FROM THE PRINCIPAL’S OFFICE

Dear Parents and Caregivers,

Principal Professional Development Conference
I will be attending the Principals' Professional Development Conference in Leura on Wednesday, Thursday and Friday this week. In my absence, Mr Warnock and Ms Williams will be relieving Principals. The theme of the conference is Creativity: Exploring powerful modes of self-expression and communication through creativity. Our presenter is Glen Capelli: Author, songwriter, radio and television presenter and creator of the Dynamic Thinking Course for Leadership. Glenn Capelli has delivered a message of creativity, innovation and thinking smarter to audiences around the world. Glenn’s ability to bring together meaningful learning and laughter is the key to his successful presentation style. His message is one of being a learner and thinker in today's fast paced and ever changing world through the use of creative thinking, humour, enthusiasm and attitude. I am hoping to be inspired by this conference.

School Crossing Issue
Please be aware that it is vital that parents model the correct way of crossing the road by following the instruction of Barry, our School Crossing Officer. His job is to ensure that students and parents cross the road safely at the pedestrian crossing. He needs parents to wait until he signals that traffic has stopped and it is safe to cross. Many parents are ignoring his requests, talking on mobile phones and stepping out onto the road with their children before he has indicated that it is safe to do so. We are extremely fortunate to have Barry to assist us and we need to show respect for his position and authority. Thank you.

Magic Growing Jelly Balls Safety Issue
Choking is one of the leading causes of death for young children. And while parents often watch out for some of the more common choking hazards, such as hard candy, marbles, coins, and uncut hotdogs, etc., it always seems like there are new ones that come along that we don’t think about.

Some of these, when ingested, can cause serious problems even if they don’t lead to choking. The latest warning comes in regard to Jelly Balls that have recently been brought to school by several students. As they come in an array of vibrant colours and explode when you throw them, they certainly do sound like fun, but it is easy to see how they could cause problems if swallowed.

When moistened, the growing balls can easily grow larger than the small intestine in just six hours, blocking the intestine and quickly leading to a life-threatening medical emergency. It is important that parents:

- be aware that items using superabsorbent polymer technology may be found in other toys (Spider Balls), gardening equipment (Crystal Soil Water Beads), and some crafting/household products (Water Pearls). Magic Growing Jelly Balls are even advertised as a ‘great party favour.’
- keep these water-absorbing balls and other items using superabsorbent polymer technology out of the reach of young children.
- seek immediate medical attention if one is ingested, as it will likely need to be endoscopically removed as soon as possible.

These jelly balls are banned from school as a result of the safety issues to students who may be unaware of the risk to their health.

Karen Shehata.
FROM THE DEPUTIES’ OFFICES

STUDENT WELFARE

POLICIES
Our student welfare policies can be viewed on the school’s website at:

ANTI-BULLYING
This week we will look at how parents can help their children if s/he is being bullied, or if bullying is suspected. This is not a definitive list.

- Listen. Don’t jump to conclusions.
- Most cases of bullying can be sorted out quickly if they are reported straight away.
- Support your child emotionally.
- Let them know it is okay to tell you what is going on.
- Let them know you will support them even if they have done something wrong.
- Report it to the school.
- See your child’s side of the story.
- Believe your child.
- Stay cool and calm and aim to reach a solution the school can implement.
- Make an appointment to with the teacher or student welfare officer at your child’s school. It takes time for the school to investigate.
- Listen carefully to the steps that are to be followed by both you and the school.
- Arrange follow-up meetings.
- Explain to your child that they are not to blame if they are bullied.
- Help your child to stand tall.
- Help your child to practise strategies such as walking away or making a joke.


SURVEY
During Weeks 7 and 8 the school’s Student Welfare Administration Team will be conducting surveys about bullying at school. Students in Years 1-6 will be surveyed in class, and all staff and parents will have the opportunity to complete the survey online. The survey results will give us information and possible future directions regarding student bullying and anti-bullying in our school. The site for the survey is www.surveymonkey.com/s/RH8Z3BJ. The last day for responding to the survey is Friday 20th June.

REMINDERS

EMERGENCY CONTACTS
Please ensure your emergency contact details are kept up to date. Please also ensure emergency contact people indicated are actually available and willing to collect a student in an emergency situation during school hours. If you need to make any changes to your emergency contact details please see the school office.

