

Wongi

An Aboriginal Word for 'talk' or 'chat'

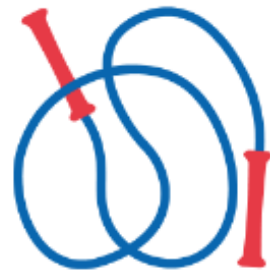
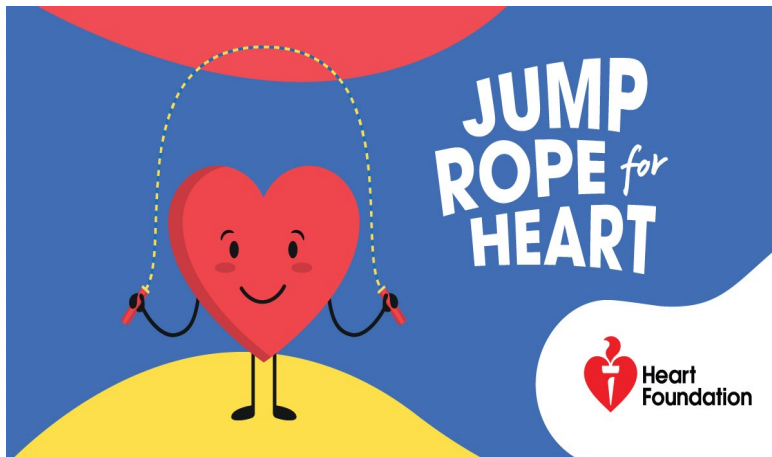
A community newsletter circulating the Moulamein District for over 40 years

Issue: 14 Date: 4th June 2024

Thanks for taking part in Jump Rope for Heart this year!



Together your school raised **\$2,372.**



You completed **14** hours of skipping.

On behalf of all of us at the Heart Foundation we can't thank you enough for your incredible support to get your kids skipping and raising funds. The funds you have raised will help support innovative heart research and programs that are transforming Australian lives.



Moulamein Public School

Email: Moulamein-p.school@det.nsw.edu.au

www.moulamein-p.school@det.nsw.edu.au

T: 03 5887 5208

Diary Dates:

June

- ⇒ 5th Enviro Workshop Yr 3 - 6
- ⇒ 13th Regional Cross Country - Gundagai
- ⇒ 13th Music Lessons
- ⇒ 14th Assembly
- ⇒ 26th & 27th Athletics Carnival

July

- ⇒ 5th last day of Term 2

EXCURSION DATES

- 28th - 31st October
Canberra Year 5 & 6

2024 Term 2 Week 6

Relieving Principals Message - Jacinta Wheeler

Year 3 - 6 Jindabyne Excursion

WHAT A WEEK!!

MONDAY: After an 11 hour bus ride we made it to Jindabyne Sport and Recreation Camp. We found our cabins and got ready for dinner. After dinner, we played some games to burn off all the excess energy.

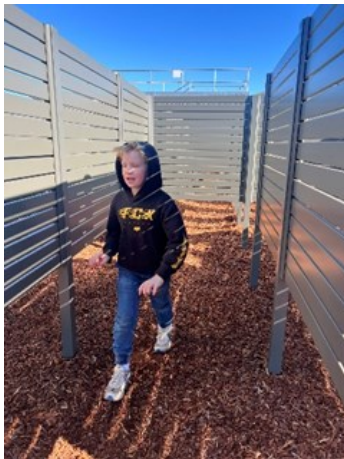
TUESDAY: After a hearty breakfast, we split up into two groups. One group went to explore the maze while the other developed teamwork skills as they solved challenges. After lunch, we collected some firewood and learned how to make a fire using a flint and steel. Then we cooked damper and ate it with some honey added! The night time activity was "Minute to win it".

