In last Sunday’s readings we are reminded that before Jesus ascended to Heaven, he gathered His disciples and gave them His mission… to go out to all nations in His name. This is a call to action. We don’t do this by craning our necks at the sky (like the disciples did) or by forcing people to follow Jesus. Transformation happens when we live as Christ in the world and then the healing, saving, power of Jesus is made real.

At St Patrick’s we believe that we have a mission to reach out. The Student Leadership Team has already begun that in earnest. Last term, they organised the Little Boxes of Hope in each Homeroom. These boxes were filled with things that could benefit a person who was homeless or ‘down on their luck’, such as warm socks and beanies and small toiletries.

This term, they are running a Mad Hatters’ Tea Party to support CanTeen and YouCan, initiatives that help young people with cancer. Then, in Week 9, they have planned a social to support Caritas.

Next term, they are planning their first ever Winter Sleepout to be in solidarity with the homeless and to raise much needed funds for Vinnies Winter Appeal. People tell me that Cooma is pretty cold in July, but I will be there as well! Any parents who would like to come and cook a BBQ breakfast with us the next morning are very welcome.

We can’t help but be inspired by these young people. They will be the face of Jesus and our Church in the future.

As I write, Year 10s are on their way to Sydney. Even though it was 6am when they got on the bus, they were so excited about their adventure. We really appreciate the work that has gone into the preparation of this big trip by Mr Summerville, Mrs Fletcher and Mrs Mackay.

Inside the newsletter there is information about the growth of the transition to life beyond St Patrick’s for our Year 10s. We are calling this our ‘Living and Learning Program’. You might have some additional suggestions as well.

Our school wishes to formally farewell Fr Paul on Friday 27 June 11.15am in the St Patrick’s Church. This will be followed by the Secondary Semester Awards assembly at 12.00. Everyone is welcome. If you wish to make a donation to Fr Paul’s farewell gift, please contact the Office.

This week we have the first official ‘enrolment season’ event with the informal information tour happening Wednesday at 5.30pm starting from the Primary Library. This is for new Kindergarten enrolments for 2015. There is another one next Tuesday, again at 5.30pm. Everyone is welcome. It would be best to ring the Office and let us know that you are coming. There are enrolment packages available at the Office as well. Information for the new Year 7 families will be coming later.

As the weather cools, it is important that children are well rugged up, their clothing is labelled and that parents check the lost property boxes for items that go astray. Another essential component for keeping well in winter is washing hands regularly. Please talk to your children about these things. When children are unwell, we remind you that we are unable to be their nurses. They need warm beds at home. Therefore, we will ring you to come and collect them before germs spread any further. We appreciate your support in this matter.

Frances Robertson
Principal
From the AP’s Desk

Professional Learning

This year the Catholic Education Office has given schools more flexibility to plan their Professional Learning. Consequently teachers have been provided opportunities related to what they see as priorities to improve student learning and increase their professional knowledge. To date, these have included visits to other schools for Kindergarten teachers, iRead, Accelerated Reader and IT opportunities. Part of the professional learning funds have also provided teachers time to plan for new pedagogies in some secondary classrooms, to better cater to the diverse learning needs of students. Pedagogy is ‘teacher talk’ for the science and art of education.

It is hoped in the second half of the year more staff will have the opportunity to explore particular interests which they see will improve their teaching and student learning. There will be more details on this next week.

TV last week

Last Sunday SBS aired a program called Utopia. It was about Aboriginal communities and the challenges they face. Sadly, in Australia we still have people living in appalling conditions with little or no hope of escaping the cycle of poverty, violence, discrimination and unemployment. John Pilger presented these issues in stark frankness and with a very personal touch. If you missed the program and are interested it would be available at SBS on demand.

Last Monday Four Corners presented a program about Pope Francis and the way he is trying to transform the Church. The way Archbishop Coleridge responded to questions from Kerry O’Brien was impressive. He was candid and realistic about the challenges Pope Francis will face and the politicising of Australia’s response to refugees. The program also gave an insight into the very real difference the Catholic Church, at its best, makes to the lives of the poor and marginalised in this world.