STUDENT ABSENCES
If your child has been away from school please provide a note and/or medical certificate for all absences immediately upon your child’s return to school. A convenient slip is attached to the newsletter for this purpose.

PHOTOS
All enquiries regarding photos are to be made directly to the photography company: AdvancedLife 1300 728 972.
Thank you.

Mark Warnock and Jane Williams

******************************************************************************

DP: SPECIAL MENTIONS (GOOSE AWARDS)

- A DP goose-team Thank you to parent working 'bees'...your buzzing around on the weekend has made a noticeable difference.
- To Junior P, Michael S and Patrick P for their excellent efforts in improving their reading.
- Special mention for our newsletter queen, Poppy in the office who does an amazing job every week with the newsletter. She is always extremely careful when articles mention children and carefully checks with others to ensure the article is just "right". This is particularly so with sport articles. (big thanks from Tim Kay) Poppy is a careful and sensitive editor and proof reader who takes consideration of staff student and community needs. You will notice, the newsletter is also extremely visually attractive.

******************************************************************************
SCHOOL PHOTOS UPDATE

Dear Parents and Students,

Please accept our sincerest apologies for the delay in delivery on your school photographs. Delivery of your photographs has been delayed approximately 20 working days and we aim to have your completed packages delivered by Friday 13th June.

Over December/January, we completely upgraded our digital laboratory with the goal of improved turnaround and higher quality print. Once production commenced in February we were plagued by numerous technical failures. Over recent weeks our technology partners have been able to identify the root cause and we are now experiencing the improved productivity and superior quality we expected of the upgrades. We are however left with a considerable backlog that additional shifts and overtime will work through but has delayed your usual expected delivery.

We can assure you that the improved print quality coupled with the new package wrap around cover is a vast improvement on any previous years product. Furthermore, now the upgrades are complete and machinery responding as expected we can guarantee that you will not experience similar issues in the future.

Summer Hill Public School Community is very important to us and we would like to thank you for your continued custom and patience this year.

Kind regards,
The whole advancedlife team.

ENVIRONMENT WEEK FOCUS

Lily M in 6BN recently attended a seminar conducted by Jane Goodall. Lily has always been a keen supporter of ‘everything’ to do with animals. She is extremely concerned about the enormous number of animals on the endangered species list. Lily brought to my attention that we at Summer Hill School can support the Jane Goodall Institute Australia. We can do this simply by recycling our mobile phones. How can recycling mobile phones help chimpanzees?

The mining of coltan, a mineral used in many mobile phones. Mining results in the clearing of essential habitat which leads to the decline of Great Ape populations. If we can decrease the amount of mobile phone production there will be no need to clear the chimpanzees’ habitats.

Thanks to Lily, we are now able to help these Great Apes from the Inner West in Sydney Australia!

Please look around for your old mobiles and bring them into the school office.

Thank you in anticipation. Ms Bosler

PS. We still collect used postage stamps, bread tags and used spectacles/glasses for charities.

UNSW COMPETITIONS (ICAS) 2014 (Years 3,4,5, and 6)

As in previous years, the school will be providing students with the opportunity to sit a number of the NSW University competitions.

These competitions provide students with the opportunity to gain experience in sitting commercial tests. The tests are not aligned with the curriculum and students should only elect to sit the test if you feel the experience will enhance their learning.

This year students will have the opportunity to sit the following tests:

<table>
<thead>
<tr>
<th>Subject</th>
<th>Test Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>29 July 2014</td>
</tr>
<tr>
<td>Mathematics</td>
<td>12 August 2014</td>
</tr>
</tbody>
</table>

Please note that receipt of payment for these UNSW competitions will be accepted as consent by you, the parent or caregiver, for your child to participate. Payment can be made by cash, money order, cheque or on-line, returned to the OFFICE no later than Friday 13 June.
SOCCER REPORT (30th May vs Abbotsford PS)

Juniors 2-1
This week our juniors faced a team that hadn’t lost a game yet in this competition and were flying high with confidence. I asked the team to stick to their game plan. Tight, watchful defence matched with a triangle formation up front passing the ball around. The first 5 minutes looked like we were going to be in for a tough game. They quickly put in a goal, however it seemed to wake our defence up. Ricky and Luke were great as they wrestled the game from their forwards. Our attacked pressed forward and by half time we had taken control of the game and had most of the position. Toward the end of the match we had equalized via a nice shot from Elliot and it looked like we would have to settle for a draw. With moments to go, our triangle of Eddie, Louie and Elliot went into action and scored a great goal to seal the win!

