



# Gunnedah South Public School

*"With oar and sail"*

## Special points of interest:

- 1st May Return to school
- 14th May - P&C meeting 7.00pm
- 14th, 15th, 16th May - NAPLAN

**Thursday**  
**11th April 2013**  
**TERM 1 WEEK 11**

**Principal:** Mrs Emma Jeffery

**Assistant Principals:** Mrs Lynda Heath

**School Captains:** Georgie Orman and Hayden Baker

Mr William Dowe

**Administration Manager:** Mrs Kerryn Pryor

Mrs Judy McGowan

**Phone:** 6742 1899 / 6742 1488 **Fax:** 6742 4217

Mrs Nicole Walsh

**Email:** gunnedahs-p.school@det.nsw.edu.au

**Website:** www.gunnedahs-p.schools.nsw.edu.au

School Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> April/May	29 <b>PUPIL FREE DAYS</b>	30 <b>PUPIL FREE DAYS</b>	1 Students return to school	2	3
<b>2</b> May	6 Girls Netball Trials	7 Boys & Girls Touch Trials	8	9 Girls Cricket Trials	10
<b>3</b> May	13	14 NAPLAN P&C meeting 7.00pm Rugby Union Trials	15 NAPLAN School Cross Country 1.30pm	16 NAPLAN	17



*Gunnedah South Public  
School*

Proud supporters of the  
"You Can Do It" Program

**CONFIDENCE**

Supporting & caring  
for your children.

# A few words from our Principal...



## Dear Parents and Carers

### Grandparents Day

Our senior leaders were kept busy that morning with over 450 grandparents and community signing into the school. This was by far the biggest audience we have had for Grandparents day. This was the first year we did not have students in the hall to watch, giving us the entire hall for the audience. The student leadership team ran the assembly like clockwork, introducing class performances and sharing special memories about their grandparents. At the end of Term 1, I can clearly see they have grown in confidence, initiative and resilience. I was absolutely thoroughly impressed with all students behaviour on the day. Each and every class lined up quietly outside the hall waiting to perform, entered the hall without a fuss, performed fantastic items and returned to class in a sensible manner. I think this was a true indication of the respect the students hold for our seniors in the community. I have decided to award each and every student who performed on the day a Principals bronze merit award. (kids you might have to be a little patient as there a 580 to write!) I must also make special mention of our SRC students and parent helpers who came in to help with the BBQ. The students were quickly learning the skills of multitasking under the guidance of Mrs Health. Serving over 800 people within a 45 min lunch break was a hard task. But the SRC team remained persistent and cooked on! Well done you should be proud of your efforts.

### PCYC ~ Lock Up Your Boss

The dunking machine will operate over 4 days... Yikes! Two days into this challenge and "Yikes" just doesn't sum it up! I had made an assumption on the first day of the dunking machine that Kindy would not hit the target ~ well I hoped at least ~ how wrong could I be! I think we have some up and coming netball and softball champions amongst them.

As the principal you hope you have loyal staff, who are there to support you in times of need. Mrs Health and Mrs McGowan began the session by demonstrating to the Kindies how to aim, precisely where to stand and personally demonstrated how to hit the target sending the first cold bucket of water over the defenseless principal. These two ladies are Assistant Principals - clearly forgetting what the word Assistant means.

During the dunking session which seemed to last for hours Mrs Walsh who was hidden from view, knocked the bucket over sending yet another icy waterfall my way! Loyalty, Loyalty Loyalty. Another Assistant Principal. Mr Smee who I thought was there to help fill the bucket, has enjoyed ensuring there is a constant drip running over my head and occasionally and of course accidentally shakes the cage to send the water over the edge of the bucket.

I am always talking about the caring nature of the staff here at South and how they go above and beyond each and every day. Well one particular teacher took that a step further and paid for her entire class to have a go at dunking the Principal!! Thank you Miss Speedy your kindness and generosity will not be forgotten.

I'm not sure who is enjoying the dunking machine more ~ the students or **MY** staff!!

### Gunnedah Show

The annual event you can't miss has arrived. The school has our usual school stand which is based around the 'Year of water Conservation', and has also entered numerous items in many categories ranging from student art, vegetables and cooking. If you are visiting the show please take the time to visit the Pavilion to view our displays.



# **A few words from our Principal...Cont.**



## **Winter Uniform**

The transition period for winter uniform begins from week 1 next term. During this time students are able to wear either winter or summer uniform. The official date all students must be wearing winter uniform in Monday 20th May.

