

Newsletter

Dates for your Diary

April 2017	
Thursday 6 th	SRC Lunch 1.10pm Assembly 2.00pm
Friday 7 th	Kaput - Hot House Theatre and Library Museum Last Day Term 1
Monday 24 th	Staff Development Day
Tuesday 25 th	ANZAC Day
Wednesday 26th	Students Return to School
Thursday 27 th	Gymnastics
May 2017	
Friday 5 th	P&C Meeting
Mon 8 th – Wed 10 th	NAPLAN Year 3 and Year 5
Friday 12 th	Cross Country - Burrumbuttock
Thursday 18 th	Year 3/4 Melbourne Excursion
Friday 19 th	Year 3/4 Melbourne Excursion



K-6 Albury Museum and HotHouse Theatre Production Excursion

Students in K-6 are getting very excited about our school excursion to the Albury Library Museum and the Butter Factory next Friday 7th April 2017. Students are expected to be in their full school uniform on the day. Please return your permission note to the office as soon as possible.

Parent Teacher Interviews

Parent Teacher interviews will be conducted in the classroom next week. Please contact your child's teacher if you are unable to attend.

Premiers' Reading Challenge

All students have been enrolled in the 2017 Premiers' Reading Challenge. They can log in to the PRC site using their own school log in details. The challenge closes on 25th August 2017.

Website - www.premiersreadingchallenge.nsw.edu.au

Snacks at School

We have noticed some children bringing chocolates and lollies to school in their lunch boxes. Please encourage your child to bring healthy snacks to school.

Parent Surveys

Thank you to those families who have returned the parent surveys. Your feedback and participation is greatly appreciated and is an important process in our school improvement plan. We will continue to strive for excellence in providing the best education to our students, your children at Rand Public School. Parent surveys can still be returned to school.

Student Awards

Chloe – Improvement in using descriptive language in her story writing.
Trae – Demonstrating a positive attitude towards his learning.



School Representative Council (SRC)

Another successful tuckshop event for the SRC! Everybody enjoyed their sausages and chicken schnitzel burger but the ice-cream in a cone was the big winner of the day! Thank you Linda for helping the SRC and for preparing the food and thank you Kirsty for assisting Linda and our SRC on the day.

SRC Easter Luncheon

We are looking forward to a special Easter lunch on Thursday 6th April 2017. The SRC planned the menu with Linda and are inviting our school community, parents and family to our special lunch to coincide with our school assembly. Lunch order forms are available at the school office or orders can be put through with your child's lunch order form. Orders and payments will need to be returned to the office by Tuesday 4th April. Lunch will be available from 1:10pm.

School Assembly

Parents and community members are invited to attend our last school assembly for the term on Thursday 6th April 2017, commencing at 2:00 pm. We will conclude the assembly with an Easter egg hunt with some riddles for students to solve! Younger siblings of students are welcome to join in too!

ANZAC Day

Students who wish to commemorate and join in the community march on ANZAC Day - Tuesday 25th April - will need to be dressed in their full school uniform and to meet Mrs S at the school by 10.40am.

School Holidays


Just cannot believe that term one is coming to an end already! It certainly has been a very busy but productive term! No doubt next term will be just as productive and hectic!
We would like to wish all our families and students a safe and an enjoyable time with friends and family over the school holidays. Happy Easter and remember to pace yourselves with those special treats! We look forward to seeing everybody back in Term 2!





Small Schools Athletics Carnival





Nutrition Snippet




The simplest way

...to serve up 2 and 5.




It is important to aim for a minimum of two serves of fruit and five serves of vegetables every day, for good health and to reduce cancer risk.

So how much is a serve? Here is a quick and easy guide:

150 grams of fresh FRUIT or:

	=	1 medium piece (e.g. apple)
	=	2 small pieces (e.g. apricots)
	=	1 cup chopped or canned fruit


75 grams of fresh VEG or:

	=	1/2 cup cooked veg or legumes
	=	1/2 medium potato
	=	1 cup salad or veg

How much is 1 serve?

For recipe ideas and inspiration visit:

eatitbeatit.com.au
[facebook.com/eatitbeatit](https://www.facebook.com/eatitbeatit)
[instagram.com/cancercouncilnsw](https://www.instagram.com/cancercouncilnsw)
[youtube.com/c/eatitbeatit](https://www.youtube.com/c/eatitbeatit)




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www.eatitbeatit.com.au

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