



DATES TO  
REMEMBER

2020

Term 3

- Wednesday 2  
September  
PBL Reward  
APS Olympics

# THE BEE BULLETIN

ADELONG PUBLIC SCHOOL

THURSDAY 20 AUGUST — TERM 3 WEEK 5, 2020



## FOCUS ON SCHOOL HEALTHY EATING

As you may or may not be aware, the teaching of nutrition education is part of the Personal Development, Health and Physical Education (PD/H/PE) key learning area and is mandatory for all students K-6. It is also part of our role as educators to promote healthy eating and good nutrition within the school.

### Do you find it difficult to think of healthy lunch box options?

If preparing lunch for your one or more kids five days a week is the 'bane of your existence' then read on. We have some tips that might make the whole process a little easier.

When it comes to kid's lunch boxes there are a few important factors that ultimately influence what the day's menu for your child may be.

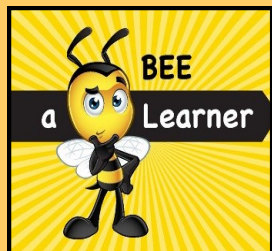
- how easy it is
- how healthy it is
- how enjoyable and tasty it is
- how much it costs

With so many factors affecting the end decision, we often find ourselves very stuck for ideas. Kids are also not backwards in coming forwards about their displeasure at certain foods that we put in front of them. There can be lots of pressure to give them what they want but also find food that is easy to prepare, healthy and economical as well.

As parents, we are always conscious about ensuring our families eat healthy food, however, research has shown that 'convenience' trumps 'healthy' almost every time. There is also the added issue of 'pester power'. The very persistent nagging by children for certain products, usually something they've seen advertised on TV, as you're trying to do the grocery shopping.

With that said, all it takes is a bit of planning and organisation and you can make healthy food convenient. By spending a small amount of time at the beginning of the week getting the lunch box food prepared and ready to go, your children will have yummy, healthy food at school each and every day without the added stress of trying to pull it all together each morning.

Over the next 3 weeks, we will include some easy tips and pictures of our students healthy lunch boxes. Also, included in this newsletter is a healthy pick and mix food guide.



## REMINDERS

- **Breakfast Club** is now running Monday to Thursday from 8:40 am to 9:00am. We have toast, yoghurt, fruit and a variety of cereals
- **COVID Department Advice** : Parents are reminded that they are not permitted to enter the school grounds without a prior appointment. This also includes at school drop-off and pick-up times.
- **Parents** are advised to contact the office by phone for all appointments for any enquiries
- **All Students** must bring a suitable water bottle to school. It's important for their health and learning to be hydrated.

# FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

# PICK&MIX



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

Nutrition  
Australia

VICTORIA  
State Government

## FOR A HEALTHY LUNCHBOX

# PICK&MIX

## SOMETHING FROM EACH GROUP 1-6!

# 1-6!

### FRUIT 1

#### FRESH FRUIT

- 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

#### MIXED FRUIT

- Fruit salad
- Fruit kebabs

#### DRIED FRUIT

- Dried fruit, nut, popcorn mixes\*

#### TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)

### VEGETABLES 2

#### FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

#### Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

#### SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad\*

#### BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

#### SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

### MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

#### Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

#### Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

### MEAT OR MEAT ALTERNATIVE 4

- 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, silver-side, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter\*

#### Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad
- Vegetable fritтата
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

#### Can serve with:

- Side salad
- Steamed or roasted vegetables

### GRAIN AND CEREAL FOOD 5

#### MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

#### 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.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

#### SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

#### SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

#### SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

### WATER 6

- Take a water bottle (for refilling throughout the day)

#### Tip:

- Freeze overnight to keep foods cool in lunchboxes

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.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



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.



## Caught You Being Good



### Gold Award

Congratulations Minnie on your PBL Gold Award achievement.

## Principal's Merit

Congratulations Jasmin, Matilda, Jessica, Lachlan and Zoe on your Principal's Awards.



