At East Maitland Public School we promote the Crunch and Sip Program as outlined in the media attached to this newsletter. It is all part of our Fruit Break program each morning, in every classroom across the school.

As Part of the Healthy Eating Pyramid the Eat Most section of the pyramid includes the foods we should eat the greatest quantities. Fruit and vegetables provide carbohydrates, vitamins, minerals, antioxidants and phytochemicals.

Children are encouraged to Go for 2&5® for good health. It is important to eat a variety of fruit and vegetables every day. Include raw and cooked, and many different colours. The amount of fruit and vegetables recommended depends on age, appetite and activity levels. The Eat Moderately section of the pyramid includes the foods we should eat often, but in limited quantities. These are the high protein foods such as lean meats, poultry, fish, eggs, nuts, milk, cheese and yoghurt. Reduced-fat dairy foods are the best choice. Milk, yoghurt and cheese are high in protein for energy and muscle development. They are also high in calcium and other minerals essential for bone strength which is why we will allow some flexibility to include Non-Fat Yoghurt and Cheese if your child cannot eat the other options.

I Hope everyone has a happy and safe holiday. See you all back on Tuesday 7th October for a very busy term 4.

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Recommended daily intake of fruit and vegetables for children and adolescents.

<table>
<thead>
<tr>
<th>Age of child (years)</th>
<th>Fruit (serves)</th>
<th>Vegetables (serves)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-7</td>
<td>1-2</td>
<td>2-4</td>
</tr>
<tr>
<td>8-11</td>
<td>1-2</td>
<td>3-5</td>
</tr>
<tr>
<td>12-18</td>
<td>3-4</td>
<td>4-9</td>
</tr>
</tbody>
</table>

**Fruit**
- 1 medium piece (e.g. apple)
- 2 small pieces (e.g. apricots)
- 1 cup chopped or canned fruit

**Vegetable**
- 1/2 cup cooked vegetables or cooked legumes
- 1 medium portion
- 1 cup salad vegetables
Why are fruit and vegetables important?
As a group, fruit and vegetables are rich in vitamins and minerals. They provide other nutrients important for growth and development, such as dietary fibre, needed to avoid constipation.

Why is water important?
Not drinking enough fluid can quickly cause dehydration which can lead to headaches and irritability, particularly in children. Thirst is not a good indicator - by the time children feel thirsty, they are already dehydrated.

Children rarely drink enough water and often forget to drink unless reminded.

Allowing and reminding students to drink water in class helps them to drink more.

Tips to support Crunch&Sip®

✔ Don't forget Crunch&Sip® in the school bag every day
Includes:
• An extra piece of fruit or salad vegetables to eat in the classroom
• A small clear plastic water bottle to keep in the classroom

✔ Be a role model
Let your children see you eat and enjoy fruit and vegetables and drink water daily. Children are influenced by family eating habits.

✔ Plan ahead
Have pre-washed, easy-to-eat Crunch&Sip® snacks ready to take to school. For younger children send cut up fruit or salad vegetables. Be sure that your child’s water bottle is clearly marked with their name and cleaned each day.

✔ Buy in season
Fruit and vegetables that are in season taste great, are good quality and value for money.

✔ Encourage a variety of fruit and vegetables
Take your children shopping to allow them to choose fruit and vegetables to take to school

✔ Involve your children in growing their own vegetables
It has been shown that children who are involved in the growing process are more likely to try new vegetables.

Supported by

[Department of Health logo]
[NSW Cancer Council logo]

A joint Australian, State and Territory Government Initiative.
School News

Library News
Congratulations to the following students who won the colouring-in competition in their year group:
- Kindergarten: Jorja Lorenz
- Year 1: Sophie Davis
- Year 2: Izzy Threlfo
- Year 3: Sebastian Rodet
- Year 4: Samuel Lightfoot
- Year 5: Jayden Straker
Support Unit: Adam Barlow

Banner Winners

Cross Country
Imogen Pickard-Ling, Will Dyson, Bec Davey, Sam Rutherford, Jared Anderson, Josie Morley.

Athletics
Josie Morley, Isabelle Armstrong, Coby Wetini, Alex Murphy, Henry Edwards, Samantha Taylor.

Uni NSW English Competition
Twenty-four children participated in this competition earlier this term. Those students whose achievements were outstanding were awarded with Certificates of Merit, Credit, Distinction and High Distinction.

Certificate of Credit
- Coen Morgan Year 2
- Katie Slater Year 2
- James Williams Year 2
- Alex Corning Year 3
- Emily Slater Year 3
- Jacinta Fussell Year 4
- Edward Horner Year 4
- Caitlin Newall Year 4

Certificate of Merit
- Zane Williams Year 2

Certificate of Distinction
- Natalie Williams Year 4
- Jeremy Boardman Year 6

Congratulations to these children and all who entered.

