



Wallerawang Public School Newsletter



77 Barton Avenue
P.O. Box 21
Wallerawang 2845
Ph: 02 63551210
Fax: 02 63557003

May 13 2015 Term 2 Week 4

What's On? When?

Assembly
Friday 9:10am
SRC
Badge
Presentations

Uniform Shop
OPEN
Mondays 2-3pm

Infants Athletic
Carnival
Friday 15 May

Debating Team
WPS v Eglinton
Friday
22 May

CWA
International Day
ITALY!
Thursday 21 May

Public Speaking
K-6 Finals
Wednesday
27 May

SAVE THE DATE
Trivia Night
Saturday 25 July
(Tables of 8)

From the Principal's desk

I hope everyone was able to enjoy Mother's Day. I am sure that there were lots of mums who took great delight in the homemade cards and gifts which are certainly worth more than money can buy. I always think they are nice to look back on as the years progress as we find our lovely little children growing too quickly.

I continue to be humbled and amazed by the commitment of the people in this community to their town and the united effort they form in order to get things done. Last week I attended 4 meetings as a community member and a committee member of voluntary organisations outside of school, all of which were about looking forward, providing opportunities and acknowledging others. Attendance at the meetings attracted a cross section of the community from different organisations and committees all with a vested interest in Wallerawang. Wallerawang oval is soon to benefit from a \$200,000 investment into a new toilet facility for ladies and gents, thanks to the inclusion in the 2015/2016 Council Budget along with an information bay for the town for local visitors. The local sporting organisations met to discuss a sports persons dinner to be held at the Bowling Club on the 24th October. A substantial sum has been put forward to attract speakers from the games of Football and Rugby League. Auctions will be held on the night, with all money raised going back into the sporting clubs sponsored by the bowling club. An adult within these groups will be acknowledged through an application and voting process for the contribution they make and have made to the local sporting community. Keep this night free and keep posted for further information. Wallerawang Junior League will be hosting a colour run and BBQ on Sunday 24th May at Wallerawang Oval. See page 11 for more details. All families are invited to attend.

It's great to see so many of our students registering with local sporting clubs as without smaller clubs being part of the larger competitions there would be no competition.

*Can I also ask that our school community log into **your.westfund.com.au** or via Facebook and select Chris Brown as the 'Westfund Health Hero'. Chris has been nominated for the work he does for the community in the area of Rugby league and also for his community spirit and willingness to assist in all areas to support our youth and their general health and well-being. As well as acknowledging Chris should he be fortunate enough to win, \$1,000 goes back into the junior league to support and encourage the children of our community.*

Wallerawang School is happy to announce that staffing have agreed to allow Mrs Emma Carr to remain with us for the remainder of 2015. I know that Mrs Carr's students and families are delighted that she is able to stay with us. Mrs Carr has been a valued member of our school community since starting with us at the beginning of the year and we look forward to her continuing this journey for the remainder of the school year.

Last week was once again a hype of activity with Friday ending with 3 sporting teams from the school playing across different venues. Each team did the school proud in their own unique sport which is a credit to their coaches, the school and parents. Miss Lang and Miss Reid who has returned from her travels abroad coached the boys hockey team to a 4 nil win against Zig Zag. Congratulations to the boys who performed so well. Additional details on page 4.

The boys combined Rugby League players with boys from years 4 to 6 in the team played the second round against Lithgow Primary after having a bye in the first. This was always going to be a tightly contested game, with Lithgow beating Wang's Peachey Shield team by one try last time they met. This team consists of the following players Ben Fraser, Oscar Gordon, Cooper Nunan, Wade Fraser, Wil Jackson, Lachlan Taylor, Eamyn Quinn, Lachlan Schroder, Kye Cameron, Dane Hart, Bailey Brown, Wil Stockton, Byron Lamborn, Saezar Scanlan, Aydan Thomas and Lachlan Reilly who are always happy to be on the footy field. The boys demonstrated outstanding sportsmanship throughout the match. After the full time score was locked, with 10 minutes extra time Wallerawang was declared the winner after scoring the first try. This try went to Oscar Gordon, with Oscar also scoring another try in what was a great match for him. The other try was scored by Ben Fraser who also had an outstanding match. Cooper Nunan and Eamyn Quinn made successful conversions.



