Good for Kids good for life
Tips to sneak fruit and vegetables into your child's lunchbox

56% of NSW primary school students do not eat the recommended daily amount of vegetables. Fruits and vegetables provide an array of colour, taste and texture in a child’s diet. They are also an excellent source of fibre, vitamins and minerals. Eating fruit and vegetables daily helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese. It also helps children to meet their recommended daily intake of fruit and vegetables.

Here are some tips to sneak fruit and vegetables into the lunchbox:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, frozen, canned (in natural or unsweetened juice) or occasionally dried fruit</td>
<td>Vegetable sticks e.g. carrot, celery, cucumber, capsicum etc.</td>
</tr>
<tr>
<td>Bite size fruit e.g. grapes, orange segments, melon etc.</td>
<td>Bite-size vegetables e.g. cherry tomatoes, snow peas, corn kernels</td>
</tr>
<tr>
<td>Raisin or fruit bread</td>
<td>Corn on the cob</td>
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<tr>
<td>Fruit muffin</td>
<td>Vegetable muffins</td>
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<tr>
<td>Fresh fruit and yoghurt</td>
<td>Salad vegetables on sandwiches</td>
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</tbody>
</table>

WEEK 8

<table>
<thead>
<tr>
<th>Monday 1st September</th>
<th>Tuesday 2nd September</th>
<th>Wednesday 3rd September</th>
<th>Thursday 4th September</th>
<th>Friday 5th September</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disco</td>
<td></td>
<td></td>
<td>Touch Footy Gala Day</td>
<td></td>
</tr>
</tbody>
</table>

WEEK 9

<table>
<thead>
<tr>
<th>Monday 8th September</th>
<th>Tuesday 9th September</th>
<th>Wednesday 10th September</th>
<th>Thursday 11th September</th>
<th>Friday 12th September</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grossmann High</td>
<td>Transition</td>
<td></td>
<td>P&amp;C Meeting</td>
<td></td>
</tr>
</tbody>
</table>
This Week’s EMPS Award Winners

KG  Kara McInnes  Justin Baxter
    Bella Betteridge  Baily Miles

K1  Holly Proctor  Aiden Johnson
    Noah Hawke  Lily Collins
    Jarvis Blackmore  Mia Gunther

1A  Lewis Collins
    Amarli Flynn  Mackenzie Kirk
    Brandon Waqa  Armani Mitchell

1H  Chester Lightfoot
    Luevea Brooks  Makayla Morris
    Kellie Heydon  Court Lourie
    Lilly Jade Schuman
    Zack Mulligan

2A  Koby Chadban
    Cameron Farmer
    Sophie Roy
    Oshay Betteridge

2B  Rebecca Clark
    Alexis Parkhouse

2N  James Williams
    Elia Brewer
    Hayden Blais  Sam Wolters
    Roni Bull
    Elia Deane
    Dallas Adams  Zara Callanan

3S  Millee Grover
    Ethan Radford
    Austin Wells  Gabriel Valenzuela
    Jack Studdert  Josh Lorenz
    Lilian O'Brien
    Elektra Holbrook  Joseph Proctor

3E  Lachlan Stig
    Kirra Chadban
    Sienna Flynn
    Ashley Codergren
    Marni Redding
    Jack Cliff
    Chloe Graham
    Matt Dudka
    Jasmine Johnson
    Riley King Saunders
    Phoebe Buck
    Jack Gunther

4W  Macie Gore
    Sam Lightfoot
    Grahame Baxter
    Jessica Curtis  Jason Roberts

5M  Lucinda Burgess
    Jonah Dowde
    Jak Redding
    Jesika Young
    Elia Regler
    Claire Williams

6D  Will Stoneman
    Grace Diamond  Ethan Lewis Webber
    Emily Davidson
    Lace Murphie
    Bec Davey
    Brock Hutchinson
    Chantel Tuivaiti
    Jasmyn McInnes

SCO  Blake Twaddell

Canteen Roster

1/9  Jenni Blais  Pip Smythe
2/9  Leanne York  Kyle Smith
3/9  Leighsa Cox  Melissa Farmer
4/9  Emma Johnson  Margaret Mosses
      Judy Drap
5/9  G Fitzgerald  B Talseth-Palmer  Naomi Priest
      Tracey Van Tiel

Any problems please phone Jacki - School 4933 7524 or Home 4932 7226

Sick Bay Linen Roster

29/8/14-Kellie Heydon
5/9/14-Katie Brown
12/9/14-Bronwyn Guy
19/9/14-Courtney Earsman

Uniform Shop
The Uniform Shop needs your help on a Tuesday or Thursday – just an hour of your time once a term would be great. Pop your head into the shop and see Kerry she will answer and of your questions.

