



Michael Lord
Principal

Pilliga Public School Newsletter

The little school that's BIG on learning

*Term 1, Week 11
Monday, 4th April 2016*

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Market Day

What a great turnout we had for our first ever Market Day! The aim of the day was to showcase our beautiful school and town, and I believe that was accomplished. We did raise over \$700 for the school and this will go towards the 'Shutout Blinds' our school desperately needs. The Market Day project originally started being put together by last year's School Leaders, Lu and Lill. They attended a Leadership Camp and decided to work on a 'Spring Fair' community event at the school. Unfortunately, the project wasn't completed within the girls' time at school but from their vision, Shelly Phelps picked up the project and begun the planning and organisation of the Market Day. A huge thank you to Shelly for all her hard work, it certainly paid off!

ANZAC Excursion

A permission note has gone home today for an excursion to Tamworth to attend the Spirit of ANZAC Centenary Experience. This is a mobile ANZAC museum being set up for those interested in visiting.

Unlike any other touring exhibition, the Spirit of Anzac Centenary Experience features genuine artefacts and historical stories placed within a fully immersive space.

There will be a cost of \$10 per student for the bus. The excursion will take place on the first Friday back in Term 2. Please return note ASAP.

Anzac Day

This year, Anzac Day falls within the School Holidays. We are preparing an art/literature exhibit for display at the Community Centre and our School Captain, Esther will be practising a speech for the day if needed. Please attend the local commemoration in Pilliga with your child, it is a powerful day which needs your continual support.

Life Education Van

On Thursday 26th May, the Life Education Van will be visiting our school. A note, and more information will be sent home closer to the date.

Packing a Healthy Lunchbox

Tips from the Healthy Kids, Eat Well, get Active website.

<https://www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking/lunch-box-ideas/what-to-put-in-the-lunch-box.aspx>



A good helping of fruit and vegetables

Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips are popular as a snack or in a sandwich.

Starchy food

like bread, rice, potatoes and pasta. Have a variety to choose from such as wholegrain, wholemeal or high fibre breads such as seeded rolls, Lebanese bread, pita, lavash, bagels; brown and white rice; or tricolour pasta.

Lean protein

like tuna or salmon (fresh or canned in spring water or oils such as canola, sunflower or olive oil); boiled eggs; beans; or lean meat such as beef or chicken.

Reduced fat dairy food

like reduced fat yoghurt, reduced fat cheese or reduced fat milk (remember to pack with a bottle of ice).

A bottle of water

to keep your child hydrated all day. Freeze on hot days to keep the lunch box (and your child) nice and cool.

Healthy choices

look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads and try a little avocado, low fat mayonnaise, mustard or ricotta cheese instead.

Nutritious snacks

such as a small box or bag of dried fruit, rice cakes or unsalted and unsweetened popcorn.

And remember: Treats like chocolate or chips should only be included occasionally, not every day.

Coming Up

8th April - last day of Term One

25th April - ANZAC Day

26th April - Staff Development Day

27th April - Students return for Term 2

29th April - Excursion to Tamworth for the Spirit of ANZAC Centenary Experience

School Holidays

11th April to 27th April

