

# Packing a healthy lunchbox

With the unpredictable nature of our day to day lives, preparing and packing a healthy lunchbox can be a difficult task. Finding time to shop and prepare interesting and healthy meals for school lunches can be stressful. But the foods we send to school with our kids can contribute up to 1/3 of their daily intake of nutrients. So its important to pack a balanced lunch to ensure they're getting the nutrients they need. ([Click here for our lunch box flyer.](#))

## things you need to know:

### What is in a balanced lunchbox?

Pack the core 4 + 1 for active kids

- Main Lunch
- Core Snack
- Piece of fruit (seasonal)
- Water with an additional small reduced fat milk drink or 99% fruit juice (aim for <200ml serve) for added variety throughout the day
- +1 Extra snack for active kids



<http://healthy-kids.com.au/>

## LUNCH BOX IDEA:

### HAM AND CHEESE SPINACH PUFFS

#### DIRECTIONS

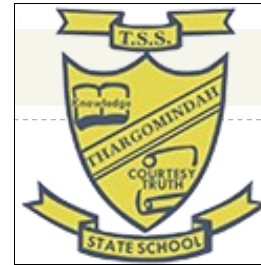
1. Cut the puff pastry sheets into 5-inch (13cm) squares. Set aside in the refrigerator. Pre-heat your oven to 400°F(200°C).
2. For the bechamel sauce: Melt butter over medium heat in a saucepan. Add flour and salt; cook, stirring frequently, until the mixture becomes pale golden with a slightly nutty aroma.
3. Pour warm milk in 2 steps, stirring constantly with wooden spoon and whisk until smooth. Cook the mixture, stirring constantly along the bottom of the saucepan, until boiling, about 7 minutes.
4. Reduce heat to low. Simmer gently until sauce thickens, about 10 minutes. If you still have lumps, use your immersion blender!
5. Stir in spinach and cook for 1 minute. Add ham and cheese and stir well. Set aside.
6. Arrange the puff pastry squares on a baking sheet lined with parchment paper. Dollop 1 or 2 tablespoons of the bechamel mixture, top with grated cheese and close the pockets by folding the corners on top.
7. Make an egg wash using an egg and 1 coffeespoon of cold water. Brush the puff pastry and bake in the oven for 20 minutes, until puffed and golden. Serve immediately with a crisp salad.

#### INGREDIANTS

- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 cup (240ml) warm milk
- 1 pinch of salt
- Freshly cracked pepper, to taste
- Ground nutmeg (optional)

#### The filling

- 1/2 lb (220g) cooked ham, diced
- 2 cups fresh spinach, rinsed and chopped
- 1 cup Swiss cheese, grated



# Bulloo Billboard

15th April 2016  
Issue 06



Dear Parents/ Caregivers,

#### ANZAC Day

Next Friday the school will be holding an ANZAC Service on the front lawn at 9:00am. All welcome to attend. This will be in place of the regular parade. Monday's community service will begin with the march starting at the front of the school. Students will need to be in full school uniform and assemble at the school at 10:20am.

#### Cross Country

We will be holding the school Cross Country Friday the 6<sup>th</sup> May starting at 1:30pm. This will be the Burke and Wills competition in preparation for the District Cross Country being held in Thargomindah on the 18<sup>th</sup> May. We are looking forward to hosting the students from Sacred Heart, Cunnamulla SS, Eulo SS, Yowah SS and Eromanga SS.

#### NAPLAN

The National Assessment Program- Literacy and Numeracy (NAPLAN) is an Annual formal Assessment for students in Years 3,5,7 and 9. On Tuesday 10th, Wednesday 11th and Thursday 12th May, Thargomindah State School students in years 3 and 5 will sit for the 2016 NAPLAN Tests.

NAPLAN assesses skills in literacy and numeracy that are developed over time, through the school curriculum. Increasingly, NAPLAN Tests will be based on the Australian Curriculum. NAPLAN is not a pass or fail type test, but rather shows how students are progressing in literacy and numeracy skills against national standards for all Australian students. Included questions range in complexity from easy to very difficult. Generally, students are not expected to be able to accurately complete all questions. This data is used both to profile students, their class group, year level, school, state, nation, etc. This data may be used by schools to better target effort and support to assist all students improve and acquire the skills necessary for further achievement. All students are generally expected to participate in the tests.

