DATES TO REMEMBER

OCTOBER

18th School Board

22nd P&C Movie Under the Stars—Tom and Jerry

NOVEMBER

1st—5th Bookfair

3rd, 10th, 17th, 24th Basketball coaching

10th P&C Meeting 2:30

19th NCVISSA Summer Carnival

REMEMBER:

NO LUNCH ORDERS AVAILABLE TERM 4

14th October 2021 Issue # 9

WALKAWAY PRIMARY SCHOOL NEWSLETTER

Believe it Achieve it, Advance the Walkaway Way

Dear Parents

Term 4 is here already. Staff and students are already working hard in their last term for 2021. We are looking forward to celebrating our year with you at the Graduation Concert Night on Thursday 9th December, starting at 6pm. The location of the concert will be decided between the undercover or the hall close to or on the day, weather dependent.

This is an important night to celebrate all students and families and, in particular, our graduates for 2021 pictured above enjoying their camp.

SNAKES

We have had our first wriggly visitors to school. Yesterday, all students were reminded of snake safety steps pictured. We would appreciate your support in reinforcing these messages with your child/ren.

We are RESPONSIBLE

UPCOMING DATES TO REMEMBER

November

26th Helping Minds talk with Ambassadors re High School Transition

29th Instrumental Music Performance 9:40

December

9th End of Year Concert 6pm

10th Helping Minds talk with Ambassadors re High School Transition

11th P&C Xmas Tree

16th Last day of school

PARENT INFORMATION BOOK

We are in the process of updating the parent information book. From our survey we had some helpful feedback that it would be good to have explanations of our regular events, eg how open day runs, Father's Day STEM etc. It will include regular procedures such as times, absences, illness etc. If you have other suggestions, please let us know in the office.

HEALTHY EATING POLICY

This year our School Board has been developing a Healthy Eating Policy. I have included it in this newsletter. We have a Board Meeting on Monday and another one later this term. If you have feedback or suggestions for this draft policy, please either speak to your School Board Parent Representative or email me so it can be tabled at the next meeting.

Kind regards,
Megan Barrett, Principal

P&C NEWS

Friday 22nd October is

Movie Under the Stars night (poster in the newsletter). We will be screening Tom and Jerry. Come on down, bring a chair and join in the fun.

Our next meeting is Wednesday 10th November at 2:30

Hope to see you there.

The P&C Christmas Tree is on Saturday 11th December....mark the date on your calendar and come and join us.

We always show RESPECT

Walkaway Primary School

Healthy Food and Drink Policy

At Walkaway Primary School we are committed to the health and well being of our students with a focus on promoting a balanced approach to healthy eating. We strive to work towards providing students with positive experiences and structures that promote and protect health (Health Promoting Schools Framework).

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Walkaway Primary School
Healthy Food and Drink Policy

Walkaway Primary School's Healthy Food and Drink policy:

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
- is compliant with the Department of Education's Healthy Food and Drink policy
- applies to classroom rewards, cooking activities, school camps and excursions

This policy refers to the traffic light system which is a rating applied, indicating how healthy the foods are for you:

GREEN FOOD AND DRINKS

These foods/drinks should be encouraged and promoted and they should fill the canteen/food service menu. In general these foods/drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/ or salt
- help to avoid an intake of excess energy (kilojoules).

Examples include (but are not limited to) fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat dairy products such as milk, yoghurt and cheese, lean meats, fi sh and chicken, eggs, plain water and 100% fruit juice in small sizes.

AMBER FOOD AND DRINKS

Canteen/food service menus should not be dominated by these foods and drinks. They should be limited and chosen carefully. Large serving sizes should not be used. Examples include (but are not limited to) refined cereals with added sugars, full fat dairy foods and commercial products such as Star Choice registered pastry items, snack food bars, ice-creams, cakes, muffins and fruit drinks. Food and drinks that have not been registered in the Star Choice Buyers' Guide may be used if they meet the minimum nutrient criteria for registration.

RED FOODS AND DRINKS

These are called 'extra foods' in The Australian Guide to Healthy Eating. They should not be offered in schools because they:

- lack adequate nutritional value
- are high in saturated fat, and/or added sugar and/or salt
- can contribute excess energy (kilojoule)
- can contribute to tooth decay and erosion.

Examples include (but are not limited to) soft drinks, confectionery, deep fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffins that do not meet the criteria for registration. Sushi, pasta meals and fried rice are suggestions of what can be used to replace the 'RED' foods

PLEASE NOTE: Chewing/Bubble gum is not permitted.

(Further clarification can be found on the Healthy Food Guide on page 4)

Walkaway Primary School
Healthy Food and Drink Policy

PROCEDURES

The school will promote healthy eating within the school community; and

- Develop and implement a school-based policy for the provision of healthy food and drink which meets, or preferably exceeds, the minimum standard for 'green food' and drinks mandated in the Department of Education Healthy Food and Drink Policy which incorporates the following:
    - Students will be supplied only 'green' or 'amber' foods in the school setting and for offsite school events
    - Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.

