The morning routine at my house is that I make my daughters breakfast and my wife’s lunch, while my wife makes the lunches and snacks for the girls. During my wife’s recovery, I took on all the morning duties for a couple of days but the one that fascinated me the most was the making of the school snacks and lunch. Firstly, I’m sure that my daughters played on my ignorance as they convincingly told me that a packet of ‘Oreo’ biscuits was part of their daily school meal. When I asked about fruit, I was given very clear instructions about which container to use, which fruit to provide and how it should be chopped up and presented! I was even supervised to ensure that I didn’t make a mistake. Not only this, but my eldest daughter gave me a demonstration with her hand on where to start cutting up her nectarine. I was emotionally and physically distraught by 7:47am. I had to lay down and rest my head for 10 minutes to try and work out how I was going to be able to back this up the next day!

Thinking that I had successfully accomplished the lunch making routine, you wouldn’t believe the words that came out from my daughter’s mouths when I picked them up from school at the end of the day. I don’t know, maybe the question I asked encouraged their response. Or maybe their confidence in my meal making skills is very low. All I said when I saw them was, ‘How was your day?’ I even said it with smile, while anticipating a welcome hug (which is what I usually receive on days that I don’t make the school lunches and snacks).

This was how I was greeted.

‘Dad, you didn’t put all the fruit in the right containers.’
'And Dad, there was too much butter in the roll.'

Not one single complaint about the Oreo biscuit, which were the only things not leftover!

I didn’t realize making snacks and lunch for school was so tough! I thought breakfast was a challenge (maybe it’s just food in general?)! This is why I wanted to let everyone know that early next term, to help parents like myself, we will be offering a ‘Parent Lunchbox Information Session’, to share healthy lunch and snack ideas to help with those busy mornings and young food critics! Keep an eye out for a flyer that will be sent home soon.

Hope everyone had a great week.

Alex Artavilla
Principal
Sunshine Heights P.S.

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Literacy and Numeracy Tips of the Week

Literacy Tip: It’s important for you to show your child how to read every day for different purposes. For example: recipes, greeting cards, calendars, shopping lists, food labels, instructions, newspapers, e-mails, signs and websites.

Numeracy Tip: Children need lots of experiences in making, counting, drawing and talking about numbers. Make connections for your child by explaining how numbers and counting are a part of everyday life.

Useful Literacy and Numeracy Websites

Literacy Websites:
2. www.studyladder.com.au
3. www.starfall.com
4. www.tumblebooks.com

Numeracy Websites:
2. www.studyladder.com.au

Sonia Papadopoulos - Literacy
Gail Liakoureas - Numeracy
Instrumental Lessons at School

Did you know that Music:
- Develops mind, hand & eye co ordination
- Enhances listening skills
- Improves self esteem
- Is fun!

Lessons starting from $14.00
Parents wishing to enrol more than 1 child.

Enrolment forms are available from the School Office or contact Genesis Music School Direct on 0421 426 674.

STUDENT OF THE WEEK
Presentation at Friday Assembly

Prep:
A  Amelie Brown
B  Safiya Abdullahi Qani
C  Keilan Tumibay-Hayes
D  Claudia Nguyen

One:
A  Amal Adam
B  Khin Ya Ta Na Thein BaAye
C  Sofia Asia

Two
A  Amen Binyam
B  Ayden Ford-Geyer
C  Jessica Mulla

Three:
A  Omar Turkmani
B  Youssef Mesto
3/4A  Jenny Tran

Four:
A  Savahna Ferguson

Five:
A  Roshan Narain-Ali
B  Alexis Montgomery

Six:
A  Azra Pepic
B  Maka Tangikara

Multimedia:  Waaka Mailo-Swaysland
Sport:  Alexander Stelco
Spanish:  Eva Tsaprouni
Art:  Haylee Newman
Science:  Benjamin Cao

Congratulations Everyone
Great Achievement!
SCIENCE & SUSTAINABILITY (for Prep Students)

In a couple of weeks, we will be making hairy grass heads in Science & Sustainability. We require for each student in PREP to bring along a glass jar, labelled with the student’s name and class. Also a thin lady’s stocking (leg only).