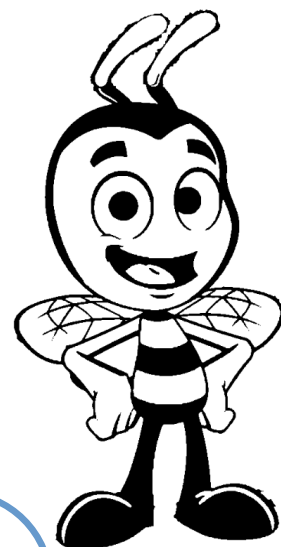
## Caught You Being Good Silver Award



Congratulations to Casey, Kyran, Indi, Stephen and Charlotte on receiving their CYBG Silver Awards last week.

## Caught You Being Good Bronze Awards

Congratulations to Andy, Amber, Minnie, Lilly, James, Kyran, Katelyn and Lachlan pictured with their CYBG Bronze awards.



## Class Bee Awards



Congratulations to Josey, Sicily, Lucas, Jeht, Aubree, Minnie and Katelyn on you Bee A Learner awards.

# Murrumbidgee Local Health District Bushfire Recovery Counselling

Fences and sheds can be replaced - some things can't.

Look after your physical and mental health

- hold onto the important things!

Recent bushfires have significantly affected our communities in the Snowy Valleys and Greater Hume Shire Council areas.

This will have an impact on our mental health and wellbeing for a long time.

After any disaster it is normal to:

- ⇒ feel overwhelmed and exhausted
- ⇒ have difficulty sleeping
- ⇒ feel agitated, irritable or angry
- ⇒ experience grief and loss
- ⇒ worry a lot more than usual
- ⇒ have trouble concentrating, planning and making decisions
- ⇒ have less interest or motivation in doing things previously enjoyed

However, when these feelings, thoughts and emotions last more than 4 - 6 weeks it is important to get some help.

The earlier we notice a problem and find support, the better chance we have of a quick recovery.

Helping others to find support early can prevent long term problems.

We can reduce the risk of health problems in the future for ourselves our families and friends.

A Bushfire Recovery Service is available in your area.

*Information is correct at time of printing.  
[April 22nd 2020]*

version 1 / 22 April 2020

## What is the bushfire recovery service?

A free and confidential counselling service that is provided by experienced local health professionals who care.

We are available by phone or video conference until COVID 19 social distancing is reduced or removed.

(The service will return to face to face, home and community visits as soon as possible).

## What can we do?

We are here to listen to your concerns. We can help you to make sense of your thoughts, emotions and how you are feeling. We can work with you to identify practical strategies and we will help link you to extra support where needed.

Call the Bushfire Recovery Team

on:

**0436 942 100**

or Email us:

**MLHD-  
BushfireRecoveryClinicians@health.nsw.gov.au**

Help is also available 24/7 from Accessline 1800 800 944

Or contact your local GP.

In an emergency dial 000 or visit your nearest hospital Emergency Department



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# Murrumbidgee Local Health District Bushfire Recovery Counselling

Healthy tips to cope with stress following disasters

- ✓ Daily exercise - walking, yoga, cycling
- ✓ Eat well, sleep well
- ✓ Only use alcohol in moderation
- ✓ Do things you enjoy that help you relax - plan to do things you can look forward to
- ✓ Make a list of things you are grateful for
- ✓ Stay connected with family and friends through email, social media, video conferencing or phone calls
- ✓ Talk about what's on your mind with a friend you trust
- ✓ Write a worry list to get them off your mind, then tackle them one by one
- ✓ Focus on problems one step at a time, break big problems into small chunks
- ✓ Learn to accept that some things are out of your control
- ✓ Set and maintain a sustainable daily routine to manage your time
- ✓ Avoid exhaustion and ensure adequate rest breaks
- ✓ **Seek assistance from professionals when you need it**

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[April 22nd 2020]*

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