Dear Parents/Carers,

Welcome to Week 6.

Parent Survey
A short parent survey was attached to last week’s newsletter. It would be wonderful to get 51 back (that is the number of families we have here at Caniaba). Please take a few minutes to fill the survey out and send it back to school.

Canteen
As you know our school canteen follows the three categories – RED AMBER & GREEN. This is the food spectrum that shows where certain foods fit in the menu. Within the NSW Healthy Canteen Strategy RED foods are limited to 2 occasions per term. The RED category includes all confectionary, all deep fried foods, savoury snack foods (most crisps, chips and other similar products), ice creams, cakes, muffins, sweet pastries & slices (croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices. Large serves of many cakes and muffins).

We are one of the only schools who still allow donations of food for afternoon tea from the canteen. Recently we have had some amazing cooking sent in, however most of this food has been in the RED category and does not support our policy to provide a healthy canteen for our young kids. I know that if our canteen underwent an inspection, we would fail because of this.

We do not want to stop parents/carers/grandparents from cooking for our canteen, but we do need to take a serious look at what we are providing in terms of healthy food choices for our kids. All food portions provided to our canteen needs to be less than 300 kilojoules and not be in the red category. I have spoken with our canteen co-ordinators and we have agreed to take a much closer look at what we are selling to our kids. Sometimes this may mean that we don’t actually sell some of the food which is sent in for afternoon tea.

Cooper Hepburn
Kinder/Year 1

Brodie Sharpe
Years 2/3

Keeley Duncan
Years 4/5/6

Other Award Recipients
Connor Duncan, Dylan Loghem, Leeam Dhesi, Kiah Smart, Jaiden White, Sam Ianna, Kate O’Kane, Jacob O’Kane, Chloe Ireland, Amery Fryer
Lunches
I am always amazed at the range of healthy lunches provided to our students on a regular basis. I am concerned however that some students are beginning to consistently bring some very unhealthy choices in their lunch boxes. I can understand giving kids treats (I did with my own), but many students are now bringing chocolate bars, chips, twisties, two minute noodles etc. on a daily basis. I ask that you please limit these in school lunch boxes. Hopefully we can work together to teach our kids about healthy foods and the effect this has on their growing bodies.

Intensive Swimming
All Kindergarten, Year 1 and Year 2 students will be going to intensive swimming classes for the next two weeks. Only those students in Years 3, 4, 5 & 6 who cannot swim 50 metres can also go. The NSW Department of Education and Communities, School swimming and Water Safety Program commenced in NSW Government primary schools in 1954. It provides students with Government funded free swimming and water safety instruction.

Closing Thought:
"Don’t find fault, find a remedy." -- Henry Ford

Jude Voisey, Principal.

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Bookclub catalogues are attached and orders and money are due back by 24th November

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Canteen Roster

**Tomorrow**
Organiser: Deb Regeling
Helper: Catherine (Deb Da Fre’s Mum)
Supplier: Melinda Czartowski ($20 option)
Stacey Sharpe 0401 814 891
Michelle Jung 6663 1345

**Next Week**
Organiser: Pete Fassos
Helper: Donna Restall 0439 249 668
Supplier: Dawn Smart ($20 option)
Liz Clark 0466 791 581
Janelle Shackel 0468 688 376
**Intensive Swimming Scheme**

All students in Kindergarten, Year 1 and Year 2 along with any students in Years 3-6 who cannot swim 50 metres will be going to intensive swimming commencing next Monday 17\textsuperscript{th}. Please be aware that permission notes and money will need to be returned prior to the commencement of the program.

Intensive swimming is part of our PD/H/PE program and teaches water safety and skills that many private lessons do not cover. As this is a normal school activity for these two weeks it is essential that all K-2 students attend. Due to the time of swimming for our students could you please pack 3 separate food packs – morning tea, lunch and a small snack.

Jude Voisey, Principal.

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**PERMISSION NOTE**

Intensive Swimming

I give permission for my child/children …………………………………to attend the Intensive Swimming Program at the Lismore Memorial Pool from Monday 17\textsuperscript{th} to Friday 28\textsuperscript{th} November. Our session will be from 10.30 to 11.30am and transport will be by bus. The cost per student including tuition, pool entry and bus is $60. Please send permission and money into the office prior to commencement of the program.

Signed: ……………………………………………… Amount enclosed $.....................