Mrs Arkley – Smith entered a girl's netball team in the non-competitive section of the Bathurst school cup. She is working hard with them to teach them the rules of the game with the majority of girl's in the team new to the game. It is great we are able to give these students opportunities to learn new skills in a non-competitive environment.

On Monday 7 boys from Wallerawang: Eamyn Quinn, Cooper Nunan, Ben Fraser, Lachlan Taylor, Wil Stockton, Kye Cameron and Saezar Scanlan were a part of the Lithgow District touch football team who travelled to Dubbo for a place in the Western Region side. The boys all played exceptionally well and once again did the school proud. Lachlan Taylor and Kye Cameron both were selected in the possibles/probables. With Lachlan Taylor selected as a part of the Western Region team. On behalf of the school I congratulate Lachlan with his selection. I know that he will be keen to train with the Western team and learn and develop his skills. Lachlan will play in the Western team in July at Coffs Harbour. This is a huge achievement for Lachlan given that his first taste of touch football was last year with the school team. He has backed up after a successful cross country run at district and the school athletics carnival where he was Senior Boy Champion. Lachlan now joins Wil Stockton and Ryan Neale who were selected in the 11's Rugby League Team and the Western Hockey Team respectively.

Yesterday NAPLAN started for Years 3 & 5 children. This continues today and tomorrow with a catch-up day on Friday. Mrs Fraser and Ms Foster are coordinating the administration. This is only one way of assessing students and as with all forms of assessments the key to it is individual growth.

The public speaking competition is progressing across the grades with students all trying really hard to produce and deliver. We understand that speaking publicly is not something that everyone wants to do or aspire to but it is a great skill to have and encouraging children from an early age does support the development. It doesn't have to be the most polished speech what is important is 'having a go'. The

littlies are incredibly cute and varied with their presentations and I can't wait to hear the variety across the school as it comes towards finals time. Mrs Dick will be coordinating the finals and as this draws closer and semi-finals are held in class groups you will be made aware if your child has made it to this level of the competition.

On Friday the infants' athletic carnival will be held on the school oval. The same process will take place from the cancelled event. Lunch orders have been sent home if you wish to order for the day. Ms Lang is coordinating the event and it would be wonderful to have as many helpers as previously volunteered and more if possible. We would ask anyone who can support the morning set up with marquees to be at the school around 8.30am. This is a great day for the infants children, they love getting involved. Should for any reason (weather particularly) the event needs to be cancelled we have decided that we will then postpone the event until term 4 when the weather improves. Let's hope the weather is on our side. Many thanks to Ms Lang who has spent time pulling all this together in Miss Reid's absence. It's a running joke in the infants department that we couldn't go ahead with the carnival on the proposed date without Miss Reid but we all know the weather wasn't the best, but we won't tell her.

I wish to acknowledge and thank Stage 3 student Chris Field for his quick action to support his friend with medical help last Friday. He acted in a sensible and responsible manner and I know both the child and family, as well as the school appreciate his actions.

As I close this week I draw your attention to an article that I read in Sunday's Telegraph about Tim Shmigel who is currently walking 6,000 kms the majority on the bicentennial trail. He was recently seen wandering through the Main Street of Wallerawang and then further into the bush by some unsuspecting trial bike riders. His mission is to raise money for suicide prevention. The point that I leave you with this week which he made was that simple pleasures in life changed his perspective.

Have a great week. Try to keep warm.

Jenny Lamborn

Rlg Principal—Wallerawang Public School

Public Speaking Competition

Our annual Public Speaking Competition is well underway with students presenting and enjoying some wonderful speeches within their classes.

Once every child has delivered a speech, semi-finalists will be chosen from each class. Each stage will be conducting their own semi-finals during this week or early next week to select 3 finalists per grade. **Class teachers will advise students if they are required to present their speech again in these semi-finals.**

At a special assembly on **Wednesday 27th May (Week 6)**, the **3 finalists from each grade** will present their speeches before the school and a panel of 3 judges. The Early Stage 1 and Stage 1 finals will be conducted from 10.15 am. The Stage 2 and 3 Finals will be held following recess, commencing at 11.35 am. **Children speaking in the finals will take a notification home to parents/carers by the end of Week 5.**

Semi-finalist certificates will also be presented at the special assembly and everyone is welcome to attend.

Susan Dick and Leeanne Graham
Public Speaking Coordinators



CWA International Day - ITALY!!

