Hi everyone-

Did anyone get the old ‘April Fool’s’ happen to them today? The origins of April Fool’s day are uncertain. Some see it as a celebration to mark the change of seasons, while others believe it came with the adoption of the new calendar. Whatever the reason, I hope you didn’t get too caught out today!

What a lovely downpour of rain we have had over the last week. It’s the first time this year that I have seen the causeway flowing.

We definitely need to have a working bee for our garden area. The rain, which was much needed, has made the new garden area a little boggy and I’m sure our cleaner, April, is tired of cleaning up after our muddy shoes!! If you could spare just a couple of hours to help organise the pavers, spread some mulch and a do a general garden clean up over the next week, come on down. Anytime, any day- just let us know and we can provide you with some morning/arvo tea as well.

Congratulations to Luna for coming in the top ten in the North Coast on-line Maths competition. While we were not in the top 3 schools, it was fantastic to see one of our students achieve individual success.

This Thursday night is our combined schools Aussie bush dance to be held at Corndale. It begins at 5:30. So put on your boot scooters, jeans and Akubra and we will see you there!

Last week at our Principals meeting, Anna Huddy from Livelifewell gave us all a reminder about healthy eating. I have attached a letter for you. They also have a great website on lunches for kids.

Regards
Alison Bath

We’re fools whether we dance or not, so we might as well dance.

Japanese proverb
National recommendations and guidelines

Healthy eating is a habit. Like all habits, it can take some time and effort to get started but, once set, it can last a lifetime. One of the best things we can do for our children is to ‘set’ and encourage them to make healthy eating choices at home, at school and when they’re out and about.

What is healthy eating?

The Australian Dietary Guidelines (2013) provide up-to-date advice about the amounts and kinds of foods and drinks we need regularly for health and general well-being.

The guidelines recommend that children and young people eat plenty of plant foods, such as vegetables, legumes, fruits and grains (mostly whole grains).

They also recommend eating lean animal foods and reduced-fat dairy products, drinking plenty of water, limiting the intake of fat (especially saturated fat), and choosing few salt foods.

The Australian Dietary Guidelines website (new window) provides specific advice about the number of serves needed every day from each of the five food groups, based on an person’s age and sex.

The key point it makes is the importance of eating a variety of foods, in the right proportions, from each of the food groups:

- bread and cereals, including rice, pasta and noodles and other grain products
- vegetables and legumes
- fruit
- milk, yoghurt and cheese
- meat and meat alternatives, such as fish, poultry, eggs, nuts and legumes.

About two-thirds of the food we eat should come from the first two groups: breads and cereals and vegetables and legumes. It pays to learn about each of these food groups so you can decide what’s best for your child. The minimum number of recommended daily serves from each food group is set out in the table below.

### Recommended Serves per Day

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Fruit (serves/day)</th>
<th>Vegetables (serves/day)</th>
<th>Grains (serves/day)</th>
<th>Meats (serves/day)</th>
<th>Dairy (serves/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3</td>
<td>girls: 1</td>
<td>1</td>
<td>2</td>
<td>1/2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>boys: 1</td>
<td>1</td>
<td>2</td>
<td>1/2</td>
<td>2</td>
</tr>
<tr>
<td>4-8</td>
<td>girls: 1 1/2</td>
<td>2</td>
<td>4</td>
<td>1/2</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>boys: 1 1/2</td>
<td>2</td>
<td>4</td>
<td>1/2</td>
<td>4</td>
</tr>
<tr>
<td>9-11</td>
<td>girls: 2</td>
<td>2</td>
<td>5</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>boys: 2</td>
<td>2</td>
<td>5</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>12-18</td>
<td>girls: 2</td>
<td>2</td>
<td>5</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>boys: 2</td>
<td>2</td>
<td>5</td>
<td>5</td>
<td>4</td>
</tr>
</tbody>
</table>

Examples of what a serve means for each food group:

- Bread: 1 slice of bread, 1 small roll.
- Cereal: 1/2 cup cooked rice, pasta, noodles or cooked pasta.
- Vegetables: 1 medium potato, 1 small sweet potato or 1/2 cup cooked vegetables.
- Meats: 1 small piece of fish, 1 small piece of chicken, 1 egg.
- Dairy: 1 cup milk.

Foods to limit: Discretionary choices

Foods to limit are foods high in saturated fat, salt and added sugars. These include biscuits, cakes, desserts, pastries, soft drinks and other fizzy, sugar and soft drink foods, such as chips, pies, pastries, savoury rolls and other takeaways, letters and chocolates. These foods have been linked with an increase in energy (kilojoules). These foods should be eaten only sometimes and in small amounts.

With good food habits and daily physical activity you will be well on your way to a healthy life. Easy to say, but sometimes not so easy to do!

Our lives have changed in the past few years: we eat more take-out and fast-food and less home-made food. Our children are more likely to be ‘in front of the computer’ than ‘in the kitchen’.

However, these changes can be dangerous for our health and our children’s health – both now and in the long-term. It’s more important to stop, look and think about what you’re eating.

### How to lead a healthy lifestyle

There are five simple ways for your family to lead a healthy lifestyle and get back on track.

1. **Get active each day**
   - Regular physical activity is important for the healthy growth, development and wellbeing of children and young people.
   - They should get at least 60 minutes of physical activity every day, including vigorous activities that make them hot and puff.

2. **Choose water as a drink**
   - Water is the best way to quench your thirst – and it doesn’t come with the added sugar found in fruit juices, soft drinks and other sweetened drinks.

3. **Eat more fruit and vegetables**
   - Eating fruit and vegetables every day helps children grow and develop, boosts their ability to concentrate and reduce the risk of many chronic diseases.

4. **Switch off the screen and get active**
   - Screen time (TV, computer, mobile phones) should be limited to kids becoming overweight or obese.

5. **Eat fewer snacks and select healthier alternatives**
   - Healthy snacks help children and young people meet their daily nutritional needs.
   - Snacks based on fruit and vegetables, reduced-fat dairy products and whole grains are healthier choices.

Avoid snacks that are high in sugar or saturated fats – such as chips, cola and chocolate – which can cause children to put on excess weight.
Kids and phone bills

Managing depression

What makes a good book for young kids?

Helping kids learn how to make friends
If children are happy socially they tend to be more engaged in their learning. Teaching your child about the importance of making friends is as vital as learning their ABCs. Find out more: [http://www.schoolatoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning](http://www.schoolatoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning)

Vocational education at school
Your child can learn a trade while completing Years 11 and 12, giving them more options down the track. Many students now use their last two years to get a head start on a traineeship, an apprenticeship or other valuable industry experience. Find out more: [http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/vocational-education-at-school](http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/vocational-education-at-school)

Can kids really do their homework and multi-task?
Multi-tasking is an essential skill to have, but when you really need to study, it could be working against you. Find out more: [http://www.schoolatoz.nsw.edu.au/technology/using-technology/homework-and-multitasking-can-it-be-done](http://www.schoolatoz.nsw.edu.au/technology/using-technology/homework-and-multitasking-can-it-be-done)