Seniors 5-1
At the end of last week’s game, I asked the Seniors to remember that feeling of losing 4-5. I reminded them again just before they took the field for this match. Devindar, our coach, also reminded them to play calmly and stick to their game-plan. Our seniors obviously listened and played a good solid game of football. Jacob and Nathan were exceptional as they distributed the ball around the field. Mark, Luke and Toby protected our goalkeepers from everything except a last minute, consolation goal. Owen, Felix and George ran their hearts out in the midfield. Leo and Rohan were fantastic as they ran both the wings. A great team effort. Special mention to George’s grandfather who came down to watch us. We all appreciated the support!

JUNIOR NETBALL REPORT
On Friday the Summer Hill B Netball Team won 12-0 against Homebush West but the A Team tied 3-3. Everyone played fantastically, especially Zara and Emily. They were getting into spaces to get the ball and blocking the players. A special thanks to Mrs Winters for coaching us and giving us confidence. Homebush West played well too! It was a great game for both teams!

Kristabella L (Team Captain)

SENIOR A NETBALL REPORT
On Friday 30th of May, the Summer Hill Senior A Netball Team played against Homebush West. It was a tough game but with great breaking from Gemma P and fantastic intercepts from Kathleen V. We won the game 7-4.

Elizabeth M-D (Team Captain)

SENIOR B NETBALL REPORT
We played very well considering they were a really good team. I think we played well as a team and we were very happy that we won 20-2. There was very good shooting, defending and passing. Most of all we did well at breaking from our players.

Olivia R (Team Captain)

TRACK ATHLETICS CARNIVAL
Our track athletics carnival for Years 2-6 will be held on July 29 at Pratten Park, Ashfield. All parents and community members are welcome to attend. Please note that Ashfield Council charge almost $300 for us to use what is a local council park. The school will cover the cost this year rather than pass it on to the children.

CROSS COUNTRY TEAM CONGRATULATIONS
Congratulations to our Cross Country Team that finished in second place at the Zone Carnival last week. Results from the Western Suburbs PSSA Cross Country show that the following children have qualified to run at the Sydney East PSSA Championships:
- Emily S (5BG) who came first in the 10 years girls race. Great work Emily!
- Renato P (5GB) who came third in the 10 years boys race. Another great result.
- Ella H (5/6TK) who came 5th in the 11 years girls race. This will be Ella’s 5th Regional carnival this year….a mighty effort!
- Charlotte K (6BN) who came 4th in the 12/13 years girls race. Congratulations Charlotte.
- Hannah C (6BN) who came 5th in the 12/13 years girls race. Another fine run.
- Tom H (6SP) who finished in second place in the 12/13 years boys race. Congratulations also Tom.

See Mr Kay if you are interested in training for the event.
COngratulations Ella!

Ella H. recently competed at the Sydney East Region Touch Football Championships. She played very well as a member of the Western Suburbs team that finished in 3rd place.