On Thursday 21 May CWA will be hosting a morning tea in the school hall. At this time Year 6 students will be presenting their projects on CWA's 2015 Country of Study - Italy. The event begins at 10am - 11:10am.

Parents are invited to attend. A delectable morning tea is available at a cost of \$7.

Please support our students and CWA.

Lithgow Library

Young Writers Group –this group is running every Wednesday during Term 2 for students aged 8-15. The session is being run by a local author. If you are interested in creative writing, come along on Wednesday from 3:45 - 5:00pm. No booking needed and it's FREE!

Primary Athletics Report

Apologies to Brooke Lewis whose name was inadvertently omitted from the results in last weeks newsletter. Brooke is our Senior Girl Runner Up Champion and is to be congratulated for her outstanding efforts.

Congratulations to these students for attaining Champion or Runners Up in your age groups. These athletes were consistently successful in many events across the day. Trophies and medallions will be presented later in the term.

| Age Group | Champion | Runner's Up |
|----------------|-----------------|---------------------|
| Junior Boys | Wil Stockton | Bailey Brown |
| Junior Girls | Sophie Lane | Gabrielle Dray |
| 11 years Boys | Lachlan Reilly | Ben Seymour |
| 11 years Girls | Piper Woolsey | Lisa Su |
| Senior Boys | Lachlan Taylor | Cooper Giles |
| Senior Girls | Olivia McDonald | Brooke Lewis |

Congratulations to all.

Mr Campling Athletics Coordinator

National Walk Safely to School Day - Advance Notice

WE'RE TAKING IT IN OUR STRIDE ON **FRIDAY, 22nd MAY 2015**

It's that time of year again when our school starts talking about walking!

Not only is walking a wonderful way to get you where you want to be, but it also gets your health – and your child's health on the right track too. So that's why this year our school is participating in National Walk Safely to School Day on Friday 22nd May (**next week**). Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for some of us, it's quite easy to figure out how you can build a walk into your family's daily routine. You can teach your child the healthy habit of walking more by:

Walking with them the whole way to school

If they get the bus, walk past your usual stop and get on at the next stop

If you have to drive, park the car some distance away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes, it also gives you a great opportunity to reinforce with your child safe ways to behave around roads and traffic. Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for next Friday, 22nd May!

Those students who participate will receive a 'Walk Safely to School Day' sticker.

'Move Ahead with Street Sense' gives the following advice to parents regarding child pedestrian safety in the traffic environment:

- Children up to eight years old should hold an adult's hand on the footpath, in the car park, or when crossing the road; an adult is defined as a parent, caregiver, grandparent, sibling in high school or older, other relative or neighbour, or other adult as advised by the child's parents/carers
- Children up to ten years old should be actively supervised in the traffic environment and should hold an adult's hand when crossing the road

This cartoon provides facts about Children and Safety in the Traffic Environment.



Boys Hockey

Wallerawang Boys Hockey Team played their first round match against Zig Zag Public School last Friday. The boys played well as a team and they came away victorious 4-0.

Congratulations!! The goal scorers were Ryan Neale (2) & Kade Anderson (2). The team consisted of Ryan Neale, Ashton McDonald, Mitchell Jewell, Noah Jewell, Ethan Fitzpatrick, Dayne Houlison, Aiden Fitzpatrick, Kade Anderson, Cooper Giles, James Cathie, Jeremy Williams, Kyhe Kattau & Daniel Williams. Training will continue Wednesday & Thursday lunchtimes in preparation for our second round match.

A big **Thank you** to Quentin Anderson for his ongoing coaching of the team.

Ms Lang and Ms Reid



District Cross Country

Well done to the students who participated in the District Cross Country at PJ Hall Park, Wallerawang on Tuesday 5th May. Out of the 41 students who participated, 8 students have qualified for the Western Area Trials at Geurie on Wednesday 10 June. **Logan Ward, Charlotte Dunn** and **Lachlan Schroder** qualified by finishing in the first 6 in their respective age groups. **Lachlan Taylor, Cooper Giles** and **Ryan Neale** qualified as 1st, 2nd and 4th in the Senior Boys Age Division. Lachlan narrowly beating Cooper at the finishing line as the boys finished Champion and Runner's Up in their age group. **Wil Stockton** and **Sophie Clark** also placed. **Wil Stockton** finished 2nd in the 10 Years Boys age division while **Sophie Clark** placed in 3rd in the 11 Years Girls division. **Congratulations** to the students who qualified for the Western Area Trials. Your certificates will be presented at assembly on Friday 22nd May.

