What a fantastic first full week of school. For 2015 The children have really settled in well—Congratulations!

It was wonderful to see so many families at our picnic last Friday night. It was such a fun filled evening with games, music, socialising and so much more.

7 HABITS AT HOME

Now that we are all back at school, here are a few easy ways to revise the habits at home.

Be Proactive: Take charge of setting a daily routine and sticking to it.

Begin with the end in mind: Write a plan for the week: when to do daily reading, weekly homework, etc.

Put First Things First: Go to bed early on school nights.

Think Win Win: Discuss win-win strategies to practise at home which could be used with peers at school as well.

This week in Grade 2 the children will be focusing their learning on:

Writing - Narrative texts
Grammar - Nouns (Common & Proper Nouns)
Reading—Summarising
Mathematics—Place Value 0–1000

Science Fact with Ms Ziogos

Camels can drink 30 gallons (113 liters) of water in just 13 minutes. The water is stored in the camel bloodstream, rather than being stored in its fatty hump. The fatty hump serves as a source of nourishment when food is scarce.
In preparation for November’s

What is Nude Food?

To pack a Nude Food Lunch or Snack, you will need:
• Cutlery from home is better than throwaway plastic ones
• Plastic or metal drink bottles are recommended for refilling with water
• Reusable containers for putting all of your food, snacks and drinks into
• Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

Try to avoid:
• Zip lock or plastic bags, plastic wrap or aluminium foil
• Tetra packed drinks, single serve yoghurts and cheese
• Single use plastic forks and spoons
• Pre-packaged food, i.e. biscuits, snack bars and chips

Tips for Packing Nude Food Lunches:
• Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
• Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
• If your child normally enjoys chips, yoghurt or other pre-packaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
• If your child does enjoy chips, why not try making your own vegie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
• Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.