## **ANZAC Day**

With the end of term fast approaching, just a quick reminder regarding the school's involvement in the ANZAC day march. Each year the number of students who participate and represent Gunnedah South during the march is growing rapidly. I encourage as many students as possible to join the school on Thursday 25th April to show our respect to this tradition.

ANZAC Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day we remember all Australians who served and died in all wars, conflicts, and peacekeeping operations. The spirit of ANZAC, with its human qualities of courage, mateship, and sacrifice, continues to have meaning and relevance for our sense of national identity. Students are to be dressed in our winter uniform and assemble near Mitre 10 by 9:45am. Last year Gunnedah South had 190 students who marched on the day, let's see if we can reach over 200 this year. Thank you to our parents who support this special event.

## **Trivia Night**

Mr Dave Chapman has been busy again writing new questions for a trivia night for this year. Our trivia night is a great night out for parents and community with a night full of laughs and tricky questions to spark the brain. If you haven't been able to attend in the past, be sure to put this date in your calendar. The date set is Friday 24th May. More information in next weeks newsletter. Cost is \$15 per person with tables of 8. Be sure to book as there are limited tables.

## **Term 2 School Development Days**

This year with the impending implementation of the National Curriculum the department of Education and Communities has allocated an additional school development day. Therefore the school will be closed to students on Monday 29th and Tuesday 30th April. The staff will be working through the new English syllabus and linking assessment criteria to tasks.

Students return to school on Wednesday 1st May.

This term has been extremely busy and full of student academic, sporting, cultural, citizen and artistic achievements. To all our families have a safe and happy holiday.

**Kind Regards**  
**Emma Jeffery**





# SCHOOL NEWS...



## CANTEEN NEWS

WED 1/5 - HELP NEEDED  
THURS 2/5 - HELP NEEDED  
FRI 3/5 - HELP NEEDED

MON 6/5 - Kim Street  
TUES 7/5 - Michelle Stewart  
WED 8/5 - HELP NEEDED  
THURS 9/5 - HELP NEEDED  
FRI 10/5 - HELP NEEDED

If you would like to volunteer in the canteen please give Sharon a call on 6742 1899.



# CANTEEN CLOSED ON FRIDAY



## Stage 3 Rotations

Week 1	Monday-29/4	Tuesday- 30/4	Wednesday- 1/5	Thursday -2/5	Friday- 3/5
MISS FOLLEY TECHNOLOGY			5F	No Rotations on Thursdays	6F
Mrs Heath HSJE			5/6H		5S
Miss Small PE/PD			5S		5F
Mr Humphries Science			6H		5/6H
Miss Zerner Art			5Z		6H
Miss Flannery Drama			6F		5Z

# MORE DADS NEEDED!!!

Gunnedah South School P & C have been asked if they would like to earn some EASY MONEY!!!

Guess what  
we said yes!!!

All we need are some dads (or mums if they are keen) to empty the bins at the Gunnedah Show this weekend and they will pay us for it.

They have to be emptied at 5.30am on Saturday and Sunday mornings and 7.30am Monday morning.  
Please meet at the South Street Entrance.

There are already a few dads who have offered and if we get some more then we can share the load.

The show society will pay the tip fees.

Please contact Will Heath on 0427 447 851 if you are available and keen to help out in this small way.



## ANZAC DAY MARCH

Each year the school is proud to march behind Returned Servicemen at the Gunnedah Anzac Day March. This year we are hoping for a record number of children to attend. We believe the details below to be correct. However, please check with local papers as the time draws nearer.

Date: Thursday 25th April

Time: 9.45am

**Assemble near Mitre 10 building.**

**Wear full school WINTER uniform with a hat.**

School staff will be present to march with the children to the cenotaph.

**See you there.**

GUNNEDAH SOUTH PUBLIC SCHOOL

## MOTHERS DAY STALL

Thursday 9th May 2013

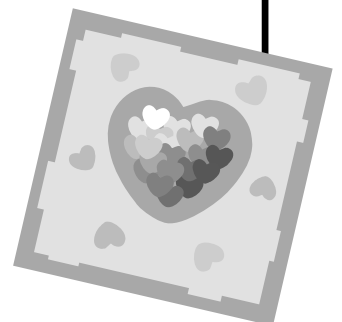
All children are asked to bring a gift for our stall.

**Your child must bring a gift  
to be able to buy a gift.**

All gifts sold for  
\$2.00

PLEASE WRAP GIFT IN  
CLEAR CELLOPHANE

Thank you.