Mr Campling

NSW Netball Schools Cup

Congratulations to the Senior Girls Netball Team for representing Wallerawang Public School at the NSW Netball Schools Cup in Bathurst last Friday. The girls played 5 games throughout the day, with some close scoring games. All the girls played very well and I was very proud of the great teamwork and sportsmanship they displayed throughout the day. Many thanks to Mrs McCann for her help with coaching and Mrs Forrest for scoring each game. I would also like to thank the parents and grandparents for their support and for providing transport.



Back row- Chloe Peterson (5/6F), Olivia McDonald (5/6A), Katahna Woolsey (5/6F), Lily Forrest (5/6G), Shelby McCann (5/6A).

Front row- Bethany Hagar (5/6F), Sophie Clark (5/6F), Courtney Martin (5/6A), Hannah Lambert (5/6F) and Tia McMillan (5/6A).

Mrs Arkley-Smith

Boys Football (Soccer)

Good luck to the Boys Football team playing tomorrow at Delta Park versing Portland Central.

Well worth a visit!!

Lithgow Library Learning Centre is hosting several displays focussing on World War I to commemorate the centennial year of the ANZAC's. The exhibitions will be available for your perusal until 26 May.

Exhibition items include:

- Poppies on display
- State Library Touring Display of Images
- WW1 Embroidered Postcards
- Uniforms from WW1
- Memorabilia from WW1
- Historic photographs on display

A great opportunity to see these rare items.



Year 6 Fundraising Raffle—Fire Wood

All tickets sold or unsold should now be returned to school for the draw which will take place at the assembly this Friday. GOOD LUCK!!!

Our prize has been generously donated by:

Good Earth Landscaping
Supplies—Lidsdale



Year 6 Fundraiser

We are conducting a **Billy G's Gourmet Cookie Dough** Fundraiser for this term so we are asking for your much needed support.

Funds raised will go towards Year 6 departing gift to Wallerawang Public School.

Students will receive a Billy's Gourmet Cookie Dough order form. There are 8 scrumptious flavours to choose including Choc Chunk & White Choc Macadamia, Doggie Dough and Gluten Free Choc Chunk. The tubs sell from \$13 per 1kg tub – that's only 33 cents per cookie! You can re-freeze the cookie dough making it very economical and kids will love baking these delicious cookies.

Each student that sells one or more tubs can also choose from an exciting prize program on offer. The more tubs you sell the better the prize! There is a selection of over 40 prizes to choose from such as Wahu, Disney Frozen, Remington, Razor and much, much, more.

WIN A BALI FAMILY HOLIDAY! - You also have the chance to win a 7 night Bali Family Holiday for 2 adults and 3 children, staying at the Holiday Inn Bali Benoa Beach including a \$2000 Virgin Australia airfare voucher and \$1,000 spending money. So don't forget to enter! For more details on this promotion and how to enter, please view the inside of the order form.

Order forms along with money need to be returned to front office by the 29th May.

Cookie Dough will need to be **picked up** from school between **2pm-4pm on Thursday 18th June.**

NXT7 Transition Program - Portland Central School (PCS)

This program is for Year 6 students who are considering attending Portland Central School in 2016.

Notes have been distributed to students who have indicated PCS for possible enrolment.

The transition program runs over 3 days:

Term 2 -Week 5 Thursday 21st May
(please note this change in date from 14th May)

Term 3 - Week 4 Thursday 6th August

Term 4 - Week 4 Thursday 29th October

A permission slip is required, see the front office if a note is needed.

Student Representative Council (SRC)
SRC badges have finally arrived and will be presented to SRC representatives at the Week 4 assembly. Thank you for your patience.

Uniform Shop

Reminder: All laybys require payments to be made at least fortnightly and to be completely paid off within 10 weeks.

Thank you

URGENT HELP NEEDED FOR CANTEEN
THIS FRIDAY, PLEASE PHONE THE
SCHOOL OFFICE ON 63551210

| CANTEEN ROSTER | |
|-----------------|----------------------------------|
| Thursday May 14 | Amber Cafe Sheridan Christie |
| Friday May 15 | Kylie Williams Vera Foong |
| Monday May 18 | Anne Reeve Kylie Armstrong |
| Tuesday May 19 | Alison Jackson Melinda Hughes |
| Wed May 20 | Anita Younger Kylie Mason |



blindness and low vision services

NSW Spectacles Program and eligibility requirements

What is the NSW Spectacles Program?

