

ALTONA NORTH PRIMARY SCHOOL

Respect Excellence Acceptance Community Honesty



www.altonanorthps.vic.edu.au



9391 4233



altona.north.ps@education.vic.gov.au

May

REMINDER: Mothers Day Stall next Wednesday.

02/05/2024

No.12

Wednesday 8th

Mothers Day
Stall

&

Prep Swimming

Monday 13th

Teeth On Wheels

Tuesday 14th

Teeth On Wheels

Wednesday 15th

Prep Swimming

Thursday 16th

Prep Tour

Monday 20th

Education Week
begins

Wednesday 22nd

Prep Swimming

&

Education Week
Open Evening

Monday 27th

Glasses for Kids

Tuesday 28th

Glasses for Kids

Dear ANPS Families,

The term seems to be passing by so quickly. As we move towards Winter months, students can become tired and often become unwell. You can help your child to stay as healthy and alert as possible by ensuring they have good routines in place for resting, sleeping and eating. Having enough sleep and having healthy, nutritious food is an important part of a child's growth, development and learning. Nutritious food fuels the body and the mind. We are noticing a large majority of children have lunchboxes full of potato chips, chocolates, lollies and the like, which are full of saturated fats, salt and sugar. These are classified as 'DISCRETIONARY' foods, which means they are not essential in a child's diet. The majority of food in a child's lunchbox should consist of a variety of nutritious food from the recommend 5 food groups, a only a small amount of discretionary food. It would be so great to see less of the discretionary and over processed foods and more of the less processed and nutritious foods in our students lunchboxes. Some helpful suggestions for nutritious and healthy lunchbox ideas is further in this newsletter.

Cross Country: Tomorrow selected students will be representing Altona North Primary School by participating in the Cross Country which will be held at J.K. Grant Reserve. We wish everyone all the best!

Grade 3-6 Camp Malmsbury: Last week an expression of interest form was handed out to children in grade 3 - 6 for our upcoming camp. We only have 50 positions available for camp attendance and these positions have now been filled, we now have a waiting list. Families of students who are going on camp have received a note regarding payment for camp. There will be a camp meeting for students attending and their parents/guardians on **Tuesday 28th May** at 5pm. It is an expectation that **ALL** students and their parent/guardian attend, as important information will be shared and forms will be required to be filled in at the meeting. Please keep this time and date free in your diaries.

Prep Swimming: Yesterday we had our wonderful Preps participate in their first session of Prep Swimming. It will be exciting to see how they progress over the next 6 weeks as they become more confident in the water. Please ensure that you have their bathers and towels on Wednesdays during this period. Can you also label your child's clothing so we can return them if they are misplaced in the change rooms. It would also help if you help your child to practice getting undressed and redressed. This helps with developing their independence and also helps with quickening the time in change rooms.

June

Tuesday 4th

Prep Tour

Wednesday 5th

Prep Swimming

&

Camp

Friday 7th

Campers return

Mothers Day/Special Person Stall: Next **Wednesday 8th of May** we will holding our annual Mothers/Special Person Day Stall. Children are encouraged to bring money to school to purchase items from the stall, grades will have time throughout the day to purchase items. Please limit the amount of money your child brings to school, items will be priced from \$1 - \$15.

One Tree Kinder: It was exciting to watch a group of kindy kids from One Tree Kinder in Sixth Avenue, visiting our school yesterday. There are approximately 8 sessions where our grade 5 students visit the kinder and the kinder kids visit our school. Over the time of program, the grade 5 students play a major role in providing the younger children with fun and engaging activities. They do a wonderful job with taking on the big buddy role with the kinder kids they are buddied up with. The program aims to provide a real school positive experience for the

June
Monday 10th King's Birthday Public Holiday
Wednesday 12th Prep Swimming
Monday 17th School Council
Wednesday 26th Parent/Teacher Share Time
Friday 28th Last day of Term 2
July
Monday 15th Term 3 begins
Monday 22nd School Council
August
Friday 16th Student Free Day
September
Monday 9th School Council
Friday 20th Last Day of Term 3

kinder kids as a precursor to prep orientation sessions later in the year. It also provides our grade 5 students a rewarding experience that develops their sense of community and their ability to communicate with and care for others.

Education Week: Education Week is a time for celebrating all the wonderful learning opportunities we provide your child at ANPS. Throughout Education Week the students will be involved in a variety of activities which will include an Open Evening, an Opening Assembly and an Open Morning after assembly. The focus for Education Week will be on Inquiry Learning and other areas of the curriculum, including the Specialists Learning areas. Education week will occur in Week 6 of the term between **May 20th and May 24th**. Please keep an eye out for more information in the coming weeks as your child/children and our staff would love you to spend time with us.



Lee Blunt
Acting Principal

LAST CHANCE

To complete your form




Complete your E-form today and a Teeth on Wheels team member will contact you if your child is eligible for **FREE DENTAL CARE!**

CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM



 [TeethOnWheelsAustralia](https://www.facebook.com/TeethOnWheelsAustralia)
 [#teethonwheels](https://www.instagram.com/teethonwheels)

Phone: (03) 9338 1191
 Email: info@teethonwheels.com.au



WE ARE LOOKING FOR NEW PLAYERS IN OUR

UNDER 12 BOYS PLAYING AT WESTGATE

UNDER 10 BOYS PLAYING AT ALTONA

PLEASE EMAIL:
ADMIN@NEWPORTRAIDERS.COM.AU
 IF YOU OR SOMEONE YOU KNOW IS KEEN





FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Passionfruit halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, Apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> • In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn <p>SOUP (In small thermos)</p> <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks (e.g. beef, chicken, kangaroo) • Yoghurt (frozen overnight) • Custard <p>Tip:</p> <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean roast or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, siverside, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hommus dip • Lean meat or chicken kebab sticks • Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> • Vegetable frittata • Skinless chicken drumsticks • Savoury muffins or scones (e.g. lean ham, cheese and shallots) • Homemade pizzas with lean roast or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> • Pasta dishes • Rice, quinoa or cous cous dishes • Noodle dishes • Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> - Homemade pizzas - Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) - Vegetable based muffins - Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crispreads • Rice cakes • Corn thins • Wholemeal scones • Pikelets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p> 

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

*Check your school's policy regarding the use of nuts and products containing nuts.