God could not be everywhere and therefore he made mothers. -- Jewish proverb

God our Creator, we pray:
for new mothers, coming to terms with new responsibility;
for expectant mothers, wondering and waiting;
for those who are tired, stressed or depressed;
for those who struggle to balance the tasks of work and family;
for those who are unable to feed their children due to poverty;
for those whose children have physical, mental or emotional disabilities;
for those who raise children on their own;
for those who have lost a child;
for those who care for the children of others;
for those whose children have left home;
and for those whose desire to be a mother has not been fulfilled.

Bless all mothers, that their love may be deep and tender, and that they may lead their children to know and do what is good, living not for themselves alone, but for God and for others.

Amen.

Dear Parents and friends of St Patrick’s

I hope that this Sunday is wonderful celebration of motherhood (and grandmotherhood) and that we also quietly remember the enduring gift of our mothers, wherever they may be.

At the end of last term I sent home a note explaining some changes that needed to occur in the Secondary as we move to providing the best learning experiences we can. I am aware that some parents did not receive that note, so I have attached at the end of this newsletter.

I am sure that no parent ever wishes their child to be in potential danger. Therefore, it is quite amazing that some parents choose to leave their child at the school gates well before the 8.30 supervision time. Some children have arrived at school or have been dropped off as early as 7.45am. I stress that there is NO SUPERVISION before 8.30am. Please do not be tempted to put your child at risk.

I am quietly having conversations about uniform with some students in both the Primary and Secondary school. Some girls have not realised that they have grown taller and their skirts are above the knees. If necessary, parents can purchase another second hand uniform to ensure that they are long enough. The second hand uniform shop is open on Thursday 8 May from 3.30 - 4.30pm at the Infants Campus. The uniform code states that skirt length should be mid-calf. Labelling all clothing is also important. The lost property box is over-flowing at times.

This week we welcome grandparents and friends to our school. These important people in our community can also have access to the newsletter if they wish, by simply giving their email address to the Office. We are proud to show off all the good things that happen at St Patrick’s!

Kind regards
Frances Robertson
Principal
Dear parents, staff and students

Cold and Flu
With the colder weather and cool mornings comes the prospect of catching a cold or the flu. As we all know there is no known cure for the common cold. NSW health suggests the following ways to stay healthy this winter:

- cover your face when you cough or sneeze
- wash your hands regularly
- stay home if unwell
- get a jab - the best time to be vaccinated against the flu is in autumn so contact your GP and organise a flu vaccination now (please see your health professional about advice on flu vaccines).

I would also add to this that good food and regular exercise also help to keep your immune system at optimum levels.

Carnivals
This week sees the last of our carnivals for 2014. Last Friday the primary students showed great resolve to participate in bitterly windy and cold weather. Today, the secondary students had their Athletics carnival. On behalf of all the staff and students I would like to thank the parents who volunteered their time to help at our Swimming and Athletics carnivals. Without you these events could not be run.

I would also like to acknowledge the sports House Captains in Primary and Secondary. Your enthusiasm, organisation and encouragement helped set a healthy competitive tone at all our carnivals this year.

Please keep in your prayers Mr Kevin Dunne and his family and Mrs Sabina Kovats and her family.

Have a great week.

and coming events....