## *Merit Certificates*

<b>1PW</b>	Charlie Beasley, Sophie Baker, Bella Sawyer, Flyn Harrison
<b>1M</b>	Sophie Bush, Nash Perry, Kayden Sutcliffe, Billy Hoppe
<b>1H</b>	Jack Hunt, Chloe Elsley, Kyara Mathers, Harry Bartlett
<b>2W</b>	Maddison Churchill-Moore, Ryann Weekes, Lara Jones, POW Charlotte Jeffery
<b>2M</b>	Cody Jones, Charlotte Cooper, Hayden Riley, POW Talea Coulton
<b>3D</b>	Jack Power, Max Hancox, Taylor Davison
<b>3M</b>	Jack Burgess, Rory Thomas, James Walker, Amarnia Elphick
<b>3/4S</b>	Tiara Conlan, Josh Langdon, Katelyn Wise
<b>4S</b>	Hannah Simpson, Angela Dillon, Jackson Crowe, Tarren Beasley
<b>4W</b>	Matilda Betts, Harry Mason, Aaron Osmond
<b>5F</b>	Shakara Dorrington, Connor Gallagher, Lachlan Lennox
<b>5S</b>	Taylor McKinnon, Grace McCulloch, Jaydon Newton
<b>5Z</b>	Hayley Lye, Dominik Short, Zac Bower, Tannika Sampson
<b>5/6H</b>	Blair Beasley, Jayden Riley, Maddie Trigg
<b>6F</b>	Matthew Ferrett, Maddi Hagan, Ashley White
<b>6H</b>	Chelsea McArthur, Angela Petersen, Morgan Wettenhall

Congratulations to Cain Eather  
who was selected in the N.W.  
PSSA Opens Rugby League Team  
this week. The team will travel to  
Dubbo for the  
state carnival in June.

## Merit Certificates

### Silver

Yasmin Webster, Chloe Elsley,  
Kullin Long, Aaron Osmond,  
Zachary Bower, Thomas Roworth,  
Dominik Short, Ashley White,  
Samuel Tydd, Jacob Hortin,  
Cain Eather, Orin Wettenhall,  
Adam McGuirk. Alyssa Batinic,  
Taylor McKinnon, Isabella Barr,  
Charlotte Eather

### Gold

Yasmin Webster, Ashley White,  
Samuel Tydd, Orin Wettenhall,  
Adam McGuirk

### Sport

Samuel Tydd, Jacob Hortin, Tyler Conlan, Ashley White,  
Mathew O'Hehir, Jack Bruce, Cain Eather, Adam McGuirk, Jaydon  
Newton, Nathan Gardner, Jayden Riley, Jim Muller, Jackson Carr,  
Lachlan Lennox, Orin Wettenhall, Jacob Long, Hayden Baker,  
Tom Wilson, Blair Beasley, Zac Bower, Bailey Mackay

### Principal Award

Sienna Hobden, Kurt Fisher

### AP Award

Flynn Cameron

# Active After School Sport

Active after school sport is free. It is delivered by qualified teachers. Afternoon tea is also provided free of charge. Permission notes will be available from the relevant teacher when school resumes next term. The first 20 students to return their note to the teacher in charge of the activity will be accepted. These activities will begin week 2 of next term.

Tuesday 3.15pm - 4.15pm	Gymnastics	Miss Hickey	Year 2 Girls
Wednesday 3.15pm - 4.15pm	Dance	Miss Speedy	K-2 Students
Wednesday 3.15pm - 4.15pm	Netball	Mrs Sutcliff	Y3-6 Girls

## Thank You

Bunnings Tamworth has very generously donated products from their store to our school. This very kind donation consists of a raised garden bed, 8 bags of potting mixture and 6 watering cans. The children were very excited to receive these fabulous products which they will use in the Stephanie Alexander Kitchen Garden.





# Infants

## Easter Hat Parade

Our annual Infants Easter Hat Parade was held last Thursday and what a success it was! The day started with a special guest who 'hopped' into all infants classrooms to see the beautiful work the students have been producing, say hello and deliver some Easter Eggs! The bunny was faced with lots of tricky questions regarding the big mess that he had left on the carpets of all classrooms!

The hat parade was filled with lots of fun and laughter as the students proudly showed off their unique and colourful hats. We were joined by over 50 little preschoolers from Gunnedah Preschool

Good Start Learning Centre and Gunnedah Family Day Care groups. For many this was their first of many visits commencing our Kindergarten Transition program.