Finally the wonderful effort of NSW in the State of Origin. Now, if only the Wallabies can beat the All Blacks this year and the Socceroos advance to the knock out stages of the World Cup...

Father Paul

I would like to acknowledge the intelligent way Father Paul discussed the Ascension last weekend. He is able to take difficult theological concepts and reframe them in simple terms, in the process explaining how the scriptures are as relevant to us today as they have been for humanity over the past 2 millennia. This is the rare skill of a gifted communicator.

and coming events....

<table>
<thead>
<tr>
<th>Thursday 5 June</th>
<th>Friday 13 June</th>
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<tbody>
<tr>
<td>Yr 10 Sydney trip</td>
<td>NSWCPS and CCC Cross Country</td>
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<tr>
<th>Friday 6 June</th>
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<tbody>
<tr>
<td>Yr 10 Sydney trip</td>
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<tr>
<td>Yr 2 Assembly - 12pm at Ex-services Club</td>
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<tr>
<th>Tuesday 10 June</th>
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<tr>
<td>Yr 3 - 6 Sullivan Shield</td>
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<tr>
<td>Information tour with new Kindergarten 2015 enrolments at 5.30. Meet at the Primary Library.</td>
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<table>
<thead>
<tr>
<th>Wednesday 11 June</th>
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<tbody>
<tr>
<td>Yr 7 - 10 Rugby League - Cooma Showground</td>
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<table>
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<tr>
<th>Thursday 12 June</th>
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<tbody>
<tr>
<td>Yr 10 Parish Mass - 10am</td>
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<tr>
<td>Yr 5 Assembly - 12pm Cooma Ex-services Club</td>
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<table>
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<tr>
<th>Tuesday 17 June</th>
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<tr>
<td>Yr 8 NET Visit</td>
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<tr>
<td>Interviews for MacKillop students Yr11 2015</td>
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<tr>
<td>Confirmation practice 9.30 - 11am</td>
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<tr>
<td>Sacrament of Reconciliation 6.30pm</td>
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<table>
<thead>
<tr>
<th>Wednesday 18 June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yr 7 NET Visit</td>
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<tr>
<td>Interviews for MacKillop students Yr11 2015</td>
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<td>Rostrum Public speaking quarter finals</td>
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<table>
<thead>
<tr>
<th>Thursday 19 June</th>
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<tbody>
<tr>
<td>Yr 5 Parish Mass</td>
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<tr>
<td>Yr 9 NET Visit</td>
</tr>
<tr>
<td>Yr 10 Mad Hatters’ Tea Party - All day</td>
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</tbody>
</table>
Mad Hatters’ Tea Party

You’re all invited to the Mad Hatters’ Tea Party on Thursday 19 June! That’s two weeks to get your crazy hat organised.

Students are asked to wear a crazy hat for $1 and are welcome to wear non-uniform as well for $2. At recess and lunch on all campuses, cupcakes and other delicious treats will be sold for between $1 and $2. Prizes will also be given out to the person with the craziest hat on each campus! The money raised will go towards YouCan and CanTeen which supports young people who have cancer and their families.

We are raising money particularly for this cause because the Year 10s thought that it is a cause that is very relevant to them, as survival statistics for patients between the ages of 15 to 30 have generally not improved since the 1970s and many of our students could not imagine what their lives would be like should they be affected by cancer.

We hope that every student will make sure to buy one of the Year 10s’ delicious cupcakes to go with their crazy hat in support of this cause.

Student Leadership Team

Year 10 Jackets

Andrew, Mitch, Enya, Emma and Nicola are proudly modelling their new Year 10 jackets. These are warm and practical, whilst still being stylish. Thank you to Caitlyn for organising the ordering and distribution of the jackets.

The beginning of the Year 10 Trip to Sydney

www.stpatscooma.nsw.edu.au

ST PATRICK’S PARISH SCHOOL A SCHOOL WITH ALTITUDE
Year 8 undertake community service as part of their Stewardship Program

Youth Forum

Recently a small group of Year 9 students - Ellie, Emily, Penny, Kealan and Chloe - attended a youth forum that was organised by the Cooma Monaro Shire Council at The Hub.

We talked about what Cooma had for young people, what was needed and how we could make these things happen. While we like having the pool, the river, TAFE and the cinema, we discussed how we would like to see a few extra things for young people to do and hang out especially when the weather is cold such as an arcade with a bowling alley or a skating rink and a juice bar.

We talked about the need for more young people to get involved in the community. The forum was fun and we learnt lots.

Ellie, Emily and Penny

Do you have any Moccona Coffee Jars?

I am in need of a number of large and medium sized Moccona coffee jars. I have until about October to collect them so if anyone has a stash or drinks this brand of coffee I would be grateful for donations.

Jars can be sent to Mrs Moser’s classroom.

Preschool Story time in June at Cooma Library

Join us for a great story, songs, fun & craft on Wednesday 18 June 10.30 am at the Cooma Library. Bring your friends and have a great time! No need to book, just turn up!
Sir William Hudson Nursing Home Visit

Students from Year 8 had the opportunity to visit and serve afternoon tea to the residents at the Sir William Hudson Nursing Home last Friday. The students Daniel Wallis, Gabi Steiner, Kiara Henderson, Zak Roughley, Lily Eljuga, Caitlin Hain and Zoe Carlson enjoyed their experience. They were met by Betty Mattner, Debbie Heffernan and Ken Silich who organised a tasty afternoon tea.

Judy Costello was also present and entertained with some lively numbers on the piano. The new facilities at the Nursing Home are a great improvement and provide a restful and homely atmosphere.

Students enjoyed meeting and chatting with the residents and it is hoped our students can make more regular visits.

World No Tobacco Day – 31st May 2014

Saturday May 31st is World No Tobacco Day. It is important that we remember the harm that can be caused to children through second hand tobacco smoke. There is no safe level of exposure to second-hand tobacco smoke. That is the smoke which smokers exhale after inhaling from a lit cigarette.

Breathing second-hand tobacco smoke can exacerbate the effects of other illnesses such as asthma and bronchitis. It can increase the risk of cardiovascular disease, lung cancer and other lung diseases.

For children, inhaling second-hand tobacco smoke is even more dangerous. This is because children's airways are smaller and their immune systems are less developed, which makes them more likely to suffer negative health consequences of second-hand tobacco smoke such as bronchitis, pneumonia and asthma.

If you are a smoker, keep sporting and play grounds smoke free and think about making a difference to your families life. Call the QUITLINE Or get support through Quitline 13 7848.
Did you know?

The School Building Fund is a great way to actively support the school. Many people may be of the impression that this fund is going towards some future building program. Yes it is... partly.

Although it is an optional part of the school fees, we really rely on these funds to help pay for day to day maintenance, major alterations, the rates, building insurance, security, cleaning, painting, plumbing,... this list goes on and on... to ensure that there are buildings and that they are in good order for the purpose of educating your children.

The benefit for you is that payments are tax deductible.

Other useful information:

All notes and letters to parents are now available on the webpage under the ‘Parents’ tab. Follow this to ‘School Forms and Notes’ tab.

This does not replace the notes sent home for various activities. It just means that if a child is absent or the note is lost, then you can easily track it down from your computer. We hope this helps parents.

<table>
<thead>
<tr>
<th>Values</th>
<th>Term 2 SWAG</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Courage</td>
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<tr>
<td>Week 2</td>
<td>Success</td>
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<td>Week 3</td>
<td>Honesty</td>
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<td>Week 4</td>
<td>Working Hard</td>
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<td>Week 5</td>
<td>Determination</td>
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<td>Week 6</td>
<td>Caring</td>
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<td>Week 7</td>
<td>Responsible</td>
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<td>Week 8</td>
<td>Excellence</td>
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<tr>
<td>Week 9</td>
<td>Friendship</td>
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</tbody>
</table>

Students Who Achieve Greatness

Sophie Janota, Jesse Eljuga, Jorga White, Eric Henderson, Chloe Hemphill, Alana Henderson, James Jux, Joshua Caldwell