**Thursday 8 May**
Parish Mass - Yr 4
Yr 3 - 6 Southern Region Cross Country
St Pat’s Second Hand Clothing Stall 3.30pm

**Friday 9 May**
K-6 Mothers Day Stall
K-6 Grandparents & Friends day 12pm

**Tuesday 13 May**
NAPLAN

**Wednesday 14 May**
NAPLAN

**Thursday 15 May**
NAPLAN

**Friday 16 May**
Yr 4 Assembly 12pm
Oliver cast rehearsal 12.30 - 3.30pm

**Monday 19 May**
Primary Rugby Trials - Yass

**Tuesday 20 May**
Confirmation meeting - 6.30pm

**Wednesday 21 May**
Yr 3-10 Archdiocesan Cross Country
K-6 Dinosaur Petting Zoo

**Friday 23 May**
Walk safely to school day
Yr 1 Assembly - 12pm at Ex-services Club
Harry Nichols shield (league) - 2pm

**Monday 26 May**
Yr 10 Exams
K-8 Musica Viva
Primary Athletics Carnival
Athletics Carnival K - 6

A frosty morning made way for a cold day at Snowy Oval for the K-6 Athletics Carnival on Friday 2 May 2014. The students participated enthusiastically throughout the day from the steady pace of the 800m to the speed of the 100m races. Congratulations to all who entered events to gain valuable points for their house. It was great to see the Kinder, Year 1 and Year 2 children flying down the track with broad smiles on their faces. Thank you to all staff and parents who helped on the day to make it a success. Results:

<table>
<thead>
<tr>
<th>Age</th>
<th>Boy</th>
<th>Girl</th>
</tr>
</thead>
<tbody>
<tr>
<td>8yr</td>
<td>1. Mitchell Reid 1. Olave Wilkinson</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Ryan Pielli  2. Grace Clarke</td>
<td></td>
</tr>
<tr>
<td>9yr</td>
<td>1. Talon Kelly  1. Clara Thornton</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Jack Buckley 2. Lilli Jauncey</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Cooper Inskip 3. Bridget Stott</td>
<td></td>
</tr>
<tr>
<td>10yr</td>
<td>1. Jesse Eljuga 1. Madeline Stott</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. River Wilkinson 2. Jessica Norris</td>
<td></td>
</tr>
<tr>
<td>11yr</td>
<td>1. Lachlan McGuffieke 1. Lucy Thornton</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Charlie Pendergast 2. Lisa Haylock</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Hudson Laird 3. Rachelle Roberts</td>
<td></td>
</tr>
<tr>
<td>12yr</td>
<td>1. Nicholas Zusak 1. Amber Martin-Smith</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Hugo Steiner 2. Brianna Rankin</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Kiah Joyce 3. Leah Rogers</td>
<td></td>
</tr>
<tr>
<td>13yr</td>
<td>1. Connor Inskip</td>
<td></td>
</tr>
</tbody>
</table>

House Championship:

- Caelum 556
- Ignis 522
- Terra 473
- Aqua 373

New Records:

- 10yr 800m Madeline Stott 3:23:83
- 11yr 800m Lucy Thornton 3:24:90

Congratulations to Caelum and to all students!

Primary Athletics Age Champions
Mathematics: Kinder and Year 10 solve the pattern puzzles together

Kindergarten Orange have been using their poly-plugs to assist them with learning about patterns and counting to 10. They enjoyed the opportunity to share their learning with Mr Van Ommen’s Year 10 Maths class on the last day of term. We hope Year 10 enjoyed using the poly-plugs and bee-bots as much as we did and look forward to working together again.

Stephanie Lovat Kindergarten Teacher
2014 Snowy Mountains Interschools’ Gymkhana

Fifteen St Patrick’s riders had an exciting but exhausting four days at the 2014 Snowy Mountains Interschools’ Gymkhana which was held at the Station Resort, Jindabyne. The first day involved a one day event. The next three days included dressage, games, show-jumping, hacking and stock-horse trials. The St Patrick’s students’ enthusiasm was infectious and it was a pleasure to see the support they gave each other, whether or not they had won a ribbon.

Overall, the St Patrick’s team was extremely successful, coming second to SMGS. Emily Quodling and Shelley Kleven were awarded the winner and runner up trophies respectively for students in Years 3 & 4. For Shelley who is in Year 4, this was quite an achievement as she had broken her arm only the week before the competition.

The 2014 riders were: Lachlan Hemphill, Colby Douch, Emily Quodling, Abby Douch, Keeley White, Jane Fitzgerald, Madeline Stott, Brittany Zollinger, Maegan McGraw, Emmilee Reid, Jessica Norris, Shelley Kleven, Molly Norris, Bridget Stott, Jack Kleven.

Congratulations to all these riders and a very big thank you to the parents who ran, fetched, plaited, washed, transported, fed, cajoled or consoled their child and their pony over these four days.

