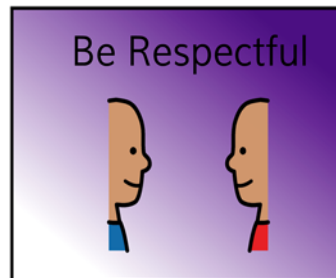
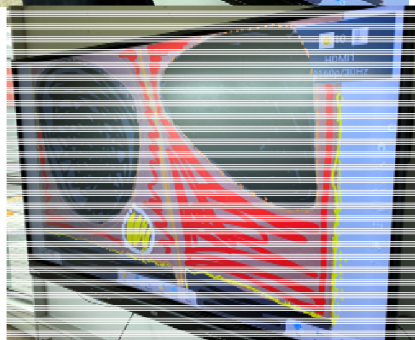
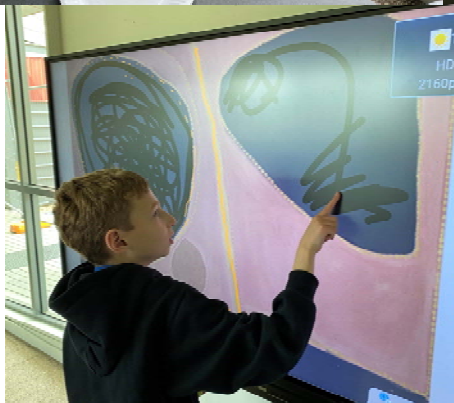




Room 3 is enjoying learning about indigenous art. Here we explored the colours of the land and recreated the artwork on our new TV. We also made ochre for our dot paintings. **Great Work!**



IMPORTANT DATES for TERM 1

Mar 8th—Public Holiday

Mar 9th—Cricket Gala Day—Room 4

Mar 12th—R2 Warragul Arts Centre—Gruffalo

Mar 18th—R1 Warragul Arts Centre—The Very Hungry Caterpillar

Mar 19- R3/4/5 -Warragul Arts Centre—96 Story Treehouse

Mar 22nd—Harmony Day

Mar 31st—School Council AGM

April 1st—End of Term 1

EVENTS THIS TERM

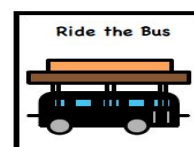
President: Michelle Boyle **Secretary:** Tona O'Connor **Treasurer:** Jodie Lennon

Easter Raffle—All donations welcome.

Please donate at the office.



SOUTH GIPPSLAND SPECIALIST SCHOOL: BUS CHAPERONE/DRIVER CONTACT INFORMATION UPDATED: 2021

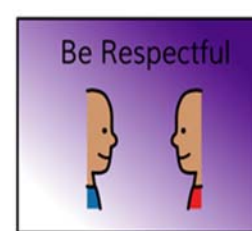
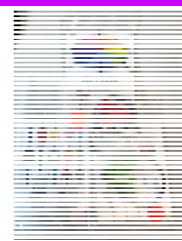


BUS RUN	DRIVER	CHAPERONE	CONTACT NUMBER
Kongwak	Bec Farmer	Avalyn Kenney	0417 161 287
Nyora	Carol Tonkin	Kay Hills	0407 405 580
Welshpool	Greg Caple	Helen Beasley	0438 360 418
Taxi	Neil Green	Ruth Beeby	0409 006 326

CHEW TOYS FOR SALE

We have a variety of chew toys for students if any parents wish to purchase them.

Please see Sam or Jodie in the Office. Prices **from \$18.**



SECOND HAND UNIIFORMS for free

We have a large list of second hand uniforms that have been donated and we are happy for any families to take what they need at no cost.

Size 4—shorts x 2, Pants x 9, Polo x 3, Jumper x 1

Size 6—Pant x 1, Polo x 5, jumper x 3

Size 8—Shorts x 1, polo x 1, jumper x 1

Size 12—Polo x 1

First in best dressed. Please contact the Office if you wish to collect any of these uniforms.

Token Winners!



Well done for displaying the school values this week by being friendly, being safe, being a learner, and being respectful.

