**Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 28th Oct</td>
<td>Kinder 2015 Orientation</td>
</tr>
<tr>
<td>Thurs 30th Oct</td>
<td>Kinder 2015 Orientation, P&amp;C Meeting 2pm</td>
</tr>
<tr>
<td>Wed 5th Nov</td>
<td>Horse Sports Day</td>
</tr>
</tbody>
</table>

**Horse Sports Day - Reminder**

Our Horse Sports day was postponed due to the inclement weather. We have rescheduled the day to Wednesday, 5th November. If you are able to assist on this day, please see Pat Lannen or Fiona Lawrence from the P&C. Alison in the office will also assist you.

**Pete the Sheep Report**

(Report written by Gabby)

On the 21st October, K/1; 1/2/3 and some of Year 4 went to the amazing, funny musical “Pete the Sheep” at the Civic theatre, Newcastle. This show was performed by Monkey Baa Entertainment who through using creative costumes and great sound effects together, created an undeniably excellent performance that made children plead for more! Overall, I think we can all agree this performance should be rated a 10/10.

**Swimming on Friday**

Please ensure your child/children bring along all their swimming gear on Friday for swimming. Please check that all clothing is labelled and a c-shirt (preferably the school c-shirt) is packed.

**P&C Meeting**

P&C Meeting will be held at 2pm on Thursday 30th October all welcome.

**Staff Professional Development**

Ms Bath attended an ARCO (Anti-Racism Contact Officer) course today, whilst Ms Hamer and I spent the day working on the English Syllabus in preparation for 2015 and beyond.

**Kindergarten Orientation**

Our Kinder Orientation continues next week, on Tuesday and Thursday. We have 7 students attending at the moment, with Thursday’s session including a session with parents over lunch.

**Uniform Order - Reminder**

Orders and payments need to be returned no later than Thursday 30th November to allow uniforms to be returned before the end of the year.

**Good for Life Newsletter**

We have attached the recent “Good for Kids, Good for Life” newsletter to principals for your information as our school is mentioned at the bottom of page 1 under the heading “Congratulations”. We are one of the few schools who have canteen menus that are dominated by green foods and contain no red items (as explained in the newsletter). As it says in the newsletter, “Well done to the Canteen Managers, Canteen Volunteers and the school community. This is a great achievement”.

23 October 2014
Awards Week 2

**Merit Awards** were presented in:-

K/1
- **Ben** for trying hard in skipping
- **Jack** for being a terrific skipper
- **Abigail** for working well in class
- **Isabella M** for settling well into a new school
- **Jack** for his attentive and responsible classroom behaviour

1/2/3
- **Phoebe** for being a quiet and diligent classroom member
- **Katelin** for telling the time accurately on clocks
- **Zoe** for beginning to use joined writing
- **Will** for working well in reading groups
- **Grace** for great work on learning to read clocks
- **Danny** for great work in literacy activities

4/5/6
- **Linden** for being a helpful and reliable school citizen
- **Bethany** for a creative and interesting narrative plan
- **Gabriel** for creativity with “The Invasion of the Cheese Monsters” story
- **Callum** for a creative plan for “The Lemonade Thieves from Outer Space”
- **Jesse** for an interesting plan about “A Clash of the Warriors” story
- **Georgia** for an excellent plan for “The Black Mare” story

**Peer Nominated Citizenship Award**
- **Phoebe** for being determined in soccer

**Teacher Nominated Citizenship Award**
- **Whyatt** for being a helpful and responsible member of our school

**Library Award**
- **Tom I** for being a patient and quiet reader

**Environmental Award**
- **Ty** for being an enthusiastic helper in environmental groups

**Healthy Food Award**
- **Georgia** for eating healthy food

**Birthdays:**
- Keeley turned 7 on 6th October
- Tasmyn turned 6 on 13th October
- Georgia turned 11 on 15th October
- Lydia turns 6 on 24th October

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**Strategic Financial Management Course**
Mrs Mahony and I will be attending this course next Wednesday, 29th October at East Maitland Bowling Club.

**Choosing the right school shoes**
Can those school shoes last...one...more...term.....? And are the expensive ones REALLY better for your child’s feet?