Sue Wallace
During Term One, we wrote our own prayers of Thanksgiving in Religion:

Dear Lord,
Dear God,
Thank you for the sun that gives us warmth, and for the bright moonlight.
Thank you for the cool breeze.
Amen.

(Darcy Brown)

Dear God,
Thank you for the sun that gives us warmth,
Thank you for the cool breeze.
Thank you for the food and water,
Thank you for the morning light.
Amen.

(Joseph Nichols)

As Term Two begins, 2W is studying ‘Seasons’ in both Mathematics and Art. We have been on a nature walk around the school to collect many colourful and different sized leaves. Students have used the leaves and oil pastels to create an autumn stencil. Here is some of 2W’s artwork:
St Patrick’s Cross Country Carnival

At the end of last term on a cool and wet day, St Patrick’s held their annual Year 3-10 cross country carnival at Lion’s Park, Cooma North. Students completed a number of laps of a 1.5km course with the weather providing a nice challenge to the students. Congratulations to all students on their participation and effort on the day and a big congratulations to this year’s age champions:

<table>
<thead>
<tr>
<th>Primary</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>8/9 Years</td>
<td>Clara Thornton</td>
</tr>
<tr>
<td>10 Years</td>
<td>Madeline Stott</td>
</tr>
<tr>
<td>11 Years</td>
<td>Lucy Thornton</td>
</tr>
<tr>
<td>12 Years</td>
<td>Anna Connolly</td>
</tr>
<tr>
<td>13 Years</td>
<td>-</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Secondary</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Years</td>
<td>Summer Rees</td>
</tr>
<tr>
<td>13 Years</td>
<td>Maria Tarasyuk</td>
</tr>
<tr>
<td>14 Years</td>
<td>Abby Macnab</td>
</tr>
<tr>
<td>15 Years</td>
<td>Meg Pearce</td>
</tr>
<tr>
<td>16 Years</td>
<td>Angela Sullivan</td>
</tr>
</tbody>
</table>

The secondary House relay was won by Terra.

Primary House champions were Caelum, followed by Ignis, Aqua and Terra. Secondary House champions were Aqua, followed by Caelum, Ignis and Terra. Good luck to all students competing at the Southern Region cross country tomorrow or the Archdiocesan carnival in two weeks’ time.

Mr Lawley
Sports Coordinator
P&F Mother’s Day Gift Stall 9 May

Our annual Mother’s Day Stall for the Infants and Primary students will be held on **Friday 9 May** in the Primary Library. Students are asked to donate a small gift which will be used on the stall. We ask for gifts to be wrapped in clear cellophane so it is easier for children to see what they are buying.

On **Friday 9 May**, every child in the Infants and Primary will be given the opportunity to shop at the stall for their mother/carer/grandmother. Gifts will be priced between $2.00 and $5.00. All profit goes to supporting our school.

*Suggestions for gifts include - hand cream, pot plant, gardening gloves, a magazine, chocolates, bath products, coffee mug filled with sweets,* …

For enquiries or if you are able to help on the day with the stall, please contact Natalee Reid at mws@schutebell.com or on 0412910152

Mother’s Day Special – Nourish Cookbook!

**Why not think about a copy of our Nourish Cookbook for Mother’s Day this year? Purchase one book for $20 or 3 for $50!! Available from the School Office.**

School Board Report

Our School Board welcomes back all our students, staff and their families as they begin the commencement of a very busy Term 2.

The love of learning can be inspired by teaching our children to be positive throughout their lives. This can be achieved through their goals and aspirations they set for themselves at any stage of their life.

One way of achieving this is sitting down with your children and talking to them about what they may want for the future and assisting them in how this can be achieved. An easy starting point is getting them to write out one or two positive affirmations, reinforcing what they want to change in their lives now and what they may want to strive for in the future.

Affirmations are positive statements about who we are, and what we can become and experience. They help us focus on what we want. The key in using affirmations effectively is to have them evoke positive emotions within us.

**Empowering affirmations are always stated in a positive way.** Such as: “I am smart.” Instead of, “I am not dumb.” Stating affirmations in the positive puts our focus on what we want, rather than on what we do not want.

