Dear Parents/Carers,

Welcome to Week 11.

I would like to take this opportunity to wish you all a very happy, safe holiday. Our staff and students have worked extremely hard this term and deserve a well-earned break. Next term is already looking very busy.

Mother’s Day High Tea and Frock-Up
On Thursday 8th May we will be hosting a High Tea and Frock-Up for all of our mum’s and grandma’s here at school from 11:30 a.m. -1:30 p.m. We have also arranged a speaker from the Cancer Council to attend. Please put this into your calendar. We would love to see you here. The High Tea will be served at 11.30am and the speaker will follow.

Welcome Disco
Please come along for a night of fun tonight Thursday 10th April from 6 – 7:30 p.m. All students who are coming must be with an adult as staff are not responsible for the supervision of students at these events.

Anzac Day March
Please see the attached information regarding the Anzac Day March in Lismore. We would love to see as many of our students as possible take part in this.

Life Education
Our students attended the Life Education Van (Healthy Harold) on Tuesday. A huge thank you to the P&C for supporting this initiative ensuring that all students once again benefit from this program.
Wombeyan Caves Conference
I attended this conference last Wednesday, Thursday and Friday. We covered a new Aboriginal Education initiative which has been trialled in the southern districts of NSW and may well be released to the rest of the state as a lighthouse program, technology to support iPads, the new Resource Allocation Model introduced into all NSW Public Schools this year, a new and very interesting science topic, ‘Climate Watch’, supported by our Environmental Education Centres and I presented a session on Teacher Accreditation. It was wonderful to be able to speak with many other small school Principals about the wonderful programs running in our schools and the challenges of providing a sound education to all of our students.

Canteen
Our wonderful canteen committee is launching a new Winter Menu which begins next term. It follows mandatory guidelines for school canteens through the Fresh Tastes @ School program, which is an initiative established through NSW Health with the complete support of the NSW Department of Education and Communities. This is part of the Department of Education and Communities Nutrition Policy. Also attached to this newsletter is a copy of amendment changes which will be added to our Canteen Policy. Please take the time to read through this. Sadly we have had some complaints from parents regarding some of the food items and prices of our new menu. As a staff we are absolutely committed to providing a healthy canteen and following mandatory guidelines. We are very lucky at Caniaba Public School to have the services of Peter Fassos with his wealth of experience and knowledge in running Healthy Canteens and we are very proud of the changes we have made to ensure our students have access to a healthy menu in our canteen. Food prices reflect the cost of the ingredients as well as the Traffic Light selections. An example of this is our Mini Pie price. The pie comes under the Amber Light. These foods and drinks should be selected carefully to add variety to the menu and eaten in moderation. They have some nutritional value, contain moderate levels of saturated fat, and/or sugars and/or salt. They can, in larger serves, contribute to excess energy intake. These foods should be priced higher to encourage consumers to eat less of them. We have every intention of supporting our canteen committee and our P&C committee in further changes to ensure we are a very Healthy Canteen. Any complaints should be directed in writing to our Canteen Committee.

I would also like to take this opportunity to thank Deb Regeling for her untiring work in supporting our canteen and the many volunteers who help to make our canteen one of the best on the North Coast. Without our volunteers we would not be able to run a functioning canteen.

Closing Thought:
"Don't let life discourage you; everyone who got where he is had to begin where he was.”  -- Richard L. Evans

Jude Voisey, Principal.

Charity Easter Egg Collection for Meals on Wheels Clients
Fantastic effort from everyone for the great collection of eggs we have for the Meals on Wheels clients. These will be presented to Paula from Meals on Wheels at the Assembly Friday afternoon.

Anzac March – Friday 25th April (last Friday of holidays)
Traditionally Caniaba Public School marches in Lismore on Anzac Day. We would like as many students as possible to join us in Lismore this year with Caniaba staff. Students should be dressed in full school uniform and meet us in the Brown’s Creek car park at 9 a.m. The march begins at 9:30 a.m. and we ask that parents and carers collect students from the cenotaph at the end of the march (around 10 a.m.). Students are not expected to stay for the service. Year 6 student representatives will lay a wreath on behalf of Caniaba PS at the service. STOP PRESS 8.30AM

Class Set of iPads with the Northern Star
Thanks for the tremendous effort in collecting an incredible number of vouchers for this competition. It was good to see the prize go to another small school, Mummulgum were the very happy winners. Well done to their students and community for that achievement and thanks again to everyone who supported our school in this competition.