Uniform Shop opening times:
Tuesday 2:30-3pm
Thursday 8:30-9am
EFTPOS is NOT available, cash or cheque only.
Please make your cheque payable to: East Maitland Public School P&C Association

Leave your order with payment in an envelope at the front office and have your items either delivered to your child’s classroom or left at the front office for you to collect.

We have new school pants available!
Come in and take a look at the range of samples for girls and boys - $20-$25 each
Tri-Coloured Sports Shorts are in!
We have a new supplier - MR SPORTS in Maitland - $20 each

Uniform Shop Prices:
Hats $14
Navy Shorts $15
Shirts $20 (2 for $35)

TERM 3 ROSTER
TUESDAY
26/08 Kerry & Deslie
2/09 Kerry & Fiona
9/09 Kerry & Kylie
16/09 Kerry & Jo

THURSDAY
28/08 Kimberley & Noelle
4/09 Kerry & Deslie
11/09 Jodi & Bronwyn
18/09 Kerry & Katie
School News

Uni NSW Writing Competition
Eleven children participated in this competition late last term. The Writing Competition challenges children to address conventions of genre, textual grammar, syntax/punctuation and spelling.

The most successful writers were:

Certificate of Distinction (top 10% in NSW)
Jeremy Boardman  Yr 6

Certificate of Credit (top 20% - 30% of entrants in NSW)
Kate Dever  Yr 4
Edward Horner  Yr 4

Certificate of Merit
Arielle Taylor  Yr 4

Congratulations to these children and all who entered.

Premier's Spelling Bee 2014
The Premier’s Spelling Bee is a challenging spelling competition that asks competitors to spell words of ever increasing difficulty. The competition is open to children in two age divisions – Juniors (Stage 2 children) and Seniors (Stage 3 children).

An example of some of the words competitors might be asked to spell (in increasing levels of difficulty) are:
Juniors – absent, frantic, absolutely, miniature, irretrievable.
Seniors – strength, genuine, malnutrition, distinguished, conscientious.

We held school finals recently to select our school representatives for the regional finals, to be held at Tenambit PS on the 11th September.

Each class selected their best spellers for the school final. Congratulations to the following competitors for qualifying for the school finals:

Juniors - Nathan Boardman, Sebastian Rodet, Austin Wells, Millee Grover, Callum Hawley, Arielle Taylor, Rahn Sonneveld, Ellie Hill, Jasmine Johnson, Sadie Hawke, Jack Gunther


The two school representatives for each division who successfully battled their way through the quality groups of spellers were:

Juniors – Ellie Hill and Jasmine Johnson
Seniors – Jeremy Boardman and Taylah Darcey

Good luck to our 4 representatives as they prepare for the Regional Final in September.

1H’s Writer of the Week
Dolphins
Dolphins are mammals.
Dolphins are grey.
They live in the ocean.
Dolphins eat fish.
They have a hole to breathe.
- Cora

Reminders
• Father’s Day Funny Photo’s money is due this Friday 29th August.
• Payments for the Graduation Bear or Ball are due by Friday 12th September.
"OMG" – What a great response to the Walk a thon. Thank you to everyone who returned their walk a thon money. Some great prizes are up for grabs and will be awarded at Thursday’s assembly on 28th August.

Money raised will go towards a number of items such as:
- Drainage for the oval
- Upgrade to bell system and signage for the school.

Make sure you get your order in for Father’s Day 2014 Funny Photo’s.

Photos are $5.00 each and are to be pre ordered/pre-paid. Pre-Payment to be made no later than 29th August 2014.

Order Forms have gone home – If you require another order form please ask at the office.

What does the P&C do at the School?
The P&C can help you get answers to your questions by seeking information on your behalf, putting you in touch with the right people and providing opportunities for you to get together with other families and compare experiences.

Isn’t it all fundraising and meetings? Well yes…and no! The P&C’s primary focus is on building strong partnerships with school leadership and promoting a sense of community at EMPS.

