Dear Parents and Friends of St Patrick’s Community

Pentecost is often called "the birthday of the Church." On this day, with the coming of the Holy Spirit, Christ’s mission is continued, and it was the start of the Church’s mission to the world. In a short time, some of our students will accept that responsibility of mission as they receive the Sacrament of Confirmation.

It is a real honour to be present at the assemblies prepared by each year group in the Infants/Primary. Last Friday Year 2 presented their work to the school and our parent community. This is followed by the giving out of the Merit Awards for each year group. So many children are really striving to do good things both within and beyond the classroom.

Last week, I was also impressed with the response of Primary children to my request that they walk their scooters inside the school yard and keep walking them until they were past congested areas, especially in front of Cooma Public School. Some Year 6 students decided that they should write a letter to our neighbours at Cooma Public School and apologise for any inconvenience that our students may have caused. They also decided that they should form a ‘safety committee’ to monitor all aspects of safety at school. This is really a commendable and mature response. After all, a school can never have too many committees!

There are now a group of Year 4 students who have become the Kindness Ambassadors at our school. We had a celebratory Cupcakes for Kindness morning tea in my office to kick start this ‘movement’. The Dalai Lama said, 'Be kind whenever possible. It is always possible”. Kindness will be the preventative medicine to any bullying.

It is wonderful to hear about the experiences of the Year 10 trip. If you can, check out our Facebook page and you will see some great photos and commentary.

Yours in the Spirit

Frances Robertson
Principal
From the AP’s Desk

We explained earlier this term that our initiative for enhancing learning was to adopt a STRIVE focus. Many teachers have begun their action research in order to Strengthen Talents, Reasoning and Intellect through Varied Experiences. There are examples of this across many classes in Infants, Primary and Secondary.

One example in Secondary is the changed program and assessment that Mrs Robertson and Mrs Stacey have been working on in Year 8 English. Instead of a final one product to assess the students, there is a matrix of options that are ongoing throughout the unit. The students have to choose the activities (from a wide range) that will demonstrate their competence in the poetry unit. This has met with enthusiasm from the students as they are planning their responses.

Teachers are also engaging in professional learning communities, where they are taking the time to share with colleagues and learning new ways of doing things. It has become a personal and professional STRIVE.

An example of this is the ‘Kindergarten project’, where our teachers have recently shared ideas and practices with a teacher from Lumen Christi at Pambula, and then they have also travelled to Braidwood this week to visit another Kindergarten classroom to view alternative experiences. Mr Mackay has been supporting a new Religious Education focus for the Kindergartens called ‘Godly Play’. Part of his action research will be to transfer that experience to Year 7 RE classes.

Mrs Moser will be visiting another school to see changes to literacy programs in practice. Mr Summerville has approached part of the Year 7 PDHPE course with a technology focus. Mr Introna is striving to become more tech savvy with the interactive whiteboards as a learning tool. Mrs Stubbs is undertaking research on the new reading and spelling programs with Mrs Summerville. There are quite a number of other staff undertaking additional post graduate study to learn more about education, myself included. These are just a sample of some of the ways we are challenging ourselves so we are better able to challenge children.

In so many directions at St Patrick’s, there are conscious decisions to really strive for a better learning experiences for everyone.

and coming events....

Thursday 12 June
Yr 10 Parish Mass - 10am

Friday 13 June
NSWCPs and CCC Cross Country
**Oliver** rehearsal - 12.30pm to 3.30pm

Tuesday 17 June
Yr 8 NET Visit
Interviews for MacKillop students Yr11 2015
Confirmation practice 9.30 - 11am
Sacrament of Reconciliation 6.30pm

Wednesday 18 June
Yr 7 NET Visit
Interviews for MacKillop students Yr11 2015
Rostrum Public speaking quarter finals

Thursday 19 June
Yr 5 Parish Mass
Yr 9 NET Visit
Yr 10 Mad Hatters’ Tea Party - All day

Friday 20 June
Yr 10 NET Visit
Yr 1 Assembly 12pm at Cooma Ex-Services Club
Sacrament of confirmation 6.30pm