WELL DONE

Xander, Riley, Sam, Leo, Andrew, Barney, James, Charlie, Teaniesha, Nethli, Kean, Robbie, Coby, Damian and Ryder



10 TIPS FOR A BALANCED HEALTHY LUNCHBOX

- 1. MAKE IT EASY** – The key is to provide food that's easy for them to eat and to provide it in lunchboxes that are easy for kids to open. For example, if their little fingers struggle to peel a mandarin, then peel it at home so it's ready to go at lunchtime.
- 2. USE LEFT OVERS** – Make a little extra for dinner, using the left overs as a lunch option. Fried rice, pasta, mac n' cheese etc make great additions to the lunchbox.
- 3. FRUIT AND VEGETABLES** – Include a mix of fruit and vegetables in lunchboxes to boost nutrition and make sure the kids are getting their essential vitamins and minerals. Add in some vegetable sticks with avocado or hummus for an element of crunch.
- 4. HEALTHY BALANCE** – School lunches should have a balance of all of the food groups. When packing lunch use the guide below to help ensure your child is enjoying a healthy and balanced school lunch.
- 5. GO FOR WATER** – It's so important to teach your kids to stay hydrated! We need around 8 glasses of fluid each day and water is the best choice. Packing a water bottle with their lunch is the best way for them to develop the habit of staying hydrated and helps remind them to drink regularly.
- 6. IS IT ALLERGY FRIENDLY?** – Food based allergies including peanuts, dairy, gluten, egg etc can be life-threatening. Many schools have food policies to reduce the risk of accidental exposure. We as parents play an important role by following these policies and packing food products that are safe. Keep up to date with your schools policy.
- 7. PREP AHEAD** – Chop carrot sticks or dice fruit while you are prepping dinner, this will save you time!
- 8. PLAN A BAKING SESSION** – Add homemade baked muffins, biscuits, etc to lunchboxes for a treat. Homemade snacks can be a healthier alternative to the ones you find in store (and yummiier too!). I freeze all our baking and then place it into the kids' school lunchboxes frozen – they're always defrosted by morning tea time. For HEAPS of freezable recipe ideas perfect for school,
- 9. PACK THE NIGHT BEFORE** – If you find you're rushed in the school mornings, consider packing the lunches the night before. This will give you enough time to make a balanced and healthy lunchbox. Get the kids to help you, if they do they will be more inclined to eat it all too! Read more: [How to create Chaos Free School Mornings.](#)
- 10. KEEP IT COOL** – It's important to pack foods and snacks that will stay fresh for the duration of a school day. Food spoilage can result in illness and can make your children hesitant to eat. A great idea to keep the lunchbox cool is to add a freezer block in their lunch bag to keep the food fresh all day.

Next week's Award Winners

Room 1: Rebecca for having a go at all activities.

Room 2: Riley for respecting his classmates.

Room 3: Charlie for using friendly and respectful language with his classmates.

Room 4: Teaniesha for working really hard on her jobs.

Room 5: James for using his words.

Room 8: Will for hard work with his Mapbook.

Room 9: Noah for trying really hard to be respectful by using his manners.

Room 10: Daniel, Nathan and Letyshya for excellent participation in the I am ready Program.

AWARD WINNERS



Robbie for doing his mapbook.



Riley for a great job listening in circle time.



Ryder for telling the time on the interactive whiteboard.



Kye for great writing.



Tyler for displaying amazing role modelling.



Saxon for a great start to his traineeship.



Tyler Roberts for his hard work and determination solving time problems during work experience.



Jarrod for showing resilience in difficult times.



Words from the Office

Dear Parents and Carers,

WELCOME DAY LUNCHEON

Yesterday we had 8 parents/Carers come and enjoy a lovely lunch made by the students. Room 9/10 students waited on the tables. They did a terrific job.

Thank you to room 2 students who made the Zucchini slice, thank you to room 8 student who made a quiche and an orange cake.



HEALTHY FOODS POLICY

School council signed off the SGSS Healthy Foods policy which is enclosed in this newsletter. In line with the DET education state targets of Happy Healthy Resilient Kids we have a policy for promoting Healthy Foods.

We would really like our families to implement this policy by providing healthy foods in their child's school lunch boxes. Each week will put a healthy lunch box ideas in our newsletter.

EASTER RAFFLE DONATIONS

Parents and Friends are still asking for more donations for the Easter Raffle Hamper. Tickets went home this week for families to sell. Raffle will be drawn at the end of term.



MUIR SWIMMING

Dylan Muir runs swimming lessons in our school pool after school Mon—Fri.

He is passionate about teaching students with a disability how to swim so please contact him if you are interested in getting lessons for your child. www.muirschwimming.com.au 0400 032 734.

MONDAY—PUBLIC HOLIDAY -

SICK STUDENTS

This week we have had a large number of students who have come in to school with snotty noses and temperatures. It is really important for these sick children to stay at home as they spread their germs to not only other students but all to the staff. Teachers have been asked to call parents if children display any sign of illness.



BRINGING IN PERSONAL BELONGINGS TO SCHOOL

If your child wants to bring in their personal belongings can you please check in with the teacher first. As it may cause issues in the classroom with children being possessive over their personal stuff.



Heather Braden
Principal

Have a great week.
TOGETHER WE GROW.
Stay safe and healthy

Tania Pell
Assistant Principal