We also try to do a bit of fundraising throughout the year that can be invested back in the school for the benefit of all children.

Fundraising activities and P&C meetings provide great opportunities to meet new families and share ideas.

The P&C meets on the second Thursday of each month – meetings are relaxed and informal and sometimes even fun! The school principal attends and it’s a great opportunity to find out what’s happening at the school.

How can I get involved?
Any way you like! Everyone has different ideas, skills and time available. The P&C encourages all parents to be involved in some way, be it large or small. The EMPS community is a great place to be engaged and involved: meet new families and work together in supporting our children.

You could:
- sign up to the P&C mailing list by email: eastmaitlandpublicschoolpandc@gmail.com
- come along to one of our meetings, provide suggestions or feedback via the email address
- turn a sausage at the next BBQ or Volunteer for an upcoming fundraiser
- help out in the canteen
- help out in the uniform shop
- assist with the sick bay linen roster
- volunteer to coordinate a P&C activity

Remember we are all one team working for the same cause.

The Children and the School Community.
“You can do better with your team than you or I could do it alone.
Here’s to your--and your team’s--success!”

What are we Fundraising for?
From recent P&C Meetings in consultation with Ian Foulstone the current requirements are:
- Drainage for the Oval – approx. 10k
- Upgrades to Bell system and intercom for classrooms – sourcing quotes
- Digital Signage for the highway – quotes required

As you can see nothing comes cheap – The P&C are looking for suppliers to assist in these costs or joint funding opportunities or community grants. We appreciate this is an expensive wish list and will be looking at all avenues to try and make it a reality.

Thank you to everyone who help out behind the scenes. To those who have an interest in the ongoing development of the school and who can offer assistance in anyway the P&C would love to hear from you.

Don’t forget to download your FREE Skool Bag app.
Don’t forget to register for the skoolbag app.

“Don’t forget to download your FREE Skool Bag app.”

“Don’t forget to register for the skoolbag app.”

“"The skoolbag app is great it sent me an instant message about the book parade on Sunday so I didn’t forget about the costume”

"This app is great it reminds me when things are on and it even puts them in my calendar"

"I remember to read the newsletter each week because I receive an instant message. The newsletter is important to read as it has all the information in it about what’s happening"

"Hi I just wanted to let you know I am so pleased with the use of the skoolbag app. I can’t wait until we are able to get our notes, permission slips etc accessible this way too. :)"

BOOK WEEK 2014

Wow, what a week we had! Congratulations to everyone for making it such a great celebration. Thank you to our wonderful parents for helping create some wonderful costumes. Thank you to all the parents who helped out on the day and thank you to the teachers for their fantastic and creative costumes. Finally, thank you to Mrs Blain for her wonderful commentary at our parade, Luckily Mrs Blain found the ‘Pirate Who Wouldn’t Wash’ night at the end of the parade!

Our Book Parade was just one part of our Book Week celebrations. On Friday 15th August students watched a fabulous performance ‘Worlds Apart’. On Tuesday 19th August the ladies from Macquarie University entertained the students with stories and activities in the school hall. The students were also lucky enough to listen to Lex James and Geoff Trescott talk about their new book ‘Nautical Nonsense’ on Tuesday (copies still available at the library $20).

Here’s what our students wrote about their favourite parts of Book Week:

Emily West KN
On Book Week I liked dressing up. And I liked buying a freddo frog.

Chester Lightfoot 1L
My favourite part of Book Week was the whole thing. My favourite bit on Friday was when Molly and Edward lived in different years but they lived at the same house. My favourite thing on Tuesday was when King Pig was angry.

Isabella Threlfo 2B
Book Week is when we dress up. We had a parade and I dressed up as Little Red Riding Hood. Regan’s costume was Pippi Longstocking. I liked dressing up and I liked the Worlds Apart play. My favourite character in the play was Molly she could sing good.

Rowan Connell 3S
My name’s Rowan and I’d like to share how I felt about Book Week. It was amazing how everyone connected to books so much. I dressed up as Merlin, I think I had a good outfit. I hope you liked it.

Jack Studdert 3S
I dressed up as Darth Vader my favourite character in the world. I was a bit embarrassed walking around I even had a red face but it was amazing how we got to dress up as our favourite character.

Ellie His & Paige Andonovski 4E
On Monday 18th August, all of EMPS got dressed up in Disney or their favourite book character. All the classes got up and showed their costumes. We can’t wait until the next Book Week. We hope all of EMPS had a great time!

