



# Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

## “Excellence in Learning”

*Term 1 Week 3 ~ 15<sup>th</sup> February, 2013*

### ***Principal’s Message***

*Ask not what you can do for your country. Ask what's for lunch.*

Orson Wells (1915 - 1985)

Now that our children are well and truly back at school, it is a great time to discuss lunches. The staff has noticed that some children are eating all their food at recess time leaving nothing for lunch, while some are bringing junk food to have for recess, which the school strongly discourages.

Children who eat a healthy lunch have better overall health. It is widely known that kids with a healthy diet (this includes lunch) are sick less often and when they are sick they recover quicker. It also has been proven that good nutrition not only improves overall health during childhood, but leads to better health as an adult.

Children who eat a nutritious lunch will find it easier to learn in class. Children who eat a healthy lunch are found to be better learners.

We discourage our students to eat sugary snacks or chocolate at school as this often leads to changes in behaviour affecting social interaction with others and their general learning.

Our day starts with “Sip and Crunch” which is an opportunity for the students to quietly sit and have a drink of water and a small piece of fruit before classes commence. Half an apple in a small container or a few grapes are great ideas.

Recess is between 11:20 and 11:35. You might like to pack your child a muesli bar, cheese and crackers, a piece of fruit or homemade cooking). Please, no chocolate or chips. These are treats for home.

A healthy sandwich, a wrap or a tossed salad in a container are great ideas for lunch. Remember no cordial at school as it is sticky and attracts ants.

With this in mind please make sure you pack an adequate lunch for your child’s growing needs.

The best learners in school are children who can maintain a steady blood sugar level from having eaten a healthy lunch. Having your child eat a nutritious lunch can provide them with a fresh start to gaining an education and later success in life.

*Eat breakfast like a king, lunch like a prince, and dinner like a pauper.*

Adele Davis (1904 - 1974)

**Christopher Jackson**  
**Principal**

**Small school “BIG” opportunities!**

# Coming Events

## TERM 1

### **March**

Clean Up Australia  
P & C meeting-AGM

1<sup>st</sup> March  
18<sup>th</sup> March

### **Lunch Orders**

Lunches will be on Monday 18<sup>th</sup> February, Meagan Hall is rostered on for canteen duty. Thank you to Mrs Helen Smith for lunches this week..



### **Merit Selection Training**

Anyone interested in learning how to be a member of a selection panel there will be a training session at QHS next Monday 18th Feb in the QHS Library annexe from 4.30pm. Please ring or email Mr Jackson at school if you are interested.  
chris.jackson@det.nsw.edu.au

### **School Magazine**

The school magazine is still available. If you wish to purchase this valuable piece of history from 2012 the magazine costs \$10.00. It is mostly coloured. See Mrs Barnett.

### **Reminder**

No Jewellery (necklaces, brooches etc) Fancy hair pieces or nail polish to be worn to school.

## **Awards**



### **K-2 Class**

**Brian Stocks** for improvement in writing activities.

**Alanamae Abbott-Blundell** for Great work in the Home Reading activities!!

**Sophie Hawthorne** for lovely presentation of work! Keep it up!!

### **Mrs Roseby**

**Dempsey Smith** for very clever sentence writing and reading.

### **3-6 Class**

**Jayde Smith** for working much more efficiently in class activities.

**Jock Barnett** for working well with spelling this week.

## Year 6 Fundraiser-Pancake Day By Sasha Mackay


On Tuesday it was pancake day. Everyone brought 50c and got a pancake. The money went towards the year 6 fundraiser. We would like to thank you Mr Jackson for getting the BBQ out and helping us. And also thank you to all the people who brought in the pancake mix and helped.



## Thankyou

We would like to send a big Thank you to Landmark for their very kind and generous donation to the Wallabadah Public School P & C. Landmark donated \$1540.00 from money raised at the Wallabadah Races.



 <b>Wallaby Week 4 Term 1, 2013</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>WEEK 4</u></b>				3-6 Assembly



# ART & ALL THAT JAZZ FESTIVAL



**Friday 1<sup>st</sup> March, 2013,**  
**Champagne Charlies Jazz**  
**Band @ Opening**

**6.30pm Start**  
**includes Wine & Food**

**2<sup>nd</sup> & 3<sup>rd</sup> March 10am to  
3pm**

**BBQ lunch Saturday &  
Sunday from 11.30**

**Music, demonstrations**  
**Chocolate Wheel (Seafood/Meat  
Trays)**

**Run by Poultry Club at noon**



**WWallaby Art Group**

## Art Exhibition & Sale

Contact; Tania Hartigan 0427 462155 or [taniarod@bigpond.com](mailto:taniarod@bigpond.com)

Narelle: Nelson 67667472

Bus running on Friday night from Quirindi  
if enough people interest, please book!

**MONEY BEING RAISED FOR NIOKA PALLIATIVE CARE/CANCER SUPPORT**



# WALLABADAH

