



INTERM SWIMMING 2022



P & C NEWS

TERM 4

P&C meetings;

- P&C meeting Week 3
- P&C AGM week 7

We are proud to announce this term we have committed to donating **\$5000** to the early years sensory garden, and **\$1200** for extra microphones for our PA system.

Thank you to the EHPS Community for their assistance.

As always everyone very welcome to attend.

Kelly Matravers
President

P&C Committee
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CANTEEN NEWS

SMART SNACKS

Snacks are really important for growing bodies. Our children need snacks to ensure they keep up their energy and concentration levels throughout the day. Choose snacks that are low in fat, added sugar and salt as well as being high in nutrients. Here is a list for you to try for those after school 'hunger games'.

The top 10 snacks for healthy bodies and healthy minds:

1. Fresh fruit
2. Chopped raw vegetable sticks (serve them dip or salsa)
3. Fruit smoothies or milkshakes
4. Small tin of baked beans
5. Toasted sandwiches
6. Cheese and crackers
7. Cheese toasties
8. Yoghurt
9. Wholegrain cereals with reduced fat milk
10. Fruit toast topped with banana

See the parent section of the WASCA website for more great lunch box ideas and recipes <http://www.waschoolcanteens.org.au/>

Did you know vitamin C improves the absorption of iron?
Try adding capsicum, tomatoes and orange segments to the salad for your next BBQ.

Shaani Richards
Canteen Manager



EARLY CHILDHOOD COMMUNITY GARDEN - CALLING FOR COMMUNITY SKILLS

A group of parents and staff from our Early Childhood classes have been working on plans for improvements to our outdoor play spaces. The plans entail creating a sensory garden and small world area for the Early Childhood playground. These spaces will contain a variety of elements to stimulate the children's senses and engage them in open ended play. The sensory garden will be in the area behind the playground retaining wall and will include a sensory path, plants, crushing rock (think pestle and mortar), music wall and garden to explore. Other improvements include modifying a disused water tank into a cubby, landscaping and planting to create a small word play area beside the Pre-primary classroom. It is envisioned that the areas will also be utilised by the wider school community and children from all grades at different points throughout the school year. We are thrilled to have the support of the P&C in this project and are hoping to start work this term.

We are calling for skilled and handy members of our wonderful community to share their knowledge and expertise with us. If you have landscaping, gardening, carpentry, woodwork, paving, concreting or building experience we would love to hear from you. It could be that this is not your trade, but you are just very handy and would like to help and share your skills. We are also looking for people who would be willing to support us with resources and tools such as cement mixers, mini digger/dingo, drop saw and drills.

We plan to have busy bees to bring the project together as a community and will seek wider support from people who are willing to get their hands dirty and muck in as well as those who could offer expertise in music for our music wall. We are also looking for donations of items that you may be able to help with: wooden electrical cable reels, artificial turf, tyres, bells, chimes and logs.

If you can help with any of this or would just like to register your interest please contact me on susan.tyrrell@education.gov.edu.au or call into the office and leave your name, number or email and experience for them to pass on to the team.

Thank you!
Susie Tyrell

