**Arcadia Vale NEWSLETTER**

**Term 1**
**Week 8**
17th March 2015

<table>
<thead>
<tr>
<th>Week 8</th>
<th>Term 1 2015</th>
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<tbody>
<tr>
<td>Tuesday 17/3</td>
<td>Year 6 Linkages THS</td>
</tr>
<tr>
<td>Wednesday 18/3</td>
<td>P&amp;C Meeting 6.30pm start. Everyone welcome!</td>
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<tr>
<td>Week 9</td>
<td>Young Leaders Day</td>
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<tr>
<td>Monday 23/3</td>
<td>RMS Boat Safety K-6</td>
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<tr>
<td>Tuesday 24/3</td>
<td>Easter Hat Parade</td>
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<td>Week 10</td>
<td>Last day of Term 1</td>
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<tr>
<td>Thursday 2/4</td>
<td>HOLIDAYS</td>
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<td>SCHÖÖL</td>
<td>Term 2 2015</td>
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<tr>
<td>SCHOOL</td>
<td>Staff development Day</td>
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<td></td>
<td>Students resume</td>
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**SAVE THE DATE 2nd April 2015**

Came and celebrate with us Mr Blatchford’s final teaching day in his 38 year career.

We will be having a very special assembly in addition to our Easter Hat Parade. Special invitations out soon! Bring your family and friends!

**HIGH SCHOOL LINKAGES**

Today, Year 6 has their final visit to Toronto High School to complete their linkage program. The next visit Year 6 will have to the high school will be their orientation day at the end of this year. While this seems a long time away it will get here all too quickly.

**YOUNG LEADERS DAY**

There will be an early start for our Student Executive members and House Captains next Monday. They will need to be at Toronto Primary School at 5-45am to catch a bus to the Sydney Entertainment Centre to attend Young Leaders’ Day. This is a very inspirational day where the guest speakers include Mike Beard (Premier of NSW), Bindi Irwin (Wildlife and Conversation Advocate), Dylan Parker and James Norton (Paper Planes pilots) and Mike Martin (Executive Director of the Halogen Foundation). There will be 6000 participants on the day.

**CROSS COUNTRY**

The Cross Country will be held on Friday 27th March here at school. Everyone is welcome to attend, come and join in this fun day.
KNIGHTS UNDER 18'S VISIT AVPS
On Wednesday, the 4th March Arcadia Vale Public School was lucky enough to have a visit from three under 18’s players and Knights representative Lyndon Sheppard.
Years 2-6 learnt about healthy eating habits and the importance of eating a healthy breakfast in the mornings. Years 4-6 also participated in a coaching clinic

SCHOOL PHOTOS
School photos have now been handed out. If you have any problems with your orders you can ring the company and talk to them on 49654114.

MATHS HOMEWORK TEXTS
We apologise for the delay receiving our homework texts. Unfortunately they are on back order but we hope they will arrive soon! The texts have been invoiced at a cost of $10. Payment can now be made online or at the school office.

P&C MEETING
The P&C AGM will be held on Wednesday 18th March at 6.30pm in the year 6 classroom. The following positions will become available and need to be filled:
• President
• Vice President
• Secretary

• P&C Treasurer
• Canteen Coordinator
• Canteen treasurer
• Banking Coordinator
• Uniform Staff
• Uniform room Coordinator
• Banking Coordinator

The monthly P&C meeting will be held directly after the AGM.
Please come along and support your school. Children are welcome at all P&C meetings and we would love to see some new families.

THOMPSON’S PIE DRIVE
Please place your Thompson’s Pie Drive order form and money to the yellow P&C tin by Wednesday 18th March 2015. Your orders will be available for collection on Friday 27th March, 2015. If you would like to be called when your order is ready please put your phone number on the form.

Could you please drop in your green bags into the office, with your name on them for your order to be packed into?

EASTER RAFFLE
The Easter Raffle will be drawn on Thursday 2nd April, 2015. There will be three Easter egg prizes. Please return money and tickets to the yellow P&C tin in the office by Wednesday 1st April, 2015.

Monica, Kylie and Kas on behalf of AVPS P&C

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>16th March</td>
<td>18th March</td>
<td>20th March</td>
</tr>
<tr>
<td>Melissa Kelly</td>
<td>Kristal Jones</td>
<td>Jasmine Fowler</td>
</tr>
<tr>
<td>23rd March</td>
<td>25th March</td>
<td>27th March</td>
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<tr>
<td>30th March</td>
<td>1st April</td>
<td>Good Friday</td>
</tr>
<tr>
<td>Melissa Kelly</td>
<td>Stacey Parker</td>
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HEALTHY EASTER RECIPES

Easter means lots of family time, and is a great excuse to hop into the kitchen with your kids and cook up some delicious snacks and meals.

Although chocolate seems to be ever present at Easter, it doesn’t have to be the star of the show. Below is a healthy recipe to try over the Easter long weekend.

Hot Cross Muffins

In some circles, it is customary to kiss the cross on top of the Hot Cross Bun, share it and recite the following verse:

Half for you and half for me,
Between us two shall goodwill be.

Of course these muffins are the perfect size for one, but you can give them a kiss anyway!

There are many superstitions surrounding Hot Cross Buns, including one where a bun baked on Good Friday and left to go hard can be grated up (even a year later) and put in some warm milk to calm an upset tummy. We’re not too sure about that, but these hot cross bun-inspired muffins are certainly tasty and are also a good source of fibre with the addition of wholemeal flour. We don’t think they’d last a year anyway!

Makes 24 small muffins

- 1 1/4 cups mixed dried fruit
- 1 1/2 cups self-raising flour
- 1 cup wholemeal self-raising flour
- 1/2 teaspoon bicarbonate of soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 cups canola oil
- 1 cup reduced fat milk

# Fruit & Veg

**Kids Are Not Eating Enough**

**Here's What Kids Are Eating Everyday**

<table>
<thead>
<tr>
<th>Young Kids (Age 4 – 6)</th>
<th>1 Fruit</th>
<th>1.5 Veg</th>
<th>1.5 Fruit</th>
<th>4.5 Veg</th>
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<table>
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<tr>
<th>Kids (Age 9 – 13)</th>
<th>1 Fruit</th>
<th>2 Veg</th>
<th>2 Fruit</th>
<th>5 Veg</th>
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<table>
<thead>
<tr>
<th>Big Kids (Age 14 – 16)</th>
<th>1 Fruit</th>
<th>2.5 Veg</th>
<th>2 Fruit</th>
<th>5 Veg</th>
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**Here's What They Should Be Eating Each Day**

**Only 6% of Australian Adults Eat the Recommended Serves of Both Fruit & Veg**

Eating Fruit & Veg is Very Important! **Keep It Up!**

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Maple figures have been approximated from the 2007 Children's Nutrition and Physical Activity Survey. Recommended intake here also been rounded. This guide is we need to eat more.