**Creative reading**
If your child is full of great ideas, share these 22 slides to help them tell their stories. Pixar’s 22 rules for great creative writing are brilliant! [http://bit.ly/1fyvNK3](http://bit.ly/1fyvNK3)

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**Nutrition Snippet**

The simplest way
...to create a vegie garden at home

This spring all you need to start growing your own vegetable garden is a foam box!

- Foam boxes are light and easy for you and your kids to manage.
- Step One: Cut six drainage holes in the bottom of the foam box.
- Step Two: Elevate foam box by placing it on some old bricks and fill with potting mix.
- Step Three: Plant seedlings or seeds, making sure not to over plant (aim to plant around 4-6 seedlings per box).
- Step Four: Water and care for your seedlings daily.
- Try planting tomato, pumpkin and zucchini seedlings this spring...and watch your kids enjoy eating the results!

For more information visit: [www.eatittobeautif.com.au](http://www.eatittobeautif.com.au) or join us at facebook.com/eatittobeautif

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**Girl Guides invite you to**
**Come and Try Guides!**
Thursday 30th October 2014 from 5-6:30pm
At the come and try we will be cooking...making...doing......
Catholic Church Hall cnr John & Church Street Largs
Please call on 0418 180 402 to register for this free event.
Turtles are reptiles and they belong to the same family.

Green sea turtles can be found in warm water ocean and seas around the world. Green sea turtles have hard thick scaly skin to protect the turtle from predators and sharp coral reefs.

Green sea turtles have large flippers to help them glide through the water.

Green sea turtles eat jellyfish and seaweed and crabs and worms.

Turtles lays egg and bury them in the sand and baby green sea turtles hatch and dig to the surface.

By Zali
# IONA PUBLIC SCHOOL - UNIFORM ORDER 2014

<table>
<thead>
<tr>
<th>CODE</th>
<th>ITEM</th>
<th>Colour (circle)</th>
<th>SIZE</th>
<th>SIZE</th>
<th>PRICE</th>
<th>QUANTITY</th>
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<td>Short sleeve sky polo</td>
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<td>4310SL</td>
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<tr>
<td>591066</td>
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<td></td>
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<td>5310JK</td>
<td>Jacket fleecy zip</td>
<td>Navy Red</td>
<td>4-16</td>
<td></td>
<td>17.00</td>
<td></td>
</tr>
<tr>
<td>5310LR</td>
<td>Jacket hood Fleecy zip</td>
<td>Navy Red</td>
<td>4-16</td>
<td></td>
<td>23.00</td>
<td></td>
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<tr>
<td>5300JK</td>
<td>Polar fleece Jacket</td>
<td>Navy Red</td>
<td>4-16</td>
<td></td>
<td>18.50</td>
<td></td>
</tr>
<tr>
<td>5880VE</td>
<td>Polar fleece Vest</td>
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<td>14.00</td>
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<td>5963DC</td>
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<td>4–10</td>
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<td>40.00</td>
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</tbody>
</table>

**TOTAL**

PARENT HELPER SHIRTS ORDERED ON REQUEST.

HATS, SPORT SHIRTS & SPORT SHORT MAY BE PURCHASED FROM THE OFFICE.

CASH OR CHQ    (PAYABLE TO IONA PUBLIC SCHOOL P&C)

CHILDS NAME: ............................................................

23 October 2014
TERM 4, 2014

INSIDE THIS ISSUE

Fresh Tastes Update & Congratulations - Pg 1

Maintaining a Compliant Menu and Updates from Good for Kids Program Manager - Pg 2

www.goodforkids.nsw.gov.au

Update on Fresh Tastes @ School

The Fresh Tastes @ School NSW Healthy School Canteen Strategy came into effect at the start of the 2005 school year. It seeks to ensure that foods provided and available to students are consistent with the Australian Dietary Guidelines for Children and Adolescents. Implementation of the strategy is mandatory for government school canteens through the Nutrition in Schools Policy. The Nutrition in Schools Policy also supports the implementation of Fresh Tastes beyond the canteen, to all occasions where food is provided to students.

According to Fresh Tastes @ School, all foods are grouped into one of three categories:

GREEN foods – Fill the menu. These foods are full of nutrients and should dominate the canteen menu. For example vegetables, fruit, reduced fat dairy, lean meat, bread and cereals. Canteen menus should contain greater than 50% of Green items.

AMBER foods – Select Carefully. These foods are mainly processed foods and have some sugar, fat and salt added to them. They should not dominate the menu. For example: Full cream milk, fruit drinks, pizzas, chicken nuggets and pies. Canteen menus should contain less than 50% of Amber items.