Erika Statham
Chairperson of the School Board

School Fee Information Update

Due to the increased cost of printing and postage, it is now necessary to email all family school fee invoices and reminders.

**From Term 2, fee invoices will be sent to the email address** that has been provided to the school. If you wish your statement to be sent to an alternative address please notify the office on 6452 1721 or by emailing office.stpatscooma@cg.catholic.edu.au. For those families without email addresses, statements will continue to be posted.

For families who receive a Centrelink payment, a Centrepay facility has been established so school fee payments can be debited directly from your payment. Please see the office if you require further details.
Canteen News

Thank you so much to all the parent volunteers who stepped in to help throughout the Infants and Primary Athletics carnival to feed everyone. I am very grateful.

Grandparents and Friends Day: Thank you for your lunch orders for Friday—enjoy your picnic!

VOLUNTEERS
Thursday 8 May - Melinda Barrett
Friday 9 May – Kim Kleven
Wednesday 14 May – Jackie Bitar

MEAL DEAL FRIDAY: Hot Dog with sauce and a drink, Pie with sauce and drink or small cheese and ham salad wrap with drink. All choices will be $5.00 each. NO OTHER CHOICE IS AVAILABLE for Infants and Primary on Friday.

Thank you for your continued support.
Carolyn Hely
Canteen Manager

Second Hand Uniform

The Second Hand Uniform shed will be open Thursday 8 May from 3.30 - 4.30pm at the Infants Campus.

P&F News

The P&F will be serving tea and coffee on Grandparents/Friends Day this Friday. If you are available to assist please contact Melinda Barrett on melinda.barrett@cg.catholic.edu.au

Would you like to become more involved in our wonderful school? The P&F are looking at forming a Fundraising Committee to run some small fundraising activities over the next 2 terms. If you are interested in joining please contact Karen McGufficke on 0417 496708 or mkmcgufficke@bigpond.com.

You are invited to our...

K-2 Grandparents’ and Friends’ Day

9 May

12:30pm Classrooms activities
1:20pm: Picnic Lunch on the oval (Weather permitting)
2:00pm: Conclusion of Grandparent’s and Friends’ Day
The 24 Hour Mega Swim is a fun team relay event. It is one of Australia’s most popular and fastest-growing fundraising events.

Teams of up to 15 people compete for laps swum and money raised. Each team must have a swimmer in the water for the entire 24 Hours. People of all ages and abilities can take part. Each team creates a swimming roster to suit each swimmer. Each participant decides when they would like to swim and for how long. Some swim for 10 minutes, others swim for 4 hours! There is no set formula.

Each team member has an online fundraising page and raises money from family, friends and colleagues. They can receive one off donations, be sponsored for the number of laps they do, or host their own fundraising event to add to their total. It is entirely up to each participant to decide how they will fundraise.

The 24 Hour Mega Swim is a competition with points awarded to each team. Each team will receive 1 point for every $10 raised and 1 point for every 500m swum. The winning team’s name will be displayed on the perpetual plaque at the venue.

Living with MS is a 24 hour, 7 day a week challenge. A 24 Hour Mega Swim is a feat of endurance that reminds us of this challenge. 24 Hour Mega Swims are exciting events that bring communities together.

**If you would like to support a team, go to this website:**
http://events.megaswim.com/2014-Canberra-24-Hour-Mega-Swim/AlisonSutton

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**Touch at Cootamundra**
Schools are dynamic places! Change seems to be our constant, whether it is around curriculum or buildings or regulations... or the people who come through the door each year. I am one of those changes at St Patrick's and part of that role is to look at things with fresh eyes. Even though I have been ‘handed’ a very good school with great results and a positive tone, we can’t rest on our laurels. Continuous school improvement must always be our goal.

We know that in most schools many clever students ‘plateau’ in early high school and go on ‘cruise control’ until senior high school. Other students are frustrated with models of learning that confine them to a rigid pathway. Then, there are others who are most comfortable with a lock-step pattern and a clear ‘tell it to me straight’ way of operating. For them, structure is a comfort. It is obvious that one size does not fit all.