The NSW Spectacles Program (the Program) assists financially disadvantaged people in NSW by providing free spectacles and other optical appliances to improve their vision and avoid preventable decline in eye health.

The Program provides funding to participating optometrists and optical dispensers to supply spectacles and other optical appliances to eligible clients free of charge.

The Program is funded by the NSW government and administered by Vision Australia.

What does the Program provide?

If you meet the Program eligibility criteria you are entitled to, in any two-year period to receive:

- One pair of single vision spectacles; or
- One pair of bifocal spectacles.

If you have particular clinical conditions, you may be entitled to other items including contact lenses, tinted lenses or low vision aids.

These items are provided free of charge through the Program. You can choose to pay an additional fee for items that are not available through the Program (such as multifocal or progressive lenses and non-standard frames).

Who is eligible to access the Program?

The Program is available to low income earners who meet the eligibility criteria:

Most providers participating in the Program are optometrists who can conduct your eye examination. Vision Australia's website (www.visionaustralia.org/spectacles) lists all participating providers across NSW.

Where can I get further information?

For further information on the NSW Spectacles Program, visit the Vision Australia website

www.visionaustralia.org/spectacles

Or contact Vision Australia on:

Phone: 1300 84 74 66

Email: info@visionaustralia.org

Lithgow High School Year 7 2016

Year 6 children who submitted an expression of interest (EOI) with Lithgow High School for enrolment in Year 7 in 2016 have today received an enrolment package to proceed with the formal enrolment application process. Parents and carers are asked to complete the enrolment application forms and additional consent forms and return to Wallerawang School office by Friday 5th June.

If you haven't yet submitted an EOI for your child for Year 7 enrolment, please contact office staff for assistance.

Lithgow High School - Year 7 2016 Extension/ Enrichment Class

The enrichment class focuses on challenging and extending students. It is taught by a team of teachers (in core subjects) whose brief is to develop independent learning skills and engagement with learning. The teaching team will regularly review student progress to ensure that the aims of the class, and the needs of students, are being met. This class is not designed to grade students on ability. Rather, it is concerned with learning styles.

If your Year 6 student is interested in applying for a position in this class please see Mrs Fraser for assistance with the completion of the nomination form.

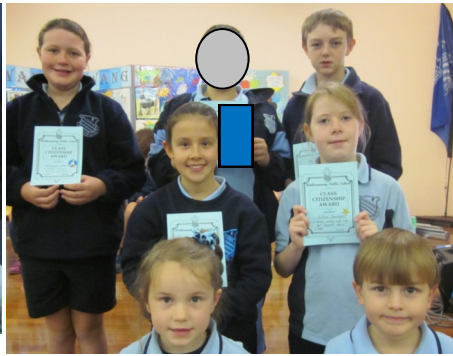
'Application for Entry into the Extension/ Enrichment Year 7 Class for 2016' went home with students today.

Library Volunteers

Mrs Nancarrow is looking for volunteers to cover library books with contact. These can be taken home to cover. If needed a demonstration on covering is available.

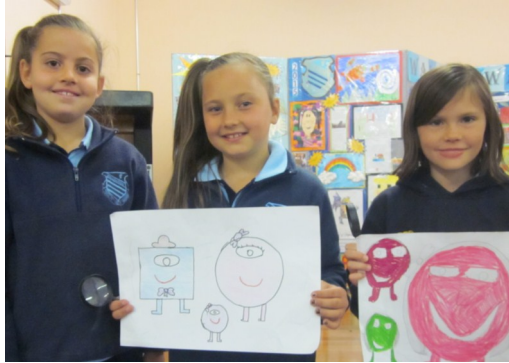
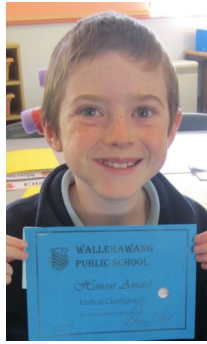
Please see Mrs Nancarrow



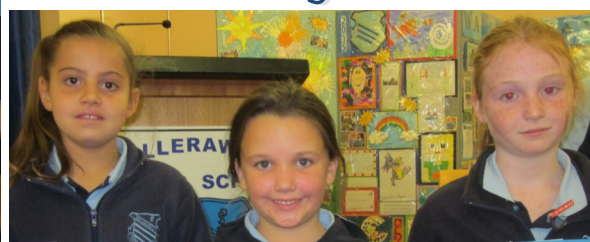


Assembly Week 3





Assembly Week 3



"I've Got a Teenager?!*!"

