

Central E-cho

Central Mangrove Public School

1708 Wisemans Ferry Road, Central Mangrove

Telephone: 4373 1156 Fax: 4373 1051

Email: centmangro-p.school@det.nsw.edu.au

<http://www.centmangro-p.schools.nsw.edu.au>



Upward We Strive

Principal: Lorene Alexander

Term 1 Week 2 - Friday 4 February 2011

Our K/1M students stand tall and proud under the sunflowers growing in our school garden.



Welcome to the new 2011 school year.

What an exciting beginning to a new year. We are already abuzz with activities, happy children and smiling teachers. It's a very positive beginning to the year and we are all looking forward to a productive and successful year for everyone. It's wonderful to see so many well organised students wearing school uniform and feeling proud of themselves and ready to learn.

We begin the school year with 80 students.

- K/1M Mrs Melissa Mackay - 16 students
- 2/3S Miss Skye Stilgoe - 23 students
- 4A/H Mrs Lorene Alexander & Mrs Lyn Hughes - 16 students
- 5/6M Mr Neil Matthew - 25 students
- Librarian and Release: Mrs Jodie Gallagher
- School Admin Manager: Mrs Lorraine Wright
- School Admin Officer: Mrs Robyn Hamilton
- General Assistant: Mr David Buck

A special welcome to our new teachers, Mr Neil Matthew and Miss Skye Stilgoe. They have both settled easily into their new classrooms and our school routine. We all hope they enjoy their time at CMPS and feel sure their skills, knowledge and enthusiasm will allow them to become an important part of our school community.

Welcome also to our new families. There are many ways you will be able to become involved in our school community and reading our fortnightly newsletter the 'Central Echo' is the best way for all families to stay up-to-date with what is happening at our school.

Calendar for Term 1

		Week 3
Feb 7	Monday	Kid's Kitchen
8	Tuesday	Scripture; Student Banking Day Library K - 3
9	Wednesday	Kid's Kitchen; Library 4 - 6
10	Friday	Tennis - Sport Day
		Week 4
Feb 14	Monday	Kid's Kitchen After School Sport - Basketball/Netball
15	Tuesday	Scripture; Library K - 3 Keyboard Kids; Student Banking Day P&C Meeting 6.30pm all welcome
16	Wednesday	Kid's Kitchen; Library 4 - 6
17	Thursday	Parent/Teacher Info Sessions K - Yr3 After School Sport - Fitness circuit
18	Friday	Tennis - Sport Day - Parent/Teacher Info Sessions Yrs 4 - 6
		Week 5
Feb 21	Monday	Kid's Kitchen After School Sport - Basketball/Netball
22	Tuesday	Scripture; Library K - 3 Keyboard Kids; Student Banking Day
23	Wednesday	Kid's Kitchen; Library 4 - 6 After School Sport - Fitness circuit
24	Thursday	P&C Family Disco
25	Friday	Tennis - Sport Day
		Week 6
Feb 28	Monday	Kid's Kitchen After School Sport - Basketball/Netball
Mar 1	Tuesday	Small School Swim Carnival ; Scripture; Library K - 3 Keyboard Kids; Student Banking Day
2	Wednesday	Kid's Kitchen; Library 4 - 6 After School Sport - Fitness circuit
4	Friday	Tennis - Sport Day; Clean Up School Day
		Week 6
Mar 7	Monday	BWPSSA Swim Carnival; Kid's Kitchen After School Sport - Basketball/Netball
8	Tuesday	Scripture; Library K - 3 Keyboard Kids; Student Banking Day
9	Wednesday	Kid's Kitchen; Library 4 - 6 After School Sport - Fitness circuit
11	Friday	Tennis - Sport Day
		Week 7
Mar 14	Monday	Kid's Kitchen After School Sport - Basketball/Netball
15	Tuesday	Scripture; Library K - 3 Keyboard Kids; Student Banking Day
16	Wednesday	Kid's Kitchen; Small Schools Science Day After School Sport - Fitness circuit
17	Friday	Tennis - Sport Day
		Week 6
Mar 21	Monday	Kid's Kitchen After School Sport - Basketball/Netball
22	Tuesday	Scripture; Library K - 3 Keyboard Kids; Student Banking Day
23	Wednesday	Kid's Kitchen; Library 4 - 6 After School Sport - Fitness circuit
25	Friday	Tennis - Sport Day

A big welcome to our 14 new Kindergarten students who began their education on Tuesday. We would like to congratulate them on the wonderful beginning they have made to their schooling.

