Our school stands proudly on Bundjalung land

CHESS COMPETITION
Our two chess teams headed off to Modanville Public School today to compete against other schools in our district. Our two teams comprise of Oscar, Tiago, Eden, Ethan, Will, Wil, Aleksey and Asher. We wish them many strategic checkmates throughout the day! Thank to Mr Priestley for organising our teams and to parents Sonya and Amy for attending the event with our students today.

P & C MEETING & LIVE LIFE WELL PARENT TALK
Last Monday we enjoyed a healthy eating and lifestyle presentation from Anna Huddy from “Live Life Well”. We thank the parents who attended this and hope they found it informative. Anna also spoke at the P & C meeting on different models for our canteen. As you will now be aware, we have a special lunch happening next Tuesday. P & C are hoping to have two volunteers on a monthly basis to prepare one dish for all children to purchase and enjoy. We hope you will support this great service by sending in an order. If you are interested in teaming up with a parent to cook a one dish lunch in Semester Two, we would love to hear from you. Students enjoy ordering lunch and often will try different food in the company of their peers.

P & C are also doing an amazing job with fund raising and are now working towards the major event for the year which will be a Vintage Market held in the village of Clunes on a Saturday next term. This sounds like a fun community event. Keep an eye on our newsletter for more information about this event and if you have a great idea or can help in some way contact the school and we will put you in touch with the organisers.

HAROLD IS BACK!!!
The life education program will be here on Wednesday and Thursday next week providing essential life skill information for all our students. Thank you to all our families who have returned the note and money so promptly.

CLUNES SCHOOL SOCCER TEAM
Our combined small schools soccer competition team has been training hard under their skilful coach, Mr Priestley. The team is regularly seen participating in both coordination and fitness training and will be a sharp team to beat! Meanwhile all students are working hard to reach improved levels of physical activity and fitness as part of their Premiers Sporting Challenge. We are holding a competition for the most energetic team with the total average for the class calculated at the end of the term.

SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>WEEK 7</th>
<th>WEEK 8</th>
<th>WEEK 9</th>
<th>WEEK 10</th>
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</thead>
<tbody>
<tr>
<td>Thursday 4 June</td>
<td>Tuesday 9 June</td>
<td>Wednesday 17 June</td>
<td>Monday 22 June</td>
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<tr>
<td>Chess Tournament at Modanville P.S.</td>
<td>Book club orders due</td>
<td>Aladdin at Lismore City Hall - all students K-6</td>
<td>Reports issued</td>
</tr>
<tr>
<td></td>
<td>Canteen</td>
<td></td>
<td>Thursday 25 June</td>
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<tr>
<td></td>
<td></td>
<td>Life Education</td>
<td>Back up day for Athletics</td>
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<tr>
<td>Wednesday –Thursday</td>
<td></td>
<td>Wednesday 18 June</td>
<td>Friday 26 June</td>
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<tr>
<td></td>
<td></td>
<td>School Athletics Carnival</td>
<td>NAIDOC Day celebrations</td>
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<tr>
<td>Friday 12 June</td>
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<td></td>
<td></td>
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<tr>
<td></td>
<td>Student Assembly 1-2</td>
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A proud member of the First North Community of Schools and The Rivers P-12
the 10 weeks. It is important that students bring their cards in each week so their physical activity achievement can be recorded. (Students who missed the first week can have their achievements back dated). Staff members also have a team and everywhere they walk, you can hear their pedometers clicking over!

**ZONE CROSS COUNTRY**
Our best wishes and congratulations go with Charlie and Oscar who are competing at the Regional Cross Country tomorrow in Kempsey. This is an admirable feat to reach this level.

**QUEEN’S BIRTHDAY LONG WEEKEND**
We hope that everyone enjoys a relaxing long weekend with family and friends and wish Queen Elizabeth a very happy 89th birthday.
(Her birthday was on 21st April.)

*Michelle Slee*
Principal

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**Expectation of the Week**

“Show respect for yourself, others and the environment”

**Student Assembly**

Our next student assembly is Friday 12th June at 2.15pm. The 1-2 class will be performing an item for your enjoyment. All families are welcome to attend.

Congratulations to the following students who received awards at our last assembly:-

- K-1 Keira, Nova and Tasman
- 1-2 Alysha, Lilly and Tilden
- 3-4 Kaitlyn, Ross and Syah
- 5-6 Aleksey, Connor and Maddie

The Citizenship Award went to Reece.

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**“Disney’s Aladdin Jnr”**

All students and teachers will be attending the Rivers P-12 Community of School’s performance of Aladdin at Lismore City Hall on Wednesday 17th June.

This should be a spectacular performance and highlights the talented and creative students we have in our public schools.

Notes were distributed to students earlier this week and need to be returned by Friday 12th June.

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**Canberra Excursion**

Our Canberra /Sydney excursion is still many weeks away (21 to be exact) but if you want to lessen the financial burden in October (when the final payment is due) you can pay off the cost by instalments.

The total cost for the excursion is around $600 and to date most have simply paid their deposit of $75. This leaves a lump sum of $525 to pay in October.

You can pay any amount whenever you wish but if you want to pay $100 every month for the next 5 months that will get the bulk of the payments done and dusted.

A proposed schedule would be

- June 25th $100
- July 23rd $100
- August 27th $100
- September 17th $100
- October 22nd $125

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**Around the Classrooms**

Mr Warren Carter from Kadina High School challenged the senior students with his problem solving session last Monday in the first of his weekly sessions.