This term we have begun to explore the possibilities around changing some of our teaching practices to better address the variety of students’ learning needs. We have given the term ‘STRIVE’ to these plans, where this word stands for Strengthening Talents, Reasoning and Intellect through Varied Experiences. Teachers are giving time to exploring inquiry based learning, ‘flipped’ classrooms, problem-based learning, combining different KLAs with a common theme, e-learning and numerous other possibilities. They have also considered the students who might benefit from a different approach.

Initially, we felt that starting with the Year 7 and Year 8 classes might be the best approach. However, we have listened to our community and we are going to have a variety of classes across Year 7 to 10 in a variety of subjects, where teachers are going to take special time to plan and deliver a different approach to some of their units of work.

This will be part of action research for our school’s improvement. We say that we are ‘a place of learning’ and we are learners too! This doesn’t mean that students are guinea pigs in an experiment. It does mean that careful consideration will be given to students’ needs, research and planning will take place and then feedback will be sought on the effectiveness of the approach. This will be moving from theory to practice.

All of this will necessitate some changes to the timetable for Term 2. For most students, this will be minimal. They will receive their new timetable on Tuesday 29 April when they return to school. We ask them to bring all of their books for this day.

We look forward to continuing the conversation about learning at St Patrick’s. After all, we are a school with altitude and continuous school improvement is our goal.

Frances Robertson
Principal
Whats On …..

Cooma Library Storytime for pre-schoolers, toddlers and families - Wednesday 21 May 11am, this month celebrating National Simultaneous Storytime. Please join us for this free fun event. https://www.facebook.com/MonaroRegionalLibraries

National Walk Safely to School Day

National Walk Safely to School Day is on Friday 23 May. We would like to encourage as many parents, carers and children to walk to school on this day.

An alternative is to meet at Centennial Park anywhere between 8:30am – 8:45am and walk with a school group.

Students who participate in the walk to school will be given a sticker. If you would like more information about this event, please go to the following website: http://www.walk.com.au/wstsd/

CHARITY GOLF DAY

SATURDAY 17 MAY at COOMA GOLF CLUB.

This is a fun golf day, perfect for all standard of players, with money raised going to Monaro Early Intervention Service.

Entry: Teams of 3 players at a cost of $35 per adult player, $15 per student. This covers green fees, a hearty breakfast, a light lunch and savouries at the end of play presentation.

Please be at the Club at 8.30am for your breakfast and a coffee hit before you tee off. It is an Ambrose event, with a shotgun start at 9.30am.

MEIS is a non government, non profit organisation providing family centred intervention services for children aged 0-6 with a disability or developmental delay. We receive some government funding, but rely heavily on donations and fundraising to ensure that all children who require this service have access to the help that they need. Funds raised this year will help make our new building ready to house speech and occupational therapists.

We value your support and look forward to seeing you on the fairway!

Contact MEIS on 0264527424 or Robyn Boyce on 64521863 for further information and/or to arrange for entry forms and details of payment. Or go to www.meis.org.au/news and click on the Charity Golf Day link.

Book Launch: Sealskin Coast by Rowena Evans. You are invited to the launch of the exciting new novel for young and old. Friday 30 May at 4pm at Cooma Library, RSVP 64551730.
Assorted healthy eating messages ......

Environmentally friendly packed lunches
Waxed paper can be a better option for wrapping lunch than plastic. Limit packaged snacks these generate lots of waste at home and school. Packaged snacks may seem an easy option but fresh fruit requires very little effort to pack, is healthy, and creates little waste.

Write a shopping list and plan your family meals
A little thought and planning put into mealtime generally yields big health and economic advantages.

Teach your child to cook
- Preparing food with your children is a great way to teach them good nutrition, PLUS they will enjoy eating what they helped prepare.
- Try assigning a 'kids night' to older kids where they are in charge of menu planning, cooking and clean up.
- Involve your child at the supermarket by giving them a list of foods to find. Add a few unusual foods to the list each time (for example, avocado or kale).