Parents are recommended that; "If something is not working, do something different. If something is working, do it again." So running for another year is a positive parenting/ carer of teenagers group- "I've Got a Teenager?!*!"

This group focuses on 4 main areas from the Positive Parenting Program to help parents gain tools that will better assist them in the task of parenting; such as Positive Parenting with Teenagers, Building resilient young people, Encouraging Appropriate Behaviour, Managing Problem Behaviour and Dealing with Risky Behaviour.

Parents & carers of teenagers that have previously attended the group had only positive feedback at the end of the program. Of the surveyed parents/carers 100% said they would recommend or attend future Parenting Group Programs. After attending the program, parents have given feedback such as "I am now more confident in parenting and I can look after myself better too" and "It is nice to know that there are other parents out there going through similar issues and that I am not alone." They also commented about facilitator Meg Benson, Adolescent and Family counsellor at LINC "Meg gave individual time and care to each person", "Meg kept order and kept to the subject" and "I was respected as a parent by Meg, and I was even given the option of receiving free one-on-one counselling afterwards, which was useful."

This year there are two 4 week programs to be held at 2 different venues commencing May 27th in Portland during the day time and Oct 7th at LINC in Lithgow during the evening time.

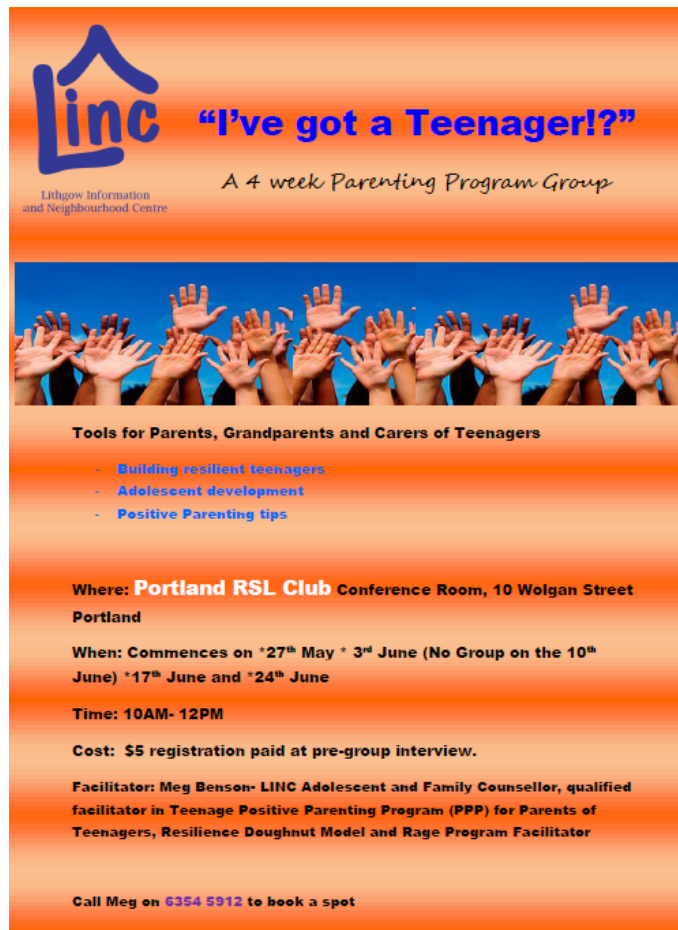
Commencing shortly at the Portland RSL Club Conference room, the 4 week program starts on Wednesday May 27th, June 3rd, (NO GROUP June 10th), June 17th and June 24th from 10 am - 12 pm.

At LINC the program commences on Wednesday October 7th, October 14th (NO GROUP OCTOBER 21ST), October 28th, November 4th and is Likely to be on during the evening from 6.30 -8.30pm

Group participation will cost \$5 one off registration fee for all handouts.

Phone Meg Benson (Mon- Wed) on 6354 5912 to book.

You will be offered a half hour personal pre-group information session for participation in either of the two groups.



