



# RED RANGE PUBLIC SCHOOL



Newsletter Term 4 Week 1 2019



## ASSEMBLY AWARDS





## Principal News

### Ms. Nicole Hutton

Welcome to term 4! I hope that everyone had a relaxing and restful break over the holidays.

Term 4 is shaping up to be a busy term. We have included a calendar of events for the term for your reference. Please note that the following dates have been set and if there are any changes, we will inform families as soon as possible.

This term Red Range Public School will be taking part in the Swap It program. This program is an information program that promotes healthy eating and nutrition. Each family will be provided with an information booklet that can be placed on the fridge. Students will be learning about healthy eating and nutrition as part of our Personal Development, Health and Physical Education studies this term.

There have been several permission notes sent home this week. We would appreciate your support in returning notes promptly to assist in our planning.

Earlier this week the office has sent home invoices for outstanding voluntary school contributions. These contributions enable the school to provide students with resources and access to online academic programs.

As we move into this term I would like to remind families that students are required to wear broad brimmed hats to protect them from the sun. The school has a number of hats and other uniform items that can be purchased all throughout the year.

Finally, I would like to thank the Glen Innes Men's Shed for their support of our amazing school. The Men's Shed visited our school in term 3 for morning tea during Education Week and noticed that our school bell needed to be refurbished. The men have taken our bell and worked to restore the bell to its former glory. They have also replaced the post. We look forward to reinstalling this historic item back into our playground.

Have a great week!

### Attendance

Let the school know in advance if your child is going to be absent to ensure that all days absent are explained.

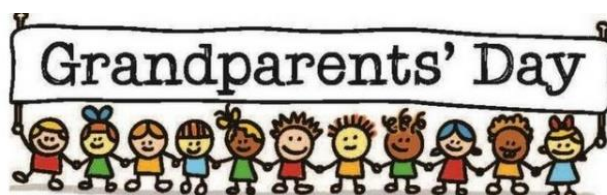
### P&C News

Next Meeting  
Monday 21<sup>st</sup> October  
3:15pm  
Glen Innes High School  
Library

All welcome!



Jake – 19<sup>th</sup> October  
Milan – 24<sup>th</sup> October  
Joshua – 26<sup>th</sup> October



Colour Fun Run and  
Grandparents Day  
Thursday 14<sup>th</sup>  
November

**Mindful**





























**Self-Motivated**

**Brave**

**Gritty**



# Red Range Public School TERM 4 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>21<sup>st</sup> October</b>  P&C 3:15pm GIHS Library	<b>22<sup>nd</sup> October</b>	<b>23<sup>rd</sup> October</b>	<b>24<sup>th</sup> October</b>  Stage 3 Wellbeing Excursion	<b>25<sup>th</sup> October</b>  Day for Daniel
<b>28<sup>th</sup> October</b> 	<b>29<sup>th</sup> October</b> UNE Science Bus	<b>30<sup>th</sup> October</b> Dance Spectacular	<b>31<sup>st</sup> October</b>  Dance Spectacular ECS High School Transition	<b>1<sup>st</sup> November</b> 
<b>4<sup>th</sup> November</b> 	<b>5<sup>th</sup> November</b>	<b>6<sup>th</sup> November</b>	<b>7<sup>th</sup> November</b> 	<b>8<sup>th</sup> November</b> 
<b>11<sup>th</sup> November</b>  Remembrance Day	<b>12<sup>th</sup> November</b>	<b>13<sup>th</sup> November</b>	<b>14<sup>th</sup> November</b>  Colour Fun Run Grandparents Day	<b>15<sup>th</sup> November</b> 
<b>18<sup>th</sup> November</b> 	<b>19<sup>th</sup> November</b>	<b>20<sup>th</sup> November</b> GIHS Yr 7 2020 Parent Information Evening	<b>21<sup>st</sup> November</b> 	<b>22<sup>nd</sup> November</b> 
<b>25<sup>th</sup> November</b> 	<b>26<sup>th</sup> November</b> School Play Red Range Hall	<b>27<sup>th</sup> November</b>	<b>28<sup>th</sup> November</b> School Play GIHS Hall	<b>29<sup>th</sup> November</b> 
<b>2<sup>nd</sup> December</b>  Rotary Youth Citizenship Awards 6pm	<b>3<sup>rd</sup> December</b>	<b>4<sup>th</sup> December</b>	<b>5<sup>th</sup> December</b>  Presentation Day 	<b>6<sup>th</sup> December</b> 
<b>9<sup>th</sup> December</b> Swimming 	<b>10<sup>th</sup> December</b> Swimming 	<b>11<sup>th</sup> December</b> Swimming 	<b>12<sup>th</sup> December</b> Swimming 	<b>13<sup>th</sup> December</b> Swimming Carnival 
<b>16<sup>th</sup> December</b> Swimming 	<b>17<sup>th</sup> December</b>	<b>18<sup>th</sup> December</b> Last day of term 4!		

Please note that the following dates have been set and if there are any changes, we will inform families as soon as possible.



## Welcome to SWAP IT

Our school has partnered with *Good for Kids* to deliver a new program called SWAP IT in Term 4. SWAP IT aims to support parents and carers to swap what is packed in the lunchbox from "sometimes" foods to "everyday" foods. The program is designed to provide tips and ideas, not to police student lunchboxes.

Everyday foods help kids to grow and learn. By swapping a sometimes food for an everyday food, we are setting kids up for the best possible mental and behavioural performance at school and at home. Everyday options can be quick, inexpensive and popular with kids!