Building healthy habits
Children are learning habits that will often last them a lifetime. Consider the following:
- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Serve meals or snacks at a table rather than in front of the television. Children and adults can miss their body’s cues when they are full and are more likely to overeat. Limiting television also reduces their exposure to junk food advertising.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.
- You play an important role in promoting healthy habits. Set a good example by eating healthy foods and enjoying regular exercise. It may not be apparent, but your child is watching you!

Iodine and learning
Iodine is needed for the thyroid gland, growth and brain development. Sources of iodine include:
- cow’s milk, yoghurt and cheese
- seafood
- seaweed – as used in sushi or nori rolls

Children know their bodies
Use a child’s appetite to guide how much food they need for activity and growth. Don’t try and force children to finish their plate or give sweets or dessert as rewards as this may lead to overeating problems later on. Instead offer a variety of healthy foods. Children do not eat the same amount of food every day. The amount of food a child may need depends on what else has been eaten that day.

Breakfast nutrition fact
It’s not what you eat, but when you eat, that makes it breakfast. Favourite foods like sandwiches, muffins, cheese and smoothies can all be incorporated into a healthy breakfast. So mix it up!

Quick and easy breakfast ideas:
Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For example
- wholegrain cereal with reduced-fat milk
- fruit smoothie
- wholemeal crumpets with sliced banana
- grilled cheese and tomato on toast
Assorted healthy eating messages......

- boiled eggs and toast
- slices of fruit with yoghurt
- raisin toast with sliced banana
- muesli, chopped fruit and yoghurt
- tinned baked beans and toast
- porridge, sultanas with reduced-fat milk
- tinned fruit and yoghurt
- rice or noodles with lean meat or vegetables

Why is breakfast important?
- children who miss breakfast are often reported as having poor behaviour and poor concentration
- children who miss breakfast are often unable to meet their daily nutrient requirements
- children who miss breakfast are more likely to have a greater risk of being overweight or obese
- eating breakfast helps children learn and establish healthy eating habits early in life.

The Parents Jury
The Parents Jury is a web-based network of parents who are trying to improve the food and physical activity environments for children in Australia. The Parents Jury is currently advocating for junk food free advertising during children’s TV programs and confectionery free supermarket checkouts. Members receive regular emails with links to current articles and are encouraged to add their opinions on issues that can effect families nutrition and activity levels. To find out more go to www.parentsjury.org.au

No time for breakfast?
Try some of these quick breakfasts children can enjoy "on the go".
- reduced-fat yoghurt, or a yoghurt drink
- reduced-fat milkshake
- healthy cereal in small plastic bag (a small carton of milk can add a calcium boost)
- slice of banana loaf or other low fat fruit loaf.

Breakfast provides brain food
Eating breakfast each morning improves children’s learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:
- wholegrain cereals and reduced-fat milk
- baked beans on wholegrain toast and a glass of reduced-fat milk
- fruit smoothie and toast
- toast topped with cheese and sliced tomatoes
- egg on toast with a glass of reduced-fat milk
- wholemeal or wholegrain toast or fresh bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- reduced-fat yoghurt, fruit and raisin bread
- fruit salad and yoghurt.

Serve breakfast with a glass of water or milk to get children hydrated.

Kids love rewards
Praise healthy habits. This may be snacking on fruit, drinking water and being active. Use treats like stickers, special games and outings, hugs and praise. Avoid using food as a reward.

Dairy foods are important for strong bones and teeth.
The Australian Guide to Healthy Eating recommends children eat 2-3 serves of dairy foods, such as milk, cheese or yoghurt each day. Why not try including these high-calcium containing foods:
- milk on cereal or a tub of yoghurt at breakfast
- cheese on crackers after preschool
- fruit smoothie as a drink
- custard and fruit or as dessert.
Assorted healthy eating messages ......

Heart smart
Here are some healthy heart food tips:
- use margarine spreads instead of butter
- choose reduced-fat milk (2% fat or less) for children two years and over
- have fish at least twice a week
- snack on fresh fruit
- don't add salt to cooking or at the table
- enjoy a variety of foods especially fruits, vegetables, breads and cereals.

