From the Principal’s desk

Congratulations to Aaryan Shah in Year 6 who won a gold medal as part of the NSW team in the National Boccia competition. Aryan has worked very hard preparing for this event and we are proud of his achievements.

Last Tuesday Amy Winslow from 2G recited the lengthy poem, “Custard the Dragon”. It was an outstanding presentation at the school assembly and we congratulate her achievement.

The school has a role ensuring children’s safety departing from school and arriving home. A small number of children during Term 1 waited for the bus that leaves outside the school at 3:30 pm. A number of Year 6 children who were catching this bus last Term have recently been observed walking to the shops and then catching the bus. I ask parents of these children to discuss the safest and most appropriate place for their children during this time.

Chess classes have commenced for Term 2. Children can bring their afternoon snack to eat before chess club which commences at 3.15 pm and finishes at 4.15 pm. As there is no supervision after this time, please be prompt in collecting your child.

The Mums’ Night Out has again attracted many mothers and a great night of entertainment has been planned. Please return your note to the office tomorrow if you are planning to attend. I thank our teaching staff for assisting with this special night out for mums.

The Uniform Shop committee has been working hard and has now selected a different supplier for the new sports uniform. Parents who returned sports uniforms have been refunded. I thank Kim Roberts, Jenny McCormick, Emma Bromley and Leanne Power for their time in resolving the problem. I also extend a vote of thanks to Kim Roberts and her team for selling second hand clothing this week.

Mrs Harrisson, our Learning Support teacher will be supporting a few children with their Literacy learning this Term. Parents with children in these groups are invited to contact Mrs Harrisson for additional information.

Thank you to the dedicated Year 1 mothers for organising the Mothers’ Day stall. On Tuesday night there was a team busily wrapping presents. It was an outstanding effort and I know will be appreciated by many families.

Next week children in Years 3 and 5 will be participating in the NAPLAN tests. They will be held from 9:00 am to 11:30 am on Tuesday, Wednesday and Thursday.

Malcolm McDonald
Principal
Thank you to all parents who completed the online building/capital works survey. A discussion paper will be emailed to all families this week – please contact any of the Executive on the details below if you do not receive a copy. The results of the survey will be discussed at the May P&C and then at the subsequent School Council meeting with the view to prioritise short-term and long-term goals. Some suggestions will be able to be implemented immediately.

Congratulations to Jane Stormon, who is the lucky winner of the $8 Canteen voucher for completing the survey. The Executive thanks her and all parents who completed the survey – we had 98 respondents, which is an excellent response rate. Your views are highly valued and the many suggestions made will assist us in planning for our school’s future. Please feel free to contact us at any time.

The P&C also surveyed the teachers to ask for any specific teaching resources they require. With Malcolm we are exploring ways to implement these suggestions and better improve the facilities for teachers and students throughout the school. We feel that it is important to find the balance between allocating fundraising money to the teachers’ immediate needs as well as long term infrastructure goals.

Over the next few weeks you will notice more information being placed on the P&C noticeboard, located outside Ms Nemeth’s classroom. Contact details and other information including upcoming meetings and Agendas will be posted on the board. Minutes will continue to be placed on the School website so please visit the P&C pages.

Our next meeting will be held in the Staff Room at 7.30pm Tuesday 21st May. An Agenda will be available on the school website and posted on the P&C notice board. We invite you all to attend.

Your P&C

Contact Details:
⇒ Emma Bromley (President) 0423 000 815 or e_bromley@hotmail.com
⇒ Meredith Holt (Vice President) 0410 491 584 or meredith.holt@bigpond.com
⇒ Phil Morley (Vice President) 0487 774 752 or Philip_Morley@swissre.com
⇒ Morelle Reeves (Secretary) 0403 811 021 or morelle_reeves@hotmail.com
⇒ Hans Thomsen (Treasurer) 0416 259 998 or hthomsen@bigpond.com

The Term 2 menu is now on the school website. If you haven’t seen it already, please have a look as there have been some changes for this term. A very exciting change is the return of pies and sausage rolls to Fridays only. Chicken and vegetable pies, beef cruiser pies and sausage rolls may be ordered on Fridays for $3. Also, for May only, small beef pies may be ordered on Fridays for $2.00.

There have been some necessary changes to the prices of some old favourites. Please note that juice cups and juice sticks are now 60c each and breadsticks are 20c each. We are sure you will understand that we are unable to absorb all price increases passed on to us.