1H’s Writer of the Week
I am looking for a snake. It has scales, a black tail, a red belly and green eyes. It likes to shed its skin. It eats insects. If you find it please ring this number 68 22 11 55.
- Jacobie

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

Uniform Shop

Prices:
Hats $14
Navy Shorts $15
Shirts $20 (2 for $35)
Tri-Coloured Sports Shorts $20

Pre-loved uniform donations are always welcome. Please ensure the clothing is washed and in good condition.

TERM 3 ROSTER
TUESDAY
16/09 Kerry & Jo
THURSDAY
18/09 Kerry & Katie

Reminders
- Term 4 Gymnastic Program money is due by 10th October.
P&C News

East Maitland Public School
Footy Finals Fundraiser

Sunday 5th October

Celebrate the Footy Finals with Pizza from East Maitland Eagle Boys. $1.00 from every pizza sold will be donated to the school. Code word “finals footy” choice of a FREE Garlic Bread or Potato Wedges. “Go the Bunnies”

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.”


“Good luck to the Lava Girls and the Wasps playing for East Maitland in the Netball Grand Final on Saturday.”

Kindergarten

Tuesday 4th Nov - Kinder Orientation
Parent Buddy Morning Tea.
Volunteers required from approx. 10am till 11:15am

Giddy Up Melbourne Cup lunch to follow for those interested. Venue to be advised.

HELEN O'GRADY
DRAMA ACADEMY
2014

“Increase your child’s communication skills, self confidence and creative thinking.”

MAITLAND
DRAMA CLASSES
PRODUCTION TERM

PRIMARY: 7 - 12 Years
YOUTH: 12 - 16 Years

MAITLAND Polish Hall (Grant Rd)
Enrolments now being taken for PRODUCTION TERM (Established over 20 years in Polish Hall)

Principal: Stan蜒
Ph: 02 49 90 2933 for details - dramaacademy@kgnland.com

ART CLASSES
For Ages 7yrs -13yrs

NOW ENROLLING FOR TERM 4
LIMITED SPACES STILL AVAILABLE FOR
SATURDAYS
9am-10am or 10.30 -11.30
MONDAYS
5PM -6PM

COST: $15* per lesson
* For full term bookings;
First lesson FREE

For more details
Call 0400 316 114
Ph. 0400 316 114

Books essential

Where? THORNTON
Holiday Fun

BASKETBALL FUN DAY AND MULTISPORTS FUN DAY!

Monday 22nd & Tuesday 23rd September 2014
Day 1 - Basketball, Day 2 - Multisport
Cost: $50.00 for the 2 days or $30.00 for 1 day, Families with 2 or more children pay $15.00 per child there after
Lunch is provided (sausage sizzle) but kids are to bring their own morning tea and drinks for the day. Canteen facilities will be available.

PLEASE NOTE - NO BASKETBALL EXPERIENCE REQUIRED – IT’S A FUN DAY OF LEARNING AND GAMES
Where: Maitland Federation Centre, 10 Bent Street, Maitland 2320
Time: 9-30am to 3-00pm (please arrive by 9-15am for registration)
Ages: Open to infants and primary school children 5 years and over

MAITLAND BASKETBALL ASSOCIATION
BASKETBALL FUN DAY / MULTI-SPORTS FUN DAY – APPLICATION FORM

<table>
<thead>
<tr>
<th>CHILD'S NAME</th>
<th>SURNAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARENT'S NAMES</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADDRESS</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>DATE OF BIRTH</th>
<th>YEAR AT SCHOOL</th>
<th>SCHOOL ATTENDED</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>TELEPHONE: (H)</th>
<th>(Mobile- Parent)</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>DATE YOU WISH TO ATTEND (PLEASE CIRCLE)</th>
<th>Day #1</th>
<th>Day #2</th>
<th>Both Days</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>ANY MEDICAL CONDITIONS OF WHICH WE SHOULD BE AWARE:</th>
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</thead>
</table>

Please hand your Application Form and payment in at the office of Maitland Basketball, 10 Bent Street, Maitland or post to Maitland Basketball, PO Box 100, Maitland 2320. For further information, please contact Maitland Basketball Association’s officer on 4934 3619.

Risk Warning: There are risks of injury associated with playing most sports. Risks will arise in the course of the activities of running, catching, throwing, shooting, and guarding opposing players. While we aim to minimise risks, it is not possible to eliminate them all.

I hereby authorise the staff and volunteers of Maitland Basketball to act for me according to their best judgement in any emergency requiring medical attention and I agree to hold Maitland Basketball and its staff and volunteers harmless and indemnify them in respect of anything so done. In addition, I hereby waive any liability to any person or persons in the Maitland Basketball’s Multisport Camps, whether arising through the negligence or breach of contract of the Camps or any of them or from any other cause. I understand that public liability and professional indemnity insurance is held by Maitland Basketball but subject to the terms of the relevant policies. Further, I understand