Lunchtime banana loaf
Breads and cereals are an important source of vitamins and minerals. One interesting way to include them is with homemade muffins and loaves. Why not try this recipe:
- 2 ripe bananas
- 2 oranges
- 1 cup self-raising white flour
- 1 cup self-raising wholemeal flour
- ¼ cup sugar
- ¾ cup canola oil
- 1 egg, beaten

Mash together banana, the grated rind and juice of two oranges. Mix together with the rest of the ingredients. Pour into greased loaf pan. Bake at 180 degrees for 45 minutes or until cooked. Slice and freeze into lunchbox size serve.

Keep food cool
Sandwiches can be frozen for up to a week and, if removed from the freezer in the morning, will thaw by lunchtime. Some nutritious sandwiches to freeze include those with fillings of cooked meats, baked beans, eggs, fish and cheese. Most fresh vegetables do not freeze well so put them on the sandwich when it's packed in the lunch box.

Keeping lunchboxes safe
- Before preparing your child’s lunchbox, always wash your hands and ensure you have a clean chopping board, lunchboxes and utensils.
- Bacteria that cause food poisoning grow at room temperature so it is a good idea to keep lunchboxes cold, even in winter. Include a frozen drink or ice-brick to keep sandwiches fresh and safe.
- Wrap frozen drinks in a paper towel to stop condensation making lunches soggy.

Be selective about what you pack, especially on hot days. Try to avoid cold meats, chicken and eggs on hot days.

Apricot Drumsticks
Ingredients:
- 4 skinless chicken drumsticks
- ¼ cup apricot nectar
- 1 tablespoon low salt soy sauce
- 2 teaspoons tomato sauce
- 1 teaspoon lemon juice

Method:
1. Make a few slashes in each drumstick using a sharp knife.
2. Put drumsticks in an ovenproof dish.
3. Pour over the combined nectar, sauces and lemon juice.
4. Marinade for 30 minutes.
5. Preheat oven to 180 degrees and bake with marinade for 30 minutes turning once. Can be served hot or packed cold in a school lunchbox with a frozen water bottle.

Healthy family eating rules
Parents decide:
- ✓ what food is served
- ✓ when food is served
- ✓ where food is served

Children decide:
- ✓ whether to eat
- ✓ how much to eat
St Patrick's Parish School

### Hot food

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti Bolognese</td>
<td>$4.00</td>
</tr>
<tr>
<td>Macaroni Cheese</td>
<td>$4.00</td>
</tr>
<tr>
<td>Meat Pie</td>
<td>$3.00</td>
</tr>
<tr>
<td>Party Pie</td>
<td>$0.80</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$2.50</td>
</tr>
<tr>
<td>Spinach and Ricotta Roll</td>
<td>$2.50</td>
</tr>
<tr>
<td>Potato Pie (winter only)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pizza - Homemade</td>
<td>$2.00</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chicken Nugget</td>
<td>$0.60</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>$0.20</td>
</tr>
</tbody>
</table>

### Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL Drinks</td>
<td>$2.00</td>
</tr>
<tr>
<td>Lite Oak Milk—Strawberry, Chocolate, Banana</td>
<td></td>
</tr>
<tr>
<td>Juice—Orange, Apple, Apple &amp; Black Currant</td>
<td></td>
</tr>
<tr>
<td>Tea or Hot Chocolate (Secondary Only)</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

### Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Orange or Apple Fruit Cup (Gluten Free)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Frozen Yoghurt—Strawberry, Mango</td>
<td>$2.20</td>
</tr>
<tr>
<td>Quelch Sticks</td>
<td>$1.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

### MEAL DEAL ON FRIDAY—Check the newsletter each week

**Mini Canteen available MOST Wednesdays, items from 50c.**

Please Note: Please write names, class and order CLEARLY on bag. If a student forgets their order, food will be supplied and a note will be sent home, so the canteen can be reimbursed.

Gluten Free toasting available on request: 50c

Volunteers are ALWAYS welcome.

www.stpatscooma.nsw.edu.au