The colouring competitions, egg decorating, egg modelling and the egg drop were all highlights of the day. Well done to all students who entered in the competitions.

The winners of the competitions were:

### Bunny Modeling:

Kindergarten— Jayde Emmerson KM

Year One— Zoe McAlpine IM

Year Two— Emily Jones 2M

### Egg Decorating:

Kindergarten— Abbie Passfield KS

Year One— Cley Durrant IM

Year Two— Oliver Roworth 2H

### Colouring in competition:

Kindergarten – 1. Sienna Hobden KM 2. Mason Louis KM 3. Liam Reid KM

Year One – 1. Sophie Baker 1PW 2. Amelie Davidson 1PW 3. Zoe McAlpine 1M

Year Two – 1. Toby Randall 2W 2. Thomas Donaldson 2M 3. Jayln Muggleton 2H

The support from parents and community members who visited was overwhelming! Thank you to everyone for coming and sharing the day with us!









# Rock and Water

Stage three students have had the opportunity to participate in the Rock and Water Program as part of PDHPE. The program focuses on students learning to control the enormous energy which is so typical of primary school students. The program teaches students to use their power in a more effective way and shows them how to deal with different kinds of conflicts. The students have learnt to stand stronger in many ways. In the playground and the classroom they learn to identify their limitations and possibilities, learn to communicate more effectively, learn to feel, set and defend their own boundaries and to respect others' boundaries too.

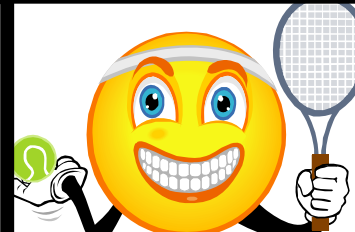
Some basic self-defence skills were taught.







# On The Court



Last week, the school tennis team travelled to Tamworth for the 3rd Round of the PSSA knockout series. We played Westdale Public School.



Jack Bruce played singles first up. That set went for an hour and a half. Unfortunately, Jack lost in a tie breaker. After that he was extremely exhausted but battled on to play doubles with Matt Mackay. Matt had won his singles 6 - 4 and helped Jack to win the doubles, in another tie breaker.

Maddi had to play Ashley Maunder in singles and won that set 6 - 0. Samantha also beat her singles opponent, 6 - 2. The girls then combined to win their doubles 6 - 2.

Matt paired up with Paige Holbrook as the number 2 mixed doubles team and won their set 6 - 2. Bayley Williams then played the number 1 mixed doubles with Maddie to win 6 - 4. In the end we defeated Westdale with a total of 7 sets and 49 games to 1 set and 27 games.



This result puts the team into round 4 of the statewide knockout, drawn to play Tamworth South early next term.



# CANTEEN MENU



Term 2, 2013

Canteen Manager... Mrs Sharon Tydd..... Phone 6742 0729

## SANDWICH with Multigrain Bread

Chicken or Ham Salad	\$3.50
Salad - no meat	\$3.00
Chicken	\$2.80
Ham Cheese & Tomato	\$2.80
Tuna	\$2.80
Egg & Lettuce	\$2.50
Cheese	\$1.50

