

Healthy Options

In the 1950s the Menzies government introduced the national free milk scheme in a bid to improve the health of Australian school children. Those who attended school from the 50s to the 70s have vivid memories of crates of milk being delivered to the school in quarter pint bottles or a triangular cardboard pack. Many crates sat in the sun until parade or lunch time, when the milk would be warm and curdled with a big glob of cream floating on the top.

There were no excuses – everyone had to drink it. The scheme finished in 1973 when it was discovered it had a marginal, if any effect on the children. It is no wonder generations of Australians have been put off drinking milk.

Today, more emphasis is placed on encouraging healthy eating options for school lunches. As our children spend a big part of their day at school, it is important that they have nutritious meals and snacks to eat. We ask parents to involve their children in choosing their own lunch from a range of healthy options. All wrappers and left over food will be left in the lunch box to allow you to monitor exactly what your child is eating.

Aloomba School encourages litter free lunches. In our waste-filled lives, it's important to do what we can to decrease the waste we are contributing to landfill. Litter free means only packing items that can be composted or recycled and won't end up in the garbage bin. That means no plastic wrap, no foil, no zip lock bags and no packaged foods. If you choose this option, a lunch box with compartments works well or purchase a few smaller containers to hold different snacks.

If you are after ideas for what to pack for lunch for your children we have a healthy options booklet produced by our school captains a number of years back that will provide you with some inspiration.

The Queensland government places great importance on providing food and drinks in schools through the Smart Choices—Healthy Food and Drink Strategy. Through our exciting and healthy choices provided through our school tuckshop, we endeavour to help students make healthy eating choices.

With healthy food our students' learning capacity is enhanced.

Pine Car Derby November 9

The excitement is mounting. The school is buzzing with reports of new car designs for this year's competition.



Parents, don't miss the opportunity to watch the races from a good trackside position. The race starts at 9am with light weight Prep/1 cars leading the way.

All cars need to be at school library by 8:45am this **Thursday** for weighing and judging. Ensure all cars have your child's name and grade clearly marked on the underside of the car.

Uniform Shop

If you have a child starting Prep next year, we suggest you buy their uniforms on a day other than the Prep orientation morning. With an average of 20 minutes spent with each child, there will not be enough time to attend to every child on 20 November.

The uniform shop is open on Tuesdays from 8.30—9.00am.

Don't forget, we have a supply of white uniform shirts that will be available for purchase until the end of 2018. They are on sale for \$20. Sizes available include 6,12,14,S,M. There is also limited stock and sizes of long track pants and double knee trousers for \$15.

Contact our uniform co-ordinator, Narelle Henderson on 0410561867 for more information.

Prep Orientation Morning

Tuesday 20 November 9am—11am

Parents are required to attend with their children and bring along morning tea and a hat for them.

Camp Fees

Yr 5/ 6 Camp fees are due on Monday 19 November.

School Swimming

It was great to see our Yrs P –2 eager to participate in swimming lessons. Don't forget, if you are picking up your children from the pool, to let the school know by 9am so we can take their bag with them on the bus.

Christmas Gifts for the Homeless

Prior to our Christmas Service being held on November 27, all students will have the opportunity of giving a small gift of toiletries (no aerosols) to homeless people in Cairns.

We will have an empty Christmas Tree for students to place gifts under on the morning. These gifts will be distributed through Rosies and Street Level Youth Care. Gifts need to be wrapped in clear cellophane or packaged in a plastic bag so that the charities can distribute them to the appropriate person.

Farmer Support

We have had a very positive response from our farmers who were given money from our school appeal. The arrival of a cheque and beautiful letters from our Year 1 & 2 class gave them some much needed encouragement. They were overwhelmed by our generous gift.

They also made comment about the quality of the letters they received and how good the hand writing was.

Thanks to all who donated. You have lifted the spirits of those in need.

Key Dates -Term Four

31 Oct	Wed	Author Visit
9 Nov	Fri	Pine Car Derby P & C Meeting
12-13 Nov	Nov	Life Education
20 Nov	Tue	Prep Orientation Day
27 Nov	Tue	RI Christmas Service
3-6 Dec	Mon— Thu	School Camp (5-6)
11 Dec	Tue	Swim Carnival
12 Dec	Wed	School Concert
13 Dec	Thu	Dance Fever Presentation

Cabinet Meeting at Aloomba

Did you know our students have class meetings to help determine where student funds get spent? The information gathered from class meetings is used in discussion at cabinet meetings held by our student leaders.

End of Year Concert—December 12

We love to celebrate our students' achievements at the end of year concert. Students are now beginning to practise items they will present. If you know your child will not be available on this night, please inform school staff. It would be great to have every student present on the night.

Life Education—November 12-13

The P & C have generously offered to fund the Life Education Program for all our students this year.

Life Education Parent Session Nov 12

All parents are invited to the Parent Session on Monday 12th Nov from 9.00am—10.30am. By participating in this session, you will be further equipped to deal with life issues relating to children.

P & C Meeting — November 9

All parents are invited to the last P & C meeting for the year being held in the school library at 3pm.

Thank you

- to Carl Winkelmuller for emptying our can cage once again.
- to the staff for organising the visit of Dr Cameron Stelzer (Author and Illustrator) . A big thank you to the P & C for funding the visit.

Tuckshop Roster

Date	Tuck Shop	Home Bake
9 Nov	Koenig, Walker-Lacroix	Alley Schweitzer