MOVE WELL, EAT WELL – NUDE LUNCH WEDNESDAYS
As you are aware we are working towards being an accredited Move Well, Eat Well school. A part of this process involves thinking about food in different ways.
To encourage our students to think about processed and packaged food differently we are encouraging our students to have a 'nude' lunch on Wednesdays. This means lunches need to have the least amount of packaging and packaged foods as possible.

The Move Well, Eat Well campaign has some suggestions;

WRAPPER FREE LUNCHES
Wrapper free lunches are good for the environment and tend to be cheaper and more nutritious than pre-packaged foods. Below are some tips and ideas for packing a wrapper free lunch and some low cost, healthy lunchbox ideas.

REUSABLE PACKAGING
Have a variety of the following items on hand at home to make it easy to pack a wrapper free lunch:
• Different sized, reusable containers
• A compartmented box, to separate dry and wet foods
• Snap lock bags can be re-used
• A reusable water bottle

HOW TO KEEP LUNCHBOXES SAFE AND REDUCE WRAPPER RUBBISH
• Limit individually wrapped muesli bars, biscuits, cheese and dips as these wrappings are not recyclable.
• Be aware of foods that go off quickly like dairy foods, meat and eggs. Pack an ice pack or frozen drink bottle to keep these foods cold.
• At the end of the day throw away any uneaten food unless it's non perishable food that has been sealed in a container e.g. crackers.
• Wash all lunchboxes, containers and snap lock bags in hot soapy water.

This will be an ongoing process, it will hopefully encourage children to be aware of many kinds of food.

PLAYGROUP
Playgroup Tasmania is held in the Lenah Valley Campus Kinder room every Friday from 9.30 – 12noon. 0 – 5 years welcome. Please phone Lynda for more information on 0422 407 055.

SANDSHOES – DAILY PE
The Lenah Valley campus staff is happy to support students changing into their sandshoes for Daily PE and lunch. This suggestion was raised at the P&F. Issues such as the cost of school shoes, shoes being lost, time being lost to shoe changing and the difficulty for some children to tie shoelaces were all discussed. Children must come to school and leave school in their school shoes. Changing into sandshoes for Daily PE and/or lunch is entirely optional. If you choose for your child to take this option can you please ensure shoes are named clearly and your child is proficient, or is working towards, being independent with shoe laces.

BUDDIES
Our buddy program began this week. Junior and Senior classes are paired together and will meet fortnightly. During this time together students will share many learning activities. These may range from reading, gardening, games or concrete activities.
The purpose of this shared time is to continue to build our community. Children are able to become friends with older and younger children, look out for each other and enjoy each other’s company. We are looking forward to seeing this program unfold during the year.

This week Buddy time was devoted to the celebration of Shrove Tuesday. The children made and shared pancakes. The afternoon was one of laughter and a shared purpose.

EARLY YEARS SWIMMING
Unfortunately due to bad weather this has been postponed. It will now be held on Monday the 21st of March at 12.00pm. We are hoping for a day more suited to swimming!

PRIMARY SWIMMING CARNIVAL
Congratulations to all students on their excellent participation and performances at the Swimming Carnival. Many thanks to those parents who were able to attend and help on this very busy and exciting day.
Also thanks must go to the staff who work incredibly hard on the day, organising and marshalling students. Thanks to Jill Long and Eric Monaghan for organising a fantastic day.

At this stage the winning house has not been announced. We are waiting excitedly for this news.

VALUES AND VIRTUES
This sharing time begins on a Tuesday morning with Gathering and continues in the classroom. Beginning the week reflecting on the importance of being genuine (last week) and forgiving (this week) has been a positive and reflective way for students to think about how to interact with other people.

We continue Gathering with drawing the winning TEAM ticket of the week.

NEW TECHNOLOGY
Our time together this week in the hall was enhanced by a new data projector. This is the beginning of our technology upgrade that will be completed by the end of Term 2. The upgrade will include fantastic systems for all classrooms and a range of technology accessible to students.

BUILDING UPDATE
Once again, thank you for your patience with parking and collecting your students around the campus. Despite great gains in the building, indenent weather prevented a major cement pour. Hopefully, this time can be made up and we will remain on schedule. The new facilities should be available early in Term 2. The renovation on the senior block will then begin.

PARENT TEACHER INTERVIEWS
Parent Teacher interviews are scheduled earlier than usual this year. This is because of the change in term structure and the need to avoid clashes with curriculum planning meeting within the Catholic System.
Parent Teacher Interviews will be held on:

Monday 21st of March and Tuesday 22nd March – Kinder, Prep, 3 and 4
Monday 21st March and Monday the 28th March – Grade 1, 2 and 5, 6

Letters and information will be going home shortly so that time allocations can be organised.

Parent Teacher interviews are vital for the communication between home and school to be clear and open. This is a fantastic opportunity for parents to discuss the progress of their child.
CHALK TALK – GRADE 1 BLUE
In Grade One Blue, we have had a busy and interesting start to the year. We have been doing some science and experimenting with changes that may happen to different matter. We came up with some ideas on what we thought science was. Science is when you are doing something really special, that is really hard, like making goo. Amber Science is making things like toilets and airplanes. *Lara* Science is making potions that cure diseases. *Caelan* Science is when you create something like a dinosaur and say, “IT’S ALIVE!” *Toby*
Science is when you try and find out stuff that the world doesn’t know. *Cassie* Science is creating something new out of old pieces. *Brodie* Science can be something that you found that no-one else found. *Michela* Science is making stuff that was old and making it again. *Yanni* Science is finding really fragile things that no-one else has found before. *Isaac* Science is mixing things together and making a potion. *Lottie* Science is fixing rockets. *Yadiel* Science is when somebody makes new things like potion. *Lucas F* Science is if you have a secret lab in your house and you make potions. That’s what I think science is. *Daniel*
Science is when you have a potion and you put it with another one— it will make something. *Ben* Science is making a robot or Superman. *Emmanuel* Science is doing research on dinosaur bones so they know what history was like. *Johnathon* Science is when you draw stuff and you colour it in really good colours. *Angus* Science is writing, spelling, drawing and being nice. *Mekdes*

RELIGIOUS EDUCATION

“*Aspire not to have more, but to BE more.*”
Archbishop Oscar Romero

ASH WEDNESDAY
Ash Wednesday is the beginning of Lent, a time of preparation as we journey through the next forty days towards Easter. It is a time of reconciliation, of forgiveness and of helping those in need. The major focus of Lent in the past has been to “give something up”. With the younger children we focus more on “doing more for others”. Helping people, doing extra jobs to support others, making sure we are kind, even to those we struggle to get along with. This is a challenge, even for us as adults! As we take this journey together, let us try to do what Archbishop Romero suggests.... “aspire not to have more, but to BE more”.

PROJECT COMPASSION BOXES
You should have received these along with a note from your youngest child. If your family did not receive one of these or you find that you would like more than one, please feel free to get one from the office.

Ms Jacqui Lawless –Deputy Principal Primary Lenah Valley