Lorene Alexander (Principal)

Newsletters

Our school's newsletter, The 'Central Echo' is produced each fortnight. As part of our Environmental Education Program we aim to reduce our 'environmental footprint on our local community' by decreasing our printing and paper usage and encouraging all families to receive their newsletters in an electronic form. By choosing this 'green option' you also allow more funds to become available for other curriculum resources and equipment. Please indicate on the Family Information Sheet attached your intention in supporting us in this action.

Family Information Sheet

Please return the attached Family Information Sheet with current information ASAP. We ask that families enter all information requested, including scripture and newsletter choice. We encourage parents to ensure they have completed the Scripture section so that all students are placed in the correct Scripture class for this year. It is imperative we have updated information in case of illness or an emergency situation.

Arrangements of our day

Session	Time	Activities
	8:55am	Supervised Fitness as Students arrive
	9:15am	Morning Bell
Session 1	9:20 - 9:45am	Crunch & Sip
Session 2	9:45 - 11:30am	Literacy Focus
	11:30am - 12:10pm	Lunch
Session 3	12:10 - 1:40pm	Numeracy Focus
	1:40 - 2:00pm	Afternoon Recess
Session 4	2:10 - 3:05pm	Combined Key Learning Areas.
<ul style="list-style-type: none"> End of school day bell is now 3:05pm Scripture is on Tuesday afternoons Student Banking day is Tuesday Sport Day for Term 1 is Friday - Tennis/Ball Skills Library Day is Tuesday K - 3 & Wednesday Yr 4 - 6 Active After School Community Program - starting Week 4 is a 7-week program held each Monday & Wednesday afternoon. 		

Library News



During 2011 Library sessions will be held over 2 days;

- Tuesdays - K/1M and 2/3S
- Wednesdays - 4A/H and 5/6M

All students need to have a library bag for borrowing. These can be purchased from the uniform shop OR we suggest using one of our 'green bags' (cost \$1 available from the school office).

Borrowing is as follows:

- Kinder - 1 book
- Yr 1 & 2 - 2 books
- Yr 3 & 4 - 3 books
- Yr 5 & 6 - 4 books

We currently have a number of Library books/loans that have NOT been returned to the Library. Any student with outstanding loans will not be able to borrow from the library until (1) books are returned to Mrs Gallagher; or (2) payment has been received for the lost item/s. Overdue notices will be reissued to these students.

This year students also have the opportunity of visit the library at lunchtime on Tuesdays where they can read a book, try a puzzle or game or play chess with a friend.

Mrs Gallagher - Librarian

Fees/Workbooks & Worksheets

Earlier this week all families were sent an invoice/statement of account for workbooks/worksheets, school levy and term 1 sport program costs. All payments can be made by cash, cheque or credit card. Credit card payments can be made either in person, by mail or by phone.

All monies sent to school should be in a sealed envelope clearly marked with amount enclosed, items being paid and your child's class and name. All payments (except in-person credit card payments) should be given to the classroom teacher. Payments will then be recorded by teacher before sending to the school office. Receipts will be sent home the next day.

Please note that students will not receive workbooks until they have been purchased. Fees for 2011 are \$40 per child with a \$80 limit per family.

Workbooks prices are:

- K - Yr 6 Handwriting workbook = \$14 each
- Yr 3 - 6 Mentals workbook = \$11 each.
- Spelling and Maths worksheets K - Yr 6 = \$20 each student
- Example:
 - K to Year 2 = \$34.
 - Yr 3 - 6 = \$45

If you have difficulty in making these payments, arrangements can be easily made. Please phone to organise a meeting with Mrs Alexander to work out a suitable payment plan or find out how to access our Student Assistance Funds to alleviate these expenses.

Private Vehicle Subsidy Applications

Private Vehicle Subsidies are available to students where there is no public transport for all or part of the journey to and from school. The subsidy is paid on a daily basis and may also be available on medical or safety grounds. A separate application MUST be lodged for each individual child. If you applied in 2010 and your circumstances have not changed you do not need to reapply this year. New application forms and info sheets are available from the school office. All application forms are to be returned to the school office for processing.

