

# Newsletter No 16, 2021

Thursday 3<sup>rd</sup> June, 2021



Address: Gaol Rd, Bendigo 3552  
Phone: 5443 3367

**Purpose** of Camp Hill Primary School is to develop and nurture lifelong learners within an engaging, global learning community, where the uniqueness and contributions of individuals are valued, shared and celebrated.

Following are the **core values** in which we strongly believe; they underpin our purpose and are the guiding principles of our school.

**Caring:** Being kind, helpful and sympathetic toward other people.

**Honesty:** To always tell the truth.

**Confidence:** Believing in yourself and others.

**Respect:** Recognising the rights, feelings, wishes and individual differences of others through our speech and manners.

**Trust:** Safely express opinions, beliefs, thoughts, and feelings in a secure environment.

Email Address: [camp.hill.ps@education.vic.gov.au](mailto:camp.hill.ps@education.vic.gov.au)

Web Address: [www.camphillps.vic.edu.au](http://www.camphillps.vic.edu.au)

## Calendar 2021

Friday	4 <sup>th</sup> June	Students Return to Onsite Learning
Wednesday	9 <sup>th</sup> June	Grandparent/Special Person Day for Prep's 2:30 – 3:30 - <b>POSTPONED</b>
Thursday	10 <sup>th</sup> June	Book Club orders due in
Monday	14 <sup>th</sup> June	<b>PUBLIC HOLIDAY - QUEEN'S BIRTHDAY</b>
Tuesday	15 <sup>th</sup> June	School Council Meeting 5:30pm
Tuesday – Friday	15 <sup>th</sup> – 18 <sup>th</sup> June	Planning Week
Tuesday	22 <sup>nd</sup> June	District Athletics
Thursday	24 <sup>th</sup> June	Fundraiser: Movie Night "Cruella" Star Cinema, Eaglehawk 6:30pm
Friday	25 <sup>th</sup> June	2022 Prep Interim Enrolment Forms close <b>LAST DAY TERM 2 – Dismissal 2:25pm</b>
Tuesday - Friday	20 <sup>th</sup> – 23 <sup>rd</sup> July	Year 5/6 Norval Camp in Halls Gap

## PRINCIPAL'S REPORT

### Remote Learning

I would like to thank our school community for their support both during the remote learning period, but also the positive response to what was really a very sudden change to the school routine. I would also like to recognise the staff for the work they have undertaken to maintain the continuity of learning during the remote learning period.

### Return to Onsite Learning

The Victorian Government has announced arrangements for schools in Victoria from and including Friday 4<sup>th</sup> June. Based on advice from the Victorian Chief Health Officer, schools in regional Victoria will return to face-to-face learning for all students from and including Friday 4<sup>th</sup> June. This includes our school. Our Out of School Hours care program will have standard operations on Friday 4<sup>th</sup> June.

### Face masks

Children under 12 years of age and students at primary school are not required to wear face masks when at school, or when attending an OHSC program.

Adults and children over 12 years of age are required to wear face masks inside school buildings. Face masks must be worn outdoors by adults and children over 12 years of age where social distancing of 1.5 metres cannot be maintained.

### Student Health

The most important action school communities can take to reduce the risk of transmission of coronavirus (COVID-19), is to ensure that any unwell staff, children and young people remain at home. In accordance with the Department's regular Infectious Disease Policy, any unwell student or staff member will be sent home.

### Density Limits

Density limits remain in place and as a result parents are asked not to enter classrooms.

### Borrowed Laptops

Families who borrowed laptops are asked to return them to the office Friday morning, along with the charger. It is very important they be returned as soon as possible to allow for their use in the classroom.

### Books and Supplies

Students need to return to school with all of the books and supplies they took home on the Thursday prior to remote learning. Having the appropriate materials will help support a smooth transition back into learning.

### Lunch Orders

There will be no lunch orders this Friday. Students will need to bring a packed lunch from home.

### Uniform

A reminder, hooded jumpers/windcheaters are not school uniform regardless of the colour.

