

Term 1, Week 2



Stroud Road Public School and Community Newsletter

Participate - Learn - Succeed

LEARNING HIGHLIGHT: Reading



Lachlan has made a great start in his reading this year. He has shown fluency and comprehension in our reading warm-ups, and we look forward to seeing continue to develop his skills throughout the term.

GYMNASTICS

We are very excited to have Coach Jen from Gym Matrix at our school this term. Gymnastics is a wonderful sport that develops children's strength, co-ordination, fitness and confidence. Our

students will also pick up movement skills that they can transfer to other sports they play.

REMINDERS FOR SCHOOL DAYS

Monday:

Sports shoes (gymnastics)

Tuesday:

Singing voices (choir)

Wednesday:

School banking

Story to share (news)

Thursday:

Recorders (music)

Friday:

Swimming Carnival Years 2 - 6



Mondays	Recess and Lunch
Thursdays	Recess Only Snacks & Drinks

New on the menu:

- *Delicious yogurt ice-blocks*
- *Nutritious wholemeal wraps and muffins*

WELCOME KINDERGARTEN

Our youngest students have had a wonderful start to their schooling. They have participated in a number of learning activities, and are improving their understanding of our school routines everyday.

Our school leaders have been outstanding this week. Helping out our new students and being positive role models.



WELCOME MRS HUGHES

In the coming weeks Stroud Road PS students will have Mrs Hughes for some of their lessons. She will be taking some of Mrs McNeice's classes as she goes adventuring for a few weeks.

Chat with the Chappie

Wow! 2018 and into Week 2 already. A big welcome to our new parents at Stroud Road. This is a great school and we love having your children here as part of our little community. As an introduction to our new parents and a reminder to our 'old' parents, my name is Kath Thomas and I have been the Chaplain at Stroud Road since 2016. I feel greatly privileged to have the opportunity to work with your kids, the staff and families of Stroud Road Public School. Most weeks I am here on a Monday and Thursday and now have a little office attached directly to the classrooms. Please feel free to come check out my space and have a chat!

My background is in Family and Individual Counselling and I am married with 5 awesome kids! I look forward to journeying with you all this year. Please feel free to contact me on my mobile :

*0422 523 896 if you'd like to discuss anything.
Have a great day!
Mrs Kath Thomas :)*



Health

Hunter New England
Local Health District

WHAT IS FRESH TASTES?

Our school implements the Fresh Tastes @ School NSW Healthy School Canteen Strategy, which means our canteen has guidelines to follow when designing the menu. We use a coloured spectrum to categorise food based on nutritional value:

GREEN: these foods are a good source of nutrients and contain less saturated fat, sugar, salt and excessive kilojoules so **fill the menu with these foods.**

AMBER: these foods have some nutritional value, moderate levels of saturated fat, added sugar and salt so **select these foods carefully, avoid large portion sizes and don't allow them to dominate the menu.**

RED: have little to no nutritional value and are high in saturated fat, added sugar, salt and excess

kilojoules **These foods can only be sold on two occasions per term.**

www.healthy-kids.com.au

WHAT'S ON?

- **Week 2** Friday
Swimming Carnival
- **Week 4** Friday
Zone Swimming Carnival
- **Week 8** Friday
Cross Country