TOASTED...ADD 20c

## WRAPS

**Chicken Little Wrap** – chicken tender with

lettuce and mayo (or sweet chilli) \$3.00

**Salad Wrap** – chicken or ham with lettuce  
cheese, tomato, cucumber and mayo \$3.50

**Wrap** – your choice of 4 fillings \$3.50

## HOT FOOD

Lasagne \$3.00

Chicken Burger \$3.50

Chicken pattie, lettuce, & mayo

Corn cob \$0.80

## \*\*\*LUNCH SPECIALS\*\*

### TUESDAY LUNCH

Chicken Stir Fry.....\$4.00

Carrot, peas, corn, onion, capsicum

soy sauce, honey

Hokkien noodles

Spaghetti Jaffle.....\$2.50

### WEDNESDAY LUNCH

Very Veggie Pasta.....\$3.50

Tomato base with zucchini, carrot,  
peas, corn, onion, capsicum

### THURSDAY LUNCH

Fried Rice.....\$3.50

Rice, egg, peas, corn, onion, ham

Soy sauce

### FRIDAY LUNCH

Dinosaur Meal.....\$4.50

1 small milk or 1 juice

1 jelly AND fruit cup

Large Pie.....\$3.50

Large Sausage Roll.....\$3.50





# **Fresh** tastes **CANTEEN MENU**

## **DRINKS**

SMALL MILK - \$1.80  
 Chocolate  
 Strawberry or  
 Banana

SMALL JUICE - \$2.20  
 Orange  
 Apple or Apple & Blackcurrant

WATER - \$1.50

### **\*\*\*RECESS ... \$1.00\*\*\***

#### **AVAILABLE DAILY**

Counter sales only...do not order on lunch bag

Pizza Muffin – ham & cheese with bbq sauce

Pizza Muffin - Scrambled egg

Home made Quiche - corn, ham, egg

Carrot, cheese, zucchini, flour

Cheese Roll – bread roll with melted cheese

Spaghetti Jaffle -..HALF ONLY

**WEDNESDAY RECESS-** Very vegie Pasta

**THURSDAY RECESS-** Fried Rice

**STARTING JUNE...FRIDAY RECESS**

Pumpkin Soup...cup

## **ORDERING PROCEDURE**

Lunch orders must be in by 9.00am bell  
**DO NOT ORDER RECESS....counter sales only**

Please write order on lunch bag.  
 Bags available from any supermarket or 5  
 at a time from the canteen

If lunch order is forgotten by child and they present it  
 late unfortunately the child's order may not be able to  
 be filled BUT will be offered an alternative lunch...

### **ICY POLES**

Sold at lunch time only  
 Do not order on lunch bag

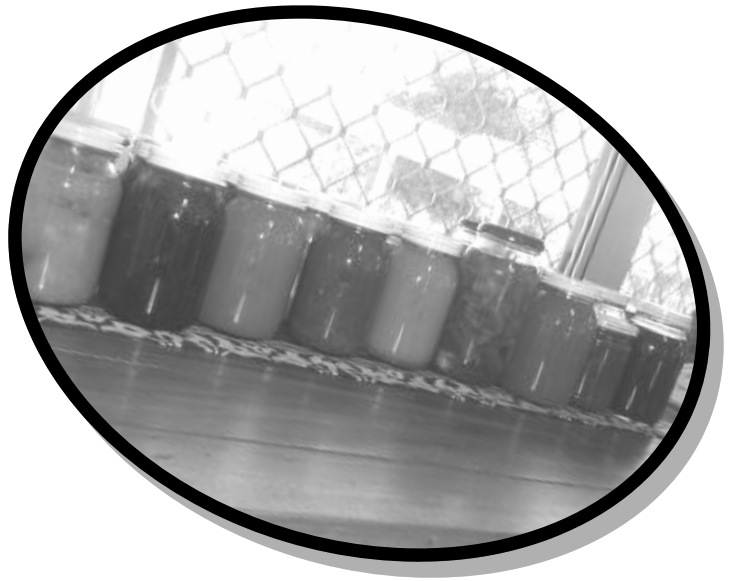
Water based	50c
Moosie –milk based	\$1.00
frozen choc or strawberry milk	
Frozen Yoghurt	\$2.00



# SAKG News!

## **Show entries!!!**

This fortnight the students of Gunnedah South have been busy preparing preserves, cakes, biscuits and produce to enter into the show for judging. SO if you are venturing to the show, head down to the pavilion and see how we went!



## **The benefits of the SAKGP**

An evaluation of the Stephanie Alexander Kitchen Garden Program was undertaken by a joint research team from the Faculty of Health, Medicine, Nursing & Behavioural Sciences, Deakin University and the McCaughey Centre: Vic Health Centre for the Promotion of Mental Health and Community Wellbeing, University of Melbourne.

The findings are extremely positive and demonstrate that the Kitchen Garden Program is encouraging positive health behaviour change in participating children. The evaluation also highlights the transfer of benefits to the home and the broader community.

### **The evaluation found:**

- \* Strong evidence of increased child willingness to try new foods.
- \* Garden and kitchen classes were greatly enjoyed by children and children at Program schools were significantly more likely to report that they liked cooking 'a lot'.
- \* Significant increases in child knowledge, confidence and skills in cooking and gardening.
- \* The Program was considered particularly effective at engaging 'non-academic learners' and children with challenging behaviours.
- \* The Program helped to create links between schools and the community. This was noted as one of its most important outcomes.
- \* Although the transfer of benefits to the home environment was not one of the goals of the Program, it strongly emerged as a flow-on benefit.
- \* Increased integration with the rest of the curriculum helped to overcome competing priorities for class time.

