Week 9 Term 3, 10th September 2014

Dear Parents,

Sue Mackay
Principal

Quote for the Week:

Week 8 Term 3, 2nd September 2015

Dear Parents,

For as long as families have been sitting around the dinner table, parents have been linking their kids' behaviour to the food they eat. Parents are not in this conversation on their own. Teachers have long talked of student diet impacting upon a child’s ability to learn and attend to the tasks at hand.

Whilst there is no clear scientific evidence that attention difficulties are caused by diet/nutritional problems, research suggests certain foods may have a role in contributing to behavioural symptoms. Students on a strict diet of white meat, rice and vegetables showed an improvement in behaviour and attention compared to children who ate a ‘normal diet’. Once usual foods were reintroduced to diets, the children's attention difficulties and symptoms returned.

Over the last few months, the staff has noticed a significant increase in the amount of packaged food coming to school in lunchboxes. Whilst we appreciate the busy nature of family life, we are asking parents to not send lollies to school in lunchboxes at all. At Kororo we have long standing ethos of no lollies and no soft drink for daily food consumption. It would be really helpful if parents helped us to enforce this school rule and valuable health lesson.

Last week one of our parents bought in an interesting article which looked at the Salicylates in foods and the impact of these on student health. This article will be posted on our website if you are interested in further reading. Other articles write about food additives contributing to asthma, skin conditions and general ill health. Whilst the school is not encouraging any single approach, we are drawing parents’ attention to the impact that diet can have on some children. In our daily fast pace lives, it is actually something we all need to sit back and think about. Let’s make a concerted effort for everyone to think about what we eat and about what we are offering our children as fuel for optimal learning.

Have a wonderful week – get out and enjoy the beginning of the Spring sun!

Sue Mackay
Principal

Act Responsibly - Be Respectful - Think Smart

Address 3 Korora School Road Korora NSW 2450
Phone 02 6653 6201 Fax 02 6653 6776
Email kororo-p.school@det.nsw.edu.au
Web www.kororo-p.schoools.nsw.edu.au
Good Samaritan Story
Last week one of our mums had a nasty fall on leaving the school playground. Two parents, Nick and Linda came to her aide! One jumped in the car of our injured parent and drove her home. The other followed and retrieved the first driver and returned them to school to collect their car. Nothing was too much trouble! A huge thank you for your thoughtfulness. It was greatly appreciated!

Thanks Galore!

🌟 Thanks to our fabulous Stage 2 staff for the time and energy they gave to the Year 3 and 4 excursions this week. The students will have had the best time!

🌟 Thanks to Ms O’Shea for jumping in and helping out on the excursion. Greatly appreciated!!

🌟 Thanks to those families who supported the BBQ at Mother Natures last weekend. Very successful.

🌟 Thanks to the parents who attended the 7 habits intro last night – hope you enjoyed it!

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday, 3rd Sept</td>
<td>2016 Kinder Expo</td>
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<tr>
<td>Friday, 4th Sept</td>
<td>Fathers Day Stall</td>
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<td></td>
<td>6JC Assembly - 2.30pm</td>
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<tr>
<td>Tuesday, 8th Sept</td>
<td>Butterfly House &amp; Botanical Gardens</td>
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<tr>
<td></td>
<td>Kindergarten Excursion</td>
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<tr>
<td>Friday, 11th Sept</td>
<td>SRC Assembly</td>
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PARENT SURVEY

The Partners in Learning parent survey is for parents and carers of school students. It is designed to clarify and strengthen the important relationship between parents/carers and school by gaining insights into parent/carer and staff communication, activities and practices at home, and parent/carer voice on school support of learning and behaviour. The survey results help to build an accurate and timely picture that schools can use for practical improvements.

Access to the survey via this direct link: Please copy and paste directly into your browser.

https://nsw.tellthemfromme.com/j_acgei_security_check?
j_username=parent170928&j_password=Kor2330

SCHOOL BANKING UP-DATE!

Thanks to the fantastic efforts of our students we have raised $1,784.85 for our school through School Banking commissions in the 2014-2015 Financial Year. Our school receives $5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of $10 per individual deposit).

Thank you also to the wonderful volunteer mums who come in once a week to run the School Banking program for our students and our school.

Remember, saving regularly is an important habit to get into, whether you’re saving a little or a lot. Keep up the great work and remember to bring in your School Banking deposit each Friday.

SCHOOL BANKING DAY
- FRIDAY 8.30AM - 9.30AM
- AT THE SCHOOL HALL

Apologies for the staggered link
Concerns have been raised regarding the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch.

Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program.

Parents/guardians are requested to dispose of any ‘Cosmic Light Beam Torches’ their child may have already received as part of the Rewards Program. Students who have previously received a ‘Cosmic Light Beam Torch’ are welcome to redeem an alternative reward item.

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**WINTER CARNIVAL REFUND**

Students who paid for the Winter Carnival which was cancelled last term will be refunded $6.00 cash this Friday.

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**Spring**

SEASON OF THE COLORS

BEE HAPPY!