For information about NAPLAN, parents can go to: <http://www.nap.edu.au/naplan/parent-carer-support.html> NAPLAN tests fundamental skills rather than specific content, and as such is not a test for which students can study or drill. The best way that parents can assist their child/ren to prepare for NAPLAN is to: ☑ Ensure Years 3, 5 student attendance over 10th – 12th May, 2016.

- Let them know that NAPLAN is just one part of their school program.
- Urge them to focus and do their very best on the days
- Get a good night's sleep
- Eat a good healthy and filling breakfast.

An individual student NAPLAN Report will be received by the school and issued later this year. Parents must know that NAPLAN is but a 'snapshot' view of how their child achieved on one test, on one day. By the time that parents receive this Report, several months of further learning and achievement will have been achieved. The class teacher will retain a wealth of quality information about a child's academic progress and achievement. NAPLAN is but one indicator of achievement within a much larger context that can be discussed during parent / teacher interview. More information is available at [www.nap.edu.au](http://www.nap.edu.au)

Steve Bennett  
Principal

#### DATE CLAIMERS:

22nd Apr	School ANZAC Service
25th Apr	ANZAC Day
2nd & 3rd May	Kindy Pilot Team visit
6th May	School Cross Country
8th & 9th May	Cancer Council Rally
10th, 11th & 12th May	NAPLAN Testing
18th May	District Cross Country
26th May	Speech Pathologist
27th May	Regional Cross Country
17th June	Under 8's Day Quilpie
17th June	Readers Cup

#### THARGOMINDAH S.S EKINDY SHIRTS



Shirts are available for purchase  
Cost : \$25.00  
Contact Kitsa Warner  
Ph: 0437 989 777

## HELLO FROM THE P – 2 CLASS!

### STUDENT OF THE WEEK FRIDAY 15TH

Jordyn—  
Working very hard in Science and had great recording skills



Kendra—  
Displays fantastic listening skills during Science



Jack—Had a terrific start to the term with letters



Stevie—  
Working hard and trying her best on her ANZAC essay



Welcome back to Term 2! 11 weeks is a big term for all students and staff but it will be a fun term as we consolidate some of what we learned last term and move forwards into new learning. It is already happening where the children are seeing the “a ha” moments!!

### Our key learning areas this term

English – Narratives and Poetry

Maths – Shape, Place value, Addition and Subtraction, Measure – Time, Length and Area , Location and Transformation - Looking at maps & direction

History – Significant event in our lives – Anzac day 2016. *(If it is possible for your child to attend Anzac day service this year it would be appreciated. This day will form part of their assessment for History. I will be there and I am happy to have the children with me if you cannot make it.)*

Health – 6 kinds of the best

Art – Design technology – From farm to plate

Sport – Soccer

Science – Bend it, Stretch it

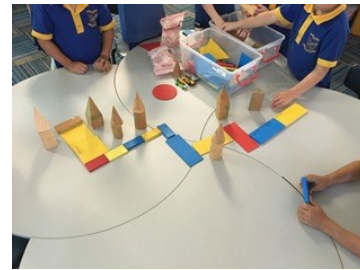
Coupled with all of the above happening we also have our letter and sound recognition, sight words and reading programs. It is a busy time in the P-2 classroom. If you have any suggestions or ideas please feel free to come and talk to me about it.

**\*\*\*We are chasing magazines. If anyone has magazines they want to get rid of please send them to the school.\*\*\***

Trish Smith



OUR DESIGNED ‘TOWNS’  
FOR LEARNING ABOUT  
SHAPES



## 3-6 CLASS NEWS

Welcome back to term 2! What a start we have had! As ANZAC Day is just around the corner, our 3-6's have been busy working on their ANZAC Day essays, which will be displayed in the council window sometime next week. Students have done a fantastic job at gathering information about the ANZAC's and what it means to them.