Taken from- <http://www.kitchengardenfoundation.org.au/about-the-program/proving-it-works>

# The Golden Award Winners!

The Golden Whisk Award goes to.....5Z!

5Z have shown a consistent improvement in every kitchen class. They are working together effectively and are trying hard to always keep on task.

**Congratulations 5Z!**



The Golden Trowel Award goes to... 2E!

2E have shown considerable improvement in their garden class this week. They showed good listening skills and enthusiasm during their time in the garden.

**Congratulations 2E!**





# Recipe of the week!

## ***Spinach, Corn and Bacon Muffins***

Season: Summer – Autumn – Winter

Serves: 12 full size muffins

Fresh from the garden: spinach, (can use grated zucchini), spring onion, carrot, parsley.

Equipment: chopping board, chef knife, whisk, peeler, grater, large bowl, and medium bowl, 1 x muffin tray, spray and cook.

### ***Ingredients***

- 1  $\frac{3}{4}$  cups self raising flour
- 1 small carrot, peeled and grated
- 1 cup spinach, finely chopped
- $\frac{1}{4}$  cup corn kernels
- 1 spring onion, finely chopped
- 1 bacon rasher, chopped
- $\frac{1}{4}$  cup grated tasty cheese
- 1 egg
- 1 cup milk or dairy free milk substitute
- $\frac{1}{4}$  cup vegetable oil
- $\frac{1}{4}$  cup parmesan cheese (to sprinkle on top)



### ***Method***

Preheat the oven to 180 degrees celsius. Spray muffin pan with spray and cook. Place flour into large bowl. Stir in carrot, spinach, corn, spring onion, bacon and tasty cheese.

Whisk egg in medium bowl, add milk and oil.

Fold egg mix into the flour and vegetables until just combined.

Spoon the mixture into muffin pan holes and sprinkle with parmesan cheese.

Bake for 25 minutes.

Cool on wire rack. Serve warm.

***Happy Cooking!***

# Don Page MP

Minister for the North Coast Minister for Local Government

## MEDIA RELEASE

Tuesday 9 April 2013

### MINISTER LAUNCHES RESPONSIBLE PET OWNERSHIP WEBSITE TO BOOST SAFETY

Local Government Minister Don Page at Clovelly Public School today launched the new Responsible Pet Ownership Education Program website, which will improve safety by helping to teach children to show animals respect and what to do if they find themselves at threat of being attacked by a dog.

The website is a key component of the Liberal & Nationals Government's \$2.1 million Responsible Pet Ownership Education Program, which is funded from companion animal registration fees.

"It is a sad fact that too many children are attacked by dogs in the community. Teaching children about pet safety can help prevent serious injury," Mr Page said.

"That is why the NSW Government is committed to teaching children how to care for and live safely with their pets."

The new interactive website is a tool for reinforcing pet safety messages directly to children through age appropriate animation and games.

It also allows teachers to reinforce messages delivered by Pet Educators as part of the ongoing curriculum and parents to talk through key concepts with their children at home.

The website is designed to engage children through activities centred on Victor the dog and Victoria the cat (who were also present at the launch), in Pet Town, and complements the free curriculum and resource package already received by all NSW Primary schools.

The program uses techniques such as role play, music, dance and interactive multimedia activities to help get serious pet safety messages across and involves pet educators bringing their trained and tested dogs into classrooms.

"For some children this is their first opportunity to pat a dog and it is done in a safe environment," Mr Page said.

"Pet ownership teaches children responsibility, and helps them develop their social and nurturing skills," Mr Page said.

However, he said, children must be able to live safely with pets.

"More can and must be done to reduce dangerous dog attacks. That is why the Government established the Companion Animals Taskforce in 2012 and asked them to look at this important issue," he said.

"The Taskforce's report on dangerous dogs, along with their first report on companion animals more generally, is currently out for public consultation.

"We want to hear the public's views on key issues such as preventing dangerous dog attacks and ensuring effective community education."

Further information about the Education Program, including how schools can book a visit, can be found on the new website: [www.pets.nsw.gov.au](http://www.pets.nsw.gov.au)

More than 3700 presentations have been delivered in over 1680 NSW schools since the program commenced.

Under the program pet educators bring their dogs into classrooms where children learn to show animals respect and what to do if they find themselves at threat of being attacked by a dog.

The Program's primary focus is on teaching students about dog safety including:

- ☐ When dogs should be left alone
- ☐ Things we should not do to dogs
- ☐ How can you tell if a dog is happy, frightened or angry
- ☐ A safe way to approach and greet a dog
- ☐ What to do if approached by an unknown or aggressive dog.

