At Upper Sandy Creek we encourage our students to make healthy choices. Our focus now is about making healthy choices with their food intake. Parents can assist the students by providing them with healthy options for the lunch box. It can be as simple as replacing the chip bag, with a piece of fruit. Students are encouraged to eat fruit and drink water during class time whilst they are working. Common fruit and vegetable related issues include:

**Fruit juices are not necessary** – it is better to eat the fruit instead and have a thirst-quenching glass of water. Fruit juices may be a good source of some vitamins, but the downside is they are high in natural sugars and low in fibre.

**Potato chips are not the best way to eat potato** – chips and crisps are made from potatoes but prepared by cooking in oil. They are high in fat and salt, and best left for special occasions.

**Fruits bars and fruit straps are high in sugar** – even though they usually contain some fruit, they are low in fibre and stick to children’s teeth, so are best avoided. Children will enjoy a fresh fruit platter or frozen fruit pieces if offered instead.

Keep a fresh bowl of fruit on the kitchen bench and encourage your kids to grab a piece as they go out the door.

Next Monday is our 3rd pupil free day for the year. Staff will be using this day to look over assessment materials and complete student reports. These are valuable days for the staff to review and reflect on the teaching and learning over the course of the year.

As the cold weather has now well and truly set in, it is a timely reminder to make sure our kids come to school dressed appropriately. The school has jumpers and vests for sale for students. If you need to purchase a new one, please contact the school. Also please make sure that school jumpers are named. Thanks.

Next week on Wednesday and Thursday will be our parent teacher interviews. If you haven’t booked a time, please contact the school. The session times are between 3.30 and 5.00pm. Each interview will be for approximately 30min.

Next Tuesday is our school council meeting. We will be commencing at 4.30pm. If you are unable to attend, please let the school know. Thanks.
On Thursday I went to Wooragee Primary for my Junior Council meeting. Wooragee Primary is a small school like ours. They have 13 kids and a very big yard. In the meeting we talked about how we can improve on our newsletter and about an upcoming photography competition. After the meeting Wooragee Primary had made us some lunch, we had pumpkin soup, Indian flat bread and apple pie. It was made with produce from their veggie garden. It was delicious. Overall I had a great day.

On another note our fundraising this year has been great, we have raised a lot of money. A very big thanks to Sophie and her family for helping raise extra money. Also thanks to everyone who has helped with the hot lunches. Overall we’ve raised $358.90. Thanks again and we are looking forward to next term.

By Jack D.