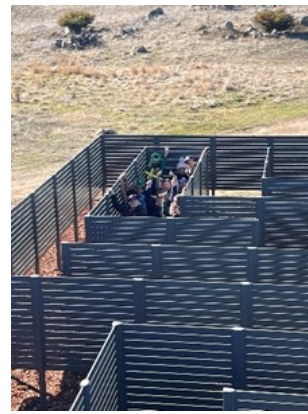
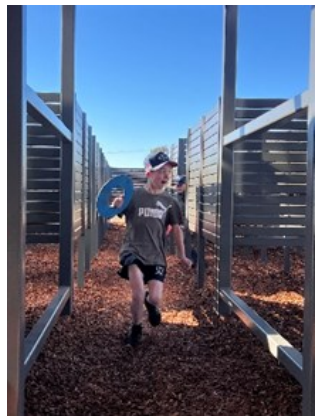
WEDNESDAY: After breakfast we travelled to Thredbo. We went up on a chair lift and walked along the ridge towards Mount Kosciusko. We touched the man-made snow and a cloud! Yes a cloud!! It was a long walk but the view was amazing and then we came back on the chair lift to the bottom. After dinner we had a trivia night – it was so much fun!!

THURSDAY: After breakfast we split into two groups again. One group headed off to Archery and the other had a go on the slider bikes. After lunch we were supposed to go canoeing but it was too windy so we learned circus tricks and went on a scavenger hunt!

FRIDAY: HOME!!

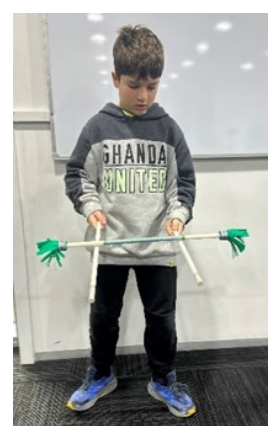
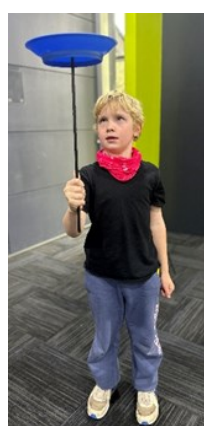
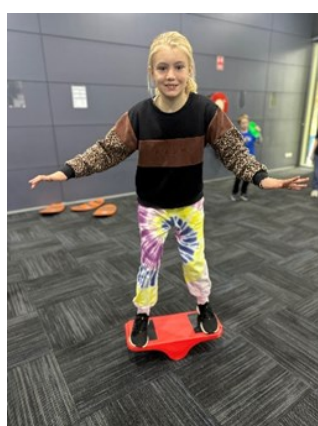
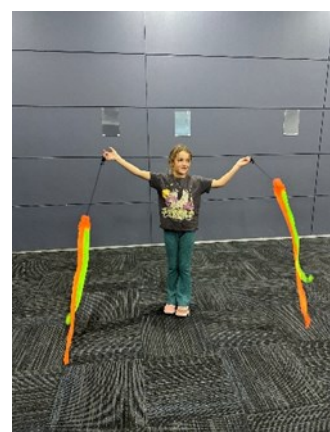












Quotes from students about their favourite part of the excursion:

- ⇒ I loved the skid trikes – Harry
- ⇒ Night activities were fun – Aleisha
- ⇒ I loved the alpine walk – Benedict
- ⇒ I loved archery – Brody
- ⇒ We got to eat French toast – Jaime
- ⇒ My favourite part was the word hunt – Mila
- ⇒ Circus drills – Colton
- ⇒ Slider tricks – Peter
- ⇒ I hit most of the archery targets – Jasper
- ⇒ I liked the rope swing – Emma
- ⇒ X and O was my favourite – Bryli
- ⇒ I loved the food! – Rafael
- ⇒ It was fun climbing down the mountain through the trees and rocks – Belle
- ⇒ Maze was cool! – Poppy
- ⇒ I liked the ski lift - Raymond





Moulamein P&C




Cook Book

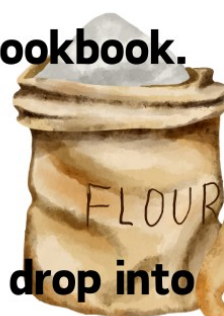
The P&C are seeking your favourite recipes for their cookbook.

