

WHAT'S ON @ Wyalaliba Public School

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Wyalaliba Public School
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Student of the Week Asiah Fields



For: Displaying leadership skills, working hard to complete tasks on time and wearing full school uniform with pride.

Oscar, Opal and Clay



are
Super Spellers.



Thank you Barbara for a yummy lunch



Term 2- Week 5:

Monday 27th May:

Tuesday 28th May: Return permission notes for the Border Ranges Athletics Carnival excursion.

Wednesday 29th May: Student Banking. Playgroup 10-12pm.

The Director of Educational Leadership Matt Hobbs to visit.

Thursday 30th May: No administration staff in the office today.

Friday 31st May: Excursion to compete in the Border Ranges Athletics Carnival in Deepwater.

It is a great time of year to speak with your child's teachers about your child's progress. Please call the school and book a time that you would like to do this.

Reminders to parents & caregivers-

- This newsletter can be found on our school web site at- www.wyalaliba-p.schools.nsw.edu.au
- Students and parents please remember: **we are a sun smart school. No Hat = No Play**
- Any further information please contact the school or Debbie on mobile- 0419216006
- If you would like to have this newsletter emailed to you please provide the school with your email address.

Parents and caregivers play an important role in their children's education. A strong partnership between parents and schools enriches the learning experience. There are many formal and informal opportunities for parents to find out about their children's progress at school. **It is a great time of year to speak with your child's teachers about your child's progress. Please call the school and book a time that you would like to do this.**

Parents and Caregivers please help students bring a water bottle to school. Students will need one to keep hydrated during daily fitness and sport.

Healthy Lunch Ideas

- 2 mini whole wheat pita pockets with grilled-chicken strips and veggies
- 3/4 cup low-fat vanilla yogurt with sliced strawberries
- 1/2 cup sugar snap peas
- 8 animal crackers
- * 1 cup bow-tie pasta salad with veggies
- * 1 cup baby greens salad with 2 tablespoons low-fat dressing
- * 3/4 cup watermelon
- * 2 fig cookies



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!



FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

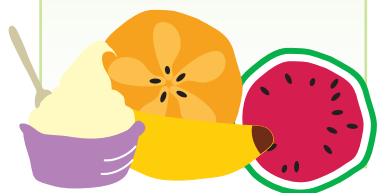
- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leak soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.