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**Life Education**

Harold and the Life Education van will be here on Wednesday and Thursday. It would be great if all notes are returned prior to the day of the visit.
Mrs Henderson has also been inspiring the 5-6 students in the visual arts. They created artworks in the manner of Aboriginal artist, Bronwyn Bancroft.

We would like to open canteen once a month. This will be done on a volunteer basis. We will require two volunteers to prepare one main menu item (of your choice but within our healthy foods guidelines); inform the school of the menu a week prior; collect orders on the Friday prior to canteen; and serve on the day. Bronwyn and Amanda are kicking us of with Spaghetti Bolognese next Tuesday, 9th June. If you would like to volunteer and/or would like more information please email me at smaily363@hotmail.com

**Premiers Sporting Challenge Weekly Round Up**

*After the first week of our challenge here are the standings-*

<table>
<thead>
<tr>
<th>Class</th>
<th>Standing</th>
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<tbody>
<tr>
<td>K-1</td>
<td>Bronze</td>
</tr>
<tr>
<td>1-2</td>
<td>Gold</td>
</tr>
<tr>
<td>3-4</td>
<td>Bronze</td>
</tr>
<tr>
<td>5-6</td>
<td>Bronze</td>
</tr>
<tr>
<td>Staff</td>
<td>Silver</td>
</tr>
</tbody>
</table>

What a great effort by everyone!

**Notes Due**

- Canteen Lunch Order: TOMORROW
- Life Education: Tuesday 9th June
- Aladdin excursion: Friday 12th June

**No Parking Zone**

The school car park can be a dangerous area in the mornings and afternoons as parents drop off and collect their children. We have a designated “NO PARKING” spot to allow parents to turn around so that we don’t have cars reversing down the driveway.

Please keep the space vacant *at all times* to protect the safety of our children.

**Competition**

How many smaller words can you make from the letters in the word *RESPONSIBILITY*?

Hand in your lists to the school office by Monday close of school.

The student with the most words from each class will win a prize.

**Canteen News**

It was wonderful to have Anna Huddy attend our P&C meeting on Monday - she was very insightful and helped guide us in our canteen discussion.

**P & C News**

This year we are putting on the Clunes Vintage Picnic. More on this exciting event soon but please pencil in for September the 12th.

**Uniform shop**

If you require uniforms, you can contact Andrew on holisticgardencare@bigpond.com and send him your order. He will collate and package the order for you to pay for and collect at the front office.

**COOSH**

Clunes out of school hours

The children have been keen to start their afternoons outside, running round to warm up, before coming into the warm hall and the programmed activity. We have been focussing on number and letter recognition for our younger children with Bingo and alphabet puzzles. The older children have taken on responsibilities as game leaders and peer teachers, demonstrating respect for diversity and fairness in their social interactions. Creativity has been expressed in bead shaping and sponge painting and the children enjoyed eating and cooking fruit scones today. Tomorrow our sporting activity is hockey and for those who enjoy active challenges watch out for our vacation care program which has some wacky team and individual contests.
Our full program will be published next week and we are already taking bookings from parents who require specific days. Call us on 66 291 750.

The COOSH team

Canteen Lunch Orders for Tuesday 9th June need to be sent in with correct money by TOMORROW. On the menu is Spaghetti Bolognese and a Smooze for $5

Healthy Lunch Box Ideas

For some great ideas for lunch time for children, visit the Fresh for Kids website www.freshforkids.com.au and check under the Parent Information tab.

Top tips for a healthy lunch box

- Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Use reduced fat dairy foods. Cheese and yoghurt are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, peanut butter, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.

Keep it fresh - packing the lunchbox

It’s important to keep food in the lunch box cold to inhibit the growth of harmful bacteria.

Pack the school lunch in an insulated lunch box and include a small freezer brick or freeze a bottle of water and pop it into the lunchbox to keep food cool.

Helpful tips for adding fresh fruit and vegetables to lunch boxes

- Kids like fresh fruit cut and ready to eat. Fruit salad is the ideal lunch box solution; it’s colourful, easy to eat and bursting with vitamins.
- Offer different seasonal fruits each day for a change in flavour, colour and texture.
- Freeze fruits in the summer or for sport days. Simply pop the frozen fruit into a small sealable plastic bag or airtight container.
- If including whole fruit in the lunchbox, select fruit that is a suitable size for a child to easily hold in their hand and eat (this is particularly important for younger children).
- Peel and slice or cut fruit if possible and choose seedless varieties of grapes, watermelon and tangerines.
- If you are adding tomato to sandwiches, place the tomato between fillings and not directly onto the bread. This prevents the bread becoming soggy.
- When using avocado, mash or drizzle with a little lemon or lime juice to prevent the avocado from discolouring.
- Mild tasting and crunchy lettuce varieties like iceberg and oak leaf and Lebanese cucumbers are ideal for kids.
- Add (or cook extra) roast pumpkin or sweet potato to sandwiches, wraps and roll fillings. Naturally sweet and loaded with beneficial antioxidants, roast vegetables team well with a range of fillings.
- Make salads or salad sandwich fillings interesting by using a range of vegetables like grated carrot, snow pea sprouts, lettuce or rocket or baby spinach, sliced celery, tomatoes, avocado and cucumber.
- Use a vegetable peeler to slice cucumber into thin ribbons for sandwich fillings.

Fresh for Kids have created a 5 Day Healthy Lunch Box Meal Plan and a Quick, Recess, Lunch and Snack Recipe Booklet which are free to download to give parents some fun and healthy ideas for their children’s school lunch boxes.