Dear Parents, Caregivers and Bute Primary Community,

I hope you did not sustain too much damage in the horrible storms we faced on Monday. The pictures on social media have been nothing short of amazing and in many cases, devastating. It certainly has given the students something to talk about this week.

Tuesday, Wednesday and Thursday saw our Year 3, 5 and 7 students complete NAPLAN testing. I would like to congratulate them on their persistence and effort. I look forward to analysing the results and using them to assist with planning future directions for teaching and learning at Bute Primary School.

This week we welcomed Ben (Year 1). Ben has settled quickly into Mrs Pridham and Mrs Norman's class. We would like to extend a warm welcome to Ben and his family.

School Uniform:
The staff would like to remind parents that we strongly encourage students to wear school uniform to school. The uniform guidelines are as follows:

Girls - Green check dress, green polo shirt, green shorts
        Green tunic / skirt or track pants, black pants, school jumper

Boys - Green polo shirt, green shorts
        Green trousers, black pants, green track pants, school jumper

Please ensure children wear appropriate clothing and footwear for school activities. Sandshoes are the preferred footwear.

It is extremely important that students are wearing the correct uniform when they are attending school excursions and representing Bute Primary School. Uniforms can be purchased through the front office.

School Closure:
Please remember that the school will close at 2pm on Tuesday 17th May.

Principal:
Dianna Jarman

Bute Primary Vision:
"Is to engage every child and student so they achieve at the highest possible level of their learning and well-being through quality care and teaching."

COMING EVENTS:

Tuesday 17/5
2:00pm Closure

School Assembly
3pm 25/5/2016

ALL ARE WELCOME
Lost Property:
We have collected a number of unnamed jumpers and lunch containers. Please let us know if you child is missing anything. PLEASE ensure you label all clothing and containers. Unfortunately, not all markers remain clearly after washing so please check to see if labels are still legible.

Right Bite Healthy Eating:
As a parent, I am aware how difficult it is to pack an interesting, healthy and appealing lunchbox on a daily basis. The Department has a document regarding Healthy Eating which outlines appropriate foods for school. I have included a parent information brochure detailing further information.

At Bute Primary School, we encourage healthy eating and strongly discourage large cakes, biscuits, doughnuts, packets of potato chips and extremely sugary or salty snacks. Caffeinated drinks such as Coke, energy drinks, Iced Coffee and milk drinks larger than 300ml are not acceptable at any Primary School in SA.

We are aware that as the cold weather approaches, students enjoy warm drinks. For safety reasons, staff are not able to collect hot drinks from Foodworks.

Please also note that we are a nut free site.

If you have any questions or concerns about any of the above information, please do not hesitate to give me a call.

Have a great weekend,

Regards,

Dianna

Friday 20th May

Please meet staff at the town playground at 8:30am
We will walk to school together.
This week the students have enjoyed playing with “loose parts” at Recess and Lunch time.

Feedback...... We are always looking at ways to improve the teaching and learning at Bute Primary School. We value your positive and constructive feedback. We value your input.

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REMARK:
BUTE HISTORY GROUP INC
”DANCING THROUGH THE DECADES”
PHOTOS & MEMORABILIA DISPLAY
Deb Balls, Dances, Frolics, Lodge Balls
Saturday 14th & Sunday 15th MAY
11.30am to 3.30pm
at the BUTE SOLDIERS’ MEMORIAL HALL
$5-00 Admission, Tea, Coffee & Cake available
YES – We are still looking for A4 copies of photos of Debs & partners, especially of 2012 Deb Ball.
Photos will then be stored in our vault for future

SCHOOL PHOTOS
Please find attached to your child’s newsletter, an envelope for school photos. Photo day is on Thursday 2nd June. Please take time to read the relevant information on the MSP Photography payment envelopes.
If you are wanting a ‘Family Photo’ the envelopes are available to collect from the front office.

Parent Club
9am
Monday 16th May
BPS Library
Dear volunteers,

You are usually busy putting other people's needs first, but this week it's your turn. Today marks the start of National Volunteer Week when we recognise and celebrate your contribution to our community - especially to South Australian kids.

South Australians can be proud of our record of volunteering. Despite our busy lives, almost 37 per cent of us still find the time to volunteer in our communities - the second highest rate across the country.

This figure includes thousands of parents, grandparents and others who give their time in our children's centres, preschools, schools and care and protection services. Thank you for all the roles you take on, including coaching kids' sport, serving on governing councils, listening to reading, helping out in tuck shops or on camps or excursions, teaching languages in our ethnic schools and helping kids in care with their homework, providing transport so they can visit family members or supporting older kids to learn vital life skills.

You make kids' lives better in so many ways. You support them to develop a love of reading and to know their heritage and culture, you introduce them to the fun of sports and the value of teamwork and you help to establish safe and settled environments for kids in care. And just by being there and sharing your valuable time with kids, you show them they - and their future - are important.