Some of our daily specials have also changed, so be sure and check the new menu before ordering to avoid disappointment.

Term 2 sees the return to afternoon PSSA sport on Fridays. Could parents please ensure that if your child is participating in PSSA sport and placing a lunch order, their order is very clearly marked PSSA.

Belinda Stewart and Fran Lelli
Canteen Supervisors
On Friday, the 3rd of May, Year 6 opened up the time capsule they had buried in Class 2, four years ago. It was amazing to see what we had written and how much we had changed since Year 2. Jasmin thought she would be school captain, well she got pretty close. Nick talked about Doogle, his toy dog and finding his precious rock he had put in the time capsule. Calla read out her letter she had written to herself in year 2 along with Nick, Sean, Sammy and Jackson.

We all had fun opening up our past and reading what we wrote to ourselves if only the letters were not soaked through.

Sean Cartwright & Antonia Maher
School Captains

STUDENT BANKING COMPETITION
Saving for your future is always important. The Commonwealth Bank Rewards Regular Savers through the token system in our school, where you can cash in tokens for great prizes. But this term there is something extra special. Make only 3 deposits into your account via Student Banking in Term 2 and you will be automatically entered into the competition to win a Holiday to anywhere in Australia! There are great runners up prizes too.

It's never too late to join in the fun. Simply open a Youthsaver account at any Commonwealth Bank Branch and bring your bank book to school on Thursdays and give to your class teacher or class bank monitor.

Yvonne Gray
Student Banking Coordinator

ZUMBA Mothers Day Party Class!
6.30pm and 7.40pm Wednesday, 15th May
Party in pink and every mum gets special gift xo
Take a little time out for yourself and dance dance dance!
Vanessa 0421490453
## Canteen Roster – Term 2

### Time slots are:
- Monday to Thursday: 12.00 noon to 2.00pm
- Friday: 9.30am to 12.00 noon and 12.00 noon to 2.00pm

Please remember, no children are allowed in the canteen.

**Roster Coordinator:** Veronica Vidgen  
(H) 9029 0653 (M) 0404 185 365  
E-mail: v_vidgen@yahoo.com.au

### MILK - Good or Bad for Asthma?

Dairy products like milk are promoted as part of a healthy diet in supporting growth and calcium consumption, but is it advisable to restrict dairy products to help asthma?

It’s actually pretty unusual for food to be a trigger for asthma, so people with asthma aren’t generally put on a restrictive diet. There are some food additives or preservatives that people have reported as triggering asthma symptoms, such as sulphites (common food and drug preservatives; additive numbers 220-228), tartrazine (yellow dye), benzoates, monosodium glutamate (known as MSG) and salicylates, but there isn’t much research to back this up.

However many people with asthma also have allergies, and allergic reactions to food can cause symptoms similar to asthma. It is known that around 2% of babies are allergic to cow’s milk. In this minority, dairy products may result in an allergic reaction with symptoms such as hives and vomiting, as well as asthma-type symptoms. If this is suspected, it is vital for parents to have a correct diagnosis for children with the condition, using skin testing or blood tests to determine the presence of allergy (IgE) antibodies to milk.

Intolerance is something different. For those with lactose or milk intolerance, drinking milk may cause gastrointestinal symptoms such as diarrhoea and vomiting; but will not exacerbate asthma symptoms.

Due to the texture of the milk, some people feel that when they drink it, their throat is coated with thick mucus and this in turn causes runny nose and coughing. This can also be caused by fluids of similar thickness. Cold milk may cause a cough in some people, but this is more likely to do with the temperature of the milk.

### Could milk actually help asthma?

A recent study published in the medical journal Thorax suggests that full fat milk and butter might even be the key to preventing asthma. In a study of 3000 three year olds, it was found that those who consumed most dairy products could be up to 4 times less likely to develop asthma symptoms. This may be attributed to the fatty acids found in full fat dairy products.

There is even a theory that the attempts to replace saturated fats in our diet with unsaturated fats, thought to be beneficial for our health, could possibly be the reason for the soaring rates in asthma. Dr John Harvey, of the British Thoracic Society, said: “We have always known milk is important in the development of children’s bones and teeth. It now seems that it would play a role in reducing asthma in small children. More research is needed. Moderation is the key since butter and cream need to be eaten as part of a healthy balanced diet.”