

# SOUTHBROOK CENTRAL STATE SCHOOL



## NEWSLETTER—WEEK 3 TERM 2 2024



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### DATES TO REMEMBER

3rd May  
Bunya

6th May  
Labour Day  
Public Holiday

7th May  
School Photos

17th May  
U/8s Day  
Southbrook Central

17th May  
Singfest!  
Millmerran Cultural  
Centre

18th May  
Mayoral Breakfast

31st May  
Step into Prep

3rd June  
Carbal Hearing

13th June  
Southbrook Central  
Athletics Carnival

21st June  
END OF TERM

### FROM THE PRINCIPAL

Welcome to Week 3 of Term 2. It is so lovely to see all of our Southbrook Central SS students settle back into their learning and school routines.

I am very excited to be spending the next 8 weeks at Southbrook, taking us through until the end of the term.

Notes will be coming home soon communicating how Parent/Teacher Interviews will work for this term. Parents/Carers will be given the opportunity to book 15 or 30 minute extended interviews depending on discussions required. Phone interviews will also be offered, allowing all Parents/Carers the opportunity to have these important conversations. Please start thinking of any specific questions you may have for your students' teacher. This is a great opportunity to discuss your student and celebrate achievements for the beginning of this year.

Report Cards will be issued at the end of this term and will include information regarding your students' progress for Semester 1.

This term we have lots of exciting activities and events planned. Please keep an eye out on Facebook and for notes coming home regarding these activities and events.

As the weather is getting cooler, we would like to remind our families to ensure that their student is winter ready.

Are you ready for winter?

This week the weather has been particularly cold and jumpers and long pants have been required!

Please make sure that over the Easter break you check to make sure that your student has what they need to be winter ready.

Students are required to have a maroon jumper and long pants to wear to keep warm. Hoodies are not permitted at school.

We have school jumpers/jackets and long pants available to purchase with the Southbrook Central logo or alternatively you can pick up a plain maroon jumper/pants from places like Kmart, Best and Less and Big W.

Gentle reminder that school starts at 8.45am. We love to see our students' at school, on time, every day!

Kind Regards,


Kate

# Southbrook Central P&C News

*The P&C have partnered with iSponsor for fundraising support. For every purchase an individual makes through the app, a percentage of your purchase is donated from the business to us to reinvest in our kids!*


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WE ARE LOOKING FOR  
**INSTRUMENTS**

FOR OUR NEW MUSIC PROGRAM

If you have a violin, viola or cello that you no longer use and would like to see some local kids have the opportunity to learn by donating it to us, we would love to hear from you!



**SOUTHBROOK CENTRAL  
STATE SCHOOL  
P&C**

**MOTHERS DAY STALL  
FRIDAY -10TH MAY**

**DONATIONS ARE WELCOMED**

**Leave in the Staffroom**

**THANK YOU!**

## Healthy eating at school (taken from Better Health Channel)

School is a time when children start to make independent choices about their lifestyles. School aged children learn quickly and are influenced by friends and popular trends. This is an important time to talk about and encourage healthy food habits.

Involving children in planning and preparing their own lunchboxes gives them the opportunity to learn about **healthy eating**, and also gives them a chance to make autonomous decisions about what they will be eating during the day.

### **Some tips to help get your kids involved include:**

Talk to your children about what they would like to have in their lunchbox. Discuss healthier food and drink choices and decide what will be in the lunchbox together.

Write a shopping list together. Take your children shopping with you and let them choose foods and drinks from the shopping list.

Encourage your children to help prepare their lunchboxes. Older children may be able to prepare most of their lunch themselves, and younger children can help with making sandwiches or cutting up **soft fruit**. It is a good idea to prepare lunchboxes the evening before to allow children to participate.

### **Tips for healthy lunchboxes**

Cut up large pieces of fruit and put them in a container - this makes it easier to eat, especially if your child has wobbly teeth or if they have less time to eat than they are used to.

Consider giving half a sandwich or roll for morning recess, as this is an easy way to get a healthy fill. In the hot weather, send frozen milk, yoghurt or water, or even frozen orange segments. This makes a great refreshing snack and helps to keep the lunch box cool.

Go for colour and crunch in the lunch box by offering a variety of colourful vegetables and fruit.

### **In Summary**

Nutritious lunches and snacks help to provide energy your child needs to concentrate, learn and play throughout the day.

Encourage your child to be involved in their own lunch preparation, discuss choices with them and include food they like.

Try to include a variety of foods from each of the 5 food groups.

If making lunches ahead of time, keep them in the fridge until leaving for school or freeze in advance.

It is normal for the amount a child eats to vary from day to day. Let your child decide how much to eat.