During the first half of this term we will be investigating characters in English. We have already started reading the book *45 + 47 Stella Street and Everything That Happened*. Students are engaged in the book and are really enjoying it. We are continuing on with our number work, focusing particularly on place value, shape, patterns and fractions. Our History unit is a continuation from last terms - investigating European settlement and the first fleet. For Art, we are looking at media art, learning about persuading people through the media. Students will have the opportunity to create a short ad, aiming to persuade viewers in a particular way for a topic of their choice.

As this is report card term, it is crucial for students to start knuckling down on their work and really paying attention to what's being taught in class and completing their homework. Homework that is sent home contains concepts that have been taught in class. Not a lot is set, but it is enough to help them recognise and remember strategies that will help them during class, both now and for future topics.

Due date for homework has been changed. I found last term the students were having trouble bringing homework back, or forgetting to do it. Homework will now be given out Monday's and due on the Friday. If this doesn't suit, please don't hesitate to contact me and I can work out another arrangement.

If you do have any questions or queries, please don't hesitate to send me an email at: [aholl18@eq.edu.au](mailto:aholl18@eq.edu.au).

Amy Hollis

## E-KINDY NEWS

This term we are doing 2 new units as part of the Kindergarten Pilot:

**All about Me** – The students will be exploring everything about themselves to develop a sense of responsibility and self respect. This includes learning about their Name, Age, Birth Date, Where they live, Address, Favourite things, Hobbies, Physical Features, Body Parts, Diversity and Similarities in people.

**My Family, my Friends** – The students will use the information about themselves to make and decorate an 'All about Me' book. This will help them develop an understanding of the different features of a book such as the title, spine, front, back, illustrator and author. This unit explores differences and similarities between families, what's special about their family, culture, language, heritage, learn about their family roles (what they do for work), siblings and describing what family members look like.

### WE NEED YOUR HELP

**The Ekindy class are wanting to make a milk bottle Igloo! This Igloo will be used as a quiet reading area or pretend play prop.**

**All donations of clean and empty 2 litre milk bottles will be appreciated.**

Makala Byrne  
Thargomindah Ekindy Teacher Aide



NEWSLETTER DATES:  
(NEWSLETTER WILL BE COMPILED ON)

13TH & 27TH APRIL

11TH & 25TH, MAY

8TH & 22ND JUNE

## SCHOOL BANKING PROGRAM

Thargomindah S.S will be starting a Youth Saver Account for our students with Dollarmites! If you are interested, please fill out and return the slip below or contact the school to begin this fun and interacting program for your child.

### What's School Banking?

School Banking is a fun, interactive and engaging way for young Australians to learn about money and develop good savings habits.

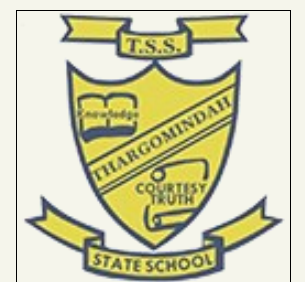
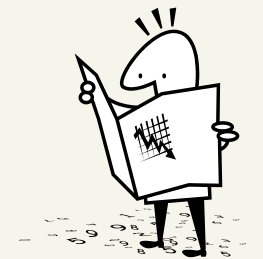
Run through participating primary schools nationally, children who deposit money into their **Youthsaver** account through School Banking earn Dollarmites tokens which they can redeem for exciting rewards.

It's also a great fundraising activity, with participating schools receiving 5% of every individual deposit made at school (up to \$10), along with **other benefits**.

### Rewarding good savings

To help reward individual savings efforts, every time a student deposits into their Youthsaver account through School Banking, regardless of the amount, they'll receive a Dollarmites token.

Once they've collected 10 tokens, they can redeem them for a variety of exciting reward items. They'll also receive a certificate when they reach certain savings milestones.



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E-mail:  
[Principal@thargomindahss.eq.edu.au](mailto:Principal@thargomindahss.eq.edu.au)

### BLAIR'S WRITTEN ANZAC ESSAY



I \_\_\_\_\_ give permission for my child/children

\_\_\_\_\_ to join the School Banking Program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_.