Dear Parents and Carers,

Reminder that the ‘Mother’s Day’ breakfast is tomorrow morning! Doors open at 8am. Breakfast will be held in the gym. For our new families, all you need to do is turn up, find a spot, grab yourself something to eat and drink, and enjoy the morning together as we celebrate one of the many special people in our lives.

Look forward to seeing those that are able to attend early in the morning!

Healthy Bodies Healthy Minds

It seems that we live in a society nowadays where food companies continually bombard us with information and advertisements to try and convince us of the supposed health benefits of their products. Companies push the boundaries and highlight what we want to hear rather than what the product really offers. Examples of this include ‘Nice and Natural Roasted Nut Bars’, ‘98% Fat Free’ and/or ‘High in Fibre 21% of your daily fibre needs’. Sometimes is not highlighted on the box or what we don’t know about the product is what we need to be most concerned about! Personally the healthiest thing that you can eat usually comes straight from a tree or plant! Once it ends up in a factory and no longer resembles its natural form than you really need to understand and question the nutritional value. This is so we know which foods to eat sometimes and which foods to eat every day.

Currently as a school we are refining the food offered at the school canteen so that it supports the students to have the energy to focus better throughout the day.

However, the choices the students make have the biggest impact. The habits they develop at an early age help shape the decisions that they make as they get older. This is why the partnership between home and school needs to educate and support the students in a consistent manner. It is fantastic to see so many students coming to school with healthy food options! However preparing healthy food options can be a challenge for parents!

This is why I’d like to encourage as many parents as possible to come along to the ‘Lunchboxes for Learners’ Parent Information Session that is scheduled for Friday 13th of May in the library from 9.15am to 10.15am. This is a great session to learn more about healthy snack and lunch options, and to also share and discuss ideas with other parents. If we know what is included in the food that we are providing the students, then we can explain to them how it will benefit them during the day.

Growing up my mum and dad use to tell me to eat beans because it helps you go to the toilet. As a 7 year old, eating something that makes you go to the toilet actually made me not want to eat it anymore! To me, beans were stinky, squishy, tasteless, disgusting and downright awful! There were many tense moments at the dinner table whenever ‘beans’ joined us for the evening! As soon as the bowl was placed in front of us, heads swung back simultaneously and a chorus of ‘not beans again’ echoed around the room. Worst of all mum use to serve up the beans with pasta in it! It was like; if you won’t eat beans on their own, then let’s see if you’ll eat them hidden inside tubes of pasta! Nowadays pasta with beans is one of my favorite dishes, but as a kid being told that eating beans help you to go to the toilet wasn’t a convincing statement. For me, going
to the toilet took away valuable time from playing outside with friends! If something was served up that could offer me super powers I wouldn’t of cared how ‘off green’ looking it was or how terrible it smelt I would of probably held my nose, dug in and asked for seconds! But no, all beans supposedly did was make you go to the toilet. Of course, nowadays, I understand why that’s important (even though me and beans still don’t really talk much) but as a kid going to the toilet was an inconvenience in life! Not that it is a pleasurable experience nowadays! I hope you are not eating while reading this!

Anyway, the ‘Lunch Box for Learning’ parent information session is informative and provides a number of ideas for busy parents. The session is also facilitated by one of our parents at school who is also a nutritionist. If you are able to come along please fill out and return the form that was sent home on Friday last week. If you didn’t receive a form please contact the office on 8311 7100.

Alex Artavilla
Principal

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**UPLIFT COLLECTIVE FUNDRAISING NEWS**

_Raising extra funds for kids, thanks to the work of our students!

2015 Fundraising $4,633.00

Easter Raffle 2016 $950.10

Please note that money raised in 2015 was to be used to contribute to the creation of an outdoor space for the students. This project has been delayed due to the works occurring in relation to the $421,000 Government Grant and will commence in Term 3.

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Some photos from last week’s Earth Day!
STUDENT OF THE WEEK
Presentation at Friday Assembly

Prep:
A  Sarah-Naveed Abbasi
B  Maha Adam
C  Yazid Elmejdaoui
D  Zaim Gjoni

One:
A  Hugo Schulz
B  Malik Omar
C  Elise Pasquier

Two:
2A  Anika Sato
2B  Eric Lam
2C  Nuuese Tausi

Three:
A  Grace Li
B  Enan Omicevic
3/4A  Belinda Vu

Four:
A  Aung Ba Aye
   Krimzyn-J Monomai

Five:
A  DJ Newman
B  Grainne Corcoran-Taylor

Six:
A  Benjamin Cao
B  Danny Le

Multimedia:  Vanessa Le
Sport:    Roghayeh Seyed Abudi
Spanish:  Sophie Le
Art:   Krimzyn J Monomai
Science:  Daniel Stone

Congratulations Everyone
Great Achievement!

Instrumental Lessons at School

Did you know that Music:

- Develops mind, hand & eye co ordination
- Enhances listening skill
- Improves self esteem
- Is fun!

Lessons starting from $14.00
5% Discount to 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.
**Literacy and Numeracy Tips of the Week**

**Literacy Tip:** Support your child to make their own books with pictures and then ‘read’ the story to you.

**Numeracy Tip:** Use different numbers as the starting point for practising counting, for example start counting from 6 or 10. Ask your child to count forwards or backwards. Ask what number comes before or what number comes after.

**Useful Literacy and Numeracy Websites**

**Literacy Websites:**
3. [www.starfall.com](http://www.starfall.com)
4. [www.tumblebooks.com](http://www.tumblebooks.com)

**Numeracy Websites:**
4. [www.coolmath-games.com](http://www.coolmath-games.com)

*Sonia Papadopoulos - Literacy  
Gail Liakoureas - Numeracy*
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 – 7:00pm 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 7:00pm.

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 – 7:00pm 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’.
This Mother's Day the Uplift Collective warmly welcomes you to bring your loved one somewhere over the rainbow, as we transform the gymnasium into a little paradise where you can show gratitude to your special someone and create a special memory with them.

The Uplift Collective will set up a special Mother's Day Photo Booth to capture the moment (all photos will be available for order in the week after the breakfast), a craft table where you can make cards for your loved one, a range of board games to play with your loved one, special 'gratitude' cards so you can let your loved one know exactly what they mean to you and of course our special delicious self-serve breakfast.

This year, the collective have designed some special t-shirts to celebrate how special and super our loved ones are. Families and friends can pre-order and pay for their t-shirt, choosing from 10 stellar designs, using the new app QKRI! which can be downloaded easily on the app store on smart phones or accessed via TixBiz. All t-shirt orders must be in by Wednesday 27th April 2016 to ensure you are able to collect your tee on the day of the breakfast and right on time to wear on Mother's Day.

The Uplift Collective will have a small stand set up with our infamous badges and some other trinkets to make the day even more special.

We hope you can join us somewhere over the rainbow as we celebrate the sunshine you bring to our lives.