Dear Parents,

During the school years, children and adolescents are experiencing great physical, psychological and social development. To ensure that this development occurs normally, children and adolescents have energy and nutrient requirements.

School canteens offer food service to students. It is important for schools to realise their shared responsibility to provide nutritious food and effective nutritional education to their students.

Being a healthy school canteen has the following benefits:
- The students within your care are being provided with the nutrients they need to develop into healthy adults.
- Preventing diseases associated with poor diet, such as anaemia, osteoporosis and obesity.
- Reducing the rate of obesity is important, as obesity is linked with many other social and psychological problems.
- The students within your care are being provided with the nutritional education that can assist with the development of life long healthy eating habits.
- Parent confidence in the quality of food and beverages sold in your canteen.

What is a Health Promoting School?

A Health Promoting School uses a “whole of school approach” to promote the health and wellbeing of all members of the school community. This includes students, teachers, parents, canteen staff and community members.

At Kororo Public School we are very fortunate to have the services of OOSH operating our canteen. There is only one problem. We cannot maintain our aim of being a fresh food canteen without your assistance. To that effect in today’s newsletter, a survey has been included. We would love to know your ideas and thoughts to enhance the canteen services and yet at the same time be practical and cost effective—not an easy task.

Please take a few minutes to jot down your thoughts and return the survey to school by early next term.

Have a great couple of weeks break and we look forward to seeing everyone back for Term 2.

Sue Mackay
Principal

School resumes for students on Wednesday 1st May.
ANZAC Day 25th April, 2013
Each year the school has a large contingent of students who attend the ANZAC Day service at the Cenotaph in town. This year ANZAC Day falls in the school holidays and we are hoping that students who are able to attend, put on their school uniforms and join us. Students meet at Genesis Gym in Park Ave at around 8.45am for a 9.00 start. Students are required to wear full school uniform including their hats. A bottle of water is a very wise choice as it has been extremely hot over the last couple of years. Hope we see you there.

Year 4 Excursion to Port Macquarie
Please remember that the $50 deposit is due by the end of this term. If this is not possible, please contact the office and let them know. If we do not have confirmation of attendance the school is unable to hold a place. We will be organising buses based on the numbers as of Friday 12th April.

Parking – James Small Drive
Yes – parking is at a premium around the school. Please do not make this an excuse for breaking the law. Parents should not be double parking around the school, and in particular in James Small Drive. The southern side of the crossing is an identified problem area. It may be easier to double park but the likelihood of an accident is great and so is being booked by parking officers who are regularly around the school.

Afternoon Waiting
Teachers are reporting it to be very difficult to complete their afternoon routines when there are parents outside the windows. The noise of conversations and the distractions for students is problematic. Please be mindful of classes finishing their day.

Woolworths Earn & Learn Program
We are excited to be taking part in the Woolworths Earn & Learn Program. You can help our school by collecting Woolworths Earn & Learn Points. Just collect Woolworths Earn & Learn Points when you shop at Woolworths between Monday 8th April and Sunday 9th June 2013. We will redeem these for awesome educational resources for our school. Last year we bought four outdoor table and chair settings with our points.

For every $10 spent at Woolworths you will receive a Woolworths Earn & Learn Point. Pop them onto a Woolworths Earn & Learn Points Sheet and once it’s completed, just bring it back to school or drop it into the Collection Box at your local Woolies. The more we collect, the more we can redeem. We would like to welcome parents and family members to join us for the adidas School Fun Run at the school on Friday 3rd May to help cheer on the students.

Habit 7: Sharpen the Saw
Basically “Sharpening the Saw” is the process of learning, evolving and building on the habits that we’ve mastered. It’s self-improvement and self growth in all areas of our lives.

In order to “Sharpen the Saw”, we need to practice improving the Physical, Social/Emotional, Spiritual and Mental aspects of our lives.

QUOTE OF THE WEEK
Sharpening the saw means reserving and enhancing your greatest asset – you!’
Stephen Covey

Important Dates
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<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tr>
<td>Thursday 11th April</td>
<td>School ANZAC Ceremony</td>
<td>10.45am</td>
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<td>Friday 12th April</td>
<td>Early Stage 1 and Stage 1 DISCO</td>
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<td>Last Day of Term 1</td>
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<td>Wednesday 1st May</td>
<td>Students return for start of Term 2</td>
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<tr>
<td>Friday 3rd May</td>
<td>School Cross Country</td>
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<tr>
<td>Wednesday 8th May</td>
<td>P&amp;C Mothers Day Stall</td>
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DEPUTY’S REPORT:

STATE SWIMMING CHAMPION

A big congratulations to Jorja Welch. It is now official. Jorja is the fastest 9 year old freestyle swimmer in NSW. Last week at the PSSA State Swimming Titles Jorja came first in the 9 year old freestyle event. Jorja took 3 seconds off her personal best. This is an amazing achievement. Her time for the 50 metres was 33.59 seconds.

We are all very proud of Jorja for her dedication and commitment. Well done Jorja from the students and staff at Kororo P.S.

EASTER HAT PARADE

Students from Kindergarten to Year 2 had a lovely time at our Kororo Easter Hat Parade. We had a wonderful variety of hats in all shapes and colours. As usual the Easter Bunny came along to join in the fun. She has certainly been practising her dance moves! Photos can be found on our school website along with some from our Pink Day and Harmony Day.

2013 INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS (ICAS)

Last week in the newsletter I gave detailed information about the ICAS testing programme for talented students in Computers, Science, English, Writing and Mathematics. If you wish to enter your child in these computer or science tests the cut off date is this Friday. Please complete the form below and return with the money in an envelope. More information will be sent home next term about payment dates for English, Mathematics and Writing.

I give permission for my child ________________________ in class _______ to sit the selected tests (please tick the appropriate box. Please find enclosed __________ for entry fee. Only select the tests you are paying for.

Payments for these competitions can not be paid on line.