WINTER PSSA DRAW

<table>
<thead>
<tr>
<th>RND &amp; DATE</th>
<th>BOYS SOCCER</th>
<th>NETBALL</th>
<th>TOUCH</th>
<th>GIRLS SOCCER</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 - 6 Jun</td>
<td>vs Homebush W @ Edwards Pk 2</td>
<td>As v Croydon Pk @ Cintra 5 Bs v Croydon Pk @ Cintra 1</td>
<td>vs Mortlake @ Blair</td>
<td>vs Newington @ Hammond</td>
</tr>
<tr>
<td>7 - 13 Jun</td>
<td>vs Ashfield @ Henley 3</td>
<td>As v Dobroyd Pt @ Cintra 6 Bs v Newington @ Cintra 2</td>
<td>vs Five Dock @ Blair</td>
<td>vs Dobroyd Pt @ Hammond</td>
</tr>
<tr>
<td>8 - 20 Jun</td>
<td>vs Concord @ QE 2</td>
<td>Cintra</td>
<td>vs Burwood @ Blair</td>
<td>vs Strathfield S @ Hammond</td>
</tr>
<tr>
<td>9 - 27 Jun</td>
<td>vs Dobroyd Pt @Henley 4</td>
<td>Cintra</td>
<td>vs Strathfield S @ Blair</td>
<td>vs Homebush W @ Hammond</td>
</tr>
<tr>
<td>10 - 18 Jul</td>
<td>vs Mortlake @Henley 4</td>
<td>Cintra</td>
<td>BYE</td>
<td>vs Concord W @ Hammond</td>
</tr>
<tr>
<td>11 - 25 Jul</td>
<td>vs Strathfield N @ QE 2</td>
<td>Cintra</td>
<td>vs Mortlake @ Blair</td>
<td>vs Burwood @ Hammond</td>
</tr>
<tr>
<td>12 - 1 Aug</td>
<td>BYE</td>
<td>Cintra</td>
<td>vs Five Dock @ Blair</td>
<td>vs Mortlake @ Hammond</td>
</tr>
<tr>
<td>13 - 8 Aug</td>
<td>vs Haberfield @ Henley 4</td>
<td>Cintra</td>
<td>vs Burwood @ Blair</td>
<td>vs Haberfield @ Ashfield</td>
</tr>
<tr>
<td>14 - 15 Aug</td>
<td>v Abbotsford @ Henley 1</td>
<td>Cintra</td>
<td>vs Strathfield S @ Blair</td>
<td>@ Hammond</td>
</tr>
<tr>
<td>SEMI - 22 Aug</td>
<td>Henley</td>
<td>Cintra</td>
<td>Blair</td>
<td>Centenary</td>
</tr>
<tr>
<td>FINAL - 29 Aug</td>
<td>Henley</td>
<td>Cintra</td>
<td>Blair</td>
<td>Centenary</td>
</tr>
</tbody>
</table>

Congratulations three hard working boys for their for their excellent efforts in improving their reading.

PREMIER’S READING CHALLENGE STARS!

5/6TK have passed the 500 mark! We have read over 500 books in the Premier’s Reading Challenge for 2014. Way to go 5/6TK! What inspiring students you are.
P&C NEWS

GARDENING BEE SUCCESS – THANKS TO YOU!
We held a very successful gardening bee on Saturday. The Gardening Committee would like to extend a massive THANK YOU to the dedicated, hardworking and lovely people who turned up and transformed the grounds from shab to fab! The kids had a great time too. Special thanks to Graham Newling who cooked the snags on his BBQ across the road when we couldn’t access the school’s one.

Alex (Gardening Committee)

THE REVUE NEEDS YOUR HELP!
The Revue committee is seeking funky, fun-loving and fabulous volunteers to assist in supporting the Revue. Volunteer for an hour or the whole night. All time appreciated! It’s not really working – it’s an opportunity to have fun, meet new people, have a lot of laughs, all while helping to raise money for the school. Everyone’s a winner!

Some of the “jobs” we need help with are:
- Transforming the hall into a Glam Disco Nightclub – Friday 20 and Saturday 21 June (the more the merrier)
- Transforming the Glam Disco Nightclub back into a school assembly hall (what better way to start a Sunday?)
- Hostesses and hosts to welcome our disco-goers at the door on the night (are there 2 or 3 volunteers?)
- A top secret ‘special task’ at the start of the night (we can’t tell the 5 of you who volunteer what you will be doing, but it will be FUN!)
- Selling the fundraising scrolls from the start of the night until they run out (we need 3 top salespeople for the start of the night and another 3 hard-sellers for later in the night)
- Prize Collection Table Captain and Silent Auction Supervisor (we need one super glam helper for both)
- Assisting the talent get on stage (we need cool and calm people to help the performers get ready to perform!)
- Spotters for the auction (at least 2 people with very keen eyes ready to jump into action when the auction begins)
- Results recorders for the auction (1 number-cruncher needed to jot down who bought what and for how much)

If any of these roles sound like you, or if you would just like to be part of what promises to be night of hilarity and dancing, please contact Kaylene via email at kayleneandsyd@gmail.com

See you ALL at the Revue!

MISSING TABLECLOTHS
Have you seen 12 black tablecloths which are missing from the P&C warehouse? If you have them, please return them to the front office. Thank you.

MUSIC CALENDAR OF EVENTS TERM 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Jun</td>
<td>Brass &amp; Percussion Concert at 6.30pm in the Hall</td>
</tr>
<tr>
<td>12 Jun</td>
<td>Strings Concert at 6.30pm in the Hall</td>
</tr>
<tr>
<td>17 Jun</td>
<td>Engadine Bandfest all Bands to perform</td>
</tr>
<tr>
<td>25 Jun</td>
<td>Festival of Instrumental Music: Strings and Senior Recorders perform at the Opera House</td>
</tr>
</tbody>
</table>

TERM 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 Jul</td>
<td>Festival of Choral Music Rehearsal: Senior Choir</td>
</tr>
<tr>
<td>6 Aug</td>
<td>Festival of Choral Music: Bennelong Concert: Senior Choir perform at the Opera House</td>
</tr>
<tr>
<td>11 Aug</td>
<td>Primary Proms Rehearsal: Intermediate Choir</td>
</tr>
<tr>
<td>17 Aug</td>
<td>NSW School Band Festival: Senior &amp; Stage Band perform</td>
</tr>
<tr>
<td>22 &amp; 23 Aug</td>
<td>Art Show: All string ensembles to perform on Friday 22nd at 6pm in the Hall</td>
</tr>
<tr>
<td>25 Aug</td>
<td>Sydney Symphony Winds Ensemble perform at the Opera House</td>
</tr>
<tr>
<td>1 Sep</td>
<td>Senior Band &amp; Chamber Orchestra Music Tour (TBC)</td>
</tr>
<tr>
<td>4 Sep</td>
<td>Junior Musicales (TBC)</td>
</tr>
<tr>
<td>10 Sep</td>
<td>Senior Musicales (TBC)</td>
</tr>
<tr>
<td>8-12 Sep</td>
<td>Sydney Secondary College Primarily Fun Workshop (TBC)</td>
</tr>
<tr>
<td>13 Sep</td>
<td>Primarily Fun Concert in Leichhardt</td>
</tr>
<tr>
<td>15 Sep</td>
<td>Primary Proms: Coorong Concert: Intermediate Choir perform at the Town Hall</td>
</tr>
</tbody>
</table>
NOTES FROM THE MUSIC ROOM

SINGLETS CHOIR PERFORMANCE
Singlets Year 1 Choir will be performing on Friday 13th June at the infant’s assembly at 11:05am. Students are required to bring in a blank coloured singlet. This will be worn during the performance over their school uniform. Parents are more than welcome to attend.

Katherine Butler (Singlets Choir Teacher)

CHOIR AND UKULELE BREAKFAST
On Monday the music committee, with the Senior and Intermediate Choir and the two Ukulele groups, presented a musically packed morning of entertainment. It was great to see the many families who came along to hear the results of many weeks of practising before school with Mrs Bale, Ms Scaysbrook, Mrs Salter and Ms Ross. And it was a wonderful experience for the children to perform to such a welcoming and appreciative audience!
A big thank you to Shelagh Doyle for coordinating the music committee parents, and to Sascha L. from 5MD for her stunning solo.

ENGADINE BANDFEST
This year the bands are performing at the annual Engadine Music Festival on Tuesday 17th June. It is always a terrific experience and the students receive feedback about their performance, as well as seeing other ensembles perform. Emails about the event have already gone out to ALL BANDS, if you have not received an email please contact Janet Sutherland (janet.sutherland1@det.nsw.edu.au). A hard copy of the permission note will be given out at rehearsals this week.

Look who dropped in to 5/6TK last week. Do you recognise anyone?
CHESS NEWS

RESULTS FROM ROUND 4

A Team: Our A Team soundly defeated the best four players from Rozelle Public School.
B Team: Our B Team challenged the four best players from Newington's A Team and tied 2-2.
C Team: Our C Team vs Rozelle B Team also ended in a 2-2 draw.
D Team: Our D Team won all 4 games in a clean sweep of Wilkins PS's A Team!
E Team: The SH E Team played hard but Rozelle E came out on Top 1-3.
F Team: Our F Team of 6 year olds came out 4-0 due to a forfeit vs Rozelle G Team.

Well done to those who displayed good manners at our home games, and welcomed the visiting teams with school pride. Congratulations to the following players who won their matches: Shuyi Y, Andy J, Wilfred K, Owen R, Johnny W, Liam G, Eva G, Selwyn C, Richard H, Caspar K, Jay C, Lachlan J, Louis R, Ramon W, Mahesh R, Byron O, and Amanda L. This means that Summer Hill won 17 out of 24 matches, a great result!

Good luck to all our teams in Round 5 this Friday. A Team has a BYE. B, C, and D are at HOME. Teams E and F are AWAY. If your child has an away match please remind them to come to the office no later than 2:45. Thank you!

CHESS PLAYERS GOING TO GLENBROOK TOURNAMENT June 10th

The following chess players are reminded that on Tuesday June 10th they need to be at the Summer Hill Train Station by 7:30am to buy their tickets. Please be on time!

Please also ensure that you have money for your train fare, bring your lunch, and that you have pre-paid your tournament entry fee of $10 to Brett at the Sydney Academy of Chess. Full school uniform is to be worn.

Good Luck to all representing our school!

Conner B. (Mum chaperoning)
Luke R.
Owen R. (Susan chaperoning: 0411738445)
Evelyn C.
Ava C. (Mum chaperoning)
Kevin Sh.
Ben R.

Jay C.
Miles T.
Angus J.
Caleb B.
Jacob P.
Jasper B.
Chester V.

DEATH BY SIMILE

His arms were as thick as a bear’s, his teeth as hard as stone and as white as the perfect shining moon. His eyes shone like the sun, his chest as large as a buffalo’s. His legs were powerful and thick like those of a puma and his nose as pointed as a mountain peak. His hair sprouted like the trees of the forest and his smile was as gentle as the rhythmic beat of nature.

by Tan 5/6TK

(The class were asked to write a short description using as many similes as possible….hence, the title!!)
Waste Free Wednesdays  
Get your lunchbox labelled this Week!

This week get your lunch box labelled for free at our Waste Free Lunchbox stall before school or during lunch hour thanks to Year 6 and the P&C Sustainability committee.

We also have a special fundraising deal with Bright Star Kids (http://www.fdr1602.brightstarkids.com.au/) where you can get classy custom made labels that last! When ordering don’t forget to use the fundraising code to help raise money for our school: FDR1602

Remember to pack a Waste Free Lunchbox on Wednesday and be counted in the school waste audit!

Can you eat it?  
Can you reuse it?  
Can you recycle it? If YES it is a waste free lunch!

If you have any questions or tips contact Jacqui shwastefreelunchbox@gmail.com

FORTHCOMING CELEBRATIONS AND EVENTS

World Environment Day - 5 June  
The United Nations stimulates worldwide awareness of the environment and enhances political attention and action through World Environment Day. This day was established in 1972 to mark the opening of the Stockholm Conference on the Human Environment. It is important that people become empowered to be active agents of sustainable and equitable development and to understand that they are vital in changing attitudes to environmental issues.

World Oceans Day – 8 June  
This annual observance acknowledges the importance of the world’s oceans and the part they play in our global food chain, economy and regulating the global climate. This day provides an opportunity to consider the conservation of the world’s oceans and the reduction of our impact on their fragile ecosystems.

Queen’s Birthday – 9 June  
The Queen’s Birthday is observed in NSW on the second Monday of June. On this day the Queen’s Birthday honours list of individuals nominated for their contribution to Australian society is published.

DEADLINE: Please make all submissions for the next issue of the Summer Hill e-News BEFORE TUESDAY 10 June, 12.00PM.

SUMMER HILL PUBLIC SCHOOL  
ABSENTEE NOTE

(To be returned to classroom teacher first day back after absence)

Students Name:......................................................................................................................................................Class:....................................

Date/s of absence/s:...................................................................................................................................................

Reason for absence:...................................................................................................................................................

........................................................................................................................................................................................................

Name of Parent/Carer:................................................................................................................................................

Signature of Parent/Carer: ..........................................................Date: ....................................................
CRUNCH & SIP

Environmentally Friendly Snack Foods
Choose an apple, mandarin, orange, pear, banana, plum, mangoes, pieces of melons, nectarines, peaches or other fresh seasonal fruit for a quick, easy, environmentally-friendly snack. No packaging, full of nutrients and antioxidants, plus it tastes delicious!

Treats for special occasions
Food is an important part of special occasions for everyone and should be enjoyed. Your child may be invited to a party with lots of foods high in fat and sugar or to a meal at a fast food restaurant. These meals will do no harm as long as they are only eaten occasionally. But remember, children’s parties don’t need to be filled with junk food to be fun. Try to include some healthy foods as well. Here are some suggestions:

- Pretzels
- Mini pizzas
- Fruit platters
- Fresh berries
- Finger sandwiches
- Low fat fruit muffins
- Homemade popcorn
- Watermelon slices
- Orange wedges
- Hummus & pita bread
- Cheese cubes & crackers
- Vege sticks, rice crackers, dips

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* Minimum order values apply. See online for details.