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AFL Fans!
Bidwill Public School have 10 free family tickets for AFL Giants supporters. These tickets can only be used at Spotless Stadium in Olympic Park. Tickets will be kept in the school office, please come and see us if you would like one.

Dates to Remember 2015

April
Thurs 30th - Rugby League Greg Alexander Cup

May
Fri 1st - Parent catch up, 9am in the Library
Tues 12th - NAPLAN Language/writing
Wed 13th - NAPLAN Reading
Thurs 14th - NAPLAN Numeracy
Tues 19th - Rugby League Panther trophy
25th-29th - Reconciliation Week
Tues 26th - National Sorry Day

IMPORTANT MESSAGE - YOUR CHILD’S INDIVIDUAL HEALTH CARE PLAN/UPDATE

So that we can effectively manage your child’s needs/conditions, it is necessary that we have a current and accurate medical plan. These plans may be for asthma, allergies etc. If you are unsure of what to provide, please see Mrs Starling at the office.

Thankyou
I am the 2015 school Captain.
Hi my name is Leah Ioapo today I’m going to talk about why I became school captain for Bidwill Public School. Okay I became School captain because I’m always in school uniform. I always respect to our Bidwill Expectation, I’m always safe, respectful and a very good learner. I love coming to school to learn more and more stuff. I love playing sports because it’s a good way to learn teamwork.

That’s why I am school captain for 2015. Thank you for reading!

I am School Captain for 2015.
I have been to this school all of my life and so have my parents. My talents are singing, dancing and playing a lot of sports. I have 2 younger brothers and 1 younger sister. My brothers names are Apii and Paul, my sisters name is Tekauriri and my mum and dads name is Ritia and Niko Manu. I also go to church. The churches that I go to are Ermerton church and Bidwill church. I play Netball outside of school and I love it because we get to use teamwork. I was born on the 8/8/2003. Now you know a little bit more about me.

I’m looking forward to working with you this year!
We learn about numbers and play shop.

During lunch we play games on computers, iPads and have fun with friends at the oval, COLA, basketball court and the shaded area.

We learn to read, write, draw colour and do craft.

We sing songs and dance the ‘Oompa-Loompa’ dance.

In the library we read books and build Lego robots.

We even have parents joining us for morning tea.

We learn to grow food, cook and eat it together.

Want to know what we do at school?

By K-6G

Be SAFE
Be a LEARNER
Be RESPECTFUL
**Nutrition Snippet**

**The simplest way**

...to add healthy snacks to lunch boxes

Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child’s lunch box:

- **Plain air-popped popcorn** (without salt or butter) mixed with **sultanas + dried apple**
- **Dried fruit snack packs**: buy them ready made, or make your own at home in reusable containers
- **Fruit salads**: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own
- **Crackers + veg**: slice up some avocado or tomato + send with some rice crackers
- **Little veggie bag**: cherry tomatoes, capsicum, carrot and celery sticks
- **Frozen fruit bag**: freeze grapes, orange quarters or strawberries + then send to school!

Remember: kids love small portions, so cutting up fruit + veg will help make sure they don’t bring it home at the end of the day!

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well + School Program.

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**SunSmart Snippet**

**The simplest way**

...to prevent skin cancer.

Autumn is well and truly here, and as the days get shorter and cooler it’s easy to think that we don’t need to be as vigilant about sun safety.

However UV levels are not linked to the temperature, and can still be high enough in Autumn to damage children’s skin.

To help keep your kids safe, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

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**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
- 1½ 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.

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**Nutrition Snippet**

**The simplest way**

...to make healthy fried rice.

Our healthy fried rice will satisfy even the fussiest of eaters. Send the next day to school for lunch — it’s good hot or cold, easy to make and packed full of veggies!

**Ingredients**
- 1 cup brown rice (uncooked)
- 1 tbsp olive oil
- 1 onion, thinly sliced
- 1 egg, lightly beaten
- 500g pack frozen mixed vegetables
- 2 tbsp reduced-salt soy sauce
- 2 tbsp sweet chili sauce
- 2 tbsp water

**Method**

Cook rice according to packet directions. Meanwhile, heat olive oil in fry pan or wok. Add onion to pan and cook until soft. Add egg and scramble until cooked. Stir in cooked rice and fry for two minutes. Add in vegetables, cooking until heated through. In a separate bowl, mix together soy sauce, sweet chili sauce and water. Add sauces to the rice mixture and stir until heated through. Serve warm, and enjoy!

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