Tomorrow the students of our school will experience another instalment in our Crunch & Sip strategy. They will be encouraged to be a ‘Green Machine’ crunch their way through snow peas, beans and celery.

Our curriculum does a lot to encourage healthy living and good nutrition. And because we are interested in the development of the whole child, the 3R’s are just not enough.

Australia is now one of the fattest countries in the world and so we need to work together to prevent our children from becoming sad statistics of the disease and mortality that is associated with eating too much and moving too little.

That is why our curriculum includes daily fitness, sport, Crunch & Sip, lessons in personal development and health.

That is why we run a healthy school canteen and limit “Red” foods to only a handful of occasions each year.

Now I don’t think we have an obesity problem at our school. The vast majority of students are still in a healthy weight range and they are active. Our school enjoys a Gold rating in the Premier’s Sporting Challenge. The students at this school know about portion control, they know about the food pyramid and what the healthy food choices should be. They can identify “Green” food groups that are safe and healthy choices for every day. They know about “Yellow” food groups that should be eaten carefully and not too often. And they know about “Red” foods that should be consumed only occasionally, as TREATS.

Unfortunately, every day at this school, most children pack at least one treat in their lunchbox. Many children have more than one treat per day in their lunchbox and I suspect that they also have treats at home too. Many of these treats are packaged as health foods – but they are not! A product advertised with low fat might be high in sugar or salt, a product with ‘no added sugar’ might still be full of natural sugars. That tetra pack of juice might have as much natural sugar as a small can of soft drink.

It looks like our children expect multiple treats, multiple times per week – some, multiple times per day! So while they might not be fat now, they might be fat and miserable in the future because of bad eating habits being established now.

Now I know that I am no role model and I am on thin ice lecturing parents how to go about feeding their children. It is obvious that I eat too much and I sit too much. I way am fatter than I should be or would like to be. The scary thing is that as a child I was not fat, I burnt up the kilojoules. I ate up all that was put on my plate but treats were reserved for birthdays and special occasions like Easter and Christmas (and we didn’t do ‘Trick or Treat’). If I got an ice cream or a packet of lollies from my grandparents, it was a REAL rare TREAT! But I still got fat as I ate more, and moved less, as I got older. Mmmmm.

So imagine what your children could look like in a few years when their daily treats catch up with them??

As we deliver the ‘Green Machine’ tomorrow, we will be asking the children to think about how many treats they enjoy in the average week and whether that’s really ‘treating’ themselves well for the future?

As you pack the treats in lunchboxes, provide after school snacks, duck in to a fast food restaurant regularly, stop and ask yourself… “Am I really doing the right thing by my child?”

Regards

Ray Rincheval, Proud Principal
EXPRESSION OF INTEREST

Are your children interested in learning guitar and playing with others? Amy Gravino will be offering beginner guitar lessons during or before school hours in 2014. These are open to any age but best suit students in Years 3-6. This is not a commitment so have a look at the options and see if any suit your family. Amy is happy to answer any questions about her teaching and experience. Please feel free to phone her on 0438 121 276.

There are three ways to run private tuition. At this stage Amy is canvassing which is the more popular option and she will run from there. Children will need to have access to a guitar at home, but will not need to bring it to school for lessons as she will provide them.

1. Private lessons, this is a “one on one” lesson, $15 for 20 minutes. Children can be taught basic music theory/notion as well in this context.
2. Group lessons $10 per child for 30 minutes—3-4 children per lesson. No music theory.
3. Ensemble style, this is ideal for children taking private music lessons elsewhere who just want to play with others.

Please tear off the bottom and return it to the office.

**************************************************************************************************
CHILD/S NAME _____________________________________________________________
CLASS/ES _______________________________________________________________

Please circle where appropriate
1. Private tuition
2. Group Lessons
3. School Ensemble

Snack Shack News

A big thank you to our volunteers, Melissa, Cheryl, Peter and Rob, as always the time you give is appreciated. We are looking forward to having Janet back with us on Tuesdays.

If you have any spare time we would love to see some fresh faces and some new recipes. If you have a recipe that you think would be suitable for the children please feel free to drop in and share.

We will be having another Meal Deal on Wednesday 20th November. Please keep out an eye for the bag. Last time we had a meal deal we had a few confused children who thought the meal deal was on the day they handed their bags in—please explain to your child that the day they get this special order will be on Wednesday 20th November.

Thank you,
Jodi Phillis
Canteen Supervisor

DATES FOR YOUR DIARY
Thursday 14th November  Year 1 & 2 Disco 6 -7.00pm
Monday 25th November Intensive Swimming Scheme commences
Thursday 12th December Year 6 Graduation Assembly Year 6 Farewell Dinner

Students from Sandy Beach School have recently undertaken an educational tour of the nation’s capital. While they were on tour they participated in a variety of educational programs focused on Australia’s history, culture, heritage & democracy.

The Australian Government recognises the importance of this visit and has assisted with the cost of the excursion with funding under the Parliament & Civics Education Rebate.

We would like to thank the Australian Government for their support of our excursion and the Civics and Democracy unit of work.

On Thursday 14th November Stage 1 - Years 1 and 2 will be holding an evening disco. It will be held in the school hall and go from 6.00—7.00pm.

The children are asked to bring a small plate of food for supper after the disco and bring a gold coin donation. This will be used to provide drinks, ice and prizes for games and dances.

Teachers of Year 1 and 2 students.

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