

Daily Timetable

8:45am Breakfast

9:00am Daily Fitness

9:25am Assembly

9:30am Lessons

10:40am Recess

11am Lessons

12:05pm Lunch

12:25 Lessons

1:25pm Recess

1:35pm Lessons

2:30pm Finish

What to bring each day.

Awards Book

School Bag

Lunch or an Order

Recess

Hat/Cap

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The Ning News

TERM 3 2012

Principal's message

Term 3 at Karningul has been very busy with several programs operating and many opportunities for success for the students.

During the Term 4, we are participating in the World's Biggest Classroom project. Schools are asked to supply information and photos of successful projects. Our Steps2Success work will be on display at the Sydney Entertainment Centre and Circular Quay Railway Station. The completed Didgeridoos will be in a glass display cabinet. More information on the website <http://www.schoolsspectacular.com.au/wbc>

A special thanks to Cherie who organised the new plaque at the front of the school.



We celebrated NAIDOC week in style. Our event was published in the Department's newsletter which is available to every school in NSW. Samantha Harris the acclaimed model and George Rose, Manly football player were some of the guests. George supervised a game of touch footy after lunch.



Kim and Fiona attended the Live Life Well Course and Karningul is now adopting a new canteen menu with healthy low fat options. Now with our healthy breakfast, daily fitness and healthy lunch, the students will be well prepared for learning! See page 2. Cheryl

Assistant Principal's message



WOW; staff and students all engaged in new Learning!

Term 3 saw staff and students learning new skills in many different areas. The staff completed a general boat licence course that will be offered to the students later in the year as a form of recreation and a pathway to Employment. David T





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.

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 and
- * seaweed as used in Sushi.



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

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. At Karningul School students earn bonus points for eating fruit at breaks.

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
- fruit smoothie as a drink
- custard and fruit or as dessert.

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
- don't add salt to cooking or at the table
- enjoy a variety of foods especially fruits, vegetables, breads and cereals.