Principal's Message

STRANGER DANGER

Recently an elderly man handed Freddo Frog chocolates out to children through the school fencing. We have spoken to the whole school about not speaking to or taking things from strangers. As parents are the main influences in their children's lives I am sure the message would be more powerful if our parents talk with their children about this very important issue. I have asked the teachers to keep a very close watch on the fence line now in case there is a repeat of this behaviour.

DO YOU HAVE AN EMAIL ADDRESS?

Some parents have recently requested that newsletters, notes, information, contact etc be delivered via emails. If you would like the school to do this for you also please send your email address through to the school at kemblawarr-pschool@det.nsw.edu.au and we will place you on our list.

ENCOURAGING HEALTHY EATING

The school is committed to the NSW Healthy Canteen Strategy and we also participate in the Crunch&Sip program. Our Preschool classes implement the fun, play-based approach calles Munch and Move to supporting healthy eating and physical habits in young children.

The Fresh Tastes NSW Healthy School Canteen Strategy is all about giving students across NSW a taste for healthy foods. It heralds a move beyond nutrition guidelines for school canteens to a government-endorsed approach that helps schools determine the healthier types of foods that should be available for sale in their canteens. All items available for sale in our canteen are Healthy Canteen approved.

Crunch&Sip® is a scheduled break in our K-6 classes for students to 'refuel' on fruit and salad vegetables and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increase concentration, and are less likely to be irritable and disruptive. According to the experts many students are not eating enough fruit and vegetables for optimal health. Eating a diet rich in fruits and vegetables promotes growth in children and protect them against disease later in life.

Munch & Move is NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time (e.g. watching TV or DVDs, playing on computers and small hand-held games devices). At the preschool one way of promoting healthy eating is to have each child choose their healthiest item to eat first.

We recognise that all children have different tastes and some can be very fussy about what they eat. Promoting the principals and values of healthy eating does not mean changing everything children eat. Rather it is about giving them the opportunity to sample fresh fruits and vegetables and to expand their experiences with healthy foods.

A simple way of doing this is to include pieces of fruit and/or vegetables along with the usual snacks and lunch that you pack or order for your child.
**Merit Award Winners**

**Class**

HB1
Stephenie, Tequiah

HB2
Shayla, Aiden

HB3
Jack, Deonne, Tasharni

**Class**

HB4
Tom, Aliyah, Anastasia

HB5
Reba, Nicholas

**Class**

HB6
Jorden, Joshua

HB7
Patrick, Alison

**Special Award Winners**

**Gold:** Julie

**Green:** Zachery, Dylan, Jasmine, Chloe,
Nicole, Kai

**Reading Award Winners**

Jai, Aleigha, Kathleen, Bella, Hayley, Sara, David, Malakye, Maddison, Tama, Stephanie, Brayden, Trixie, Kyesha, Ashley, Yuri, Christian, Jasmine, Zak, Nicholas, Jorden,
Miss Schroder’s Class In The Garden

HB7 have been working hard towards setting up their garden. We are at our beginning stages of weeding and preparing the soil ready for planting.

SRC News

The SRC members have meeting weekly and having discussions about upcoming events. Further information is coming soon. We are all looking forward to Harmony Day and the Easter Hat Parade.

School Photos

School Photos will be taken on Thursday 28th March. Please make sure your child/ren is in school uniform and are at school on time, so they don’t miss out.

Photo envelopes went home on Monday of this week. Payment for photos is a prepaid system. The envelopes go straight to the photographer on the day, so please put the correct amount in the envelope as no change will be given.

Please ensure you have a separate envelope for each child.

Family photo envelopes are available from the front office and are only for children who attend the primary school.