



Moulamein Public School

2019 Term 1 Week 5

Email: moulameinp.school@det.nsw.edu.au

www.moulamein-p.schools.nsw.edu.au

In this Issue

- Facebook
- Reading Tests
- Swimming
- Healthy Lunches
- Reminders
- News from Year 4/5/6

Events

- Friday 1st March-District Swimming Carnival

Principal's Messages Facebook

Don't forget to join our FACEBOOK page! We already have over 80 people following our page and notices and reminders are placed on here throughout the week. It is a great place to visit to see photos of classrooms and work that students have completed. We have not started placing photos of students completing activities and work yet, until we have all notes back which indicate permission to publish on our page. We welcome parents, community members, grandparents and family members to follow our page to share in our education journey. We have many things at Moulamein Public School to be proud of.



Don't forget to like our page and give us some positive feedback!

Reading Testing

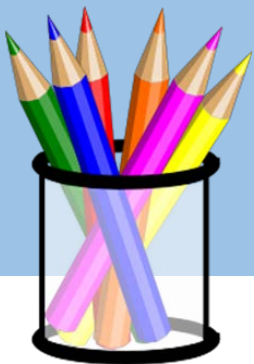
Reading Testing will continue this week. All students from Year 1-6 will be thoroughly assessed to ensure that their personal needs are being met for improved results. Some students need to improve their fluency, others comprehension and others need to focus on improving their decoding skills and strategies. Other students are reading above the expected level, but there is always room to improve in some area.



More School Swimming Carnival Photos

A number of our students qualified for the District Swimming Carnival and will be attending on Friday with Mr Svenssek. We wish our competitors the best of luck!

Mr Svenssek will also be away on Tuesday and Wednesday so he can attend AUSWIM training. Have fun in Albury, Mr Svenssek!



Moulamein Public School is dedicated to providing an engaging and innovative learning environment that encourages each child to excel and thrive.





Contact Us

T: 03 58 875 208

Fax: 03 58 875

102

Healthy Lunch Boxes & Drink Bottles

Water is the best drink for children and should be packed with the school lunch box every day. A drink bottle filled with water that children can refill throughout the day is an excellent way to keep kids hydrated. On a warm day, frozen water bottles can help keep lunches chilled and also provide a refreshing drink. Many students are not bringing drink bottles. Please ensure your child brings a drink bottle each day.

A healthy lunchbox has four components:

1. **A main item**, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. **A fruit or vegetable snack**, such as whole fruit, cut up veggie sticks, canned fruit in natural juice, a small salad
3. **A second snack based on a core food**, such as yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. **And a drink**. A bottle of tap water is best, and plain UHT milk is also considered a healthy option.

Healthy lunchbox tips

Use foods from the five core food groups:

- o vegetables and legumes/beans
- o fruit
- o grain (cereal) foods, mostly wholegrain and/or high fibre
- o lean meat and poultry, fish, eggs, tofu and seeds, and legumes/beans
- o milk, yoghurt, cheese and/or their alternatives

This will ensure that your child is receiving adequate nutrition from various food groups during the day.

- Sandwiches, wraps and rolls are common main lunch items for kids. Choose wholemeal or multigrain varieties and include lots of vegetables.
- Use a variety of fillings to keep children interested.
- Encourage children to drink water throughout the day.
- Limit foods with added sugar, added salt and those high in saturated fat.

I always need inspiration and a great website to access is Better Health published by the Victorian Health Service.

<https://www.betterhealth.vic.gov.au/healthyliving/recipes>



**Please do not send
nuts or packets of
lollies to school**

Reminders about our School



News from Mr Svenssek



This term we have started our Future Focused Fridays.

This has been a great success so far, as I have observed all the students enjoying all aspects of the day. I have enjoyed teaching all the students' different skills in PE and I look forward to watching their skills develop over the term. In our first week of our Future Focused Friday's 4/5/6 created bridges that would hold weight over two tables. The students were able to use tape and straws, to create bridges of any shape, size or design.



This week my group started our new focus of natural disasters. We are beginning to research, create and design houses that can withstand a flood. We have started researching different materials we can use to create our houses.

STEM
 Designing
 houses for
 floods

