FROM THE PRINCIPAL

It’s hard to believe that we are already halfway through Term 2. We have five very busy weeks ahead, with our Inter House Sports Carnival tomorrow, whole school excursion to the Brisbane Museum, school photos, Small School’s Sports Carnival and our Rewards Days coming up. Along with this of course, we have our teaching and learning happening each day. As you can see we really do have a lot on in the next few weeks.

Uniforms
Our bright new uniforms have arrived. With our school photos coming up on 16th July, the P&C will staff our uniform shop 30mins before and 30 mins after school the day before school photos, on 15th July.

Sports day
Our Inter House Sports Carnival will start at 8:45 tomorrow morning, beginning with the march past. Children are encouraged to wear their house colours on the day. A program for the day is enclosed with the newsletter.

Brisbane Museum Excursion
Our students will be traveling down to the Brisbane Museum for a whole day excursion. They will be traveling on the train. More details regarding the excursion will be sent home as the date draws nearer.

*Please remember as per school policy all outstanding fees must be up to date in order for your child to participate in school excursions.
**P & C News:**

Once again we have shown what great, supportive and dedicated parents we have here at Grandchester. On Saturday May 16 past students and teachers of Grandchester State School gathered at the hall for a reunion. Over 100 people were there on the day catching up and sharing childhood stories. A number of our current students did a great job as tour guides in showing the past pupils around our school grounds. Our fundraising officer, Heather Bishop, did a fantastic job in organizing donations of food and preparing for the event. On the day we had a group of dedicated mums who gave up their time to prepare, cook and serve food for the day. Since that day I have taken a number of calls saying what a wonderful job our P&C did and how impressed they were with our students. On top of all of this, over $1000 was raised on the day.

There are a number of upcoming fundraising events which are great opportunities for you to help raise funds for your child(ren)’s school. Often these things are left to a handful of people to do all of the work. **We need more parents to help share the workload.** Some of the upcoming events are: Tuckshop for the Small School’s sports day. Mrs Meier is organizing the tuckshop for the day, **there will be a meeting regarding tuckshop for the day, held immediately after sports carnival tomorrow.**

Pub raffles – June is our month to run the raffles on Friday nights at the Grandchester Hotel. We are looking for people to help run them. Remember, if you can’t make it down to the pub on the night you can pre-purchase tickets from the school.

Nathan de Mey.

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**School Photos**

School photos will be Tuesday, 16th June.

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**Healthy Choices**

This term we have been focusing on healthy choices and what are good foods which help young bodies and minds grow. School is a time when children start to make independent choices about their lifestyles. School aged children learn quickly and are influenced by friends and popular trends. This is an important time to talk about and encourage healthy food habits.

A healthy lunchbox can include:

- fresh fruit
- fresh crunchy vegetables
- milk, yoghurt or cheese. For children who cannot tolerate milk products, alternatives like calcium fortified soy or rice drink or soy yoghurt
- a meat or meat alternative food like some lean meat (e.g. chicken strips), hard-boiled egg
- a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)
- tap water.

..... Continued next page
Firefighters and Books!
News from Prep-Two

This week we received a visit from the Firefighters based at Rosewood Fire Station. We had prepared for their visit and they were so amazed at our Fire Safety display that they took photos to display in their station!

We had a tour of the Fire Truck and each child had a turn on the fire hose.

We also participated in the National Simultaneous Story Time this week. This event sees thousands of children from hundreds of schools across Australia all reading the same book at the same time. This year’s book was ‘The Brothers Quibble’ by Aaron Blabey. Many of the children could relate to this story about fighting siblings!

Healthy Choices ... continued

Items which do not belong in a healthy lunch box:

- all sweet drinks such as fruit juices, fruit drinks, cordials, sports drinks, energy drinks, flavoured waters, flavoured mineral waters, iced teas and soft drinks. These are high in energy (kilojoules) and sugar, and can lead to weight gain and oral health problems in children
- dried fruit bars and ‘straps’. These are low in fibre and are also high in sugar and can stick to children’s teeth, causing tooth decay
- chocolate spreads in sandwiches. These add extra, unnecessary sugar to the lunchbox
- Artificially sweetened drinks

Some pre-packaged foods that claim to be healthy contain high levels of salt and sugar and have little or no nutritional value.

Healthy lunches and snacks are important for children and help with their concentration and learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.
COMMUNITY NOTICES:

WOULD YOU LIKE TO HOST AN OVERSEAS STUDENT?
Experience another culture, make new friends and improve your language studies at home

Hosting – An Experience for Life
Student Exchange is looking for host families across Australia to welcome overseas students into their home.
www.studentexchange.org.au
1300 135 331 (cost of local call)

Q: What do you call a pony with a sore throat?
A: A little hoarse!

Q: Why did the emu cross the road?
A: To prove he wasn’t a chicken!

CONTACTING THE SCHOOL:
Our School Office is staffed Wednesdays, Thursdays and Fridays 8:00am–4:00pm. At other times, phone calls will go to message bank. Please leave a message if you have an urgent request and we will check the message bank during break times.