

Glen Innes West Infants School

Term 2 Week 5

Thursday 23rd May 2023

Coronation Avenue

Glen Innes NSW 2370

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School Office Hours:

Monday-Thursday
8.45am-3.00pm

Office closed Friday

Week 5

Library Day
Friday

**Free Playgroup on
Thursday's**
9:30 - 11

Important Notice

If your child is sick, do not send them to school. Symptoms may include coughing, sniffing, fever and/or feeling unwell. The current medical advice is that children with any of these symptoms should stay at home. Staff must also stay home if they have symptoms.



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From the Relieving Principal's Pen

Here we are halfway through the term already. The year is certainly flying by!

Firstly, thank you to Emmaville Central School for inviting us to join in the fun of their athletics carnival. We always have a great day and it's lovely to catch up with our friends from other schools.

Yesterday we celebrated National Simultaneous Storytime and enjoyed this year's story 'The Speedy Sloth'. Our children had the opportunity for some extra craft and activities that got their minds thinking in new ways.

Next Tuesday, 30th May, is our first Experience Day for Kindergarten Transition. If you know of any child who is ready for kindergarten, please let them know about this day. They can call in at the office to fill in an expression of interest form.

Next Thursday is our monthly P&C meeting. I would encourage as many people as possible to come along. One item on the agenda will be organising a farewell for Mrs Starkey. We will meet in the library at 3:30pm. Afternoon tea will be provided.

Keep smiling and enjoy the sunshine!

Katie Newsome

Relieving Principal

Term 2 Calendar

Week 1	Mon 24 th April	Tue 25 th April Anzac Day Public Holiday.	Wed 26 th April Students Return.	Thu 27 th April	Fri 28 th April
Week 2	Mon 1 st May	Tue 2 nd May	Wed 3 rd May	Thu 4 th May	Fri 5 th May Celtic Festival Performance.
Week 3	Mon 8 th May	Tue 9 th May	Wed 10 th May	Thu 11 th May P & C meeting at 3:30 in library.	Fri 12 th May Mother's Day Stall.
Week 4	Mon 15 th May Road safety week.	Tue 16 th May	Wed 17 th May	Thu 18 th May	Fri 19 th May Deadly Australian's Show and walk safely to school day.
Week 5	Mon 22 nd May	Tue 23 rd May	Wed 24 th May Simultaneous Storytime.	Thu 25 th May Athletics Carnival.	Fri 26 th May
Week 6	Mon 29 th May	Tue 30 th May Kindergarten experience day.	Wed 31 st May	Thu 1 st June P & C Meeting in the Library @ 3:30	Fri 2 nd June
Week 7	Mon 5 th June UNE Discovery Voyager.	Tue 6 th June	Wed 7 th June	Thu 8 th June	Fri 9 th June
Week 8	Mon 12 th June King's Birthday Public Holiday.	Tue 13 th June	Wed 14 th June	Thu 15 th June School Performance "Googabinj" 10am. Pre School to join.	Fri 16 th June
Week 9	Mon 19 th June	Tue 20 th June	Wed 21 st June Kindergarten experience day and wear your PJ's day.	Thu 22 nd June	Fri 23 rd June
Week 10	Mon 26 th June	Tue 27 th June	Wed 28 th June	Thu 29 th June	Fri 30 th June Mrs Starkey's last day as Principal. Last day of term.

Weekly Activities for Term 2

Monday	Daily fitness
Tuesday	Daily fitness
Wednesday	Daily fitness Sport
Thursday	Daily fitness Little Possums Playgroup (9:30am to 11am)
Friday	Daily fitness Library Dance Assembly Weekly Green Slip Draw

Parenting Tip of the Week



Parenting Tip of the Week

Cooking with your children is a great chance to bond and model behavior like healthy eating habits. Give your young children some simple tasks so they can help you in the kitchen and when done eat your meals together as a family!

My child was absent from
School onfor the following reason:

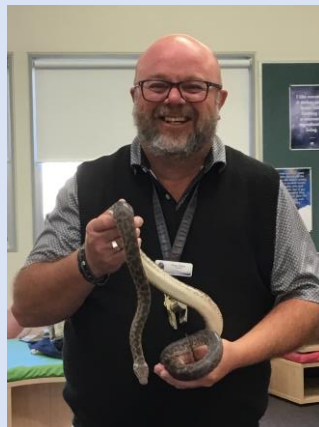
.....

Signature of Parent/Guardian: Date:

Deadly Australian's Visit our School!









Lunchbox myths

Clever packaging, marketing and health claims make it hard to know which lunchbox snacks are healthy and which ones are better left at the supermarket.

Some common misleading health claims on packaging include:

1. **Packages with photos of fresh fruit, vegetables or wholegrains** - These images are often used to persuade us that the product is healthy or contains the ingredients being pictured.
2. **Superfood Claims** - Watch out for snacks that claim to be 'wholesome' or 'superfoods', these labels are not regulated and are not always accurate.
3. **'All Natural'** - Another subjective phrase that can be used by manufacturers to convince us the product is healthy.
4. **'Fat free' or 'Sugar free'** - Be careful when products claim to be 'free' of a certain nutrient, often companies use this to make their product sound healthier.
5. **'Made with real fruit'** - Make sure you check the ingredients list to see if fruit is listed as the first ingredient!

Source: Lunchbox Myths - SWAP IT
www.swapit.net.au/resources/parent-resources/lunchbox-myths/





Shape Monsters

Use the code to work out what colours to use on these monsters!
Can you name all the different shapes?