SWAP IT will provide a resource booklet to each student for their family, provide newsletter snippets with tips and ideas for healthy lunchboxes, and share lunchbox ideas with students in the classroom.

For more information on SWAP IT, please contact Renee Reynolds:

PHONE: 4924 6529

EMAIL: hnelhd-goodforkids@hnehealth.nsw.gov.au

*Look out for your SWAP IT booklet- coming home soon!*



**FRI 29TH & SAT 30TH NOVEMBER**  
@ inverell town hall

**SCREENINGS WORKSHOPS PRESENTATIONS**  
from industry professionals

with special guest **RACHEL WARD**  
**ACTOR WRITER DIRECTOR**  
the thorn birds, beautiful kate, palm beach

**PRIZE MONEY ENTRIES CLOSE 18TH NOVEMBER**  
for more details on how to enter like our facebook or visit our website

northwestfilmfestival.com.au



## Welcome to SWAP IT

Welcome to SWAP IT! SWAP IT supports you to make informed choices about your child's health and wellbeing.

A healthy lunchbox helps your child concentrate in class. Your school has partnered with Good for Kids to bring you this exciting program.



You will receive weekly tips and ideas about healthy swaps you can make.

For more information on SWAP IT, please contact Renee Reynolds:

PHONE: 4924 6529

EMAIL: hnelhd-goodforkids@health.nsw.gov.au



### Selective High School Entry

Applications for Year 7 entry to selective high schools in 2021 must be made online between 8 October 2019 and 11 November 2019. Late applications will not be accepted. Parents must apply online at

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

- All applicants are required to sit the Selective High School Placement Test to be held on Thursday 12 March 2020.*

**Mindful**

**Self-Motivated**

**Brave**

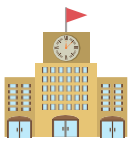
**Gritty**



## PACKING HEALTHIER LUNCHBOXES

Our school is committed to supporting all children to live healthy and happy lives. By encouraging children to eat healthy everyday foods at school, together we can make a big difference to a child's health and their ability to learn.

### Why lunchboxes?



1/3

Of a child's dietary intake occurs at school.



**GOOD NUTRITION**

Improves behaviour and concentration in the classroom.



**EVERYDAY FOODS**

Give children energy to play, grow and learn.

### However



**ONLY 5%**

Of primary school aged children eat enough vegies daily.



**ALMOST 1/2**

Of children's lunchboxes are made up of sometimes foods e.g. chips, muffins, muesli bars.



**1 IN 4**

Australian children are above a healthy weight.

### What does a healthy lunchbox look like?



A healthy lunchbox, full of everyday foods, includes:

**Crunch&Sip®:**

Vegetables or a piece of fruit.

**Recess:**

Vegetables or a piece of fruit + 1-2 everyday snacks.

**Lunch:**

Sandwich / wrap / roll with everyday fillings or alternative such as pasta or fried rice.

**Drink:**

Water and/or reduced fat plain milk.



# How to make easy everyday swaps

Making just one swap from a sometimes food or drink to an everyday option supports your child to learn in the classroom and play in the playground. Try some of these simple swaps below\*:

## SAVOURY SWAPS

### SWAP FROM

These types of sometimes foods

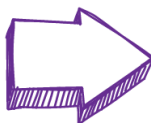
**Chips, crisps, pretzels, flavoured biscuits and crackers, cracker and cheese dips**



### SWAP TO

These types of everyday foods

**Plain popcorn, rice crackers, vegetable based dips, corn or rice wheels/cakes, roasted fava beans or chickpeas, baked beans, boiled egg, reduced fat cheese, vegetable sticks, pumpkin or sunflower seeds, hommus, crispbreads or plain crackers**



## SWEET SWAPS

### SWAP FROM

These types of sometimes foods

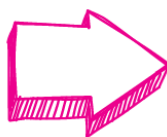
**Roll-ups, fruit sticks, breakfast based bars, muesli bars, chocolate bars, sweet biscuits, dairy desserts, cakes, muffins and slices**



### SWAP TO

These types of everyday foods

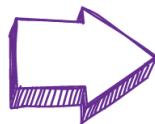
**Fresh fruit in season, tinned fruit in natural juice, dried fruit (small amounts), high fibre breakfast cereals, fruit buns, raisin toast, pikelets, reduced fat plain or fruit yoghurt, reduced fat custard**



\*The information provided in these guidelines may not meet individual health, nutritional or medical requirements and should only be used as a guide.

## WHAT ABOUT DRINKS?

**SWAP FROM**  
These types of sometimes drinks



**SWAP TO**  
These types of everyday drinks



## How does our school support the packing of healthy lunchboxes?

Red Range Public School supports the packing of healthy lunchboxes by:

- Providing information to new families at the Kinder orientation;
- Including information for parents in the newsletter and on our school Facebook page;
- Modelling the eating of everyday foods by our staff;
- Providing student learning experiences targeting health and nutrition;
- Linking with reliable organisations to provide healthy lunchbox ideas and support;
- Supporting teacher learning in relation to health and nutrition;
- Ensuring our School Canteen meets the NSW Healthy School Canteen Strategy;
- Ensuring that no child misses out on fruit, vegetables or lunch, by supplying lunch and/or a piece of fruit from the canteen consistent with the Australian Dietary Guidelines; and
- Providing healthy breakfasts at our School Breakfast Club.

For more information on Healthy Lunchboxes (including further ideas), visit [www.goodforkids.nsw.gov.au/SWAP-IT](http://www.goodforkids.nsw.gov.au/SWAP-IT)