

FRIDAY 7th NOVEMBER 2014

The Channon Public School

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TERM 4

Week 6

Monday 10th November

Swimming Scheme

Active After Schools

Tuesday 11th November

Remembrance Day

Swimming Scheme

Wednesday 12th November

Swimming Scheme

Thursday 13th November

Swimming Scheme

Friday 14th November

Swimming Scheme

Active After Schools

Week 7

Monday 17th November

Active After Schools

Wednesday 19th November

P&C Meeting 3.30pm

Friday 21st November 2014

Active After Schools

Week 8

Monday 24th November

Active After Schools

Friday 28th November

Last Day of Active After Schools

The Rivers Small Schools' Opera House Choir

Congratulations to Malaika, Lily, Talia and Miriam for successfully qualifying for 'The Rivers Small Schools' Opera Choir 2015'. The first rehearsal is on next Monday 10th November from 4pm-4.45pm at Goonellabah Public School.

At 4.30pm they will be discussing with parents the commitment required to be part of the choir should they be successful in gaining a place in the choral series at the Opera House. Parents please note that all rehearsal are compulsory.

The following Monday 17th November at the second rehearsal (at the same time and place) they will be recording the audition onto a DVD and all students need to be in full school uniform. Information was sent home with your child yesterday.

Canteen Cleaning Day

We would like to thank Sarah, Scott, Terri and Bronwyn for undertaking the enormous task of cleaning out the canteen on Tuesday. Paint colours have been chosen and the next faze should be undertaken in the next week or so.

REMEMBRANCE DAY



They shall not grow old,
As we that are left grow old.



Age shall not weary them,
Nor the years condemn.



At the going down of the sun,
And in the morning,

We will remember them.

LEST WE FORGET

NEWSLETTER CHANGE

After some thought the school has decided it would be more sustainable, both financially and environmentally, to print our newsletter in black and white. If you would like to view coloured versions, they are available in our online newsletter.

THIS WEEK IN THE 2/3 CLASS

This week, year 2/3 has been working on consolidating our place value skills, and persuasive writing.



Leaders Report

This week we had fun with Swim Scheme. Thank you to the parents who came in and helped declutter the canteen. We hope that we can have the canteen ready soon! Next week we will have Swim Scheme and a Remembrance Day service.

Zachie, Jarah, Ruby, Ivy & Abby

HAPPY BIRTHDAY!

Happy Birthday TO

Miriam & Raphael



“Bin Free School”

The Channon School Parliament held an extraordinary meeting on Monday, and voted by majority to go 'bin-free'.

The students were inspired by the presentation from Pottsville P.S. at the Kids' Voice Conference at Southern Cross University last week, and decided to trial the bin free/nude food system.

In Australia we create around 1 million tonnes of waste every year....enough to fill a line of garbage trucks that would stretch from Melbourne to London and halfway back again! (Gould League survey, 1996). Schools alone produce an average of 33 tonnes.

Of course, there will still be bins at school, but not for recess or lunches. Children will bring home any packaging, and food that they do not eat. Our compost bins will remain in place for scraps.

What it means for parents is that more fruit and vegies will go into your child's lunch box rather than individually packaged snack foods, and instead of plastic wrap, try recyclable containers. (They can be purchased at cheap shops, or Kemp Agencies (4 Avondale Avenue) has the Chinese style containers in all sizes.) Teachers will have permanent markers for labelling, and you can try a plastic Band-Aid end with biro for a more lasting name tag. Instead of fruit juice containers, try a water bottle.

Lunch order waste will also be taken home.

A great website with tips and a video of what a waste-free lunch looks like can be found at:

http://www.kidsfoodtalk.com.au/contents/en-us/d31_naked-wrapper-free-food.html

The results of this discussion is on the following page

“Bin Free School”

The advantages were discussed and it was agreed that:

Rubbish will be reduced.

Parents will be able to see what their children are actually eating and so be able to reduce cost and waste by sending only foods that the child likes/can manage.

Less food will be wasted, and less mess created. For example, if a Kindergarten person cannot eat a whole yoghurt tub, it usually goes in their lunch box and can spill and make a terrible mess. If they bring a smaller, recyclable container, they will manage the whole amount.

Children should overall be eating healthier lunches as processed and packaged foods will be reduced. Research shows that an amazing 43% of Australian primary school children aren't getting the daily recommended amount of fruit and vegetables. With a third of your child's daily diet consumed at school, the food in their lunchbox needs to provide optimal nutrition, laying the foundation for a life time of good eating and good health. Creating waste-free lunches reduces the consumption of packaged, processed foods and increases the intake of fresh, whole foods.

Compared to fresh foods, packaged food often contains more kilojoules, fat, salt and sugar. The 2013 National Dietary Guidelines states that 60% of Australian adults and one in four children are overweight or obese. It's never been more important to provide the education our children need so they understand what makes up a balanced, nutritious diet if we are to combat this growing obesity epidemic and all its associated health risks.



Less of this:

More of this:

