It was wonderful having our first full week back at school. I witnessed a lot of students engaged in meaningful learning activities as well as playing nice games in the playground. The end of last week culminated with our ANZAC Day service. Our school is very fortunate to have the support of the Waratah/Mayfield/Islington RSL Sub Branch. They always attend our ANZAC Day services and provide our school with a catafalque party. The men in the catafalque party had to rearrange their own personal commitments in order to attend our service. We are truly appreciative! I would like to also recognise our student leaders who did an excellent job in hosting our service.

WORKING WITH CHILDREN CHECKS
As of 2013, any person who wishes to volunteer in a school needs to have a working with children check. This includes, but is not exclusive to, volunteering in the classroom or kitchen, changing home readers or assisting at events like mother’s and father’s day stalls. For volunteers, the check is free of charge.

This is easily completed through the website: www.kidsguardian.sw.gov.au/check.

This is a mandatory requirement from the child protection laws. If you need any assistance in completing the online form or you don’t have internet access, please come and see the office. Sadly, if you are unable to produce your clearance number you will be unable to volunteer in our school.

NUTRITION IN SCHOOLS
The Nutrition in Schools Policy requires our school to promote healthy eating and good nutrition for our students. Our school canteen can only sell items that are classified as being either green or amber. Typical green items include cereal foods, breads, fruit, vegetables, legumes, reduced fat dairy products, lean meat and water.

Typical amber foods include full fat dairy products, savoury commercial products, processed meats, spreads, sauces and snack food bars. It is important when your child is ordering their lunch from the canteen to talk about green and amber foods and what is the best choice to make for them. Amber foods are classified as foods to eat occasionally.

If your child is only ordering from this section of the menu it is up to you to discuss green alternatives. It is important from an early age to educate children in making good nutritional choices. This will put them in good stead whether they are at school, at home or even at a party. I personally have found from revisiting the nutrition policy that parents play the most important role in their child’s nutrition. As a result, I have made a conscious effort to only pack green or amber food for my own children’s lunch. Whilst there is no policy governing what parents should pack for their children’s lunch, the green/amber system is a good tool to follow to maximise your child’s learning.

All schools are allowed to have two ‘Red Days’ per term. As the name implies, red foods are foods high in sugar, sodium and or saturated fat. Most fast foods, biscuits, lollies and chocolates fall into this category. The school will ensure from now on, that these days are advertised in advance with a minimum of one week’s notice.

MOTHER’S DAY
A Mother’s Day breakfast will be held in the kitchen from 7:45am this Friday morning. Cereal, fruit toast, yoghurt and fruit will be part of the tasty food available for Mum’s and their children. A family ticket is $5 and is available from the school office. For catering purposes, no tickets can be purchased after Thursday 7th May.

Allison Thompson
Relieving Principal

Dates for Your Calendar

Friday 8th:
Mother’s Day Breakfast $5/family and P&C Mother’s Day Stall

12th/13th/14th:
NAPLAN Year 3 and Year 5

Thursday 14th:
Aim High Sport 9:30am to 2:30pm
MEPS Celebrates ANZAC Day 2015

Catafalque Party during the ceremony

Official Opening of our Memorial Garden

Special guests enjoy morning tea in the Stephanie Alexander Kitchen

Scholastic Book Club:
Last day for orders is ***Wednesday 6th May***. Sorry we cannot accept late orders. Please make sure that you include your child’s name and class on the order form. All money and orders are to be “posted” at the office. If you have any questions please talk to Mrs Bayl in the library on a Wednesday, Thursday or Friday. Featured books in the library this week are:-

**Junior Fiction**
Switch Cat
Nog and the land of noses

**Fiction**
Doctor Who; the caves of Androzani
Doctor Who and the space war
The Chronicles of Narnia; Prince Caspian

**Non-fiction**
Animals are not like us—pigs
All about leopards
Your first lovebird
Guinness world records 2015

Student Banking:
Apologies for the typo in last week’s newsletter. Last Friday 1st May was the first day for banking not Friday 3rd. Sorry for any inconvenience caused.

URGENT – DONATIONS STILL NEEDED BEFORE THIS FRIDAY!

FRIDAY 8th MAY (T2, Wk3) MOTHER’S DAY STALL

We like to provide many options for the children to celebrate the care they receive from important women in their lives. The children really love the responsibility of being able to choose and purchase things themselves to express how they feel about their female carers.

We Need:
*Donations of appropriate items (including things like plants, seeds and pots) to front office or Nikki Costelloe.*

Please ensure that items are unused, in date, not leaking. Ribbons, cellophane and tape also welcome.

(……. and don’t forget to send some coins for spending on Friday!)

**We welcome all suggestions, donations and time given - help us help the MEPS students!**

Don’t forget to follow our facebook page for more information!

Cheers and thanks in advance,
Zoë Roxburgh, MEPS P&C Vice President and Communications Coordinator zoroxburgh@gmail.com