

TERM 1 WEEK 5

Tuesday 24/2/2015



NSW DEPARTMENT OF EDUCATION AND COMMUNITIES

# Tarago Public School

## NEWSLETTER

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### Principal Message

#### Assembly

The first assembly for 2015 will be held next Friday 6th March commencing at 9:30am. I am looking forward to seeing as many parents, grandparents, aunts, uncles and friends in attendance to help celebrate the wonderful and productive start students have made to the year. This will be the first assembly students will be presented with our new Star Awards!

#### Homework

Homework is an important part of student learning. The tasks set require little or no adult assistance and are set over the entire week allowing time to fit around the other important after school activities that occur. "Book" homework for all students K to 6 is due on Fridays. The news component of homework is due as outlined below;

Monday—Michael, Josh, Amali, Myles and Year Six.

Tuesday—Seth, Jimmy, Tiana, Lachlan.

Wednesday—Amelia, Aislinn, Jake, Ayden and Year Five.

Thursday—Ashlee, Leanne, Brittany, Jasmine and Year Four.

Friday—Year Three

I would urge all parents to assist and monitor students in completing and submitting homework each week.

#### Swimming Carnival

The Small Schools Swimming Carnival has been run and won. Congratulations to Blake Ezzy for a great win in the 50m Backstroke.

#### Nutrition

I would like to draw attention to some of the pre packaged snacks available as "healthy" alternatives to real fruit and real vegetables.

The following list is a typical ingredients list from a "fruit rollup".

*Apple juice Concentrate, dried apples, blackberry puree, strawberry puree, canola oil, Contains 2% or Less of: fruit pectin, lemon juice concentrate, Vitamin C (Ascorbic Acid), black carrot juice concentrate, blueberry juice concentrate added for colour, Natural Flavour, Citric acid, sodium sulphite added to protect flavour.*

Ingredient number one is sugar. It is called apple juice concentrate but it is basically sugar. It does not contain the beneficial fibre of an apple, and many of the nutrients present in a fresh apple have long ago disappeared in the process of turning it into a juice and then a concentrated form. The same with the puree.

Of the 50 calories, 40 of them are sugar! That is 2/2.5 teaspoons. Meanwhile the fibre count is less than 1 gram (less than 3% of the daily value). The vitamin C is around 10% of the daily value, but only because it is added in the ingredient list.

It can be difficult to wade through packaging information however real fruit and real vegetables cut into bite size pieces, in a zip lock bag, are always the best and healthiest option. I would strongly recommend carefully monitoring the packaged, processed foods creatively labelled "healthy".

P Katen—Principal



**Participation**



**Responsibility**



**Respect**

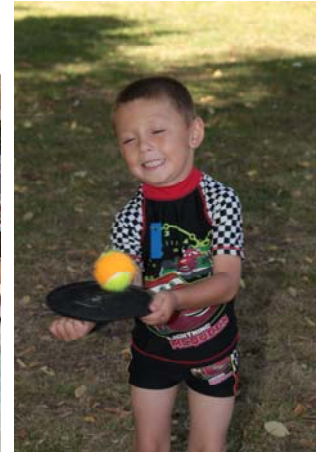
## More News

**Next week's scheduled P&C Meeting will be held over until  
Tuesday 10th March at 3.30pm.**

**This meeting will be the first to discuss the Tarago Arts Festival.  
Please come along and share your ideas. This meeting is about gathering  
ideas for what will be a great event for Tarago and particularly the students  
at Tarago Public School.**



### Small Schools Swimming Carnival



The Infants  
all had a  
great time !!

← The Tarago  
Cheer Squad !!



## Coming Up

	Monday	Tuesday	Wednesday	Thursday	Friday
Term 1 Week 6 2/3 6/3		3-6 Library		Ukulele Student Banking	K-2 Library
Term 1 Week 7 9/3 13/3		3-6 Library P&C Meeting 3.30pm		Ukulele Student Banking	Small Schools Athletics Carnival @ Hudson Park



**BUNGENDORE TIGERS JUNIOR  
RUGBY LEAGUE CLUB**

**Join us in 2015**

**REGISTRATION  
DAYS**

**Saturday, 28 February 2015  
& Saturday, 14 March 2015**

Mick Sherd Oval, Bungendore  
from 10.00am-2.00pm

*We are looking for interested boys and girls aged from  
5 to 16 years who would like to play Rugby League*

*We are also looking for Coaches, Managers, First Aid Officers and  
LeagueSafe officials*

We are a  **goodSPORTS club**

For further information, please visit our Club website:  
[www.bungendoretigersjunior.sportingpulse.net](http://www.bungendoretigersjunior.sportingpulse.net) or  
Contact the Club Registrar at [tigersregistrar@optusnet.com.au](mailto:tigersregistrar@optusnet.com.au)



**BUNGENDORE TIGERS JUNIOR  
RUGBY LEAGUE CLUB**

**Tiny Tiggers Program**

**Monday 2, 9, 16 & 23 March 2015**

Mick Sherd Oval, Bungendore  
from 4.00-5.00pm

**\$20**

*Tiny Tiggers Program introduces 4-6 year olds to the  
fun and skills of modified Rugby League and is run by  
a qualified Coach*

We are a  **goodSPORTS club**

To Register your Tigger's attendance please contact the Club Registrar at  
[tigersregistrar@optusnet.com.au](mailto:tigersregistrar@optusnet.com.au)  
For further information, please visit our Club website:  
[www.bungendoretigersjunior.sportingpulse.net](http://www.bungendoretigersjunior.sportingpulse.net)

### **Athletics Carnival**

If you have not already done so, please return permission note and bus money for the Small Schools Athletics Carnival as soon as possible. Carnival is on Friday 13th March at Hudson Park.



## **TARAGO PUBLIC SCHOOL**

### **Small Schools Athletics Carnival 13th March 2015**

I give permission for my child/ren \_\_\_\_\_

to attend the Small Schools Athletics Carnival, Friday 13th March 2015 at Hudson Park. Bus will leave school at 8.45am to return by 3.15pm. Cost of Bus is \$5 per student.

- ☐ My child/ren will travel by Bus
- ☐ I will provide transport for my child/ren

I understand that the Carnival has the approval of the principal.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_