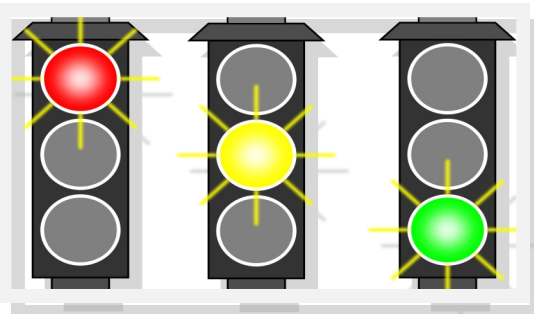


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## WPS Healthy Eating Program



### Examples of Traffic Light Foods:

#### Breakfast ideas.....

- Some examples of **Green** foods for breakfast are:
- Porridge;
- Museli with fruit and yoghurt
- Eggs and wholemeal toast.

Some examples of **Red** foods for breakfast are:

- Coco pops
- Fruit loops
- Frosties

# Wallendbeen Public School Bulletin

## Term Dates for 2018

Term 1—30/1/18— 13/4/18  
Term 2 - 1/5/18 —6/7/18  
Term 3 - 24/7/17 —28/9/18  
Term 4 - 15/10/18 — 19/12/18

Friday, 11th May, 2018



"From Small Beginnings"  
Established 1881

Dear Parents,

Once again we have kicked off the new term with lots of exciting learning opportunities. The students are in their second week of "read more in May" challenge with Baruna and Coolaroo reading to reach their goal. Don't forget to meet to the challenge, the students must read every night including on the weekend. We have also commenced Premiers "walk a million steps" which the students are combining with their cross country training. We are all eating and moving towards better health. I am pleased at how quickly the student's lunch boxes have moved away from the red processed foods to lovely healthy green foods. All the research states the children who sleep eight hours, eat healthy foods and exercise well can concentrate and learn better at school.

During the school holidays we commemorated ANZAC Day, once again I received excellent feedback on how well our students represented and displayed respect during the commemoration. Congratulations to Joshua, Marley and Chloe, your presentation was well received and you all spoke beautifully.

The weather is closing in, we will be opening the kitchen with toasting of sandwiches and leftover dinners at lunch time when winter starts. In the meantime stay tuned as "Kids in the Kitchen" and "Wrap n Roll Wednesdays" will commence soon.

Have a great fortnight.

Mrs T Daly  
Principal

## 2018 Term 1 diary dates to remember

- 1st May — First day of Term 2, for students
- 30th May — Mortimer Shield Young (Years 5 & 6)
- 18 June — School photos (formal uniform)
- 22 June — Todd Woodbridge Cup, Harden (Years 3 & 4)
- 6th July — Last day of Term 2

## Reminder:

The deposit for Stage 3 QLD excursion is now due for those who have not yet made a payment. The first fortnightly payment is also now due.

Making fortnightly payments will make it easier than having to find the money all at once. Your assistance in this is greatly appreciated. **Thank you.**