Major Excursion updates

**Stage 3 Excursion** – Year 6 students are in Canberra this week. The children are having a great time. Mr Rhijaan reported that temperature outside Parliament House this morning was 3 degrees in the sun. So far they have visited the Mint, War Memorial, Embassy Tour, Old Parliament House, Parliament House, High Court and National Gallery, and they are off to Jindabyne tomorrow.

**Stage 2 Excursion** – Year 3 & 4, Lake Ainsworth, next Week – Wednesday, 20th to Friday, 22nd August. Please make sure you finalise all medical forms and payments for your children’s major excursion.

**P&C Meeting**
The next P&C Meeting is being held on Wednesday, 13th August from 7.00pm in the staffroom. All welcome.

**K-6 Assembly and Book Parade**
Our next K-6 Assembly is being held on Thursday, 21st August. All Bronze and Silver Awards are to be handed to Mr Blacklow by Tuesday, 19th August.

**NR PSSA Athletics Carnival – Friday 15th August**
Good luck to the students representing Goonellabah Public School this Friday at the Northern Rivers PSSA Athletics Carnival. I am sure you will enjoy the day.
What makes a good book?
Books with vivid imagery, exciting stories and strong characters will not only entertain your child but set them up to enjoy reading for the rest of their life.

Making friends
If children are happy socially they tend to be more engaged in their learning. Teaching your child about the importance of making friends is as vital as learning their ABCs.

Mark Spencer,
Principal

Dates to Remember – Term 3

This Week 11th – 15th August
Friday NR PSSA Athletics day
Friday Grandparents Day – 10.30-11am
Sun-Saturday Canberra excursion – Yr 6

Week 6 18th – 22nd August
Mon-Thurs Book Week – Book Fair
Thursday K-6 Assembly & Parade
Wed-Friday Lake Ainsworth excursion Yr3/4

Week 8 1st -5th September
Wednesday 2015 Kindergarten “Big School Excursion and information evening

Nutrition Snippet

The simplest way
...to use avocado.

Avocados are packed full of Vitamin E and Vitamin C, contain good fats, and are high in fibre - making them a great choice for a stand alone snack, or addition to a main meal.

Botanically avocados are a fruit because they grow on trees and contain a seed – but nutritionally they are a vegie – meaning they count towards your 5 serves!

How to use avocado:

• As a spread on toast for brekky
• Add to a salad for extra flavour
• Mash, and add lemon juice + garlic for an easy guacamole – then serve with vegie sticks
• Eat straight from the skin with a spoon

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It