Tuesday 24 June
Sullivan Shield round 2 from 10 - 11am

Wednesday 25 June
Yr 10 Taste of TAFE Day - All day

Thursday 26 June
Yr6 Parish Mass 10am

Friday 27 June
Last day of Term 2
Father Paul farewell 11.15 - 12.15pm
Yr 7 - 10 Semester awards
Oliver rehearsal 12.30 - 3.30pm
DaVinci Decathlon

A team of talented Year 7 and 8 students participated in the da Vinci Decathlon at Canberra Grammar last week. This decathlon with a difference is run in the spirit of an Olympic decathlon but with events of an academic and cultural nature. Over the course of the day the 50 teams participated in the following ten events:

- Art and Poetry
- Engineering
- Science
- Philosophy
- Creative Producers
- Mathematics
- Cartography
- English
- Code Breaking
- General Knowledge

The tasks were exciting and challenging with a particular emphasis on higher order thinking skills and creativity. Our groups performed particularly well in a number of the events with the Year 7s placing in Engineering, Art and Poetry and Creative Producers and the Year 8s excelling in Creative Producers (where they came second and performed for the audience at the end of the day), Code Breaking and Art and Poetry.

Well done to: Lucianna Clarke, Bas de Ruijter, Lily Eljuga, Damian Fletcher, Caitlin Hain, Thomas Hain, Kiara Henderson, Chris McDonald, Matthew McDonald, Sean McDonald, Justin Manning Alexei Shatrov, Jasmin Statham-Smith, Gabrielle Steiner, Matilda Thomas, Daniel Wallis, Joel Case, Zara Childs, Emily Pearce, Andrew Pearce, Sara Knott, Miranda McGufficke, Summer Rees and Maria Tarasyuk.

Mad Hatters’ Tea Party

You’re all invited to the Mad Hatters’ Tea Party on Thursday 19 June! That’s just one week 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
Where do we first learn about the Holy Spirit? In the beginning! We first hear mention of the Spirit in Scripture in the very second sentence of the Bible:

In the beginning God created the heavens and the earth.
Now the earth was a formless void, there was darkness over the deep, and God's Spirit hovered over the water.

**So from the very beginning, the Spirit has been present with us and to us.**

Every year we celebrate this Spirit in our lives and its transformative action in our hearts at Pentecost. Pentecost is a Greek word – it comes from the words ‘pente’ and ‘costa’. It means fifty days. And so fifty days after Easter Sunday, when we celebrate the Resurrection, Jesus’ rising from the dead, the amazing gift of the Spirit - sent to us from Jesus – is acclaimed every year.

In the Scriptures, we read of that event from the Acts of the Apostles (2:1-5):

When the day of Pentecost had come, they were all together in one place.
And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting.
Divided tongues as of fire, appeared among them.
All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

This event was powerful, significant and changed everything. Up until now, even though the apostles knew that Jesus had risen from the dead - even though they had seen him, talked to him, ate with him - they were still full of dread and fear: that the same fate that befell Jesus would happen to them. They huddled together, bewildered, scared for their lives, not knowing the way forward and reluctant to leave the safety of where they found themselves.
The event of the Spirit’s coming changed everything. Note the similes in the scripture passage – there was a sound LIKE the rush of a violent wind, tongues AS of fire appeared. This event was so extraordinary that the language of the New Testament writers, and our language today, is just too limited to explain the Pentecost event. All we can work out was that there was nothing else like this before or since to explain it, that it was powerful beyond words, that it was life changing for so many all at once, that it was sudden, all consuming, all transforming. The experience would change lives forever and for all time.

Today, we are still influenced by this Pentecost experience. Today, Christianity has reached the four ends of the earth because of what happened two thousand years ago. Today Pentecost events still occur. Every single one of us experiences ‘Pentecost moments’ – when something happens that is beyond mere words to explain a new change within, a new direction, a new way forward, a new understanding, a new peace of mind and heart, a new beginning. For the disciples, the ‘moment’ for them was ‘momentous’! It was the driving force to go out and tell the Good News of Jesus. They couldn’t not do it then, as much as we couldn’t not breathe now.

At our Confirmation meeting recently, this is exactly what was stated to our young people who are preparing to receive the Sacrament next fortnight – that our mission, like the disciples, is to go out and tell the Good News of Jesus. It is as simple as that and as hard as that.

The Good News of Jesus is that God loves us.

If this is truly what we believe then this is how we have to live out our lives. If we believe that God loves us, we have to do something about how we live - we have to love God in return and the only tangible way to love God in return is to love one another. This is how it is both simple and hard. The coming of the Spirit of Jesus in the lives of each one of us, helps us to open the door and have room for others, to tell the Good News and to be the Good News.

Over several weeks of preparation, the young people of our Parish will be getting ready to receive the Spirit of Jesus in their lives in a way that will enable them to live the Good News of Jesus more fully. At their Confirmation they will receive the gifts of the spirit – spiritual gifts unlike any tangible or material gift they will ever get – gifts of wisdom, understanding, knowledge, right judgement, courage, reverence, wonder and awe. They will learn that like all gifts, these spiritual gifts have to be opened up and used – often – and that in their use, they will grow. They will learn that the creed we recite at every Sunday Mass will be the promise of how they will live their lives. They will learn above all that they will be part of the mission of Jesus who entrusted this mission to the Church – the mission to go out and tell the Good News – that God loves us. They will learn that telling the Good News is so much more about actions than it is about words. We recall the famous words of St Francis of Assisi who said: “Preach the Gospel, and if necessary, use words”.

Please remember to pray for the young people of our Parish. Taking this faith step is not one to be taken lightly and our prayers go with them as they embark on the next part of their faith journey.

May the Spirit watch over them and lead them gently; may they be filled with the knowledge of God’s love for them. May our community be inspired by their personal witness; and may they proclaim the love of God in their lives through their words and actions. May we all come to recognise the holy fire within and be open to the transformative power of God.
Year 2 Assembly

2W’s Class Assembly

Last Friday 6 June, 2W had their assembly. We played ‘Amazing Grace’ on the chime bars, with Kate and Charlotte playing the piano and Joseph the guitar.

We also showed our ‘Family Trees,’ autumn leaf stencils and ‘Hot Summer Sun’ pictures.

We read our creation prayers.

By Angus Wood and Kate Carton from 2W.
Harry Nichols Shield

Stage 2 and Stage 3 participated in the annual Harry Nichols Shield on Friday 23 May against Cooma Public/Small Schools and Cooma North. We enjoyed the competition, because we love our footy. We would like to thank Yr 5 and Yr 6 for coming down and supporting us.

Scores
Stage 3
St Pats 22 d Cooma North 10
Cooma Public/Small Schools 20 d St Pats 14

Stage 2
St Pats 8 d Cooma North 6
Cooma Public/Small Schools 26 d St Pats 8

Thank you to Cooma Junior Rugby League for organising this great event.

Thanks to Harry Nichols who reminded us to play the game with sportsmanship in a mate against mate competition.

We would also like to thank both coaches for their time and effort. We really appreciate all you have done for us.

Stage 2 coach - Richard Inskip
Stage 3 Coach – Rob Zusak

Written By Jake Quodling, Nic Zusak, James McGufficke and Colin Kingston.

Good Luck to Stage 3 Sullivan Shield Team on Tuesday 10 June.
The Year 10 trip
Thank you to Mr Summerville for all the organisation and to Mrs Mackay and Mrs Fletcher for looking after us. We appreciate the time and effort to help us have fabulous life-long memories.
Information for Parents/Carers

From 2013, schools across Australia will take part in a new national data collection on school students with disability.

The data collection is being introduced in stages over three years, starting in October 2013. From 2015, this information will be collected in every school across Australia, every year.

All Australian governments have agreed to this.

**WHAT IS THE BENEFIT FOR MY CHILD?**

All Australian governments agree that every child in an Australian school should have a high quality education. It shouldn't matter what the individual child's circumstances are – every child should have the same opportunity to succeed at school.

The aim of this new data collection is to have better information about school students with disability in Australia.

Better information about school students with disability will help teachers, principals and education authorities to support students with disability to take part in school on the same basis as students without disability.

**WHY IS THIS DATA BEING COLLECTED?**

There is nothing new about schools collecting information about students with disability – in fact, schools have had to do this by law for some time. But the type of information currently collected varies between each state and territory.

With the new data collection, every school in Australia will use the same method to collect this information – that is, a government school in suburban Sydney will collect and report data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The information provided through this new national data collection will enable all Australian governments to better target support and resources to benefit students with disability. It will help to put the right supports in place for students with disability so that they have the same opportunities for a high quality education as students without a disability.

**WHAT ARE SCHOOLS REQUIRED TO DO?**

Every school in Australia is likely to have a student with disability at some point. Schools need to be able to support students with disability by removing any obstacles for them to participate in their education.

By law, schools are required to make reasonable adjustments where needed to assist students with disability. These responsibilities are outlined in the *Disability Discrimination Act* 1992 and the Disability Standards for Education 2005. This means that schools need to talk to the student and/or their parent/carer about reasonable adjustments. These are things the schools do now and this won’t change.

The new data collection will record students who have been identified by a school team as meeting the definition of disability under the *Disability Discrimination Act* 1992 and provided with an adjustment.

**WHAT IS AN ADJUSTMENT?**

An adjustment is a measure or action taken to help a student with disability participate in education on the same basis as other students. Adjustments can be made across the whole school setting (like ramps into classrooms), in the classroom and at an individual student level (like extra tuition for a student with a learning difficulty).

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WHAT INFORMATION WILL BE COLLECTED?

Your child’s school will collect and report information every year about:

* the level of adjustment provided
* the number of students who receive each level of adjustment
* where known, the student's broad type of disability.

Some students who are not provided with an adjustment at the time of the collection will meet the definition of disability under the *Disability Discrimination Act 1992* and will be eligible to be included in the data collection.

WHO WILL COLLECT MY CHILD’S INFORMATION?

Teachers and other school staff from your child’s school will collect the above information based on:

* consultation with parents/carers
* the school team's observations and professional judgements
* any medical diagnosis
* other relevant information

School principals are responsible for making sure that the information collected about each student is accurate.

HOW WILL MY CHILD’S PRIVACY BE PROTECTED?

Protecting the privacy and confidentiality of all children and their families is very important. With the new data collection, this will be done in the following ways:

* Personal or confidential information will not be given to anyone not authorised to see it.
* When the information is sent by your child’s school to the local or federal education authority for combination with information from other schools, it will be by school only – student names will not be recorded as part of the data collection.
* When the information is reported from 2016 onwards, it will be by school only – student names will not be recorded as part of the data collection.

WHEN AND WHERE WILL THE DATA BE AVAILABLE?

When all Australian schools are taking part in the new data collection, the information will be reported on the *My School* website from 2016 onwards. It will be by school only – no student names are recorded as part of the data collection.

CAN I DECIDE WHETHER MY CHILD’S INFORMATION IS INCLUDED IN THE NATIONAL DATA COLLECTION?

It’s your decision about whether you want your child’s information to be included in the national reporting or not.

Including every school child who is being provided with an adjustment because of disability in this new national data collection each year will help schools, education authorities and governments to better meet students' needs.

Your school will tell you what you need to do if you don’t want to have your child’s information included in the national data collection.

Even if your child's information is not included in the national data collection, your school is still required to provide support to your child with disability and any adjustments that may be needed to help him/her participate at school.

FURTHER INFORMATION

Contact your child’s school if you have further questions about the Nationally Consistent Collection of Data on School Students with Disability and how it may affect your child.

You can also visit [www.deewr.gov.au/students-disability](http://www.deewr.gov.au/students-disability)
‘Cupcakes for Kindness’

Last Friday, eight Year 4 girls gathered for a Principal’s morning tea, with the theme of ‘Cupcakes for Kindness’. We talked about the power of kindness to change things. Mrs Robertson reminded us that there are people who think kindness will change the world!

We will be talking about kindness in our classroom and promoting it to others. We will be looking for acts of kindness and praising people in the playground. She told us about the ‘ripple effect’ of just one person being kind. Then it spreads.

Our school motto is ‘Strength in gentleness’. We think that being kind reflects this.

Isabelle Adams, Shelley Kleven, Maddy Stott, Emily Smith, Rylee Byrne, Olivia Bottom and Emily Quodling
Our talented Primary musicians

Students Who Achieve Greatness
Rylie Marks, Lochlan Giuliani, Charlie Dowton, Kyle Ilitch, Manson Sandeburg, Bridget Stott and Benjamin Smith.

Well done, children!

Term 2 SWAG

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Canteen News

Volunteers
Thursday 12 June – Caroline Blyton
Friday 13 June - Chris Haylock
Wednesday 18 June – Linda Quodling

FRIDAY MEAL DEAL
Hotdog with sauce and drink of juice or milk and frozen fruit cup for $5.00
OR
Sushi with drink of choice for $5.00

Thank you for your continued support.

Carolyn Hely
Canteen Manager
Eat more fruit and vegetables ......

Did you know...?

8 to 12 hot chips (100 g) have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato (100 g) with a light spray of oil that has less than ¼ teaspoon of fat and 400 kJ. The main difference is added fat, hence the added energy or kilojoules. Here is a quick, easy and delicious way to make healthy, hot chips:

**Ingredients**
- 2 large potatoes cut into chips or wedges
- 1 teaspoons canola oil
- 1 teaspoon soy sauce

**Method**
1. Place a large tray or baking dish into the oven and preheat oven to 200°C.
2. Place all ingredients into a small plastic bag and shake.
3. Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

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**Fresh fruit and vegetables – the green food**

Fresh fruit and vegetables are not only good for your health, but they are also good for the planet. Fruits and vegetables come in their own environmentally friendly packaging. Fruit or vegetable scraps can also be composted or used in a worm farm. You can also help the environment by choosing produce without foam trays or plastic containers.

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**Selecting delicious fresh produce**

Here are some tips on choosing the best fresh fruit and vegetables for taste and storage:
- select fruit and vegetables that feel firm, smell nice and look fresh
- small or medium size fruit make good choices for children
- choose vegetables that snap rather than bend
- avoid any fruit or vegetables that are limp, split or feel spongy.
Eat more fruit and vegetables .......

Why eat fruit and veg everyday?
Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent:

- coronary heart disease
- some forms of cancer
- overweight and obesity
- constipation
- high blood pressure and blood cholesterol levels
- help improve control of diabetes.

Aim to eat fruit and vegetables everyday - the greater the variety, the better health benefits.

What is a serve of fruit?
One serve of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.

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<th>Age of child (years)</th>
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What is a serve of vegetables?
One serve of vegetables is equal to one medium potato, half a cup cooked vegetables (including legumes) or one cup of salad vegetables.

Vegetable tips for snacks
- include vegetables slices with cheese and crackers
- top English muffins with chopped tomato, capsicum and ham, sprinkle with grated reduced-fat cheese and heat in the oven or grill
- serve vegetable sticks with salsa
- vegetable-based soup makes a great snack on cold afternoons
- cooked two minute noodles mixed with grated zucchini and chopped tomatoes and top with grated reduced-fat cheese.
Eat more fruit and vegetables .......

Baked potatoes
For a quick and easy meal, wash a medium sized potato then steam or microwave whole until just tender. Cut the top of the potato and scoop a little of the potato out and add canned tuna, creamed corn and sprinkle with reduced-fat grated cheese. Place under a hot grill or in the oven, until the cheese has melted and serve. Alternately add lean bolognaise sauce and grated cheese or baked beans and grated cheese.

