Hi everyone,

It was such a beautiful day on Friday for the Dunoon PSSA Athletics Track events. Thank you to all the families for coming and making it such a wonderful day.

Wednesday is our Dunoon PSSA Athletics Field events at Dunoon Public School. If all students can arrive at Dunoon PS by 9.10am, we will be waiting under our “purple” shade tent. Bring fold-up chairs if you have some as there will be plenty of room under the shade. All students will participate in all events (high jump, long jump, shotput and javelin). Please remember to bring plenty of water and a packed lunch. See attached canteen list for purchasing.

PILLOWCASES – Thank you to those students who have already sent in an old, easily recognised pillowcase for the Performing Arts Festival later this month. Students will use these to store their costumes in. Everyone has been practicing very hard to learn their steps.

Yesterday we started exploring food with our senses – sampling mashed banana, holumi, mint, parsley, fresh ginger, vegemite, lemon and pith. There were some wonderful facial expressions.

Today, local chef Mr Culpepper visited and introduced the students to fermentation. We tried pickled ginger, seeweed, raddish, tofu, beetroot. Thank you Mr Culpepper for sharing your knowledge and ideas on combining different combinations of foods.

Jodie Digney
How much could you save by making healthy swaps?

$2.40/kg OR $16.00/kg

$3.50/kg OR $42.50/kg

$4.10/kg OR $21.20/kg

$10.70/kg OR $46.60/kg
MYTH... BUSTED!

There are countless myths surrounding lunchboxes, children & healthy eating. This fortnight we consult the experts & bust some of them wide open!

Myth: Healthy lunchboxes are more expensive

Below are two lunchboxes - the left has the healthier options. We compared the cost of these two & the results are in... The healthier lunchbox is $0.73 cheaper per day. That means if you have two children you could save nearly $3800 over their schooling life by packing healthy options!

Myth: Fruit & vegetables get left in my child’s lunchbox so it is a waste to pack them

Although it can be frustrating persistence is the key. Fruit & vegetables provide nutrients needed for growth & development & are important to include everyday. It’s hard to eat 5 serves of veggies just at dinner so they need to be spread throughout the day. Pack bite size pieces (eg cherry tomatoes, snow peas, beans, grapes & strawberries) or cut them up so they’re easy to eat on the run. If you’ve time get creative & try our banana pirate, snail mandarin or create your own ideas! Fruit & vegetable kebabs can also make great lunchbox editions. Any healthy snacks left in the lunchbox can be offered as afternoon tea to avoid food waste. This also establishes great eating habits!