

Red Range Public School Newsletter



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Welcome Mrs Murphy

Mrs Pam Murphy had her first day with us today. We are so pleased to have her on board and wish her well in her appointment to Principal. Mrs Murphy is looking forward to the days and months ahead working with the students and staff at Red Range and meeting our families.



Red Range Playgroup

Families NSW is a funded program that allows trained educators to run playgroups in outreach area and they are looking at the possibility of starting a playgroup at Red Range. The playgroups are for families with children aged 0 – 6 years and for mums, dads and families to come along. Attached is an expression of interest that we would appreciate families completing and returning to school so we can find the most suitable

Help for learning difficulties

The Learning Difficulties Coalition (LDC) supports parents who have children (5-18 years) with a learning difficulty. The parent helpline (02 9806 9960) is open 10am-3pm school days during term, or you can visit the website: www ldc org au/ . Registrations are now open for the seminar, Building Resilience in Children and Adolescents with Learning Difficulties, held 19 June at Parramatta Leagues Club.

AWARDS

Taneekwa Patterson – great recount writing.

MATHLETICS AWARDS

Bronze Awards

Sarah-Jane Casson (1170 points).

SUPER SPELLERS

Week 5

Jaimie Taneekwa Izarha Jada
Dominic Jerry James Elierha

HOMEBAKE

The 'Homebake' special for this Tuesday 29th May 2012 will be:-

Chicken & Creamed Corn Soup	\$2.00
Custard Slice & Hot Milo	.50



P & C News

The next meeting of the Red Range P & C will be held this Thursday 31st May 2012. In order to make it easier for parents this meeting will be held in the boardroom at the Glen Innes & District Services Club. Parents may bring their children but all children will have to remain in the room under their parent's supervision during the meeting.

Healthy Kids

Should Healthy Kids Drink Fruit Juice?

Australian Nutrition Guidelines recommend we eat 2 serves of fresh fruit every day and drink only 125ml of fruit juice, if any at all. Because of the amount of sugar and kilojoules in juice being comparable to soft drinks, it isn't



Education &
Communities

We acknowledge the Ngorabul people as the traditional custodians of this land.

considered to be the best drink choice for children.

Weighing up Between Fruit and Fruit Juice

Fresh fruit is low in energy (kilojoules). But we all know how little juice comes out when you squeeze it. You need to use several pieces of fruit to get a small cup. So quenching thirst by drinking juice can easily lead to excessive energy intake and weight gain. The vitamin C in fruit makes the juice highly acidic, and together with all those concentrated natural sugars can lead to tooth erosion and decay. By eating whole fruit, you not only get the juice, but all the goodness from the flesh, including the fibre, which helps to maintain a healthy digestive system and control unruly appetites.

Natural Sugars Versus Added Sugars – Is There a Difference?

Sugar, whether natural or not, provides little else other than energy and should be eaten in moderation. The nutritional benefits associated with natural sugars come from other parts of the foods they are found in – like the protein and calcium in dairy foods and the antioxidants and fibre in the flesh of fruit. Natural sugars are extracted from fruit to sweeten processed foods like muesli bars, biscuits and frozen treats. Fruit sugars used in this way are declared as 'fruit juice concentrates' on product labels and under Australian Food Law, are not classified as being 'added sugars'. So beware when reading food labels!

Different Types of Fruit Juice

These days there is so much choice when looking to purchase fruit juice, ranging from fruit-based drinks to 99% fruit juices. There is also lots of choice in the form you want to drink it in – is it carbonated, shelf stable, frozen or freshly squeezed you prefer today? Manufacturing processes to turn juice into these forms can remove some of the nutrients it would naturally contain. In its freshly squeezed form, vitamins found in juice are sensitive to heat and time meaning that the longer the juice sits un-refrigerated, the fewer vitamins it will contain. To maintain the quality of juice and extend its life, manufacturers use a

variety of processes that effect the nutritional value. So it isn't uncommon to see fortified juice products - where vitamins and minerals are added back into the juice. Getting your vitamins and minerals this way isn't ideal. It is better to get these nutrients from the fruit itself and get the goodness from the flesh at the same time.

Healthy Kids Recommendations

Healthy Kids and the Dietitian's Association of Australia recommend water to be the first drink of choice with one small glass (125mls) of fruit juice daily being an appropriate serve size for everyone, including children.

Community Notices

Diabetes awareness

May is Jelly Baby Month which aims to raise awareness and funds for Type 1 Diabetes - often called Juvenile Diabetes. To find out more about Type 1 Diabetes and Jelly Bean Month, go to www.jdrf.org.au/help-find-a-cure/jelly-baby-month. Here you can sign up to receive a monthly newsletter.

Dates to Remember

31 st May	P & C Meeting – Glen Innes & District Services Club Boardroom 3pm
11 th June	Queen's Birthday Public Holiday
15 th June	Regional Cross Country – Coolah
21 st June	Middle Years Science and Engineering Challenge Day
29 th June	Crazy Hair Day
20 th July	State Cross Country – Eastern Creek

Thought for the day

The most important single ingredient in the formula of success is knowing how to get along with people.

Theodore Roosevelt

ABSENTEE NOTICE

STUDENT'S NAMEDATE OF ABSENCE.....

REASON FOR ABSENCE

SIGNATURE OF PARENT.....