Well done, children!
Tuesday 3 June
6.15 am Depart Cooma on coach
8.45 am Morning tea McDonald's Goulburn
11.45 am Arrive at accommodation – Woolbroker’s
12.15 pm Coach from Woolbroker’s to Circular Quay
1.00 pm Ferry from Circular Quay to Manly
1.30-3.00 pm Manly – group photo on beach -
3.15 pm Depart Manly on ferry for Circular Quay
4.00 pm Bridge walk to Milson's Point
5.15 - 5.38 pm Ferry from Milson's Point to King St Wharf (Darling Harbour)
5.50 -6.45 pm Sydney Aquarium
7.00 – 7.45 pm Dinner at Darling Harbour
8.00 – 10 pm Laser Skirmish and King Pin Bowling
10 pm Return to Woolbroker’s

Wednesday 4 June
7.30 am – 8.00 am Depart Woolbroker’s – walk to St Mary's Cathedral
8.00 am St Mary’s Cathedral
8.30 am Formal photograph in Hyde Park
8.30 – 9.00 am Walk to Martin Place ‘s “Sunrise” program
10.00 am Powerhouse Museum
11.30 am Early lunch at Paddy's Market
12.30 – 3.30 pm “The Lion King” at the Capitol Theatre
3.30 pm Walk back to Woolbrokers
5.00 - 6.20 pm Darling Harbour for dinner
6.38 pm Ferry from Pyrmont Wharf to Circular Quay to view “VIVID”
7.45 pm Walk to Observatory from Circular Quay
8.15-10 pm Sydney Observatory: Coach to pick up and return to Woolbroker’s
10.00 pm Return to Woolbroker’s

Thursday 5 June
9.00 am Depart Woolbroker’s for Taronga Zoo
9.30 – 12.00pm Taronga Zoo including sky safari
12.30 - 1.30 pm Maritime Museum (destroyer/submarine tour)
1.30 – 2.00 pm Lunch at Darling Harbour
2.45 – 4.00 pm ANZ Stadium tour
4.15 – 5.30 pm Aquatic centre for Leisure swim
6.30 – 8.00 pm Dinner at Macquarie Centre, North Ryde
8.15 -10.15 pm Ice skating at Macquarie Ice Rink

Friday 6 June
9.10 am Depart Woolbroker’s, load gear on to coach
9.30 am Walk to Ultimo
9.50 – 11.00 am ABC tour
11.00 – 12.30 pm Paddy's Market + lunch
3.00 pm Afternoon tea at McDonald’s, Goulburn
5.45 pm Return to Cooma

Already there are photos of the Year 10s posted on facebook.
Check out the latest information there.

www.stpatscooma.nsw.edu.au

ST PATRICK’S PARISH SCHOOL  A SCHOOL WITH ALTITUDE
The Living and Learning Program for Year 10

In line with the flexible models of learning, we are introducing a program that allows students to best meet their needs for understanding life beyond the school.

To do this, we are offering:

- Flexible options for work experience. In 2014 there will be a dedicated week in Week 8 Term 4. There will also be the possibility for negotiating with the Principal other alternatives. This is designed to better suit students and employers.
- Guidelines for parents that explain the requirements and legalities
- A comprehensive work experience support booklet and preparation process for students
- A follow up program for students
- A series of simulated experiences like mock interviews and problem solving activities
- A program for preparing personal presentation for the world of work
- A presentation on understanding the world of finance: saving, borrowing and managing credit cards as well as credit ratings
- A presentation on understanding the requirements of renting a property and the obligations of the lease
- A program on hospitality skills
- First Aid program with NSW Life Saving
- Rural Fire Service School Cadet Program
- White Card course
- A presentation on buying, owning and managing a car
- 'Taste a Career’ Day
- A program on etiquette in public places

Moving into the adult world is more than going to university or work. We are all part of a community and that entails obligations to be an active member of the community. For that reason St Patrick’s is strongly promoting community service as part of the ethos of outreach and a very visible and practical way to demonstrate our Christian commitment.

