Healthy Eating for Kids

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. Nutrition Australia provides steps to planning a healthy lunchbox.

1. Make time to prepare. Have fresh fruit and vegetables, milk and yoghurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table below).
6. 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.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

Kids brainy breakfast ideas

A healthy, nutritious breakfast that provides your kids with adequate energy is a great way to start the day. Some may think that preparing and eating a healthy breakfast is time consuming, but this is not necessarily the case, according to Nutrition Australia.

The best breakfasts should include fruit or vegetables, a dairy product (or alternative) and a wholegrain bread, cereal or grain product.

Why not try some of the following suggestions – you can even mix and match according to your children’s tastes and preferences:

1. Raisin bread or fruit loaf, either plain or topped with ricotta cheese, and chopped strawberries or banana
2. Wholegrain cereal with milk and chopped fruit such as banana or berries, or pureed fruit
3. Hot porridge with milk, chopped bananas or berries
4. Yoghurt topped with a muesli style cereal and chopped or pureed fruit
5. Baked beans with wholegrain toast and a small glass of diluted fruit juice
6. Scrambled or poached eggs with toast and a glass of milk
7. Wholegrain muffins with a slice of cheese and tomato and a piece of fruit
8. Toasted bagels with avocado and a glass of milk
9. Wholegrain toast with a thin spread of jam or honey plus sliced banana and a small tub of yoghurt
10. Fruit smoothies – simply blend milk, yoghurt, soft fruit and a sprinkle of wheatgerm or psyllium
11. For an on-the-go breakfast, take a piece of fruit, a cheese stick and a few low fat crackers

The Bank of Melbourne continue to conduct school banking every second Wednesday. For those students currently partaking, please note the banking day is Wednesday 18th June. Any students wishing to start school banking, kindly see the representative on that date to sign up and begin saving.

Forthcoming Events

June
Grade 6 students continue visiting local kindergartens
June 18th Kings pies distributed.
June 23rd School cross country.
June 27th End of term two.

Some very important guests were recently invited to GSPS for a Principals Induction Forum. Seen here from left are Roger Dingle, Tina Walkeden, Caroline Mazurkiewicz, Steven Boyle and Geoff McArthur.
It's always pleasing to welcome new students to our school. So on behalf of everybody connected to George Street Primary School, I'd like to give a warm welcome to three new students, Saydez, Korshous and Tajhaun who joined us from Gray St Primary last week. We are pleased to have you on board. Also, a quick reminder that we have a number of enrolments on our books for next year, so please, if you know of anyone thinking of joining our school, ask them to make an appointment to speak to me soon.

As the term draws to a close, it is important that we reflect on our achievements. We have worked hard to improve the wearing of uniform, therefore it is important I thank everyone who has supported me on this. I'm incredibly proud of how our students stand out amongst the crowd when out in the community. However, there a small number of students consistently out of uniform. Our uniform is black trousers, red school top with logo and tartan winter skirt. Our uniform is **NOT** pink socks, black hoodies or runners (unless plain black). If there are issues/concerns with the uniform, then please see me to discuss where support can be put into place.

It is also pleasing to be able to invite distinguished guests to the school, knowing how proud our students are to showcase their learning. This occurred last Tuesday, where we had a number of important guests visit the school as we hosted an induction forum for over 25 principals from across the Western Region, together with our Deputy Regional Director, Mr Steven Boyle. I must say, I was so very proud when they commented on how inviting the school was. We had a fabulous email from a principal commenting on how polite and well mannered our students were. I need to mention here, this day was a success because every staff member worked as part of a strong team to ensure our guests were comfortable and well looked after. So, a heartfelt thank you to every one of my staff for their dedication and support. I love showing off our school and take every opportunity to do so.

Tina Walkeden
Principal

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**From the Principal's Desk**

Most of the things worth doing in the world had been declared impossible before they were done.

Louis Brandeis

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**Term Dates 2014**

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<tr>
<th>Term</th>
<th>Dates</th>
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<tr>
<td>Term 2:</td>
<td>22 April−27 June</td>
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<tr>
<td>Term 3:</td>
<td>14 July−19 September</td>
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<td>Term 4:</td>
<td>6 October−19 December</td>
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**PRINCIPAL'S INDUCTION FORUM**

Good attendance and interesting speakers all combined for a successful day. And what about the restaurant quality lunch. Well done girls—great job.

**Mrs Walkeden & Mrs Field’s Class**

Our 4th year student teacher, Kate Bailey, takes control of our senior students during her stay at GSPS. An excellent scone maker and dangerous netball player, Kate will be an asset to any school.

**ARTIST OF THE WEEK—WEEK 8**

This week in art, students experimented with tinting (to make lighter) and shading (to make darker). Well done Heath, our Artist of the Week. Heath worked quietly and cooperatively. Fine effort.

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**What’s happening at GSPS.**

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**Mrs Lee’s Class**

Students in our junior classroom have been engaged in the Big Write writing sessions each Friday. As the candle burns and the music plays, students focus on their writing.

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**Mr Membrey’s Class**

Mr Membrey’s class has been learning about the area of shapes. Here, Jaycob & Chloe show their work where students were challenged to create shapes that have the same area.

When next in the school, take a few moments to look at all our students work which is proudly displayed on the corridor walls.

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**Jaycob Overton—27th June**

**Joe Cahill—5th July**

**Tanisha Kerr—12th July**