EVERY STUDENT MATTERS EVERYDAY

PRINCIPAL’S NEWS

Despite the weather we had a great turnout of parents attend our Acquaintance Afternoon on Friday February 14th; a big thank you to all those who attended. And thank you to the teachers and students who had lots of exciting activities happening in their classrooms.

On Monday 17th February we had six players from Port Power visit our school and talk with the students about healthy eating and the commitment toward being an elite athlete. I believe we were very lucky, as the captain, Travis Boak was one of the six. The children enjoyed being able to ask the players questions and get their autographs.

Tuesday 18th February was the AGM and I am pleased to say that we have a number of new parents joining the Governing Council; your commitment to this is appreciated. If you were unable to attend the meeting but would like to know more about Governing Council please feel free to contact me. The next meeting is 6pm Tuesday 19th March.

I will take this opportunity to remind everyone that at Hincks Avenue Primary School we adhere to the Right Bite Policy. The policy helps parents and teachers to guide children in their understanding of eating healthy food and the importance of a balanced diet. As well as long term health and learning benefits. I have placed an excerpt on the following page about ideas for making sandwiches for lunches.

Cathryn

Counsellors News: All at Hincks Avenue work hard to make this a safe and happy environment for us all to learn together. IT'S COOL TO BE KIND! That’s what we are reminding ourselves everyday so that we remember to treat each other respectfully. This is a Success Helper Choice and comes from the Success Helper belief that everyone is worthy of respect, even if they are not our friends. Our students are learning from our teachers about the Five Success Helper capabilities that help us to be successful. Ask your children about them. They know! Talk to them about respect and kindness. Catch them being helpful and kind and tell them how cool it is! DEADLY! Don’t forget to pop in any time for a yarn. You’d be most welcome!

Giulio
Awesome Achievers Class Out and About in Our Community

On Tuesday 4th February the Awesome Achievers walked to the Public Library. The students had the opportunity for a formal tour and found out what facilities are on offer to them. After the tour they had to complete a Treasure Hunt and find items around the library, such as, a Non Fiction Place Book, how many computers are in the library for public use and various other items? Students were excellent role models and represented our school with pride.

Stephenie Herbert

Congratulations to last weeks winners:-

Seth Mors  Katie Compton  Emily Wilson  Rubii El-Sheikh
Connor May  Leisel Brooks  Ella May  Kale Davis
Ethan Doyle  Sarah Harris  Corey Wilson  Shiara Greaves
Sabrina Small  Jayden Guyer  Lachlan Nelson  Alisha Spratt
Rhianna Davis  Yalanda Taylor  Ryan Safari  Jordan Hardon
Bella Betts  Hayley Bateup  Daniella Moore  Peta-Maree Ward
Latifah McEwan  Nicola Bosch  Bella Trigwell  Taylor Mecozzi
Mia Peel  Jaime Walters  Matt Meredith-Moore

For Sale $1
Everyday at Big Lunch eating time from the Awesome Achievers Classroom

STUCK FOR EASY FRUIT AND VEGETABLE LUNCHBOX FILLERS?

Here are some vegie and fruit-friendly lunchbox ideas:
- Corn on the cob or little tub of corn kernels
- Cold jacket potato
- Cut up vegies with a little tub of cream cheese, salsa or reduced fat yoghurt dips.
- Mini muffins, scones or pikelets made with added fruit or vegies.
- Fruit kebabs (chunks of fruit on paddle-pop sticks)
- Fruit crumbles.
- Mini tins or containers of fruit in natural juice.
- Chopped fruit salad.

SUPER Sandwiches!

Bread:
- White/wholemeal/multigrain/rolls/pita/lavash/rye
- English muffins.

Plain cracker biscuits:
- A variety

Fillings:
- Salad: tomato/grated carrot/lettuce/cheese/ beet-root/cucumber/zucchini/bean or alfalfa sprouts
- Meat/fish/chicken/egg
- Baked beans/spaghetti
- Potato salad
- Cheese – grated/sliced/cubed
- Peanut butter (and honey)
- Vegemite (with cheese)
- Banana (with a little lemon juice to prevent browning)
- Cottage cheese with corn relish
- Carrot and sultanas
- Tuna and mayonnaise
- Your own, or your child’s creation!

Reference: Pademelon Press, There’s more to food than eating. Food foundations for children birth to eight years, 1999

Deadly Deeds Success Helper Award Winners

Hincks Avenue Primary School News