Lilly & Abbie 5B
I liked it when everyone got to dress up as their favourite book character or someone from Walt Disney. I also liked the idea how we walked around everyone to show off our costumes.

Emily Davidson 6D
On Monday 18th August we had a Book Week parade which was absolutely fabulous with everyone dressing up to the topic ‘Connect to Reading’ and had all sorts of amazing costumes like Thing 1 and Thing 2, lots and lots of princesses, pirates and even dalmanes. We also had a great play as well and had the author’s fabulous talk about the making of their book ‘Nautical Nonsense’. The Book Week parade was amazing and I’m sure everyone enjoyed it and had a great time.

Well done kids!
ATTENTION: Important Disco information

For the safety of all children only students and teachers will be in the hall during the Infants and Primary disco.

Students are asked to attend only at the appropriate time for their disco and not to be outside the hall.

Thank you for your cooperation in keeping all children safe.

It's disco time...

When: Wednesday 3rd September
Infants (K-2): 5pm-6pm
Primary (3-6): 6:10pm-7:30pm
Where: School Hall
Cost: $4
NO THEME
There will be a selection of chips, lollies and drinks available for sale.
E.M.P.S's

Green Market Day!

Put in an application to hold a store selling items made from recycled materials or that have a 'green' theme e.g. gardening products, green food or garden ornaments.

See Mr Eddy or Miss Sharkey to apply!

Application closing date - 16th of September

Gold coin donation to throw a sponge at a teacher! What teacher do you have in mind? (All proceeds will go to Lifeskills)

NO MUTUALS SOLD ON THE DAY!
2014 RAYMOND TERRACE
FUN RUN PRESENTED BY
SUN 14 SEPT 2014
WALK, RUN OR PUSH
2km | 4km | 8km
REGISTER ONLINE TODAY AT
raymondterracefunrun.com.au

MAITLAND TENNIS CENTRE
SEPTEMBER SCHOOL HOLIDAY
TEennis ClinIC
Pro-shop: 49345016 Mobile: 0421882055
Post: PO Box 2911 Greenhills, 2323.
Website: www.maitlandtenniscentre.com.au

When: 22\textsuperscript{nd}, 23\textsuperscript{rd}, 24\textsuperscript{th} SEPT
(Mon, Tues, Wed)

Where: Maitland Tennis Centre
Cnr Page & Lowes St East Maitland
Time: 9:00am to 10:30am per day
Price: $50.00 for 3 days per child (Family Discounts Available)
Age: 4 years to 16 years
Standard: Beginner to Intermediate

Name (1): ........................................  D.O.B.: ........................................
Name (2): ........................................  D.O.B.: ........................................
Name (3): ........................................  D.O.B.: ........................................
Address: ...........................................................
Phone (Home): ................................ Mobile: ................................
Email: ...............................................................

BOOK NOW: PH 49345016, 0421882055 or
Online @ www.maitlandtenniscentre.com.au
DONT MISS OUT

EAST MAITLAND ATHLETICS AND LITTLE ATHLETICS CLUB

Registration Nights are at Maitland Recreational Reserve
Online registration is a preferred method from this year

On the following dates:
02 Aug 2014 6:00pm-7:30pm
09 Aug 2014 6:00pm-7:30pm
16 Aug 2014 6:00pm-7:30pm

Tuesday 26 August 2014 10:00am

Registrations are to be done online at:
http://www.eastmaitlandathletics.com
Facebook:
www.facebook.com/eastmaitlandathletics

For more details contact:
0408 813299
0400 322205
0408 254619
Peter Pavey
Secretary
Amy De Prezar
Registrar
Nathan Ng
President

Rutherford little athletics club

Season 2014/2015

Competitive nights start on Wednesday 7th October 2014 at Maitland Oval (corner of Maitland & Oxley Street)

Please come to our registration day at our friendly Matilda Oval
- Wednesday 22nd September 2014 from 4:30pm to 5:30pm
- Thursday 23rd September 2014 from 3:00pm to 5:00pm
- Thursday 24th September 2014 from 3:30pm to 5:30pm

Cost of Registration:

- Under 6’s and Under 10’s: $15.00
- Under 11’s to Under 14’s: $30.00

Cost of Ensembles: T-shirt and shorts $10.00 each