In addition, the school will:

- Raise awareness of the need to consider those with medical care plans in place for food allergies;
- Educate the community about considering the needs of others;
- Provide the necessary training and procedures to cater for the needs of students with the emergency care plans and food allergies;
- Require the assistance of the community to limit the amount of food in the environment which is common to food allergies;
- Prevent the sharing of personal food items;
- Restrict foods in class cooking activities to those with no allergy link to students; and
- Review and renew allergies and requirements annually.

HEALTHY EATING WILL BE PROMOTED BY

- Including advice in the school newsletter and on the Families of Walkaway Primary School closed Facebook page

SCHOOL CANTEEN

A canteen policy will incorporate the provision of healthy food and drinks and be visible in the canteen alongside the Department of Education Healthy Food and Drink Policy.

The school will ensure the canteen menu promotes a wide range of healthy foods and that it:

- Consists of a minimum of 60% 'green' foods and drinks;
- Consists of a maximum of 40% 'amber' food and drinks;
- Only offers savoury commercial products that are 'amber' foods a maximum of twice per week; and
- Contains no 'red' food and drinks.

AREAS NOT AFFECTED BY THE HEALTHY FOOD AND DRINK POLICY

P&C

Areas where the principal is not directly responsible for food supply are not part of the policy, for example, fundraising by the P & C and school fetes.

Birthday Cakes

Birthday cakes can still be brought to school on a child's birthday. This is because these foods are brought from home. The policy only applies to food and drink supplied by the school. Small Serving sizes are encouraged. Ingredients may be requested.

Walkaway Primary School
Healthy Food and Drink Policy

Department of Education

Public education
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HEALTHY FOOD GUIDE

FACTSHEET

HEALTHY FOOD AND DRINK CHOICES

The school day is busy, filled with learning, concentration and physical activity. Healthy food fuels your children's bodies and gives them the energy and nutrients to get through the day.

Follow these simple steps to ensure your children keep energised throughout the day →

1. **Eat a healthy breakfast.**
2. **Eat plenty of fruit and vegetables.**
3. **Have two to three serves of dairy (reduced fat milk, cheese and yoghurt) to meet daily calcium needs.**
4. **Drink lots of water, the best thirst quencher.**
5. **Eat readily available healthy snacks as needed.**

GREEN — FILL LUNCHBOX

Breads	A variety of bread types.
Grains	Wholegrain cereals, pasta, noodles and rice.
Vegetables	Vegetables and salads with reduced fat dressing.
Fruit	Fresh, frozen and tinned fruit in natural juices.
Legumes	Tinned and cooked legumes, for example bean mix and kidney beans.
Reduced fat dairy items	Reduced fat milk (plain and flavoured), reduced fat yoghurt (fresh and frozen, plain and fruit) and low fat cheese.
Sandwich fillings	All lean meats, chicken (no skin), fish such as tuna, salmon and sardines.
Hot food	Toasted sandwiches and hot rolls, baked potatoes, rice, soups, toast.
Snacks	Yoghurt (reduced fat fresh and frozen, plain and fruit), scones, raisin and fruit toast.
Drinks	Water, and plain mineral water, reduced fat flavoured milk (375ml milk or less)

Place this on your fridge for lunchbox and healthy recipe ideas.

AMBER — SELECT CAREFULLY

Breakfast cereals	Refined cereals with added sugar.
Full fat dairy foods	Milk, custard, dairy desserts, cheese.
Savoury foods	Oven baked fish, chicken, potatoes.
Snack food bars	Breakfast, cereal, fruit bars.
Fruit	Dried Fruit.
Savoury snacks	Flavoured popcorn, rice crackers.
Drinks	Fruit juice that is 99% fruit juice (250ml or less).

RED — OFF THE MENU

Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks, flavoured mineral waters, high caffeine and guarana.
Confectionery	All types, caramelised popcorn.
Pastry items	All types such as eclairs, cream puffs and strudels.
Sandwich fillings	All types of high fat meats such as polony/salami, honey, jam, chocolate spreads and confectionery sprinkles.
Deep fried foods	All types.
Savoury snacks	Crisps and chips.
Frozen treats	Chocolate coated and ice-creams.
Sweet treats	Croissants, doughnuts, cream filled buns, cakes, pastries and slices.

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We are keen to COOPERATE

Term 4 2021

WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	**October** 11 School Development Day	12	13 Talented Young Writers	14	15	16	17
2	18 School Board 1.40	19	20	21	22 Walkaway P&C Movie Night	23	24
3	25	26	27	28	29	30	3
4	**November** 1	2	3 Basketball Clinic	4	5	6	7
5	8	9	10 P&C Meeting 2:30 Basketball Clinic	11	12	13	14
6	15	16	17 Basketball Clinic	18	19 NCVISSA Summer Carnival	20	21
7	22	23	24 Basketball Clinic	25	26 Helping Minds High School Transition Workshop @ school	27	28
8	29 Instrumental Music Performance 9.40-10.25	30	**December** 1	2	3	4	5
9	6	7	8	9 Graduation Concert 6pm	10 Helping Minds High School Transition Workshop @ school	11 P&C Xmas Tree	12
10	13	14	15	16 End of Term	17		