Linc
Lithgow Information
and Neighbourhood Centre

"I've got a Teenager?!*!"

A 4 week Parenting Program Group

Tools for Parents, Grandparents and Carers of Teenagers

- Building resilient teenagers
- Adolescent development
- Positive Parenting tips

Where: Portland RSL Club Conference Room, 10 Wolgan Street
Portland

When: Commences on *27th May * 3rd June (No Group on the 10th June) *17th June and *24th June

Time: 10AM- 12PM

Cost: \$5 registration paid at pre-group interview.

Facilitator: Meg Benson- LINC Adolescent and Family Counsellor, qualified facilitator in Teenage Positive Parenting Program (PPP) for Parents of Teenagers, Resilience Doughnut Model and Rage Program Facilitator

Call Meg on **6354 5912** to book a spot



2015 Warriors COLOUR FUN RUN

SUN 24 MAY
WANG OVAL
from 10am

**\$5 Kids
entry!**

ALL WELCOME \$10 Adults, Family Rates Available

Family fundraiser event for
Wallerawang Junior Rugby
League club

COME AND RUN THE HUGE
COLOURFUL OBSTACLE COURSE!

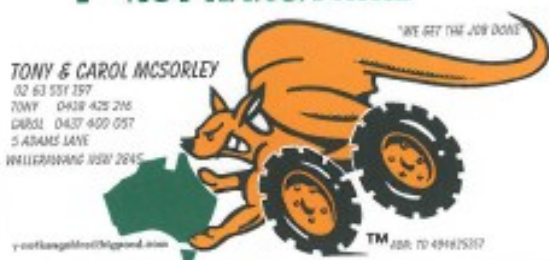
Bacon & Egg Rolls - Sausage Sizzle
Face Painting - Raffles - Prizes

CONTACT CRAIG 081519195 OR ALISON 0815191411



Y - NOT KANGA HIRE

TONY & CAROL MCSORLEY
02 83 531 337
TONY 0438 425 216
CAROL 0437 400 037
5 ADAMS LANE
WALLERAWANG NSW 2845



Black Gold Crib Room Restaurant
Open for a Café Style Breakfast & Morning
Tea

Or just a Cup of Tea or Coffee
Weekdays from 6:00am – 11:00am
Weekends from 8:00am -11:00am



Dinner Monday - Saturday 6:00pm

Mu Yeh Taekwondo



Do you want to improve your self-esteem, self-confidence, self discipline and general fitness? Learn the exciting Martial Art and Self-Defence system of Taekwondo! We cater for juniors, seniors, or the whole family! Mu Yeh Taekwondo specialises in street-wise, women's and children's self-defence. Enquire about our Little Dragons class for 4-6 year olds! Also, check out our Kick-fit fitness Class for adults. (no martial arts experience necessary)

After 15 years at Wallerawang, we have now moved to our fully equipped studio at Portland.

For more information phone Master Instructor Steve Ashbridge, 6th Dan Black Belt, on 0409 305 327. You can also visit our website at: www.muyehtaekwondo.com

Lithgow District Netball Association

NetSetGO is Netball Australia's introductory program for netball. It has been developed to provide children from the age of 5 to 10 years with the best possible introduction to Netball, ensuring enjoyment and continued participation within the sport.

Program commences Monday
4th May 2015 4pm-5pm for 10
weeks at Wang Indoor Stadium
Cost is \$55. Please contact
Kerrie on 0411607287



For Sale

Colorado shoes— NEW!!

2 x pairs of black elastic sided shoes — Size 6
\$140 FOR BOTH

And

1 x pair black lace-up — Size 9
\$90

Call: 0437 400 057



Nutrition Snippet

The simplest way

...to work out how
much fruit + veg you
need.



Eating **two serves of fruit**
and **five serves of**
vegetables every day will
help keep you and your kids
healthy. *But what does a
serve look like?*

A **serve of fruit** is 150 grams or:

- 1 medium fruit (apple/banana) or
- 1 ½ tablespoons dried fruit (apricots/sultanas) or
- 1 cup of chopped or canned fruit (fruit salad)

A **serve of veg** is 75 grams or:

- ½ cup of cooked veg or
- ½ medium potato or
- 1 cup of salad

Pack fruit and veg every day for school lunches – every
bit counts towards your child's daily total – plus healthy
food gives them extra strength to concentrate longer.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

**Eat It To
Beat It**