*Chris Barker*  
*Principal*

## ASSISTANT PRINCIPAL

### REMOTE LEARNING & ATTENDANCE

A huge thank you to all parents and children who responded to our attendance procedures so well. Teachers were 'marking the roll' daily so every day children were making contact with their teacher through the online platform, Dojo, email or other arranged contact points. If we hadn't heard from a child or parent by 10.30am each day, students were marked absent and follow up phone calls were made from the office. We were checking daily attendance to ensure that we knew that your child was at home in the care and supervision of an adult. Some children were saying hello during their morning class WebEx meeting, some were saying "Hi" in the stream in Google Classroom (Grades 5/6), and some were messaging through Dojo. We also had a number of parents call in which was much appreciated.

Some children were able to be online completing school work during the usual school hours, some were working after school hours and others were doing what they could when they could. Doing the best you could was more than enough and we thank you for your efforts with supporting your child with their learning.

Thank you for your continued efforts to stay connected with school through the attendance process.

*Trish Johnstone*

*Assistant Principal*



## CHILD SAFE STANDARDS

### The Child Safe Standards at a glance

The **seven Child Safe Standards** are compulsory minimum standards for all organisations that provide services to children including Victorian schools. The aim of the Standards is to ensure organisations are well prepared to protect children from abuse and neglect

To implement the minimum Standards in accordance with Ministerial Order No. 870 – Child Safe Standards – Managing the risk of child abuse in schools, Camp Hill PS will always take account of the diversity of all children, including (but not limited to) the needs of Aboriginal and Torres Strait Islander children, children from culturally and linguistically diverse backgrounds, children with disabilities, and children who are vulnerable; and make reasonable efforts to accommodate such diversity.



### **Standard 5: Processes for responding to and reporting suspected child abuse**

#### **What does this mean?**

At Camp Hill PS we act quickly if we suspect a child is at risk. We do this through our Mandatory Reporting procedure. Any personnel who are **mandatory reporters** must comply with their duties.

**Failure to disclose:** Reporting child sexual abuse is a community wide responsibility. All adults in Victoria who have a reasonable belief that an adult has committed a sexual offence against a child under 16 have an obligation to report that information to the police.

**Failure to protect:** People of authority in our organisation will commit an offence if they know of a substantial risk of child sexual abuse and have the power or responsibility to reduce or remove the risk, but negligently fail to do so.

#### **ALLEGATIONS, CONCERNS AND COMPLAINTS**

Camp Hill Primary School takes all allegations seriously and has practices in place to investigate thoroughly and quickly.

Our staff and volunteers are trained to deal appropriately with allegations.

We work to ensure all children, families, staff and volunteers know what to do and who to tell if they observe abuse or are a victim, and if they notice inappropriate behaviour.

We all have a responsibility to report an allegation of abuse if we have a reasonable belief that an incident took place (see information about failure to disclose above).

If an adult has a **reasonable belief** that an incident has occurred then they must report the incident. Factors contributing to reasonable belief may be:

- A child states they or someone they know has been abused (noting that sometimes the child may in fact be referring to themselves)
- Behaviour consistent with that of an abuse victim is observed
- Someone else has raised a suspicion of abuse but is unwilling to report it
- Observing suspicious behaviour.

Camp Hill is committed to child safety and you can read our policies on the school's website [www.camphillps.vic.edu.au](http://www.camphillps.vic.edu.au); as well as see it on display at the front office.

### Useful websites/contacts

**Kids Matter** - [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

**Youth Beyond Blue** -

[www.youthbeyondblue.com.au](http://www.youthbeyondblue.com.au)

**Headspace** - [www.headspace.org.au](http://www.headspace.org.au)

or e-headspace [www.eheadspace.org.au/](http://www.eheadspace.org.au/) for online counselling & support

**Reach Out** - [www.reachout.com](http://www.reachout.com)



## PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



**It's everyone's responsibility.**

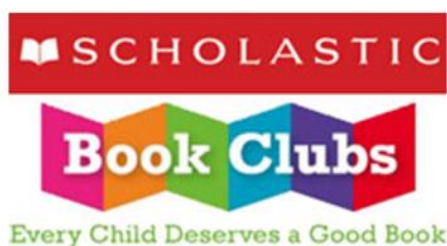
Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources  
[www.education.vic.gov.au/protect](http://www.education.vic.gov.au/protect)



## LIBRARY



**BOOK  
ORDER  
DUE:**

**10/06/21**

*Donna Christie*  
*Library Coordinator*

## FROM THE OFFICE

### Heritage Building Fund



This year we are continuing to promote the **Heritage Building Fund**.

