



Government  
of South Australia

Department for Education

## DATES TO REMEMBER

### Adelaide Cup Day:

Monday 14th March

### Principals Tour 10am

Monday 21st March

### Sports Day

Friday 1st April

### Photo Day

Wed 15th June

### Last day of term:

Thursday 14th April

Early Dismissal 2:10

# Newsletter

*A Community of Successful Learners*

## Week 4, Term 1, 2022

It has been great to welcome all our students back on site. The smiling, happy faces on day 1 were amazing to see. There is a sense of pride and community within the school as we adjust to our new learning spaces. I know that most parents have not been able to come into the building due to the restrictions and we are in the process of creating a short video tour to share with you all. This will be shown at our AGM and then uploaded to SeeSaw and Facebook.

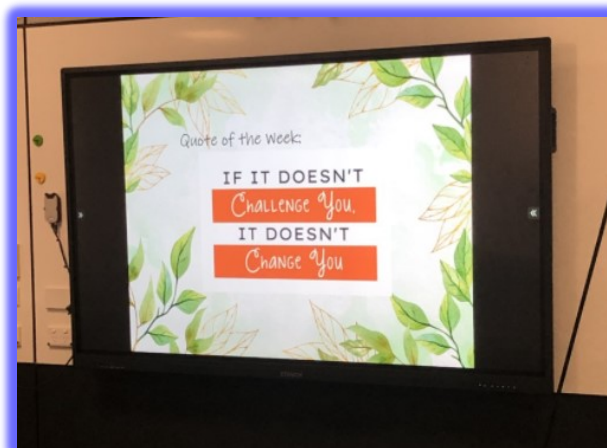
Termly overviews have been sent out and we are starting to get back to normal classes. Specialist lessons have started and the selection process for enrichment and intervention groups has begun.

We have also started planning for Sports Day later in the term and at this stage it will be a students only event. We are waiting on further updates and announcements from the Department in week 5 regarding further easing of restrictions. If this changes the guidelines regarding Sports Day then we will communicate this with you. If not we will provide regular updates and live videos on our social media platforms throughout the day.

Newsletters will come out twice a term and from week 8 will be a digital newsletter sent via SeeSaw and by email. If you have not yet connected to SeeSaw or you do not receive emails on our school distribution list please contact the school office for more information.

Thanks for your ongoing support as we work through the challenges of the current COVID 19 situation. I came across a great resource for families created by the Women's and Children's Hospital called COVID Kids. It provides information about vaccinations, supporting children who test positive and how to balance the health and well-being of other family members during isolation. <https://www.wch.sa.gov.au/covid-19/covid-19-coronavirus>

Miss Jo



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# The Importance of Healthy Food at School

The food children have in their lunch boxes is super important. **Healthy lunches and snacks help children listen well and concentrate for longer.** Packing a healthy lunch will help them learn and play all through the day.

At school we are often seeing food items that do not belong in a healthy lunchbox, such as **highly processed packaged foods.** They are often **high in salt, sugar and fats** but low in fibre and the nutrients needed to fuel children throughout the school day. Not to mention the impact all the packaging has on the environment!

The following websites have lots of great healthy lunchbox ideas. They also suggest tasty, nutritious alternatives to less healthy options such as packet biscuits, chips, squeeze yoghurt, muesli bars or fruit bars/straps.

<https://www.healthylunchboxweek.org.au/fact-sheets-and-guides>

<https://www.betterhealth.vic.gov.au/health/healthyliving/healthy-eating-school-lunches>

A key recommendation is to involve children in preparing their lunch. The Reception students in Room 14 were invited to plan healthy lunches which included **fruit, vegetables, calcium rich food, meat or meat alternative and grain or cereal food.** They chose some of their favourite foods and

