



# Newsletter

# Week 2 Term 2

## DATES TO REMEMBER

**Saturday 13 February**

**Preschool Funday**

**Monday 15 to 19 February**

**Three Way Interviews**

**Wednesday 17 February**

**Parliament House - Year 6**

**Friday 26 February**

**Swimming Carnival (Year 3 - 6 & Selected Year 2)**

## Notes home

**Yrs 5 & 6 Camp Cooba 2021 - Expressions of Interest - Due 5 February**

**Parliament House - Due 10 February**

**Swimming Carnival - Due 19 February**

**Medical Notes - Please update medical notes and medication with Front Office**

## P&C News

The first General Meeting of the Miles Franklin P & C will be held at 7pm on Wednesday 17 February (Week 3).

The meeting will be held in the school's meeting room (access via the main entrance).

Due to COVID physical distancing requirements, those who are planning to attend will need to register via EventBrite by 6pm, 16 February.

(<https://www.eventbrite.com/e/miles-franklin-p-c-general-meeting-tickets-140755572707> - email [mfpandc@outlook.com](mailto:mfpandc@outlook.com) to be sent the link). Meeting attendees will also have to check in on the night using the Check In CBR app.

The meeting is open to all parents and carers of Miles Franklin PS students as well as interested citizens. We hope to see you there!

Contact [mfpandc@outlook.com](mailto:mfpandc@outlook.com) if you have any questions or would like to be added to the P & C email list.

## Canteen

Welcome back to School. We hope 2021 is a fantastic year for all. The Canteen is open and running 5 days a week and it is excellent to have families already taking advantage of this and using our service to feed their child/children. If you are new to the school, we use flexischools for online ordering in the Canteen and Uniform shop. If you do not yet have an account, please go to [www.flexischools.com.au](http://www.flexischools.com.au) and create one with your child/children's class.

### Healthy Lunchbox Week

7-13 February is Healthy Lunchbox Week. I have attached some information that may be of use when it comes to preparing your child/children's lunch.

Set yourself up for a year of healthy lunchboxes! Healthy Lunchbox Week is here to help set you up with healthy lunchbox habits for the year ahead. Fuelling our kids with the right stuff gives them a head start for both learning and long-term health. Check out Nutrition Australia's top three tips for lunchboxes in 2021.

1. Smart swaps. Make the switch from highly processed foods to healthier alternatives. It can be as simple as swapping white bread for wholegrain, chips for popcorn or fruit straps for a carrot. With a bit of planning and simple preparation, buying less processed foods can save you money and reduce packaging.
2. Fuel their day. Around a third of children's daily food intake is consumed at school. Kids who eat well are better fuelled to listen, learn and play. Including food from each of the five food groups will help children meet their nutritional needs and support their long-term health.
3. Safe and simple. No-one wants to eat a hot salad sandwich or a soggy, bruised banana. Keeping food safe and fresh between home and the school playground can have its challenges, especially during a hot Aussie summer. Be sure to keep lunchboxes cool using insulated bags and cool packs. Remember to keep it simple with a healthy snack, a piece of fruit or vegetable and an easy lunch dish. Even leftovers can be a hit.

With some trusty guides and recipes by your side you can stay in control of fantastic lunchboxes the whole year through. For more lunchbox inspiration, visit Nutrition Australia's Healthy Lunchbox Week website: [www.healthylunchboxweek.org.au](http://www.healthylunchboxweek.org.au)

## MFPS Ukulele Group 2021

The Miles Franklin Primary School Ukulele Group will be commencing in Week 3 of this term and will continue throughout the year. Any child from Kindergarten through to Year 6 is welcome and encouraged to join this group.

**When:** Mondays 1st half of lunch from 11:10 a.m. -11:30 a.m.

**Where:** Hall

The Ukulele Group offers many opportunities including learning how to play a musical instrument in a supportive and social environment, developing a love of music, learning lyrics by singing along whilst playing chords, sharing learning with others who enjoy similar interests and having fun.

The school has a set of ukuleles that are available to use during group sessions only. Whilst the school has a number of ukuleles, availability is subject to the popularity of the class. Some children choose to acquire their own ukulele and bring it to group time. This then enables a child who doesn't own one to borrow a school one. Also, by owning a ukulele, children gain the benefits of practising at home.

Throughout the year there are opportunities for the Ukulele Group to perform at school assemblies and the end of year music concert.

If your child is interested, they are welcome to join the Ukulele Group at any time throughout the year. The hall doors are open and we welcome children to come along and have a strum with us!

For more information, please contact Megan Beit and Ellanie McNamara (Ukulele group facilitators)

[megan.beit@ed.act.edu.au](mailto:megan.beit@ed.act.edu.au) and [ellanie.mcnamara@ed.act.edu.au](mailto:ellanie.mcnamara@ed.act.edu.au)