In order to successfully graduate from St Patrick's Parish School, all students will be required to undertake a minimum of three days (or equivalent) of community service. This will take the form of two dedicated full days in Term 4 and the completion of six hours of student directed community or school service.

Canteen News

VOLUNTEERS
Thursday 5 June – Rebecca Hain
Friday 6 June- Melissa Caffarelli
Wednesday 11 June- Volunteer required please!

FRIDAY MEAL DEAL
MACHO NACHOS and Frozen Fruit cup for $5.00. Gluten Free and Vegetarian Nachos option available, please specify on your order. This comes with cheese and natural yoghurt on top! YUM!

Or

SUSHI
These meal deals do not include a drink. Juice or milk may be added to order for an extra $2.00.

Thank you for your continued support.

Carolyn Hely
Canteen Manager
OLIVER T-SHIRT

Dear Parent/Guardian

The cost of purchasing an Oliver t-shirt is $18. The T-shirts are black, made from 165gsm jersey 100% cotton and includes an A4 size digital print on front.

Could you please complete the OLIVER T-SHIRT ORDER FORM below and return to the school office with the total amount of payment required before Wednesday 28 May (Week 5).

The image is shades of blue and grey.

Box Style

Slim Fit

Yours sincerely

Frances Robertson
Principal

Suzanne Stacey
Director Oliver/Teacher

OLIVER T-SHIRT ORDER FORM

Please find enclosed the total amount of $________ for the purchase of _____ Oliver t-shirts at a cost of $18 each.

<table>
<thead>
<tr>
<th>Name of student</th>
<th>Year</th>
<th>Style</th>
<th>Size</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Box Style ❑</td>
<td>CHILD</td>
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<td>Slim Fit ❑</td>
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<tr>
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<td>Slim Fit ❑</td>
<td>ADULT</td>
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TOTAL AMOUNT ENCLOSED $ __________
No smoking in spectator areas of sports grounds

From 7 January 2013, there are new requirements in NSW making designated spectator areas of sporting grounds smoke-free while they are being used for an organised sporting event.

The ban applies to covered and uncovered spectator areas, and includes other recreational areas while they are being used for an organised sporting event.

Penalties may apply for anyone who fails to comply with the new laws.

These amendments to the Smoke-free Environment Act 2000 are a key measure in reducing community exposure to second-hand tobacco smoke, tobacco-related harm and the uptake of smoking in NSW.

For more information
Please contact the Tobacco Information Line on 1800 357 412 or visit the NSW Health website www.health.nsw.gov.au.

The Tobacco Information Line can be accessed by non-English speaking people via the Translating and Interpreting Service (TIS) on 13 14 50.
No smoking in spectator areas at public sports grounds

Section 6A of the Smoke-free Environment Act 2000 makes a number of outdoor public places smoke-free.

Smoking is banned in spectator areas at public sports grounds and other recreational areas in NSW. However, smoking is only banned when an organised sporting event is being held.

Major sporting facilities are included under the definition of a public sports ground and are required to comply with the law. Other outdoor sporting facilities, such as Local Council playing fields, are also covered by the law.

Is smoking banned only in spectator areas which are covered?

No. The smoking ban applies to all spectator areas at sports grounds and other recreational areas when they are being used for an organised sporting event. The law applies to both covered and uncovered spectator areas and whether seating is provided or not.

Does the ban only cover the time that the players are competing?

No. The smoking ban applies for the entire duration of the organised sporting event. This includes pre match and half time games and entertainment that form part of the sporting event.

Is a sport practice session regarded as an organised sporting event?

Yes. A practice session at a sports ground is regarded as an organised sporting event for the purposes of the Act.

Will there be signage to indicate where smoking is not permitted?

Due to the vast array of different sports grounds and recreational areas, the law does not require signs to be displayed to indicate that smoking is not permitted.

However, ‘No-Smoking’ signage is strongly encouraged. Signage may be required in the future if regulations are made requiring a class of sports grounds or other recreational area to display signs.

What is a spectator area?

