



Keyneton Primary School

'hand in hand'

Principal: Mrs Catherine Hull

Newsletter 1

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January 30, 2017

We value: Respect, responsibility, integrity, honesty and personal excellence



Diary Dates

The Term Calendar is attached

TOMORROW

A Monster Truck will be visiting but I'm not sure what time

MONDAY FEB 6

Partnership Meeting
Cathy

FRIDAY FEB 10

Family & Staff BBQ 6pm
Please return reply slip by Wednesday next week.

Welcome back everyone! I hope you all had a wonderful Christmas and New Year and a great break.

Welcome to KPS!

We are very happy to be welcoming 6 new students to school today. Our new Receptions: Sarah Cameron, Archie Donohue, Flynn Gerhardy and Egypt Stewart, from NSW, had a great first day with Mrs Hearnden. Egypt's brother, Tubiyas, joins the Year 2s, and we also welcome Connie Clarkson, in Year 5, to the Primary Class. We have 4 new families joining the Keyneton School community and we look forward to sharing lots of fun times with all of you.

Staffing

We are pleased to have all of our staff members back this year with just some small changes to working times:

Kate O'Connell is recovering from her second knee replacement surgery and won't be back for at least 8 weeks, depending on how she heals.

Shari Gonzalez-Brown is working full-time until Kate comes back. She is in the Primary Class on Mondays and the JP Class for the rest of the week.

Del Hearnden is in the JP Class on Mondays and will be here on Wednesdays to release teachers for their non-instruction time.

Raelene Adler teaches the Primary class Tuesday—Friday.

All of our SSOs are back and we are working on their timetables so that they can provide classroom and individual support as well as look after the library.

Long Service Leave

In Week 3 Shari is having a short break so she can celebrate her 50th Birthday in style on Hamilton Island.

This partly coincides with the leave I will be taking in Weeks 3, 4 and 5 when I will travel to Tasmania for an art holiday.

While I'm away Raelene Adler will be acting Principal and Peter Kotsoglous, who did some relief work here at the end of last year, will be covering my teaching load and providing Raelene with admin time.

Del Hearnden will work full-time in the JP Class while Shari is away, so everything should run smoothly.



Government of South Australia
Department for Education and
Child Development

Working Bee

Thank you very much to all the hard-working people who did some major jobs in the yard yesterday. We now have a cement floor ready for a new storage shed, the tennis court fence isn't quite finished but is looking much better and stronger, the sandpit has been weeded and dug over, the vegie garden cleaned up and branches cleared from the yard.

Thank you very much to the Treloars, Hearndens, Camerons, Toby Rosenzweig and Georgie Keynes, Sean Donohue, Jo Michalanney and Deb Newell, who brought her Dingo digger. What a team! We really appreciate all you've done to make our school look great.

Lots of Forms—please read carefully, complete and return all the attached documents as soon as possible. We need to make sure we have up to date information so we can contact you if we need to.

Student Banking

Bank Day is Tuesday, see Leanne in the office if you would like an application form for school Banking.

Road Safety Reminder

Just a reminder about driving up past the solid line, to near the side car park gate before doing a U-turn when dropping off or picking up your children please. It is much safer for our students if you are turning well away from where they cross the road. Please also park a little way away from the crossing markings so there is clear vision up and down the road.

Tissues

Would you please supply a box of tissues for each of your children. It would be great if you can encourage them to bring a tissue to school each day because we do go through a lot of boxes in each class every year. Please send the boxes of tissues to the office so Leanne can record your donation—the boxes do not need to be named.



Brain Food and Healthy Eating

It is very pleasing to see that many of our students have been bringing healthy Brain Food for a mid-morning snack. Please remember that this snack should be unprocessed food: vegetables and fresh or dried fruit. It's a good idea if it is easy to eat while students continue working, so juicy, messy food isn't a good idea.

Below is the Keyneton Primary Healthy Eating Guide which was developed in 2015 with our Nutrition Policy. Hopefully you will find the tips helpful when preparing school lunches for your children.

Nut Allergy

Please be aware that one of our students is allergic to nuts. We ask that you reinforce with your children not to share food with other students please because it is a safety issue.



Keyneton Primary School HEALTHY EATING GUIDE – TO BUILD A HEALTHY LUNCH BOX

CHOOSE MOSTLY GREEN

Food and drink in this category are the **best choices** for children to bring to school.

They include:

- Breads, cereals, rice, pasta
- Vegetables
- Fruit
- Dairy foods-reduced or low fat milk, yoghurt and cheese
- Lean meat and poultry, fish, eggs, nuts and legumes (dried beans and lentils)

What types of food could this include?

- Sandwiches - ham, beef, tuna, egg, cheese, salad
- Tin of baked beans
- Piece fruit/vegetable (fresh, frozen, dried, canned (in natural juice))
- Boiled egg
- Wholegrain crackers, rice and corn cakes
- Home made fruit/vegetable muffins
- Nuts (unsalted)
- Air popped popcorn (no sugar/salt)
- Low fat custard/yoghurt
- Water

Aim for wrapper free lunch boxes



SELECT ONLY ONE AMBER

Amber foods are mainly those have had some sugar, salt and/or fat added to them during processing.

Tips:

- Offer some of these foods on certain days of the week or weekends
- Serve amber foods with extra fruit and vegetables

What types of food could this include?

- Muesli bars
- Fruit straps
- Oven baked snack biscuits
- Fritz, ham, salami
- Full fat dairy (milk, yoghurt, custard, cheese)
- Fruit Juice – 100% (250ml)

LEAVE RED AT HOME

Red foods are those that are **not essential** for a healthy diet and are not recommended for school.

School will avoid, or limit to providing a maximum of twice per term (special occasions/events)

What types of food could this include?

- Drinks: soft drinks (including artificially sweetened), sports drinks, energy drinks, cordial, fruit boxes, flavoured mineral waters
- Confectionery-all-types
- Rollups, LCM bars etc.
- Deep fried foods – all types
- Snack foods: chips, crisps, biscuits, cake, flavoured popcorn
- Pies, pasties, sausage rolls