







## SPORT TERM 2

**School sport day will be Monday during Term 2.**

**Students will be participating in the Footsteps Dance program.**

### Healthy Canteen Strategy

The revised healthy school canteen strategy has been designed to help reduce overweight and childhood obesity. As a school we are working closely with the canteen manager to ensure a successful transition to the new menu that complies with the criteria outlined. Can I thank the many parents that have expressed their views and offered suggestions on how we can improve our menu. I can assure you that we are listening to your views and are trialling many other snack options for our menu to find the right fit for us. Thank you all for continuing to support the schools efforts to promote healthy food and drink choices in the canteen.

Our canteen is run by our P&C and would not be operational if we didn't have the parents who volunteer each week. So thank you to all the parents who give up their time to work in our school canteen. If it wasn't for you our school would not have a canteen.

If you are available to help in the canteen please contact the school office.

### Food and drink criteria

Target minimum criteria for all school canteens

Everyday food and drinks	Occasional food and drinks
At least $\frac{3}{4}$ of the menu.	No more than $\frac{1}{4}$ of the menu.
No Health Star Rating (HSR) cut-off.	Health Star Rating (HSR) of 3.5 stars and above.
Portion limits for flavoured milk, juice and ready-to-eat meals.	Portion limits for all Occasional food and drinks.
Display, favourably price, promote and advertise Everyday choices.	Occasional food and drinks not promoted at point of sale.

\*Sugary drinks are not to be sold in NSW public schools.

Schools will be supported and encouraged to achieve higher benchmarks for healthy food and drink options in their canteens.

## Permission to publish

Last year a permission to publish note was sent home to all students. If you would like to change this permission, can you please come in to the school office to fill out the required form.

## Police visit

This week we had the Police Youth Liaison Officer come and visit students from Year 2 to Year 6. She spoke with the students about bullying, criminal offences and keeping safe online. The eSafety website has some useful information for parents on how to tackle issues around technology and is a valuable resource for parents to find more information about the games your children are playing online.

For more information visit <https://www.esafety.gov.au/parents>

# EASTER RAFFLE DONATIONS

Comleroy Road P.S. P&C are holding their Easter hamper raffle. The raffle will be drawn at the Easter hat parade assembly on Friday 12<sup>th</sup> April.

We are asking if each family can kindly make a donation of Easter eggs, chocolate or gifts and baskets. Your donation would be gratefully received.

Donations can be left at the school office up to Tuesday 9<sup>th</sup> April.

Thank you,

*P&C Committee*





PRIME MINISTER

MINISTER FOR EDUCATION

Dear parents, carers and the school community,

Keeping our children safe is a shared responsibility. Schools, governments at all levels, the Australian community and, first and foremost, parents take this obligation seriously.

As parents, we know that it can be challenging to raise children today in a world where risks to safety can appear not only on the street but online. And it is not always easy to navigate when the online world can have real world physical and mental health impacts.

That is why our Government has developed resources to empower parents (and schools) to protect children and prepare them to be resilient, responsible and respectful adults:

- [www.esafety.gov.au](http://www.esafety.gov.au) – resources that promote online safety including tackling image-based abuse and a complaints service for young Australians who experience serious cyberbullying.
- [www.studentwellbeinghub.edu.au](http://www.studentwellbeinghub.edu.au) – support for students, parents and teachers to create a learning environment that promotes student wellbeing and the development of respectful relationships.

You can also visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) for education and advice for kids, parents and schools on how to combat and respond to bullying.

Whatever age your kids, it is never too late to make changes to improve their welfare. With the fresh start that a new school year brings we encourage you to use these resources for practical advice on keeping your family safe and well through the year.

Yours sincerely

SCOTT MORRISON

DAN TEHAN



## **RICHMOND RSL SUB BRANCH**

of the  
The Returned and Services League  
of Australia  
(New South Wales Branch)

# **ANZAC SERVICES**

## **2019**

# **Richmond War Memorial**

## **ANZAC SUNDAY MARCH AND SERVICE**

**Sunday 14<sup>th</sup> April.** The March commences at 24 West Market Street at 2.30 pm, with a Commemorative Service to follow at Richmond War Memorial, East Market Street. Members of the public who are a descendant of a former Veteran, of any conflict, are also invited to participate in the March wearing the medals of their Veteran, and/or carrying a photo or displaying the name of their Veteran. Following the Commemorative Service, members of the public are invited back to the Richmond RSL Sub-Branch for light refreshments.

## **ANZAC DAY DAWN SERVICE.**

**Thursday 25<sup>th</sup> April.** The community is invited to join members of Richmond RSL Sub-branch in solemn observation of the Dawn Service at 4:45 for a 5am start at the Richmond War Memorial in Richmond Park.

The Lions Club will be providing members of the public breakfast, at a small cost (gold coin donation), following the Service.