A spectator area is an area set aside for or being used by spectators to watch an organised sporting event at a sports ground or other recreational area, but only when an organised sporting event is being held there.
How will this be enforced?
NSW Health is responsible for the administration and enforcement of the Smoke-free Environment Act 2000. NSW Health Inspectors are authorised to enforce the ban on smoking at public sports grounds and recreational areas during organised sporting events.

Some major sporting facilities have already banned smoking in outdoor seating areas but permit smoking in designated outdoor smoking areas within the facility. The law will prohibit smoking in all spectator areas of the facility, regardless of whether seating is provided or the area is covered or uncovered. Where major sporting facilities have already introduced smoke-free outdoor policies which extend beyond the laws, these can continue to apply.

On the spot fines of $300 may apply to individuals who smoke in spectator areas at public sports grounds or other recreational areas during organised sporting events.

Why is this new Act in place?
Public sports grounds are a popular public outdoor setting for exercise and recreation and often attract large numbers of people, particularly families with children.

There is no safe level of exposure to second-hand tobacco smoke. This is the smoke which smokers exhale after inhaling from a lit cigarette.

In adults, breathing second-hand tobacco smoke can increase the risk of cardiovascular disease, lung cancer and other lung diseases. It can worsen the effects of other illnesses such as asthma and bronchitis. Exposing ex-smokers to other people’s tobacco smoke increases the chance of relapsing to smoking.

For children, inhaling second-hand tobacco smoke is even more dangerous. This is because children’s airways are smaller, and their immune systems are less developed. These differences make children more likely to suffer health problems due to second-hand smoke such as bronchitis, pneumonia and asthma.

Creating smoke-free outdoor areas, such as in public sports grounds and recreational areas, can support those who have quit and make smoking less visible to children and young people.

How does this affect Local Council bans on smoking?
Many NSW councils, under the provisions of the Local Government Act 1993, have progressively introduced their own smoking bans. Where these bans are in place, they can continue to be enforced by Local Council rangers.

More information
For more information or to report a suspected breach, please contact the Tobacco Information Line on 1800 357 412 or visit health.nsw.gov.au/smokefree

Non-English speaking people can access the Tobacco Information Line via the Translating and Interpreting Service (TIS) on 13 14 50.
Healthy Tips

Water
Tap water makes the best drink!
Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here’s what water has to offer:
- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body
We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

Fruit juices
Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:
- Limit fruit juices to no more than half a glass per day.
- Too much juice can lead to diarrhoea.
- Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
- It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
- Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.

Milk
Milk is a good source of calcium, which gives children healthy bones and teeth. It is recommended that children have three serves of calcium rich foods a day. A glass of milk, a slice of cheese or a small tub of yoghurt, are each considered one serve.

Due to the high energy needs of babies and toddlers, reduced-fat milk is not suitable for children aged less than two years. However, from the age of two years, drinking too much milk can reduce a child’s appetite and contribute to excess energy consumption. Therefore reduced-fat milk is recommended for children two years and over.

<table>
<thead>
<tr>
<th>Age</th>
<th>Milk Type</th>
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<tbody>
<tr>
<td>0 - 12 months</td>
<td>Cow’s milk is not suitable. Breastmilk is best.</td>
</tr>
<tr>
<td>12 months to 2 years</td>
<td>Skim milk and reduced-fat milks are not recommended.</td>
</tr>
<tr>
<td>2 years and older</td>
<td>Reduced-fat milk can be used.</td>
</tr>
</tbody>
</table>
Healthy Tips

Healthy party drink idea

- Fruit spritzers are a fun alternative to soft drink for parties and social events, and so easy to make! Just mix ½ fruit juice and ½ soda water!
- Or why not freeze juice in ice cube trays to add to mineral or still water for a nice fruity taste!

Cordials, soft drinks and sports drinks

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

Take a look at the sugar content found in these drinks:

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
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<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
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</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.

Recommendations for lunchboxes:

- ✓ water makes the best drink
- ✓ milk for healthy teeth and bones
- ✗ cordial, soft drinks, fruit drinks and many sports drinks should be considered occasional drinks - best kept for special days.

How much water do children need?

The amount of fluid that children need varies between individual children. The older the child, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active and on hot and humid days. Water is the best drink – for both children and adults – in all situations.