



# WINKIE PRIMARY SCHOOL

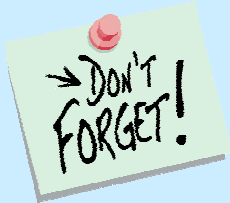
Principal:  
Governing Council Chairperson

Paul Haenen  
Janet Kleinig

[www.winke7.sa.edu.au](http://www.winke7.sa.edu.au)

Term 1, Week 3

Tuesday 10<sup>th</sup> February, 2015



## Upcoming Events

- Week 4  
Monday 16<sup>th</sup> Feb  
Governing Council  
AGM @ 3:00pm
- Week 6  
Monday 2<sup>nd</sup> March  
Parent & Teacher  
Interviews
- Week 7  
Monday March 9<sup>th</sup>  
Adelaide Cup
- Week 10  
Friday April 3<sup>rd</sup>  
Good Friday
- Week 11  
Monday April 6<sup>th</sup>
- Easter Monday

### From The Principal:

What a magnificent start to the year we have had. The work and learning the children are completing has shown we will continue to build on the improvements we saw in 2014. The children have adapted quickly to the changes in class timetables and with the effort put in by our teachers and support staff, student learning and successes have not been affected. We have had a school attendance of over 98% and no office time outs also showing the children's desire to be at school and get along with others.

### Governing Council

Governing Council has an important part in the management of the school. We are always thankful to those parents who are prepared to support the school by holding a position on Governing Council. You do not have to have any experience in formal meeting to be on Governing Council just a desire to want the best for Winkie Primary School.

We have two meetings a term that start at 3:00pm and usually finished within the hour. The computer room is available if children would like to use it while their parent is in the meeting.

We have our AGM on Monday 16<sup>th</sup> February and I hope to see as many as possible there.

*Paul Haenen*  
Principal

**Governing Council  
AGM Monday 16<sup>th</sup>  
February @ 3:00pm**



Government of South Australia  
Department for Education and  
Child Development

PO Box 116  
WINKIE SA 5343  
Phone: 8583 2285  
Fax: 8583 2120



## SCHOOL DENTAL SERVICE

All babies, children and young people under 18 years are welcome to attend the School Dental Service. **Dental care is FREE for most children.**

SA Dental Service participates in the *Child Dental Benefits Schedule*. A small fee may apply for children who are not eligible for the *Child Dental Benefits Schedule*.

**All dental care provided is FREE for preschool children.**

To locate your local School Dental Clinic, or for more information about the *Child Dental Benefits Schedule*, please visit [www.sadental.sa.gov.au](http://www.sadental.sa.gov.au)

## Quick Quiz!!!!

1. **Who won the mens singles in the Australian Tennis Open?**
  - a. Andy Murray
  - b. Novak Djokovic
  - c. Roger Federer
2. **The term “spill” has been used a lot in the news recently. What is a “spill”?**
  - a. an early election
  - b. when a party votes to change its leader
  - c. when a deputy leader becomes the new leader
3. **Australian journalist Peter Greste has been released after 400 days behind bars. Which country was he being held in?**
  - a. Syria
  - b. Egypt
  - c. Iraq
4. **Which chocolate company has announced it will be downsizing some of its chocolate bars to cut costs?**
  - a. Nestlé
  - b. Haigh’s
  - c. Cadbury
5. **Why was Perth’s Scarborough Beach in the news last week?**
  - a. there was a shark attack there
  - b. there was a stranding of over 60 pilot whales
  - c. there was a mass rescue due to a flash rip

**Answers at Front Office**



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## Packing a school lunchbox

When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school.

### Steps to planning a healthy lunchbox

Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.

Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.

Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.

Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.

Choose a variety of foods from the 5 food groups (see table below).

Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which are not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.

Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

### What makes a healthy lunchbox?

Food Group	Nutrients	Suitable examples to include in a lunchbox
<b>Breads and cereals</b>	Source of carbohydrate which is a major energy source for the brain and body.	All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf. Rice, pasta, crackerbreads or crispbreads, rice crackers.
<b>Fruit</b>	Contains lots of vitamins and fibre. Aim to include 1–2 serves of fruit per day.	Fresh whole fruits or cut up and placed in a container. Dried fruit mix, canned fruit.
<b>Vegetables</b>	Good source of fibre and vitamins.	Vegetable pieces as a snack such as cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears. Carrot, celery and cucumber sticks. Salad vegetables or coleslaw in a sandwich.
<b>Dairy</b>	Major source of calcium. Include one serve in lunchbox every day.	Low fat milk, cheese or yogurt.
<b>Lean meats, fish, poultry, egg, nuts and legumes</b>	Protein for growing bodies.	Cold meats or chicken. Tinned fish such as salmon, tuna or sardines. Boiled eggs, baked beans, hommus.

**Remember to involve your children. Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.**



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