Please email to

moulamein-p.school@det.nsw.edu.au or



**send a photo to the school mobile on 0428 313 580 or drop into
the office and we can photocopy it.**



Fact Sheet

HEALTHY LUNCHBOXES



There are many foods that can be used to pack a healthy lunchbox.

Fruit & Vegetables

Fruit and vegetables will provide a good daily source of vitamins, minerals and dietary fibre.

All chopped fruit and vegetables can be easily packed into small containers for the lunchbox, making them quick and easy to eat.

LUNCHBOX IDEAS:

- cucumber, carrot and celery sticks (steam carrot and celery until tender for younger children), corn cob, snow peas, green beans, cherry tomatoes, capsicum strips.
- fresh fruit eg apple, pear, kiwi fruit, strawberries, orange, grapes and bananas
- tub of diced fruit in natural juice
- dried fruit *occasionally* – eg mini box of sultanas or a few dried apricots or apple rings
- salad filling in a sandwich, wrap or roll (eg lettuce, grated carrot, avocado, cucumber)



Breads & Cereals

Bread, grains and cereal foods provide important nutrients and energy for busy, growing children. Wholegrain or wholemeal varieties are the best choices.

LUNCHBOX IDEAS:

- sandwiches, rolls, wraps, pita bread
- fruit bread, scone, pikelets
- crackers, corn and rice cakes, breadsticks
- rice, noodles, pasta

Meat & other protein foods

Meat and other protein foods provide protein and iron. Limit the use of sausages and processed luncheon/deli meats (eg devon and salami) as they are high in saturated fat and salt.

LUNCHBOX IDEAS:

- cold roast beef, lamb, pork, chicken, tuna or salmon as a filling in sandwiches, rolls and wraps or added to salad
- hardboiled egg in salad, sandwiches or for a snack
- baked beans, lentil patty
- left-over casserole, rissoles, meatballs, bolognese sauce, stirfry with tofu

Dairy Food

Dairy foods, such as milk, yoghurt, custard and cheese are an important source of protein and calcium. Reduced fat milk and dairy foods (approx. 2% fat) are suitable for most children over 2 years of age.

LUNCHBOX IDEAS:

- cheese slice, cheese stick or cubes of cheese as a snack with cucumber slices and cherry tomatoes
- cheese in sandwiches, rolls and wraps or on crackers or rice cakes
- yoghurt or custard (small tub or pouch)
- plain milk (small UHT poppers of plain milk are easy to add to lunchboxes)
- calcium-enriched soy alternatives (soy milk, soy yoghurt)



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au

Fact Sheet

HEALTHY LUNCHBOXES CONT.



Water

Water is the best thirst quencher and the best choice of drink for every lunchbox. Tap water is safe so you do not need to buy bottled water.

LUNCHBOX IDEAS:

- freeze a water bottle overnight; it will help to keep the rest of the lunchbox cool
- pack a water bottle even if you are sending milk – the milk can be consumed at morning tea or lunchtime and the water at other times of the day when your child is thirsty



TIP:

Don't pack too much food or too many choices, as this may be overwhelming for a young child. You only need to provide enough food and drink for 1 snack and 1 main meal. If your child is at the service for extended hours, pack enough for 2 snacks and 1 main meal.

Food and drinks to leave out of the lunchbox

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Sticky, sweet foods can also cause tooth decay.

Sticky or sweet foods:

- lollies, chocolates, jelly cups
- cakes, doughnuts, sweet muffins
- plain sweet/cream-filled biscuits
- muesli /cereal bars
- fruit bars and fruit straps

Salty, high fat foods:

- potato chips
- corn chips
- cheesy balls, twists
- small oven-baked savoury biscuits
- devon and salami

Sweetened drinks:

- cordial and soft drink
- fruit juice
- flavoured mineral water
- fruit juice drinks
- sports drinks

It is best not to pack these 'sometimes' foods and drinks in lunchboxes. If you do occasionally put a 'sometimes' food or drink in the lunchbox, keep it to a very small portion only.

Note about food allergies: Some services may ask families not to pack specific foods to ensure a safe environment for children with severe food allergies. Please discuss these needs with your service staff.

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au