Please consider making a contribution towards this fund **BEFORE 1<sup>st</sup> July, 2021** on QKR as it is tax deductible.

A tax receipt will be supplied by the school.

Donations made to the Heritage Building Fund will be allocated to the maintenance and landscaping of the school gardens in 2021.



We are really looking forward to your contributions and ongoing support to beautify and enhance our school.

Thank you to all of the families that have already donated.

Please contact the office if you have any further queries.

### LOST AND FOUND

We have lots of lost property with no names on them. A reminder to all parents to **name** their child's clothing, lunch boxes, containers, water bottles and any other belongings.

This will make it easier to return to their owners.

*Sue Heider*

*Business Manager*





## WELLBEING MATTERS

Well done to everyone for a great week of remote learning!

In conversations with families it is clear that most students are enjoying their lessons and families are feeling supported to navigate the new way of learning. Trying to navigate technology, different lessons, parents' own understanding of the work provided for working from home and everyone's emotions can be difficult. The main message to parents at the moment is "be kind" – to your children and to your selves. Slow down, enjoy time with each other and prioritise self-care and wellbeing for all family members.

The World Health Organisation has developed some great resources for parents including one-on-one time, keeping things positive, structure, behaviour, learning through play and family harmony. These and more can be found on their website <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Another great one-page resource I have found is from Healthy Children and has tips and ideas on managing emotions, developing routines, behaviour and positive discipline [https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

# 2 COVID-19 PARENTING Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

### Say the behaviour you want to see

- 1 Use positive words when telling your child what to do; like 'Please put your clothes away' (instead of 'Don't make a mess')

### It's all in the delivery

- 2 Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

### Praise your child when they are behaving well

- 3 Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

### Get real

- 4 Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

### Help your teen stay connected

- 5 Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!

For more information click below links:

- Parenting tips from WHO
- Parenting tips from UNICEF
- In worldwide languages
- EVIDENCE-BASE

World Health Organization | unicef for every child | End Violence Against Children | INTERNET 4SD TRAINING | USAID | CDC

Parenting for Lifelong Health is supported by the UNICEF/WHO Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, NIHR, CDA, the National Research Foundation of South Africa, Life's Laboratory, Bank of America Foundation, the Agnès B. Foundation, the John Fell Fund, the Evaluation Fund, the LBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellbeing Advisers.

## FUNDRAISING

### Camp Hill Primary School 'CRUELLA'

FUNDRAISER - MOVIE NIGHT



STAR CINEMA - EAGLEHAWK TOWN HALL

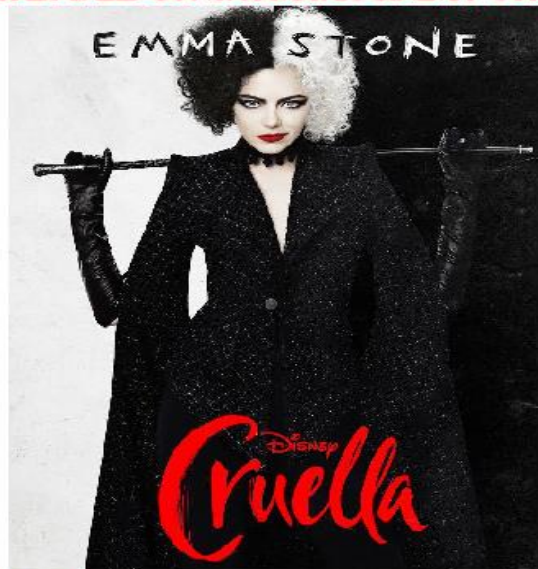
THURSDAY 24<sup>TH</sup> JUNE, 2021

\$20 PER PERSON

DOORS OPEN 6:30PM FOR A 7PM START

RAFFLE PRIZES, DRINKS AT BAR PRICES

TICKET SALES CONTACT: STAR CINEMA - 54462025



MORE INFORMATION, GO TO:

<https://starcinema.org.au/wp-cinema/movie/FundraiserCruella/Camp+Hill+Primary+School+fundraiser+Cruella/>



*Fundraising Committee*

## OSHC

2021

CAMP HILL PRIMARY SCHOOL

# AFTER SCHOOL CARE

CHILDREN IN OUR CARE CONTINUE TO DEVELOP, LEARN AND HAVE FUN IN AN ENVIRONMENT THAT PROMOTES OPPORTUNITY, CHILD AGENCY AND CHOICE.