Thanks for your assistance.

Julie Polini
Science & Sustainability Teacher

Classroom Helpers Information Session

Date: Friday 4th March
Time: 9:15am - 10:00am

This session is for any parent or community member who is interested in helping out in the classroom. We truly value parents who are willing to give up their time as classroom helpers and would like to support them with some basic information. If you cannot make this session, but would like to be a classroom helper, please contact Mrs Goldie.

If you attended the Classroom Helpers session last year there is no need to attend again. (Unless you would like to refresh your knowledge!)
The Uplift Collective’s annual Easter Raffle has arrived and we need your help. On Friday 4th March, we invite all students to come dressed to express themselves. In exchange, we are asking each student to donate an Easter Egg, Chocolate Bunny or something Easter-related for our Easter Raffle prizes. Members of the Uplift Collective will come around to classrooms to collect your donations on the Friday morning.
Twilight School Organisational Details
Thursday 19th of May 2016

To showcase and celebrate the learning experiences offered at Sunshine Heights Primary School, on Thursday 19th of May 1:00pm – 7:15pm the students will have the opportunity to experience a ‘Twilight’ school day. On this day the students will arrive at school at 12:45pm for a 1:00pm start with school finishing at 7:15pm.

Twilight School will give parents/carers/grandparents the opportunity to visit and enjoy their child’s classrooms in action. We will also use this event to invite our kindergarten friends and families!

The school day times on our Twilight School Day will be as follows:
1:00 – 3:00pm Session 1 and 2
3:00 – 3:30pm RECESS
3:30 – 4:30pm Session 3
4:30 – 4:40pm Eating time
4:40 – 5:30pm OUTSIDE TIME (this may vary depending on the time that the sun will be setting)
5:30 – 7:15pm Session 4 and 5

Students will be expected to arrive at class/school at 12:45pm. At the end of the school day parents will be asked to pick their child up from the classroom. No child will be allowed to walk home from school – this is the same policy that applies for school concert nights. Parents will also be asked to inform the class teacher in writing prior to the day of alternative picking up arrangements (e.g. uncle/friend picking up student).

We are currently looking at the idea of pre-ordered meal arrangements for the students. More information regarding food arrangements will be provided in the coming months.

Parents/carers are encouraged to arrive at any time of the day for as long as they would like to stay. However, it will be important for parents to remember that it is a normal school day and that students will be expected to stay at school until the end of the day (unless they have after school sports/music session - the decision to attend the session is up to the parent/student – parents are encouraged to pick up their child from school at any time to attend the training session/lesson).

More details regarding the day are currently being finalised with staff to ensure it is a successful school event and will be shared with families weeks prior to the event.

Other important information:
- Police will be contacted to support at school crossings if official school crossing personnel are unable to man crossings before school starts – between 12:30 – 1:10pm.
- Staff members will man all school crossings (not just the ones around the school boundary) used by students before school starts. Crossings supervision will commence at 12:30pm. It would also be good to have parent volunteers assist with school crossings.
- A map of the school crossings that will be manned between 12:30pm and 1:10pm will be provided to all families.
- Parents will be required to sign in at the school office prior to visiting their child’s classroom.

Twilight School will prove to be another exciting day for the students and the whole school community!

Please contact the school if you have any further questions regarding ‘Twilight School’.
ENSALADA MEDITERRÁNEA
(MEDITERRANEAN SALAD)

INGREDIENTES

El aceite de oliva
La lechuga
La zanahoria
Los tomates
La manzana
El limón
Las pasas

UTENSILIOS

El bowl
El cuchillo
La tabla de cortar
El pelador
## Receta

1. **Lavar la verdura y la fruta.**

2. **Cortar la lechuga.**

3. **Peler la zanahoria.**

4. **Cortar la zanahoria, la manzana y los tomates.**

5. **Poner las pasas.**

6. **Poner el jugo de medio limón.**

7. **Poner el aceite de oliva.**

8. **¡Listo para comer! Ready to eat!**