The program also introduces and develops the following concepts:

- ☐ Choosing an appropriate pet
- ☐ General welfare and husbandry
- ☐ The importance of identification and registration
- ☐ Confinement and housing
- ☐ Exercise and training.

Interested people and groups can read the Taskforce reports and submit a feedback form on the Division of Local Governments website. The closing date for submissions is Friday 10 May 2013.

**Media: Jonathan Porter 0418 945538**



NSW HEALTHY SCHOOL CANTEEN STRATEGY

# Food Matters @ School

## Information for Parents



New and exciting things are happening in school canteens across NSW, as schools take on the State Government's initiative *Fresh Tastes @ School*. Healthy, delicious foods and drinks are filling canteen counters, lunch orders and vending machines. Foods with little nutritional content are taking a back seat.

### Why a healthy canteen?

The canteen plays an important role in promoting good nutrition because it can:

- give students a taste for healthy foods
- support nutrition messages taught in class
- show students better choices for lunches and snacks.

### What's missing in the diets of many children and young people?

- **Fruit and vegetables** – many consume very low amounts of these foods.
- **A healthy breakfast** – skipping breakfast often leads to snacking on sugary and fatty foods later in the day.
- **Dairy products** – many young people aren't getting 2-3 daily serves of milk, cheese or yoghurt to provide their calcium needs.
- **Drinking enough water** – water is the best thirst quencher!

### What's being eaten instead?

- **Too many fatty, sugary and salty foods** e.g. crisps, hot chips, cakes, pastries, biscuits, donuts, lollies, chocolates and fizzy drinks, often in **large portion sizes**. These provide too many kilojoules and very little nutrition.
- A poor diet robs young people of their vitality and makes it hard for them to concentrate and do their best at school.
- Too many high kilojoule foods combined with little physical activity can lead to overweight and obesity.

### Benefits of healthy eating

**Good food** gives children and adolescents all the nutrients they need to:

- grow and develop
- concentrate and learn well at school
- stay healthy through childhood and in adult life.

The *Fresh Tastes* Strategy is changing canteens by limiting the sale of foods and drinks of poor nutritional value to two occasions per term. These foods fit into the RED segment of the *Canteen Menu Planner*. School canteens are encouraged to include as many choices as possible from the GREEN segment and to 'Select carefully' the menu choices from the AMBER segment.