FUN AND GAMES FOR EVERYONE!

**3.25-5.55PM MONDAY TO FRIDAY**  
Session costs start from \$3.40

CALL US ON 0409 549 493 OR EMAIL  
[OSHC@CAMPHILLPS.VIC.EDU.AU](mailto:OSHC@CAMPHILLPS.VIC.EDU.AU)

*Kerrie Patrick & OSHC Team*

## FOUNDATION LEARNING TEAM

### Remote Learning

We would like to extend our sincere thanks to all our Prep families for their efforts during the past week. It was so great to see so many displays of hard work, confidence, creativity and fun! Please ensure all readers and other materials are returned to school with the children tomorrow.

Miss Elliott and Miss Mazz are very proud of you all and cannot wait to see everyone back in the classroom on Friday!

### Morning Reading

Morning reading is set to recommence on Friday. Please be advised that face masks must be worn and due to density limits, **no parents are permitted inside the classroom**. All reading helpers (from both Prep grades) must use the far door (closest to the turf) to enter the building. Sanitiser will be provided on all tables.

### Grandparents/Special Person Day

We are sad to confirm that we are going to momentarily postpone our Grandparent's Day. We look forward to locking in a new date in the not too distant future. More details to follow next term.

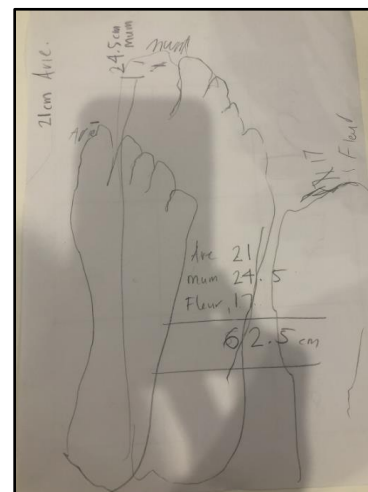
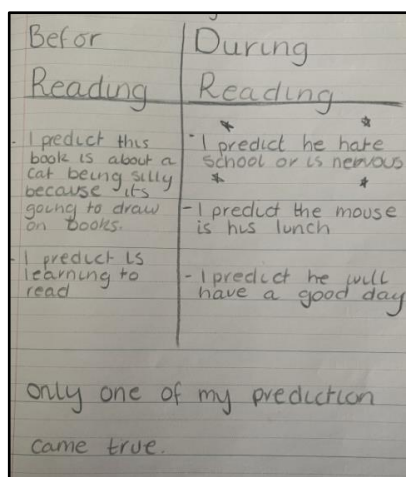
*Foundation Learning Team*

## 1/2 LEARNING TEAM

### Remote Learning

The junior team would like to give a massive THANK YOU to everyone for all of their efforts during remote learning. We understand how challenging it can be and your efforts and support certainly don't go unnoticed. We are so excited and relieved to be heading back to school and to see all of your smiling faces!

Just a reminder that a face mask must be worn when in the school grounds and due to density limits **no parents** are permitted inside the classroom.



*1/2 Learning Team*

## 3/4 LEARNING TEAM

### Return to School

We are looking forward to seeing our students back at school tomorrow. Thank you all for ensuring that your children attended Webex meetings and were in contact on Dojo. We really appreciate all your input and effort during the duration of this remote learning.

*3/4 Learning Team*

## 5/6 LEARNING TEAM

### Welcome Back

We look forward to seeing all of our Senior students back, face to face learning as of tomorrow Friday 4<sup>th</sup> June. It is always nice to meet family members such as pets via Webex but we would much rather be in the classroom together. On the whole the Senior staff have been very impressed with how organised the Grade 5 and 6 students have been with making their Webex meetings on time and handing in their tasks. Well done! Thank you to all the family members who helped during remote learning 4.0.

### Camp

The Senior Department will be off to Camp Norval on Tuesday 20<sup>th</sup> July until Friday 23<sup>rd</sup> July. This is week two of Term three.