Weekend Science Workshop for Years 2 - 4 - 'Cool Science'

The NSW Association for Gifted and Talented Children are running a variety of hands-on enrichment activities for children in years 2 - 4 at Gosford High School on Saturday 19 March from 10am - 12pm. Bookings and payments are essential via the registration form on the website: www.nswagtc.org.au/envents/for-gifted-children.

Bus Pass Applications

All students should have received their new 2011 bus passes this week. New bus pass application forms are always available from the School office.

Tennis/Ball Skills Program



Mark Presdee, a professional tennis coach, commenced his tennis/ball skills program on Friday 4 February. All students are involved in this program as it forms part of our compulsory Personal Development/Health/Physical Education curriculum program. Students will benefit greatly from the expertise of a professional tennis player. The total cost of the activity is \$24 per student OR \$3 per week for 8 weeks. Please return the attached permission/payment form to your child's teacher. Students are to wear their sports uniform and suitable footwear each Friday.

Kid's Kitchen News

Our canteen will be open each Monday and Wednesday from Week 3 of Term 1. Thanks to the help of some very dedicated helpers we are luckily enough to be able to offer our students a great Canteen with a healthy hot lunch option. We would really appreciate your help. You don't have to come every week as the more helpers involved the less we all have to come. This is great way to meet new friends and have fun. All children love to see a family member helping at their school - grandparents are most welcome. So if you have some time on a Monday or Wednesday between 9-1pm please let me know.
Kylie Fletcher Ph: 0418 168 149
Please note: our Term 1 Canteen Menu is attached with this week's newsletter.

Small School Swimming Carnival

This is being held on Monday March 1 at Gosford Pool. To be eligible students must turn 8 this year and be able to swim 50 metres proficiently. More information will be sent home shortly.

Uniform Sales

On behalf of our P&C, Mrs Julia Kostalas runs our Uniform Shop each Wednesday morning from 9:00 - 9:30am in the Resource Room next to K/1M classroom. A new price list is attached with this week's newsletter. Payment is by cash or cheque only. All cheques must be made out to CMPS P&C Association.

Crunch & Sip



Crunch & Sip break at the beginning of each school day is when your child will be encouraged to eat fruit or vegetables. As part of this program, your child is also encouraged to drink water throughout the day. Please supply your child with a piece of fresh fruit or preserved fruit if it is in water or juice with no added sugar. Dried fruit is also encouraged as are fresh vegetables.

P&C Meeting

The first P&C Meeting of 2011 will be held on Tuesday 15 February, from 6.30pm in the new library. We urgently need the support of all our families and ask that you consider attending the meeting and becoming an active member of the P&C. Without the numbers we will be unable to form a quorum for the meeting to go ahead.

Information Handbook request form

We will be updating our 2011 handbook over the next week. In order to save printing costs we ask families to view this handbook on our school website: www.centmangro-p.schools.nsw.edu.au.

A hard copy can be sent home with your child if requested. Please refer to attached order form.

Student Requirements for 2011

A list of 20 11 requirements was sent home at the end of last year. This list is also available on our school website. Headphones are now available from the school office - cost \$14 each.

NB: ALL belongings **MUST** be clearly labelled with your child's name.

True Blue Citizenship Awards

Our True Blue Award Sheets are ready to go next week. The children will receive a sticker or stamp on their sheet at the end of every week if they follow our school rules of Be Safe, Be Respectful, Be a Learner. Students are expected to wear their correct school uniform with pride and display responsible behaviour and learning attitudes. This year teachers will include **HOMEWORK** as part of the True Blue Awards, as this demonstrates a positive attitude and responsible learning attitude.

If you have any difficulties regarding the purchasing of our school uniform please contact Mrs Alexander. Bronze, silver and gold awards are awarded to students when they reach 10, 20 and 30 stamps/stickers in their True Blue book.

