

UPCOMING EVENTS

This Week

- 10th Return to School
- 12th Legacy Visit
- 14th Swimming for Sport

OCTOBER

- 21st Kindergarten Transition
- 28th Grandparents Day



Lake Keepit

a Slippery Success....

We extend our sincere congratulations to students, staff and parent helpers on a wonderful excursion to Lake Keepit.



Notices

Swimming starts this Friday

Notes to be returned

Swimming permission note

We Need You!

Please give us 10 minutes of your time to complete the

Tell them from Me Survey
<https://nsw.tellthemfromme.com/tzvgr> .

Principal's Report

Welcome back to what will surely be an incredibly busy yet enjoyable Term 4. I spent much of the holiday period 'horsing around' with Pony Club. The Pony Club period culminated with Gravesend hosting the Zone 8 Jamboree. It was lovely to watch many WPS students represent their clubs at this event and do so with impressive skill and sportsmanship. A special congratulations to Liliana Reardon, Ellie Michel, Isaac Armstrong, Will Mayne, Charlie Horn, Ally Horn and Holly Duff who all participated with distinction at this event.

At the end of Term 3, our girls PSSA touch footballers travelled to Bundarra to play their knockout fixture. Despite playing with outstanding skill and teamwork, our girls were defeated by an equally impressive team. Congratulations to our girls on a terrific season and we extend our very best wishes to Bundarra for their fixtures to come.

The incredibly popular Super 6 Cricket competition recommenced today. This competition is open to all students Kinder to Year 6 and runs Monday, Tuesday, Thursday and Friday. Regular updates will be included in the school newsletters.

The Stage 2 Excursion to Lake Keepit was a wonderful success with all of the students reporting that they had the time of their lives! Thank you to Miss Cole and Mrs Smith for their organisation of this trip. Also, a most sincere appreciation is extended to Mr Sam Barwick and Mr Ben Mayne for giving up their time to attend this trip and for being such great fun!

Our very exciting Speech Therapy Program is continuing to deliver incredible results. Mrs Sandy Scotton and Mrs Jill Walker continue to develop and administer tailored speech programs that are assisting students with beginning sounds and their phonemic awareness. A wonderful initiative indeed!

Term 4 will be filled with fantastic events! Among these include Stage Swimming, Kindergarten transition, Year 6 transition, P&C Meetings, assemblies, Intensive Swimming, Super 6 Cricket, Wider than Gwydir, twilight concert, student leadership nominations, presentation ceremony and the Year 6 Farewell. Above all of these very important aspects of school is daily teaching and learning – our core business!

With so many events taking place, please ensure you stay up to date by using the Skoolbag app, Facebook, the school website, weekly newsletters, the Warialda Standard or our noticeboard at the front of the school.

Finally, because we genuinely care about the thoughts and opinions of our school community, we have set up a link via the Tell Them From Me portal that allows parents to share their thoughts about the service Warialda Public School is delivering. The survey should only take 10 to 15 minutes to complete but your responses will assist us in ensuring we are getting things right! You can access the survey at: <https://nsw.tellthemfromme.com/tzvgr>.

Looking forward to a incredible Term 4!

Kind regards,

Dan van Velthuisen

Principal (Relieving)

Gallery

Lake Keepit Fun



A big thank you to Mr Mayne and Mr Barwick for giving up their time to join us on this great adventure!

Notices

Swimming for Sport

14th, 21st, and 28th October
4th, 11th, 18th and 25th November
2nd and 9th December

Stage 2 12.30pm - 1.30pm
Stage 3 2.00pm - 3.00pm

Please remember to pack your towel, swimmers, sunscreen and entry fee of \$3.50.

Warialda Amateur Swimming Club

Commences on the 19th October at 6pm.

All new members are welcome to join our family friendly club.
PN.... you must be able to swim at least 25 metres.

For more information contact President Lara Montgomery



THE WARIALDA BITE! ISSUE 2: OCTOBER 2016

Dear Parents, Guardians and Community of Warialda Public School,

Welcome to Term 4. I hope you enjoyed the holidays!

Last year we had university students on placement at our Sydney Red Cross office, who developed a poster on 'Why Milk Matters'. This poster has been sent to all of our Good Start Breakfast Clubs in NSW to be displayed on the wall for all to see!



See on the back of this page a picture of what the poster looks like.

This issue of the Bite will cover briefly on why dairy is so important in our daily diet.

Gabriella Barrett
Food Security Project Officer, Dubbo

Did you know that each year in Australia, tankers carry nine billion litres of milk from farms to factories

The Warialda Bite!

Issue 2: October 2016



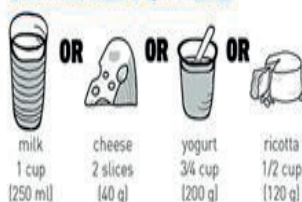
So.....what about Dairy? And why Dairy matters

MINIMUM RECOMMENDED NUMBER OF SERVES FROM THE DAIRY FOOD GROUP

| | Age (years) | No. of serves per day |
|-------|-------------|-----------------------|
| Boys | 4-8 | 2 |
| | 9-11 | 2 ½ |
| | 12-18 | 3 ½ |
| Girls | 4-8 | 1 ½ |
| | 9-11 | 2 |
| | 12-18 | 3 ½ |

Adapted from: 2013 Australian Dietary Guidelines. The dairy food group includes milk, cheese, yoghurt and/or alternatives (1 cup 125 ml soy beverage or beverages made from rice or other cereals which contain at least 100 mg calcium per 100 ml).

ONE SERVE OF DAIRY IS EQUIVALENT TO:



The table above shows you the recommended number of serves of dairy a day that children between the ages of 4-18 should consume. The diagram below it, gives you an example of what one serve of dairy looks like.

For children over the age of 2, reduced fat milk, yoghurt and cheeses are recommended as the best choices for them.

- Milk, yoghurt, cheese and/or alternatives is one of the five food groups that contributes to following a healthy balanced diet.
- Including dairy in our diets can:
 - protect us against heart disease and stroke
 - reduce the risk of high blood pressure and some cancers
- Including dairy in our diets may:
 - reduce our risk of Type 2 diabetes
 - contribute to stronger bones.
- It is difficult to get enough calcium and other essential nutrients if dairy foods are not a part of our daily diet.
- Choosing mostly reduced fat products with milk, yoghurt and cheese, will provide us with all the necessary vitamins and minerals that our bodies require without the added fat
- Research has shown that most Australians consume too many full fat varieties of milk, yoghurt and cheese and should increase their intake of the reduced fat options

¹Eat for Health, Australian Dietary Guidelines Summary, 2013 www.eatforhealth.gov.au

²Dairy Food Myths, Dairy Australia www.dairyaustralia.com.au/nutrition