RED foods – Occasional foods. These foods can only be sold twice per term across the whole school and should not appear as regular items on the canteen menu. For example confectionary and deep-fried foods.

We are encouraging schools to:

- Check that your canteen menu is dominated by GREEN foods, has some AMBER foods and no RED foods. Don’t forget to also check “over-the-counter” foods, those foods that are sold in the canteen but don’t appear on the menu.

- Review how your school timetables “RED” days each term. By mapping it out and adding it into the school calendar, it helps to ensure your school timetables no more than two RED days per term across the whole school community.

Fresh Tastes @ School resources were disseminated to schools in 2005 but additional copies can be obtained by contacting your School Project Officer or can be accessed from http://healthy-kids.com.au/school-canteens/the-menu/fresh-tastes-school/

CONGRATULATIONS


These schools have canteen menus that are dominated by GREEN foods and contain no RED items. Well done to the Canteen Managers, Canteen volunteers and the school community. This is a great achievement!

PHOTO 1300 657 197

23 October 2014
CANTEEN MANAGER TIPS

Most of our school canteens could not function without their volunteers. A key strategy to retaining volunteers is to "recognise and reward." Now is a good time to consider how your school will thank its canteen volunteers. Maybe you could place a thank you ad in the Newsletter, present thank you certificates at a school assembly or hold a special morning tea for canteen volunteers.

MAINTAINING A COMPLIANT MENU

Over the past year, schools have worked hard to ensure that their canteens meet the requirements of Fresh Tastes @ School. A new canteen manager or a change in canteen menu, could result in the introduction of a RED item or a change in the balance between GREEN and AMBER. Here are a couple of things to think about to maintain your compliant menu.

When changing your menu:
- Develop a process for changing your canteen menu or adding new items. Ideally this would involve assessing the menu or product against the Fresh Tastes Criteria, determining a selling price for each product (based on its cost price and agreed minimum mark-up) and would be done by a small committee of people, including the Canteen Manager.
- Include this process in your Canteen Policy.

When canteen manager resigns:
- Encourage the outgoing canteen manager to provide a handover document which includes a copy of the most recent menu review and contact details for the School Project Officer.
- Ensure canteen processes and procedures are documented and displayed (where appropriate) in the canteen (e.g. Daily run sheet, recipe/procedure cards for canteen made items, pricing and mark-up spreadsheet, stock ordering forms, etc).

When recruiting a new canteen manager:
- Include "knowledge of Fresh Tastes @ School" in the job description.
- Provide information regarding "Fresh Tastes @ School" during orientation.

UPDATE FROM NICOLE NATHAN, GOOD FOR KIDS PROGRAM MANAGER

This past year has been a busy time for school canteens. Congratulations to those canteens who are meeting the Fresh Tastes @ School Guidelines. The hard work of Canteen Managers and Canteen volunteers along with your support has enabled this to happen, so thank-you.

For many other schools, compliance will come with just one or two small changes. I encourage you to support your canteens to make this change which will result in a healthy canteen for your students. School Project Officers are also there to help, so don't be afraid to give them a call or send them an email.

As we draw to the end of another school year, there is often change in Canteen staffing. If your canteen manager is moving on, I encourage you to read the section on "Maintaining a Compliant Menu". It is hoped that implementing these strategies will ensure that all the hard work is sustained into the future.

RED ALERT!! DO YOU HAVE ANY OF THESE RED PRODUCTS ON YOUR MENU?

<table>
<thead>
<tr>
<th>Product</th>
<th>Captain Dolphin - Fruit Pudding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why it is classified as red?</td>
<td>When jelly is served in small &quot;confectionary&quot; like serves it is classified as RED according to Fresh Tastes @ School</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product</th>
<th>Hello Pandas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why it is classified as red?</td>
<td>Hello Pandas need to be assessed against the Occasional Food Criteria for &quot;Snack food bars and sweet biscuits&quot;. They are classified as RED as they contain less than 1.0g of Fibre per serve.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product</th>
<th>Sun Fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why it is classified as red?</td>
<td>Even though SunFruits are promoted as containing &quot;Real Fruit Juice&quot;, they are still a confectionery and according to Fresh Tastes @ School, confectionery is a RED item.</td>
</tr>
</tbody>
</table>