Environmentally friendly snack foods
Fresh fruit and vegetable pieces are a quick and easy snack food. Choose an apple, mandarin, orange, pear, banana, plum, pieces of melon, grapes or other fresh seasonal fruit for a quick and easy snack. No packaging, full of nutrients and antioxidants, plus they taste delicious.

Some interesting vegetable facts
Frozen vegetables are usually snapped frozen on ripening and can have the same nutritional value as fresh vegetables. Try to include different vegetables everyday. Different coloured vegetables provide different vitamins and other nutrients. Eating enough vegetables can protect you against many lifestyle diseases including heart disease, stroke, some cancers and diabetes.

Tempting taste buds
Some children dislike vegetables, however they are still an important food group. Some ideas to tempt reluctant vegetable eaters include:

- Disguising them by blending, mashing and adding them to soups, stews or sauces.
- Offer them raw. Lots of kids prefer crunchy vegetables rather than cooked ones. Carrots, cauliflower, beans or broccoli are great eaten raw.
- Involve children in preparing or growing vegetables. This increases their familiarity and willingness to try new vegetables.
- Serve cut up carrots, celery, tomato and cucumber with salsa, dips, cottage cheese or salad dressing.
- Add kidney beans, red lentils, baked beans or four-bean mix to casseroles, mince or stews.
- Mix mashed potatoes with mashed pumpkin or sweet potato.

Enjoy cooking and preparing meals with your children.
Make vegetarian pizza using Lebanese bread, tomato paste, reduced-fat cheese and let the kids pick the vegetables to go on top. Set up bowls of sliced vegetables and let them decorate their own pizza.
Eat more fruit and vegetables ……. 

Children need to eat vegetables every day….
Ideas for encouraging kids to eat vegetables include:
- baked beans on toast for breakfast or baked bean toasted sandwiches
- grated vegetables such as carrot and zucchini into stews, casseroles and mince
- salad in sandwiches or a small salad to go with a sandwich
- sliced vegetables, for example cherry tomatoes, cucumber wedges or carrot sticks.

Boosting the fibre in your child's diet:
- Toss small white or kidney beans into tuna or chicken salad.
- Add extra vegetables to soup. Often, kids forget they're eating "vegetables" when it's part of a soup or stew.
- Toss some of the following ingredients into salads kidney or garbanzo beans; chunks of artichoke hearts, cherry or grape tomatoes, grated fresh carrot, summer squash and broccoli floweret's.
- Substitute whole wheat flour in baked goods like muffins, scones or pikelets. Start with partial substitution and gradually add a larger percentage each time.
- Try using wholemeal pasta; generally children cannot taste the difference.

Did you know…
- Red plant foods, like tomatoes and watermelon contain lycopene, which is thought to reduce the risk of some cancers and heart disease.
- Green vegetables including spinach, cabbage and broccoli contain lutein and zeaxanthin, which can protect against certain eye diseases.
- Blue and purple foods like eggplant and blueberries contain anthocyanins, which protect against cancers.
- White foods like cauliflower contain sulforaphane which protect against cancer.
- Raw vegetables can be rich in the antioxidant vitamin C. Cooking vegetables can release specific antioxidants like lycopene.
Eat more fruit and vegetables 

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Keep fruit for children to snack on
Place the fruit bowel in a visible easily accessible place where children will be tempted to grab a piece!

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Fruit and vegetables as healthy snacks
Fruit and vegetables are very healthy snacks for children, because:
- the fibre found in these foods can aid digestion
- they are rich in vitamins, such as vitamin C which can build up your child's immune system during the cold weather
- they add variety to a healthy and balanced diet.

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Dried fruit
Dried fruit can provide fibre but it is also high in sugar, so no more than one serving of dried fruit should be eaten a day.

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Some suggested filling for sandwiches:
- cheese with celery or sliced cucumber
- grated cheese and carrot
- cheese and lettuce
- canned salmon with lemon juice, lettuce or spring onions
- sweet corn with lettuce
- avocado, low-fat cottage cheese or hummus as a healthy spread on sandwiches.

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Try including some crunchy fruit or vegetables in your child's lunchbox. Eating these after lunch can help stop tooth decay.