Blue



Red



Green



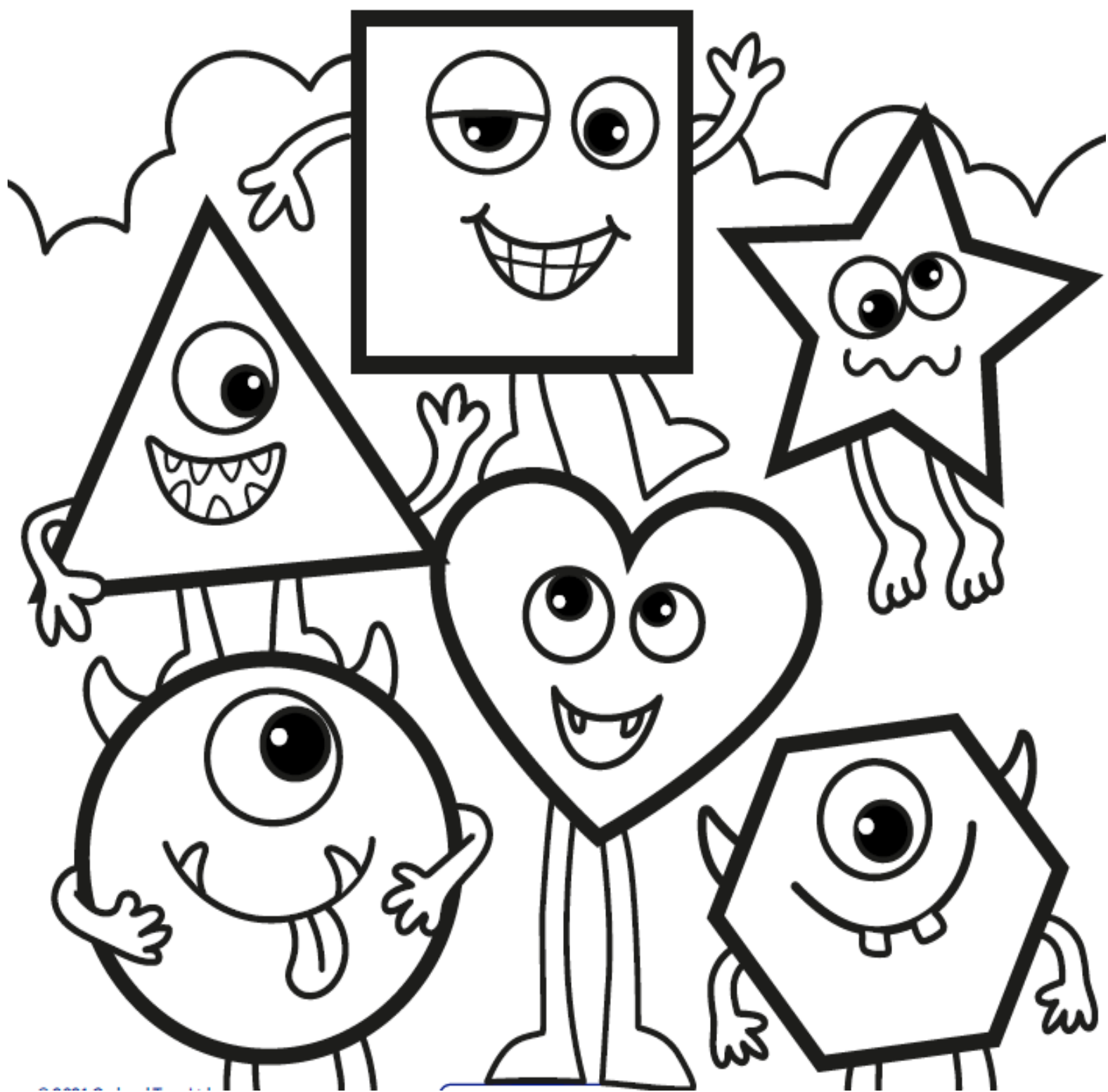
Orange



Yellow



Pink





Cheesy Rainbow Pizza

It's time to **get your chef's hat on!** Cook up your very own delicious pizza at home with this tasty recipe. You'll need an adult to help you place the pizza into the oven and with chopping the peppers.

You will need:

- A baking tray • A mixing bowl • A small knife and chopping board • A spoon
- A cheese grater • An adult to help you

Ingredients:

- A little oil • 200g plain flour • 7g packet of dried yeast • 1/4 tsp salt
 - 1 tsp sugar • 6 tbsp tomato purée • Half a red pepper • Half a green pepper
 - Half a yellow or orange pepper • 1 ball of mozzarella • Handful of grated cheddar
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- 1** Pre-heat the oven to 200°C / Fan 180°C / Gas Mark 6 and spread a little oil onto a baking tray.
- 2** In a bowl mix together the flour, yeast, salt and sugar, then stir in 125ml of warm water.
- 3** Knead the mixture until it is nice and smooth, then carefully stretch and press it onto the oiled baking tray until it is flat. This will be your pizza base.
- 4** Then using a small knife chop the peppers into small chunks and grate the cheddar cheese.
- 5** Using the back of a spoon spread the tomato purée onto the pizza base, then scatter on the peppers. Pull apart the mozzarella ball and place pieces across the top of the pizza and scatter over the cheddar.
- 6** Bake in the oven for 20-25 minutes or until the base is cooked through. Enjoy!

