Congratulations to all students for a very successful and positive return to school in 2017. We have had excellent engagement in class, and the students’ positive approach to their learning and willingness to attempt new work has been pleasing to see.

The Talwood State School P&C will be holding their first meeting of the year on Monday 13th February, commencing with a BBQ, to welcome all families (new and old) to our school community. This will commence at 6pm, followed by the meeting at 7pm. Please come along and get involved in the P&C for 2017.

Swimming starts again this Friday 10th of March. With this current sustained heat, please ensure your child/children has plenty of water and that they have their school hat with them before leaving for swimming.

Lars de Gier, Teaching Principal

CELEBRATING SUCCESS

This week we recognised Gus Bate, Ryan and Maddison de Gier, our first students of the week for 2017. Congratulations to all of you!
COMMUNITY NOTICES

GOONDIWINDI JUNIOR RUGBY LEAGUE SIGN ON DAY!!
SATURDAY 18 FEBRUARY 2017
9:00am - 2:00pm
@ The Clubhouse
Cost:
Under 7’s - Under 10’s $110.00
Under 11’s - Under 16’s $130.00
Please bring a copy of your child's birth certificate if this is their first time playing for GJRL

Boomi Triathlons
Next on Sunday 19th February 2017
All ages and abilities welcome including adults and teams

Event AA  Swim across big pool at the shallow end with or without kickboards or run across the baby pool./80m bike/80 m run approx. (parents can run with children)
Event A   25m swim/1.5km bike/400m run (kickboard can be used for swim)
Event B   50m swim/2.5km bike/500m run
Event C   100m swim/3.5km bike/800m run
Event D   150m swim/5km bike/1km run
Event E   300m swim/10km bike/2.5km run

For more information please contact Susan on luttonsusan@hotmail.com or 0427 771857
Resource Section 3:
BRINGING SUITABLE FOODS FROM HOME
Suggestions for Parents

HEALTHY FOODS FROM HOME
★ Good nutrition involves eating a variety of foods. Encouraging healthy choices from an early age ensures good habits in the future. Healthy food choices include:

**BREADS AND CEREALS**
- bread, bread rolls
- breadsticks
- fruit loaf, fruit buns
- scones
- pikelets
- muffins
- crumpets
- wholegrain breakfast cereals
- pasta (including tin spaghetti)
- rice
- noodles
- crispbreads
- rice cakes
- plain sweet biscuits

**MILK AND DAIRY PRODUCTS**
- milk (fresh, long life, plain or flavoured)
- cultured milk
- custards (fresh or long life)
- calcium fortified soy drinks
- instant puddings made on milk
- dairy dessert
- yoghurt
- fromage/fruche
- cheese, cheese dips
- creamed rice

**FRUIT AND VEGETABLES**
- fruit (fresh, frozen, packaged or tinned)
- fruit juices
- fruit ice blocks
- vegetables/vegetable sticks (raw, cooked)
- salad

**MEAT AND MEAT SUBSTITUTES**
- cold meats, meat balls
- chicken
- tinned fish (tuna, salmon)
- eggs
- legumes and legume products (baked beans)
- tofu
- plain nut pastes

★ Foods such as chips and chocolate bars contain fat, salt and/or sugar and are not considered suitable for children.

★ Foods that are high in sugar (chocolate, lollies, sticky fruit snacks) are also not good choices as they increase the likelihood of tooth decay.
HEALTHY AND EASY LUNCHBOX IDEAS

* A lunchbox should contain foods from all of the food groups.

** BREADS & CEREALS**
2 serves
1 serve = 1 slice bread
or 1 small muffin
or 2-3 crispbreads
or 1/3 to 1/2 cup cooked rice/pasta

** VEGETABLES**
1 serve
1 serve = 1/2 cup vegetables/salad

** DAIRY**
3 serves
1 serve = 1/2 cup milk
or 15g cheese
or 1/2 cup yoghurt

** MEAT AND MEAT SUBSTITUTES**
1 serve
1 serve = 1 small slice of red/white meat
or 1/3 cup cooked legumes (baked beans, lentils, chickpeas)
or 1 egg

** FOOD SAFETY**
Keep foods cold by using:
* frozen drinks
* freezer packs
* insulated lunchboxes and bags

- Remember -
- Always wash hands!

** Lunchbox menu ideas**

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<tr>
<th>MORNING TEA</th>
<th>EXAMPLE ONLY</th>
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| 1/2 cup milk (100ml)
1 scone with butter and jam | 1/2 cup flavoured milk
1 tin fruit
2 pikelets with butter and jam | 1/2 cup milk
1 slice of fruit loaf
1/2 apple |

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<th>LUNCH</th>
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| 1 ham and cheese sandwich
1/2 tub yoghurt
1 piece fruit | 1 vegemite sandwich
1 piece cheese
1 hard boiled egg | 2 crispbread with cheese
celery sticks
orange wedges |

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<tr>
<th>AFTERNOON TEA</th>
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| 1/2 cup milk
plain sultanas
biscuits
carrot sticks | 1/2 cup milk
1/2 cup mixed salad
1 small muffin | 1/2 peanut paste
sandwich
custard dessert |