Thanks, Sally McPherson
Welcome to new parents/families Disco
6-7.30pm Tonight
Entry $2/student
BBQ available

Steak sandwich $3.50
Sausage on bread $2.00
Lollie Bags $1.00
Quelch frozen sticks 50c
Chips $1.20
Quench $2.00
Water $1.50
Tea/Coffee $1.00

Bedtime and Dreams
When: Friday 11th April (last day Term 1)
What To Wear: What you dream about or your PJ’s
Cost: Gold coin donation-money to cancer research
Have fun!!! Y6 SRC
There will be a parade at 8.30am

Organiser: Pete Fassos 0406 983 681
Helper: Deb Regeling 0427 719 811
Suppliers Kathryn Clark 6663 1124, Martelle Geurts 6662 2062

Canteen Roster
Tomorrow

Welcome to new parents/families Disco
6-7.30pm Tonight
Entry $2/student
BBQ available

Steak sandwich $3.50
Sausage on bread $2.00
Lollie Bags $1.00
Quelch frozen sticks 50c
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As we come to the end of term the P&C would like to thank all those families who have supported the Canteen this term; organisers, helpers and suppliers. We would also like to thank Pirlo’s who have been delivering a great range of fresh food for us on a weekly basis. Finally a very big thank you to Pete and Deb for providing such tasty food that has been a great hit with everyone and for organising the BBQ for tonight’s disco.

We are looking forward to next term and the new menu which offers some new meals to try as well as keeping some of the kids’ favourites. I know Pete and Deb have worked very hard to come up with a menu that meets the Fresh Tastes@School guidelines and offers variety and value for money. I understand there have been some queries relating to the price and size of some items, the Fresh Tastes@School guidelines has specific criteria regarding portion size and pricing of Amber Foods on the menu and our canteen is following this criteria. As all school canteens must comply with these guidelines we have adjusted our portion sizes and pricing accordingly.

If anyone has any questions or concerns please contact either the Canteen Committee or the P&C, rather than asking on the day. There is also copy of the Fresh Tastes@School Canteen Menu Planning Guide in the School Office which you are welcome to look at.

Thank you to those families who have already returned the Cross Country Roster forms. Please let us know as soon as possible if you are able to help on the day or provide baking. This event is a great fundraising opportunity for us but also shows visitors what a great school community we have and may result in new enrolments for our school.

We will be running a Mother’s Day stall at the school on the morning of Thursday 8th May with a range of gifts priced from $2-$5, more details will follow after the holidays.

Enjoy the disco and have a relaxing break

Deb Da Fre, President P&C
Hey all Happy Healthy Kids and Parents..!

So much exciting and positive news this week that I truly do not know where to start. I guess a good place is our new Menu for Term 2 & 3. Please find attached with this newsletter a brand new version of our Kids Cafe’ menu. As you all know by now we are taking steps to meet criteria of NSW Health, DEC and Fresh Taste’s healthy eating policy. Well we are proud to say we have created a menu that meets policy and still contains tonnes of flavour. The menu is designed around guidelines based on amounts of sodium, saturated fats, Kilojoules etc which are considered safe for our children as they grow and develop healthy bodies and immune systems. Please understand that this task is hard but also fun if you are enthusiastic about it like we are. Unfortunately we have had to change all ordering back to Wednesday PREORDER. This has occurred due to our Friday workload and lunchtime changes. We apologise for any inconvenience. Lastly I would like to add that week 2 (term 2) is our official kick off. First Friday back is our special Cross Country event. Pre-ordering is not necessary that day as we will have plenty of selected items readily available.

By the time you hopefully have read all this it’s time to get your child ready for our first DISCO of the year.yay!! It’s going to be a great night. We are also drawing the winners of the ‘EASTER HOLIDAY FUN BUNDLE’ raffle. A special big thank you to everyone who has donated a gift and purchased tickets. We have received enough gifts to create a 1st, 2nd and 3rd prize. Good luck to all the kids in the draw. The amazing Hepburn family have organised our playlist and equipment for the evening. A special request from Eugene Hepburn is that he has added some songs that the parents know, and would truly love to see you hop up and boogie with your child. What a great idea – please parents.. we dare you -‘for the kids sake of course’ 😊. It’s a $2 entry fee for the disco with all proceeds going to the Hepburn’s for their time and equipment. Heaps of fun ‘red light’ food will be available as well as a BBQ. See you there!

