

# Stratford Public School

Bucketts Way STRATFORD NSW 2422

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## Term 2 Week 6 Wednesday 5th June 2019

### Healthy Lunchbox options

This term the staff have noticed that the students lunch boxes seem to be filled with a number of packaged food items. In fact, for the past week students have been asked to place all empty packets into a container and as the picture below shows, for 10 students, there are a lot of packages. Students need to eat a variety of foods every day to be healthy and perform well at school. Ideally school lunches should include at least one food item from each food group; especially fruits and vegetables. For the rest of this term students who are deemed to have a healthy lunch box will receive a raffle ticket. Each fortnight a winner will be drawn and they will receive a free Henry's Kitchen Lunch and a prize of their choice.



### Calendar

7th June: Henry's Kitchen - Pumpkin Soup & Roll  
10th June: Queen's Birthday Public Holiday  
12th June: Athletics' Carnival  
26th June: NAIDOC Day (back up Athletics' Carnival)  
28th June: Gloucester High School Musical  
5th July: Term Assembly

### Small Schools Athletics Carnival

As per usual our Athletics Carnival is fast approaching. It is set for Wednesday 12th June in Tuncurry. Students will need to be transported to and from the carnival by parents/carers who then stay for the day cheering on their children and our school. You are welcome to car pool with friends if you wish but you must organise this between yourselves. This carnival is part of the school PE curriculum and all students are expected to attend.



### Mathematical Superhero

This week's mathematical superhero is Matthew! Matthew has been on fire this past week in maths lessons. He always "works his brain" trying to figure out the solution to any problem.



### GRIP Leadership

On Tuesday Brady attended the GRIP Leadership conference with Gloucester and Barrington Public Schools. The conference provides students with training to better take on their role as school leaders. The day was lots of fun with topics discussed such as "making a difference in my school" as well as lots of fun games used to meet and talk to students from other schools. Brady was an excellent representative of our school.

**Amy Sansom - Relieving Principal**

*A proud member of the Bucketts Way Community of Schools*

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## Premier's Reading Challenge

The Premier's Reading Challenge is on once again this year with many of our students participating. Please encourage your children to read everyday! Keep up the great reading and let's add some more books to our reading records!

## Maths Olympiad

This term Brady is representing our school in a joint team with Barrington Public School in the Maths Olympiad. Each month until September Brady has to answer 5 mathematical problems in the allotted time frame. The aim of the Olympiad is to develop flexible problem solving, foster creativity and of course stimulate enthusiasm for mathematics! Brady has been completing practice questions and working through problem solving skills during maths.

## Assembly Awards Week 4

### Class Awards:

**Primary:** Marley for becoming a more enthusiastic learner.

Brady for outstanding effort during hockey lessons.

**Mathematical Superhero:** Matthew.

**Core Value Awards:** Matthew for showing respect.

**Thumbs Up:** All students received their Thumbs Up Award .

**Well done all of our award winners!**



## P & C News

### Krispy Kreme Fundraiser

A HUGE THANK YOU AND MUCH APPRECIATION TO KEIRRA! What a fabulous all round effort of organisation for our Krispy Kreme fundraiser. The P & C raised a whopping total of \$1350.

I am sure you will agree this is a fabulous result. Thank you to all families, their friends, neighbours and work colleagues who have helped make this possible! There certainly will be another Krispy Kreme Fundraiser in the future.

Now time for the diet!!!!

### Gloucester Tennis Club

Gloucester Tennis Club are holding free tennis coaching sessions every Tuesday and Wednesday from 4pm to 5pm. Sessions will be held at the tennis courts in Gloucester if you would like to participate.

## Photographs from the GRIP Leadership Conference



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# Good for Kids good for life

## CHOOSING HEALTHY SNACKS

Healthy snacks are important to help meet children's nutrition needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

Some **tips** to help plan healthy snacks:

- Include a vegetable and fruit snack each day.
- Add vegetables into homemade snacks (muffins, pikelets, scones and slices).
- Cut up vegetables and fruits so they are easier to eat for snacks during the week.
- Keep a range of healthy snacks in the fridge or pantry.
- Get your kids to help prepare snacks.
- Show kids you enjoy eating healthy snacks.

Source: Choosing Healthy Snacks, Making Healthy Normal: WSLHD



**Health**  
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Local Health District

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