To all of you, I want to say thank you for giving so much to our communities. This week, the spotlight is on you - enjoy your well-deserved celebration.

Susan Close
Minister for Education and Child Development

In appreciation of your support,

we would like to invite you to a

Volunteer Morning Tea

Wednesday 18th May

10:30 - 11:00am

In the Library
Healthy, delicious foods and drinks are filling canteen counters, lunch orders, vending machines and places food and drinks are supplied to children and students. Foods with little nutritional content are being removed as part of the government's Right Bite Healthy Food and Drink Supply Strategy for South Australian School and Preschools.

Why focus on healthy eating in schools and preschools?
Foods and drinks supplied through schools and preschools play an important role in promoting good nutrition because they can:
- give students a taste for healthy foods
- support healthy food and lifestyle messages taught in class
- show students better choices for lunches and snacks.

What’s missing in the diets of many children and young people?
- Fruit and vegetables – many consume very low amounts of these foods.
- A healthy breakfast – skipping breakfast often leads to snacking on sugary and fatty foods later in the day.
- Dairy products – many young people aren’t getting 2-3 daily serves of milk, cheese or yoghurt to provide their calcium needs.
- Drinking enough water – water is the best thirst quencher!

What’s being eaten instead?
- Too many fatty, sugary and salty foods e.g. crisps, hot chips, cakes, pastries, biscuits, donuts, lollies, chocolates and fizzy drinks, often in large portion sizes. These provide too many kilojoules and very little nutrition.
- Too many high kilojoule foods combined with little physical activity can lead to overweight and obesity.

A poor diet robs young people of their vitality and makes it hard for them to concentrate and do their best at school.

Benefits of healthy eating
Good food gives children and adolescents all the nutrients they need to:
- grow and develop
- concentrate and learn well at school
- stay healthy through childhood and in adult life.

How to use the Food and Drink Spectrum?
The Right Bite Food and Drink Spectrum classifies food and drink into three categories according to their nutritional value.

GREEN category foods are the healthiest choices and should be encouraged and promoted. More processed foods, with some added salt, sugar and or fat, may fall into the AMBER section.

Highly processed, energy dense and nutrient poor foods fit into the RED category and are no longer sold in school canteenas and vending machines.
Sample healthy menus

Recess
- Cheese with wheat crackers
- Fruit bars
- Fruit salad cups with custard
- Frozen fruit pieces
- Pikelets and scones
- Flavoured air-popped popcorn
- Salad bags with cherry tomatoes, celery and carrot sticks and cheese
- Muffin based or low fat home-made mini pizzas
- Small fruit muffins
- Toasted jaffles
- Dried fruit packs

Lunch choices
- Sandwiches/wraps/focaccias and rolls – lots of them with appetizing and healthy fillings including plenty of salad
- Hot baked potatoes with a range of fillings
- Reduced-fat burgers and kebabs with salad
- Reduced-fat/salt pies
- Delicious soups served with crusty rolls
- Salad boxes
- Sushi
- Reduced-fat/salt lasagna and other pasta dishes
- Noodle and rice dishes
- Fresh fruit tubs served with reduced-fat yoghurt
- Milks, juices and water
- Reduced fat ice creams

To find out about healthy eating

Looking for ideas?
- Go for 2 & 5® www.gofor2and5.com.au lots of information and recipes to encourage kids to eat more fruit and vegetables.
- Children, Youth and Women’s Health Service www.chcf.org.au Information on healthy eating in schools, school canteens and out of school hours care.
- Department of Health and Ageing: Building a Healthy, Active Australia www.healthactive.gov.au
- Nutrition Australia www.nutritionaustralia.org
- National Heart Foundation www.heartfoundation.com.au School lunch box ideas and Eat Smart Play Smart – a manual for out of school hours care.

Helpful resources
A Right Bite package consisting of the Right Bite Manual and CD-Rom will be sent to all South Australian schools and preschools.

The CD-Rom includes a PowerPoint presentation on the Right Bite strategy. You may find this interesting to look at or to show to other parents at your school.

Look for these resources in your school or download them from the Right Bite website www.decs.sa.gov.au/rightbite

Support your healthy school canteen by:
- talking about the importance of healthy food choices with your children and adolescents
- sending healthy food in lunchboxes and only providing treat foods occasionally
- providing feedback and ideas to your school canteen
- volunteering to help in the canteen or on the committee, if you can
- joining in healthy fundraising activities in your school.

Want to find out more?

Right Bite website
Right Bite website www.decs.sa.gov.au/rightbite includes:
- Right Bite resources, information, tools and answers to frequently asked questions

To find out how your school or preschool is implementing the Right Bite strategy contact your child’s school or preschool.

Produced by Healthy Food in Schools and Preschools Project Team
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