Lastly Canteen committee has some news that will blow your mind. Salina Edmonds (mother of kindy child ‘Lane Edmonds’) has approached us with a donation of 3 brand new fridges and a new oven for our canteen. This offer has been made in conjunction with Farmer Charles Lismore. Yes.. That’s correct – donated! Please re read this statement if in disbelief. The donation is a wow factor and has made our hard fundraising efforts a breeze as we can now direct funds to installation of these items. An official notice will be made early next term as that’s when we will receive them. Dear parents, you can now send to school practically anything that you like now for your child’s lunch and be assured that it’s going to remain fresh and safe. On behalf of Canteen Committee and the P&C we are eternally grateful for this donation. THANK YOU 😊. More information early next term.

Enough from us for now... let’s go and dance.

See you tonight! Pete and Deb.
Caniaba Public School Canteen Committee recognises and values the importance of healthy eating to our Students, Teachers, Parents and Guests. We will ensure a variety of Healthy food and drinks are available during all Canteen events, including Friday openings and ‘special events’.

Standards for food and drink sold:

Caniaba Public School Canteen Committee will:

- Ensure that healthy food choices are promoted and displayed more prominently than other foods.
- Ensure that healthy choices are priced competitively.
- Ensure that the only food and drink advertising, that is displayed, supports our healthy eating policy.
- Plan our menu and special event menu’s using the traffic light ‘Fresh Tastes @ school’ guidelines listed below.
- Complying with the now mandatory requirements of NSW canteen strategies as designed by the Department of education and NSW Health.

**GREEN** – No limits, fill the menu.
These food and drinks are the healthiest choices - should be encouraged and promoted on the menu as foods to be consumed every day. Items listed green contain high levels of nutrients, are low in saturated fats, and/or added sugars and/or salt.

**AMBER** – Select these options carefully.
These foods and drinks should be selected carefully to add variety to the menu and eaten in moderation. They have some nutritional value, contain moderate levels of saturated fat, and/or sugars and/or salt. They can, in larger serves, contribute to excess energy intake.

**RED** – Limited from the menu
These foods and drinks are energy dense and nutrient poor. They are high in saturated fat, and/or sugar and/or salt. They can contribute to excess kilojoule intake and should only be consumed occasionally.

For more information on these guidelines please refer to the ‘Fresh Tastes @ School’ document filed in the Caniaba Public School office.
Caniababa Kids Kafe

Term 2 menu, exclusive to the children of Caniaba Public School 2014.

Lunch orders are now required to be PRE ORDERED by Wednesday of each week. This is due to the short amount of preparation time we have Friday mornings. Please place orders in Red Box near office. It is not mandatory to place this order on your bag. Thank you. HAPPY HEALTHY EATING!

*The star next to Green items guarantees Chef prepared homemade and premium quality.

Childs Name ________________________________________________ Class ______________

GREEN FOODS – Choose frequently!

☐ Stir fry - Steamed rice and soy sautéed winter vegetables, 3 chicken pieces*
☐ BLT – premium eye Bacon, lettuce, tomato, crunchy baguette*
☐ Nacho’s – Mexican style beans, nacho sauce, lettuce, corn chips, cheese*
☐ Spag Bol – Gluten free pasta, lean mince, sauce, sprinkle of cheese*
☐ The infamous Chicken, lettuce and cheese wrap*

ALL MEALS ABOVE ARE $4.00 EACH.

☐ Steamed cobs of corn. fresh and tasty* $2.00
☐ Wicked Salad Box Vegetarian - Crispy, crunchy, fresh and tasty!* $3.00
☐ Add Chicken strips or Ham to the salad plate for an extra $1.00
☐ Please specify choice___________________________________________
☐ Cup of Homemade Soup of the Day, spoon and fresh baby baguette* $2.50

(Available soup choice is – Pumpkin and Minestrone. Check newsletter for ‘whats on’.)

AMBER FOODS – Choose Occasionally

☐ Pizza – Ham and cheese (canteen approved) $3.50
☐ Mini Beef Pies (canteen approved) ... How Many? ____________@ each $1.20
☐ Homemade Mini Sausage Roll ... How Many? ____________@ each $1.50
☐ Homemade Mini Spinach & cheese Roll... How Many? __________@ each $1.50

DRINKS

☐ Focus (canteen approved) Sports Water.. 350ml. ________________@each $2.50
☐ Add/Blck currant, lemonade or raspberry
☐ Juice Popper (canteen approved) Apple, Tropical, orange or Apple n Currant ________@ each $1.00
☐ Quench (canteen approved) natural flavoured spring water–Orange or Apple n Raspberry @ ea $2.00
☐ Big M (canteen approved) low fat Chocolate or Strawberry Milk ________________@ each $1.50
☐ Bottled Spring Water _______________________________@ each $1.50