FROM THE PRINCIPAL’S DESK

Welcome back everyone! I know we are in for another busy term so I hope everyone has had a chance to relax and unwind during the holidays.

DRUM BEAT PROGRAM
Each Friday this term the students are taking part in a Drumbeat Program being held at the school. This is an enjoyable music program for the students but also brings many other positive outcomes. Pupils will learn the importance of responsibility and teamwork among other things.

BACK TO GWABEGAR WEEKEND
From all reports the Back to Gwabegar weekend was a huge success. I have heard such wonderful reports about the weekend and the many visitors we had at the school over the weekend. There were many compliments on how well looked after the school and grounds were. Colleen Dunn and Kevin Tracey are to be congratulated for the effort they put in to have the school looking picture perfect both inside and out. Special thanks to Joan & Kevin Tracey for taking our many visitors through the school over the weekend. Thanks also to the organising committee for their generous donation to the school.

TERM 4 STAFFING
This term we will have Mrs King each Thursday. Mrs King loves coming to Gwabegar and the children look forward to her classes.

SCHOOL UNIFORM
The weather is warm enough for all students to be in Summer uniform. As the mornings can still be a little cool, it would be a good idea for them to bring their school jumper “just in case”.

OPERATION CHRISTMAS CHILD
Please see the attached note from Mrs Rawson regarding a project she would like to run with the children this term. If you do not want your child to participate, please complete the tear-off section at the bottom of the note and return it to school by Friday.

Helen Gray,
PRINCIPAL
Some children take time to develop a liking for a range of vegetables. Although at times this can be frustrating and the temptation is to give up, it’s important to continue offering vegetables regularly as they are packed with nutrients that children need.

**So how do we tempt children’s taste buds?**

It’s important to know that children often need to be exposed to a food 8-14 times before they will start to accept the taste or texture of the food. The trick is to keep offering the food, showing that you enjoy eating it and encouraging your child to taste or try that food.

When it comes to vegetables, it helps to serve them in different ways - some children love vegetables raw but not cooked, some love them baked but not steamed and some only like them served separately and not mixed together.

The key is perseverance.

**Below are some great vegetable ideas:**

- Serve them as finger food as they are easy to pick up
- Serve them in different shapes by using a small biscuit cutter
- Serve vegetables with dips such as cottage cheese, salsa, hummus etc.
- Mix vegetables into pasta and rice dishes
- Involve children in preparing and growing vegetables. This increases their familiarity and willingness to try new vegetables

**Reference:**

Adapted from Munch & Move Healthy eating newsletter snippets