sizzle this Friday on the last day of term. Cost will be $4 for a sausage sandwich, a popper or water and a special treat.

Please return your order form with money to the canteen by Thursday. There will be no normal lunch orders on this day. If your child didn’t receive an order form there are some available from the front office or canteen.

A letter was sent home last week seeking volunteers for the school canteen. Our canteen runs solely on a volunteer basis. Unfortunately if we don’t have enough volunteers some days the canteen may need to close. If you think you can spare one day a week/fortnight/month please contact Sara on 0431 376 059. Our canteen is a huge fundraiser for our school which benefits your child.

CANTEEN VOLUNTEERS ROSTER

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<td>Thurs 26</td>
<td>S Deacon</td>
<td>P Waldron</td>
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<td>Fri 27</td>
<td>B Hall</td>
<td>K King</td>
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<th>JULY</th>
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<td>HOLIDAYS</td>
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<td>Mon 14</td>
<td>Pupil Free</td>
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<td>Tues 15</td>
<td>T Oldham</td>
<td>D Stewart</td>
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<td>Wed 16</td>
<td>B Hall</td>
<td>T Oldham</td>
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150 YEARS OF PUBLIC EDUCATION IN WINGHAM

The next meeting of the Sesquicentenary Committee will meet at Wingham Public School at 4pm Tuesday 15 July 2014. This is the first Tuesday back after the holidays.

LIVE LIFE WELL

Children need to eat vegetables every day...

Ideas for encouraging kids to eat vegetables include:

- baked beans on toast for breakfast or baked bean toasted sandwiches
- grated vegetables such as carrot and zucchini into stews, casseroles and mince
- salad in sandwiches or a small salad to go with a sandwich
- sliced vegetables, for example cherry tomatoes, cucumber wedges or carrot sticks.
Boosting the fibre in your child’s diet:

- Toss small white or kidney beans into tuna or chicken salad.
- Add extra vegetables to soup. Often, kids forget they’re eating “vegetables” when it’s part of a soup or stew.
- Toss some of the following ingredients into salads: kidney or garbanzo beans; chunks of artichoke hearts, cherry or grape tomatoes, grated fresh carrot, summer squash and broccoli floweret’s.
- Substitute whole wheat flour in baked goods like muffins, scones or pikelets. Start with partial substitution and gradually add a larger percentage each time.
- Try using wholemeal pasta; generally children cannot taste the difference.

Did you know…

- Red plant foods, like tomatoes and watermelon, contain lycopene, which is thought to reduce the risk of some cancers and heart disease.
- Green vegetables including spinach, cabbage and broccoli contain lutein and zeaxanthin, which can protect against certain eye diseases.
- Blue and purple foods like eggplant and blueberries contain anthocyanins, which protect against cancers.
- White foods like cauliflower contain sulforaphane which protect against cancer.

Raw vegetables can be rich in the antioxidant vitamin C. Cooking vegetables can release specific antioxidants like lycopene.

Fruit and vegetables as healthy snacks

Fruit and vegetables are very healthy snacks for children, because:

- the fibre found in these foods can aid digestion
- they are rich in vitamins, such as vitamin C which can build up your child’s immune system during the cold weather
- they add variety to a healthy and balanced diet.

Dried fruit

Dried fruit can provide fibre but it is also high in sugar, so no more than one serving of dried fruit should be eaten a day.

Some suggested filling for sandwiches:

- cheese with celery or sliced cucumber
- grated cheese and carrot
- cheese and lettuce

• canned salmon with lemon juice, lettuce or spring onions
• sweet corn with lettuce
• avocado, low-fat cottage cheese or hummus as a healthy spread on sandwiches.

Try including some crunchy fruit or vegetables in your child’s lunchbox. Eating these after lunch can help stop tooth decay.

COMMUNITY NEWS

PRIVATE TUTORING WITH MARY WASTELL
Is your child having difficulty with reading or maths? Often one-on-one assistance can help. Lessons will be conducted in your own home. Book now for next term. Phone 6550 5697.

AFL SCHOOL HOLIDAY CAMP TAREE
Have a kick these school holidays!
On Friday July 11 at Johnny Martin Oval, Macquarie St Taree from 10.00am – 3.00pm. Boys and girls aged 5 – 12 years old
The cost of $25 includes:
• Day of skills, activities and games
• AFL Fan Show Bag (Includes football)
A great day learning skills and playing games in a fun and safe environment. To Register Contact AFL Development Officer Rachel Lowe on 0457 389 504 or rachel.lowe@aflnswact.com.au

LIBRARY HOLIDAY FUN

Visit your library this July school holidays and enjoy lots of fun activities. This program is suitable for primary school aged children and features movie screenings, cooking classes, drama and writing workshops, bingo and a special workshop by artist, illustrator and manga extraordinaire Matt Lin. To explore what’s on offer this July school holidays simply pick up a copy of the program from your library or visit www.gtcc.nsw.gov.au to download a copy. Bookings are essential for all activities – see program for further details. See you at the library!