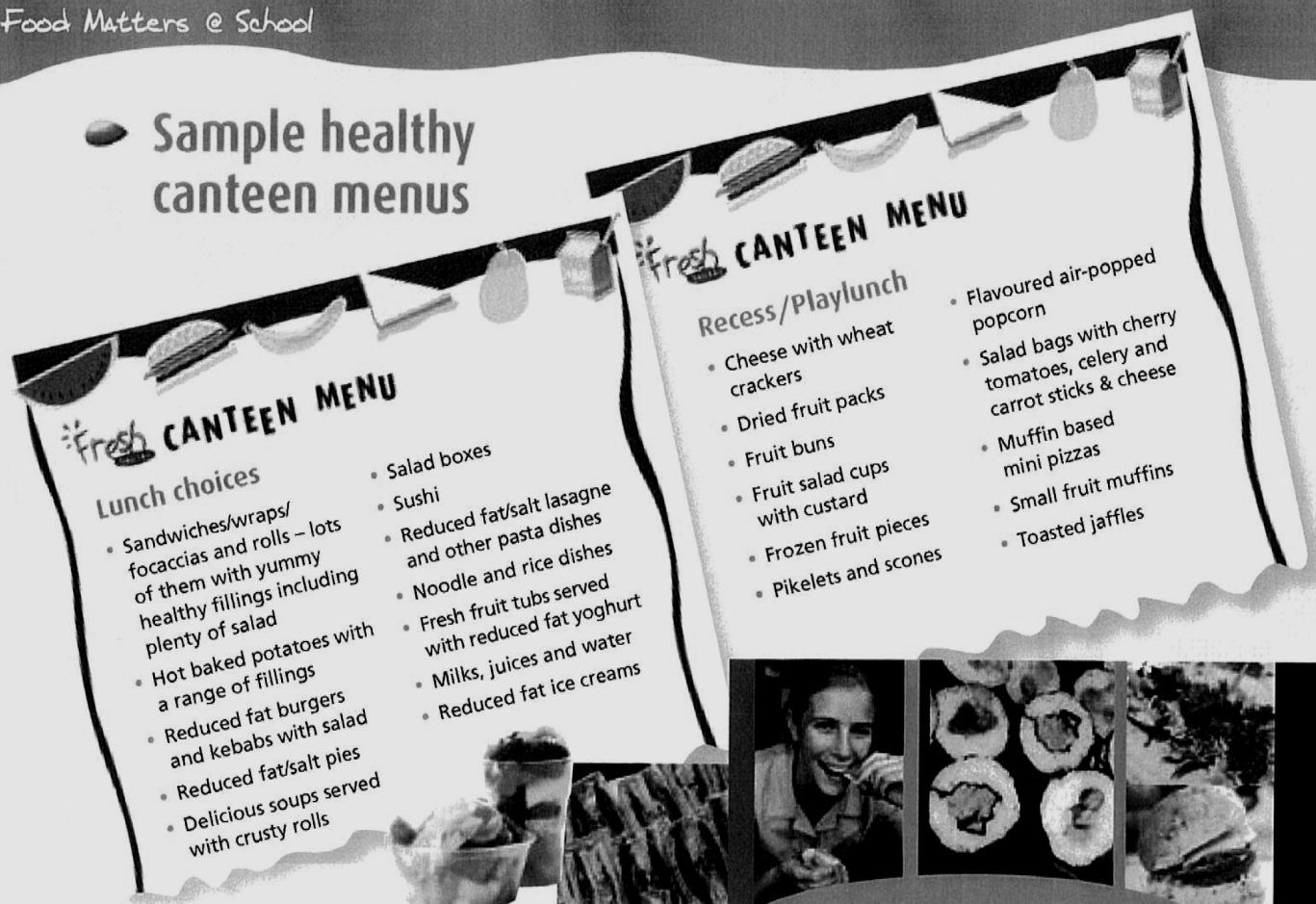


The NSW Healthy School Canteen Strategy is a partnership between the NSW Department of Education and Training, the NSW Department of Health, the Catholic Education Commission and the Association of Independent Schools.



**NSW HEALTH**

## Sample healthy canteen menus



### Support your healthy school canteen by:

- talking about the importance of healthy food choices with your children and adolescents
- sending healthy food in lunchboxes and only providing treat foods occasionally
- providing feedback and ideas to your school canteen
- volunteering to help in the canteen or on the committee, if you can
- joining in healthy fundraising activities in your school.

#### Looking for ideas?

Visit [www.schoolcanteens.org.au](http://www.schoolcanteens.org.au) for healthy menu ideas, fact sheets, recipes, successful canteen case studies, healthy fundraising ideas and lots more.

### Helpful resources

A *Fresh Tastes* package consisting of the *Canteen Menu Planning Guide* and the *Fresh Tastes Tool Kit* was sent to all NSW schools in 2004. This CD includes a PowerPoint presentation on the *Fresh Tastes* Strategy. You may find this interesting to look at or to show to parents at your school.



Look for these resources in your school or download them from the DET, AIS or NSW Health web sites.

Good food and plenty of physical activity now will help provide a healthy future for our children!

### For more information visit these websites:

#### NSW Health

- [www.health.nsw.gov.au/obesity](http://www.health.nsw.gov.au/obesity)
- *Easy Lunch and Snack Ideas for Children:*  
<http://www.health.nsw.gov.au/pubs/2004/easylunch.html>

#### Department of Education and Training

- <http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/schoolcanteen/index.php>

#### Commonwealth Department of Health and Ageing

- [www.health.gov.au/pubhlth/strateg/food/guide](http://www.health.gov.au/pubhlth/strateg/food/guide)
- *Food for Health – Dietary Guidelines for Children and Adolescents.*
- *The Australian Guide to Healthy Eating.*

#### Catholic Education Commission

- [www.cecnsw.catholic.edu.au](http://www.cecnsw.catholic.edu.au)

#### Association of Independent Schools

- [www.studentnet.edu.au/aispd](http://www.studentnet.edu.au/aispd)

### For other helpful information visit:

- The NSW P&C Federation  
Ph: 9360 2481 | [www.pandc.org.au](http://www.pandc.org.au)
- The NSW School Canteen Association  
Ph: 9876 1300 | [www.schoolcanteens.org.au](http://www.schoolcanteens.org.au)
- Sydney Markets Limited  
[www.freshforkids.com.au](http://www.freshforkids.com.au)

Photos courtesy  
New South Wales School  
Canteen Association.