Please make sure families have returned medical and all other notes by the end of next week, Friday 11<sup>th</sup> June. Regular payments on QKR is encouraged, so the camp will be paid off in a timely manner – thank you to the families that have already been doing this ☺

*5/6 Learning Team*



## PERFORMING ARTS

### What's new this week:

#### Grade 1-2

Students were given the opportunity to participate in online learning and a Webex session. The students were asked to talk to an elder family member to ask them what games they played before we had technology. They were introduced to elastics and hopscotch. [LaunchPad Elastics: Game 1](#), [How to Play Hopscotch](#).

#### Grade 3-4

Students were given the opportunity to participate in online learning. The Reconciliation week lesson explored the role of Songlines and navigation in traditional Aboriginal culture. The students created their own home Songline inspired chant.

#### Grade 5-6

Students were given the opportunity to participate in online learning. The Reconciliation week lesson explored the role of Dance in traditional Aboriginal culture ([Australian Aboriginal Fire Dance](#)) and compared this with a contemporary dance performance by Bangarra Theatre ([Bangarra Dance Theatre: Fire - A Retrospective \(2009\)](#)). The students were given an extension task looking at an AFL War Cry [War cry](#), and Baker Boy, [Marryuna - Baker Boy ft Yirrmal](#) performance to see how traditional dance has blended with contemporary settings and styles.

*Mary Thorpe*

*Performing Arts Coordinator*

## SHORT CIRCUS

Students will be pleased to return to Short Circus this week.

Next week we will be having Short Circus **Allstar** auditions. The Allstars are a select group of students who demonstrate the highest skills in each area. Extra points are awarded to students who have demonstrated leadership. The Allstars perform at special festivals, events and excursions to nursing homes or schools (COVID pending).

*Mary Thorpe*

*Short Circus Coordinator*

## GREEN TEAM

### Lunchbox Tips

Lunchbox tips from a parent - a short presentation

This three minute video provides some easy lunchbox tips to help you through the preschool and school years.

[Wipe Out Waste Lunchbox tips for parents](#)

### HEALTHY EATING

Home schooling is a great time to help your child practise making a healthy **WRAPPER FREE** school lunch. You could try out baking healthy cakes or slices or preparing some healthy alternatives to sandwiches such as savoury muffins, fried rice, stir-fry or healthy pizzas. Here are some great guidelines from Nutrition Australia showing the 6 parts of a healthy lunch box. Remember children who eat well have the stamina to learn and play all day!



REMEMBER NO CHIPS, LOLLIES OR CHOCOLATE AT SCHOOL PLEASE!

## FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

Nutrition Australia

VICTORIA  
Government

## FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p><b>FRESH FRUIT</b></p> <ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Mandarin</li> <li>Orange quarters</li> <li>Passionfruit halves (with spoon)</li> <li>Watermelon, honeydew, rockmelon chunks</li> <li>Pineapple chunks</li> <li>Grapes</li> <li>Pears</li> <li>Nectarines, peaches</li> <li>Apricots</li> <li>Strawberries</li> <li>Cherries</li> <li>Kiwi fruit halves (with spoon)</li> <li>Pear</li> </ul> <p><b>MIXED FRUIT</b></p> <ul style="list-style-type: none"> <li>Fruit salad</li> <li>Fruit kebabs</li> </ul> <p><b>DRIED FRUIT</b></p> <ul style="list-style-type: none"> <li>Dried fruit, nut, popcorn mixes*</li> </ul> <p><b>TINNED FRUIT/SNACK PACKS/CUPS</b></p> <ul style="list-style-type: none"> <li>In natural juice (not syrup)</li> </ul>	<p><b>FRESH CRUNCHY VEGIES</b></p> <ul style="list-style-type: none"> <li>Corn cobs</li> <li>Carrot sticks</li> <li>Capsicum sticks</li> <li>Green beans</li> <li>Cucumber sticks</li> <li>Celery sticks</li> <li>Snow peas</li> <li>Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>Mushroom pieces</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>Hummus</li> <li>Tomato salsa</li> <li>Tatziki</li> <li>Beetroot dip</li> <li>Natural yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>Coleslaw and potato salad (reduced fat dressing)</li> <li>Mexican bean, tomato, lettuce and cheese salad</li> <li>Pesto pasta salad*</li> </ul> <p><b>BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>Grilled or roasted vegetables</li> <li>Wholemeal vegetable muffins or scones</li> <li>Vegetable slice (with grated zucchini and carrot)</li> <li>Popcorn</li> </ul> <p><b>SOUP</b> (In small thermos)</p> <ul style="list-style-type: none"> <li>Pumpkin soup</li> <li>Potato and leek soup</li> <li>Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Calcium-enriched soy and other plant-based milks</li> <li>Yoghurt (frozen overnight)</li> <li>Curd</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>Freeze the night before to keep cool during the day</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>Cheese cubes, sticks or slices</li> <li>Cottage or ricotta cheese</li> <li>Cream cheese</li> <li>Tatziki dip</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>Fruit</li> <li>Wholegrain cereal, low in sugar</li> <li>Vegetable sticks</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>Tinned tuna or salmon in springwater</li> <li>Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>Falafel balls</li> <li>Lean meat or chicken patties</li> <li>Tinned tuna or salmon patties</li> <li>Lean beef meats (e.g. ham, silver-side, chicken)</li> <li>Boiled eggs</li> <li>Boiled beans (canned)</li> <li>Tofu cubes</li> <li>Hummus dip</li> <li>Lean meat or chicken kebabs sticks</li> <li>Peanut butter*</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>Wholegrain sandwich, roll, pita or wrap bread with salad</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> <li>Side salad</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>Vegetable fritata</li> <li>Skinless chicken drumsticks</li> <li>Savoury muffins or scones (e.g. lean ham, cheese and thyme)</li> <li>Homemade pizzas with lean roast or deli meats and vegetables</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>Side salad</li> <li>Steamed or roasted vegetables</li> </ul>	<p><b>MAINS</b></p> <ul style="list-style-type: none"> <li>Wraps</li> <li>Sandwiches</li> <li>Rolls</li> <li>Toasted sandwiches</li> </ul> <p><b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacia, fruit bread and English muffins.</p> <p><b>SAVORY BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>Homemade pizzas</li> <li>Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>Vegetable based muffins</li> <li>Pasta or noodle bake</li> </ul> <p><b>SWEET BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>Fruit loaf</li> <li>Wholemeal fruit based muffins</li> </ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>High fibre, low sugar cereal (e.g. muesli)</li> <li>English muffins</li> <li>Crackers</li> <li>Crispbreads</li> <li>Rice cakes</li> <li>Corn thins</li> <li>Wholemeal scones</li> <li>Risoles</li> <li>Crumpets</li> <li>Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>Take a water bottle (for refilling throughout the day)</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>Freeze overnight to keep foods cool in lunchboxes.</li> </ul> <p><b>Sweet and savoury snack foods (e.g. muesli, fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</b></p> <p><b>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</b></p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://theas.health.vic.gov.au/>

Mary Thorpe  
Green Team Coordinator



## STUDENT OF THE WEEK

### RESPECT

**Fleur R:** For her engagement and concentration during our WebEx meetings. Great job Fleur!

### CONFIDENCE

**Isabella C:** For working hard to complete all set tasks during Remote Learning. I'm so proud of you Isabella!

**Max D:** For the enthusiasm he showed during Remote Learning. Well done Max!

**Archie N:** For his positive attitude and enthusiasm during Remote Learning. You're a superstar Archie!

**Rachel L:** For completing all tasks to a very high standard during Remote Learning. Super job Rachel!

**Koby M:** For working hard to complete all set tasks during Remote Learning. I'm so proud of you Koby!

### CARING

**Darren N:** For showing encouragement and support towards his peers during Remote Learning. You're such a kind friend Darren!

STUDENT  
of the  
WEEK!

## BBQ LUNCH ORDER FOR FRIDAY 11<sup>th</sup> June, 2021

ORDER VIA OUR QKR APP!!!!

Please return money and orders by 9.00am Thursday 10<sup>th</sup> June, 2021.

**No late orders accepted.**

Hamburgers \$3.70, Vegie Burgers \$3.70, Sausage in bread \$2.50

Name..... Grade..... Hamburger..... Sausage..... Vegie Burger.....

Name..... Grade..... Hamburger..... Sausage..... Vegie Burger.....

Name..... Grade..... Hamburger..... Sausage..... Vegie Burger.....

Total enclosed \$..... Signed.....