I would like to welcome back all students and families to Deepwater Public School. I hope you have all had a restful holiday break. A special welcome goes to our new students and families. Emily and Alyssia are our new kindergarten students while Jacohen is new to year 4.

Swimming Carnival
This Friday (12th February) we will join Jennings and Drake Public Schools at Tenterfield for a combined swimming carnival. Permission notes are due tomorrow accompanied by the money for entry.

Life Education Van
Healthy Harold will be visiting our school on Monday the 22nd February. We will be splitting into two groups for the sessions. **This visit will cost families $10 per child.** Students who do not participate or pay will miss out on this educational opportunity and will remain in the class with teacher supervision.

Healthy Eating
I would like to remind students and families that Deepwater Public School encourages healthy eating on a daily basis. Under our Live Life Well resources we fund for students to have Crunch ‘n’ Sip (fruit break) each day. We discourage pre-packaged processed foods. Students must only bring water in their drink bottle. No milk or cordial.

Assembly dates and special events
We have planned some assemblies and special celebrations ahead of time to allow for busy working families. Our first assembly for term 1 will be on Wednesday the 24th of February (week 5) and the 2016 successful student leaders will be announced. The second assembly and Easter Hat parade will be on Wednesday the 23rd of March (week 9). Families and relatives are always welcome and encouraged to come along to these assemblies.

In term 2 our first assembly will be on Wednesday the 25th of May (week 5) and we will also have a character dress up for Book Fair. The second assembly will be Wednesday the 22nd June (week 9).
P&C announcements
Our first meeting, before our AGM, will be on Friday the 12th of February (this week) commencing at 3:10 pm. Volunteers are also needed to help operate the canteen for about 2 hours on Fridays. If we do not have helpers, students will miss out. Canteen menu attached.

Bell times
9am start of school marking of the roll
11am to 11.30am Morning tea break
1pm to 1.35pm Lunch break
3pm end of school

BE ALLERGY AWARE
Please try and minimise packing foods containing any peanuts/nuts due to the risk of students suffering a severe allergic reaction.

Sun Protection
‘Brimmed’ Hats - no hat, play in the shade!
Students are reminded about bringing and wearing their brimmed school hat, if students do not have the required ‘brimmed’ hat, they will have to play in the shade.

You Can Do It Awards
Jaxon - Persistent
Hayden - Persistent
Billy-Joe - Getting along

Special Awards
Jacohen
Alyssia
Emily

Helping Hands Award
Jayden

Kind regards
Miss Melynda Carr
Principal

Good for Kids
good for life
PACKING A HEALTHY LUNCHBOX
Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child’s lunchbox:
• An apple or banana instead of a fruit roll-up.
• Swap chips for unsalted air-popped popcorn.
• Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
• Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
• Use wholemeal or multi-grain bread instead of white bread for sandwiches.

Good for Kids
good for life
START THE DAY RIGHT WITH BREAKFAST
We’ve all heard that breakfast is the most important meal of the day and it’s true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:
• Wholegrain cereals such as Weetbix, Cheerios and Sultana Bran
• Un toasted muesli topped with low fat yoghurt
• Wholegrain toast topped with avocado, tomato or low fat cheese
• Raisin toast
• Fruit & vegetable smoothies

If you’re short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.