There will be no cooking this week due to swimming. Our last cooking for the term will be next Friday with Beck.

NAPLAN results
In Term 2 students in Year 3 sat the National Assessment Program—Literacy and Numeracy (NAPLAN) tests. NAPLAN assesses aspects of literacy including spelling, reading, punctuation, grammar and writing as well as numeracy.

Year 3 students will take home their results today. Please feel free to contact the school if you wish to discuss any aspect of the report.

Dear Parents,

It has been great to see the enthusiasm that our students have displayed going to Swimming. Well done boys and girls for your efforts - I am positive the improvements you have made will be of great benefit as the weather warms up.

Next week we have the privilege of attending the Urana Shire Council meeting at the Football Club. This is a wonderful opportunity to show off our school. All students will attend the meeting to talk about aspects of school, such as special programs, staff, resources and why our school is such a lovely place to be. Students in K-2 will also show a selection of books and learning from every Key Learning Area. After our presentation Mrs Rose will walk students back to school, however Years 4 and 6 will remain for a short time to observe how a Council meeting is run.

Don’t forget to come along to our “Eat it to Beat it” Cancer Council talk on Wednesday 10th September, 2pm in the Library. This is a fun, hands on workshop on how to save money on your grocery bill, save time in the kitchen using lots of fresh food and some clever tricks to entice fussy eaters. There will be some great freebies on offer and afternoon tea will be provided. We hope to see you there!

We wish all of our Dad’s a very Happy Father’s Day on Sunday. Students have been told that they are to help get breakfast, give Dad lots of peace and quiet and there is to be strictly no fighting or arguing with brothers or sisters on Sunday!

Tracey Southam
Term Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 25th Aug—Fri 5 Sept</td>
<td>Intensive Swimming</td>
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<tr>
<td>Tuesday 9th September</td>
<td>Urana Shire Council Meeting at Rand—K/6 presentation</td>
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<tr>
<td>Wednesday 10th September</td>
<td>Eat it to Beat it—2.00pm—Library</td>
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<tr>
<td>Thursday 11th September</td>
<td>Enviromentors Workshop—K/6</td>
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<tr>
<td>Friday 12th September</td>
<td>Cooking—Beck</td>
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<td>Cricket Clinic</td>
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<td>Assembly</td>
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<td>Monday 15th September</td>
<td>School Photos</td>
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<tr>
<td>Thursday 18th September</td>
<td>Responsible Pet Ownership—K-2</td>
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<tr>
<td>Friday 19th September</td>
<td>Cricket Clinic</td>
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<td></td>
<td><em>Last Day Term 3</em></td>
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<tr>
<td>Tuesday 7th October</td>
<td>Students and Staff Commence Term 4</td>
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Water

Tap *water* makes the best drink!
Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here’s what water has to offer:

- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body

We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months. Always send a full water bottle to school to keep your kids hydrated throughout the day.

Fruit juices

Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:

- Limit fruit juices to no more than half a glass per day.
- Too much juice can lead to diarrhoea.
- Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
- It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
- Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.
Thank you for your participation at the SRPSSA Bernie O’Connor Football/Netball Carnival again this year.

For your information, results were as follows:

**Football**

- **Senior**
  - 1st: Holbrook Public School
  - 2nd: Walbundrie Small Schools

- **Junior**
  - 1st: Walbundrie Small Schools
  - 2nd: Holbrook Public School

**Netball**

- **Sr 1**
  - 1st: Holbrook Public School
  - 2nd: Walbundrie Small Schools

- **Sr 2**
  - 1st: Walbundrie Small Schools
  - 2nd: Holbrook Public School Red

- **Jnr 1**
  - 1st: Henty Public School
  - 2nd: Walbundrie Small Schools

- **Jnr 2**
  - 1st: Holbrook Public School
  - 2nd: Henty Public School
Parents: Sign Up for *Eat It To Beat It* (limited spots)

Fruit & Veg Made Easy

Eating more fruit and vegetables could be the simplest change you can make to improve your family’s health!

*Eat It To Beat It* is a new program for parents of primary aged children provided at your Primary School by Cancer Council NSW for FREE. We can show you:

- The latest nutrition recommendations for a healthy life for your family
- How small changes can make a big difference
- How many serves of fruit & vegetables are recommended to maintain a healthy balanced diet and how much is a ‘serve’
- Assessing your families intake of fruit & vegetable and tips for including more fruit & vegetables into meals and snacks
- Tips on how to save money while eating healthy food
- Strategies to get children to eat more fruit and vegetables
- Fast & easy, family-friendly recipes and snack ideas and much more!

Rand Public School is holding a Fruit & Veg Sense Session on Wednesday 10th September from 2:00pm – 3:30pm.

Bring along your favourite healthy recipe from home to share with other parents from your school!

You can find more information at [www.cancercouncil.com.au/eatitobeatit](http://www.cancercouncil.com.au/eatitobeatit) or by contacting Anthea on 69372602 or anthead@nswcc.org.au

Fill in your details and return this form to your school to register your interest in attending an *Eat It To Beat It* Fruit & Veg Sense Session. Spaces for the workshops are limited.

Yes please register my interest in attending a FREE Fruit & Veg Sense session at my school (sessions are for parents) on:

- [ ] Wednesday 10th September from 2:00pm – 3:30pm

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<thead>
<tr>
<th>Name</th>
<th>Phone Number (Mobile no. for text message reminder)</th>
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<tbody>
<tr>
<td>Name of School</td>
<td>Rand Public School</td>
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