A NEW YEAR HAS BEGUN... and it’s moving fast!

Welcome to the first Health & Wellbeing newsletter for 2014. Here we are half way through Term 1 already. It has been such a busy start to the year that I am sure we have already forgotten that we or the kids have had a holiday.

Welcome to our new Preps and their families. It has been wonderful to see so many eager, smiling faces and the lovely interactions between our Preps and their Year 6’s buddies, who have been working hard to ensure that the Preps feel welcome and comfortable in their new surroundings.

All children need to feel that school is a safe place where people care about them, their needs for support, respect and friendship are met and they are able to get help to work out problems.

Our focus on relationship building and our Behaviour Management strategies which were described in a letter that was sent home last week, support our endeavour to help our children to feel safe, connected and engaged in their learning. (If you didn’t receive a copy please contact your child’s teacher or the office.)

Parents can of course help with this. Attached is an article by parenting expert Michael Grose who reminds us that positive parent involvement can be the secret ingredient to children’s school success. One practical way to assist your child as a learner is to become actively involved in his or her school life as it demonstrates to them that you value learning as well.

We have listed some interesting resources for you to check out in this newsletter – these are ones mainly about FOOD as it was a topic that was mentioned at the Prep Parent Information night.

If you have any resources yourself that you think other parents might be interested in please email me the links. We would love to include them in future newsletters. mmasseni001@smaltona.catholic.edu.au

Stay Healthy... Margaret Masseni (Student Wellbeing Leader)
DID YOU KNOW?

Sharing books with your child plays a big part in your child successfully learning to read. 

Reading aloud and sharing stories is a great way to spend time together no matter how old they are. Even better, reading and storytelling helps promote language, literacy and brain development.

READ MORE...on the RAISING CHILDREN NETWORK WEBSITE

http://raisingchildren.net.au/articles/reading.html

The Raising Children website is a complete resource for helping parents raise children from newborns through to teenagers. The award-winning site includes up-to-the-minute articles and accessible tools and resources to help parents make the right decisions for their families. www.raisingchildren.net.au

WHAT DO I PUT IN THAT LUNCH BOX DAY AFTER DAY AFTER DAY?

HAVING TROUBLE OF ADDING VARIETY TO LUNCHBOXES?
taste.com.au and the Raising Children Network have some helpful ideas – check out these websites (Go to this newsletter on our school website and you’ll be able to click the links directly – WELLBEING: Health & Wellbeing newsletters)

RECIPES

HEALTHY EATING ARTICLES
- http://raisingchildren.net.au/articles/school_age_nutrition_nutshell.html

Super-Healthy Banana, Apricot and Date Oat Bars – www.taste.com.au

- 3 large ripe bananas
- 3 cups traditional rolled oats
- 1/4 cup finely chopped dried dates
- 1/4 cup finely chopped dried apricots
- 1/4 cup slivered almonds
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoons vanilla extract

METHOD
- Preheat oven to 180°C/160°C fan-forced. Grease a 16cm x 25.5cm (base) slice pan. Line with baking paper, extending paper 2cm above edges of pan.
- Mash banana until smooth. Add oats, dates, apricots, almonds, cinnamon and vanilla. Stir until well combined.
- Spoon into prepared pan. Using the back of a spoon, press evenly into pan.
- Bake for 30 to 35 minutes or until golden. Cool completely. Cut into small bars. Serve

Here are some healthy lunch ideas for kids – and grown ups!

LUNCH MAINS
- Wholemeal sandwich with roast chicken, lettuce & avocado
- Wrap with turkey, avocado, lettuce & mango chutney
- Wholemeal sandwich with egg, healthy mayo (Greek yogurt & wholegrain mustard) & lettuce
- Individual vegie frittata (leftovers make great lunches)
- Multigrain roll with cheese, lettuce, carrot & cucumber

SNACKS
- Hummus with carrot and celery sticks
- Small tubs of yogurt (Jalna is a good one)
- Air popped popcorn with sunflower & pumpkin seeds, sultanas & dried apricots
- Tzatziki dip with plain rice crackers or wholemeal crackers
- Wholemeal banana muffin
- Super Healthy Banana, Apricot & Oat Bars (recipe on this page)

Alternatives to Chips!
Nibble Mix: Cereal, dried fruit, air popped popcorn / Rice crackers / Rice Cakes / Air popped popcorn (plain) / Mini toasts / Pretzels / Pita bread triangles: Toasted in the oven / Pappadams & prawn crackers: Cooked in the microwave

DID YOU KNOW?

OUR SCHOOL WEBSITE lists many RESOURCES FOR PARENTS in our WELLBEING section.

You’ll find links to great websites and articles with wonderful advice about all sorts of issues we as parents face – featuring Parenting Expert Michael Grose, Parent Wellbeing website, Raising Children Network and more.

Sample articles attached to this newsletter – The Power of a Sincere Compliment & Parent Involvement – the secret ingredient to children’s school success.

Please see attached sample articles for further ideas.