Parent/Teacher information Sessions

Parents and Caregivers are invited to attend a class parent/information session on the following days/times:

- Miss Stilgoe (2/3S) Thursday 17 Feb from 3:30 - 4:00pm
- Mrs. Mackay (K/1M) Thursday 17 Feb from 4:00 - 4:30pm
- Mrs. Alexander (4A/H) on Friday 18 Feb from 3:30 - 4:00pm
- Mr Matthew (5/6M) on Friday 18 Feb from 4:00 - 4:30pm

***** Please refer to attached RSVP form.

Keyboard Kids



Learn the Piano through Keyboard Kids at Central Mangrove PS.
Students learn:

- How to play the piano
- Read music and learn great songs
- Have fun learning a new musical skill in a group of friends.

The lesson's are: 45 minute group lessons at a cost of only \$10 per lesson. The Teacher is Mrs Julia Kostalas - an experienced and registered teacher with the AMEB.

2011 lessons begin Week 4 - Tuesday 15 February from 3:15 - 4:00pm in the new Library. BYO Keyboards - some keyboards available. Contact the school office for bookings OR phone Julia on 43731230.

Student banking

Student banking day is Tuesday this year. New bank application forms are available from the school office. The school does receive a small commission from the Commonwealth for all deposits entered through the school internet banking system.

ACTIVE AFTER SCHOOL SPORT (AASCP)

AASCP program is a free Australian Government initiative delivered nationally by the Australian Sports Commission. At CMPS the program runs for 2 afternoons over 7 weeks each term. Sessions are from 3:30 - 4:30pm on Mondays and Wednesday. All students involved receive a healthy afternoon tea (usually a variety of fruit in season) before the sporting activity. This program's main aim is to get inactive children more active and to allow them to feel more positive towards physical activity. Our sport presenters are fully trained and the funding received from the Australian Sports Commission allows the school to purchase new and current sporting equipment.

Term 1's Active After School Sport program will commence in Week 4 with the following sessions:

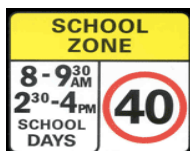
Mondays: Basketball/Netball Skills - Wednesday: Fitness Circuit
Attached with this newsletter is an enrolment form for any students wishing to participate in the free program. Numbers are limited to the first 24 students who return their enrolment form to their class teacher. Don't miss out, return your form ASAP.

Scholastic Book Club Orders

Scholastic Book Club order catalogues are being sent home this week to all families who requested one in 2010 and also to our newly arrived and Kindergarten families. Spares are available at the school office. If your family would like to receive these catalogues on a regular basis, please refer to the attached RSVP.

During 2010 CMPS received \$275 worth of free resources from Scholastic Book Club. This was made possible by the support and placing of Book Club orders by parents and students. We thank all families for this support in 2010 and look forward to maintaining this partnership in 2011.

School Safe Driving Zones



The majority of school zones operate between 8:00am - 9:30am and 2:30pm - 4:00pm on gazetted school days.

Motorists are required to drive at no more than 40 km/h through school zones.

These zones are identified by red/orange school zone signs which indicate non-standard times. Signs at these schools display the times which apply.

40 km/h school speed zones operate across New South Wales at all school sites on gazetted school days.

Public Holidays are not considered school days. Pupil free days are considered school days.

Best Start - Letter to parents or caregivers

Attention: Parent or Caregiver of Kindergarten Children,

This is to inform you about the Best Start Kindergarten Assessment that will take place at our school in Term 1, 2011.

What is the Best Start Kindergarten Assessment?

Children come to school with different levels of literacy and numeracy. Some are familiar with books, can recognise some letters even write their name or count to ten, while others have not yet learned these skills.

Our Kindergarten teachers have always observed their new students and used different methods to find out what each child knows and can do so that they can plan and teach what their students need to learn next.

This year, we are taking part in Best Start, which has been developed by early learning experts in the Department of Education and Training. Best Start is giving our teachers, and those teaching Kindergarten across New South Wales, a common set of high quality assessment tools and professional training.

We believe that Best Start will build on the strengths of our teachers and give your child an even better start to school.

Your child and the Best Start Kindergarten Assessment

It is very important to emphasise that Best Start Kindergarten Assessment is not a test. Its purpose is to help the teacher gather information to guide the teaching of your child.

The teacher will observe each child and use tasks, such as talking about a book that has been read, and record what their students know and can do. The teaching of your child will be based on the information gathered in these ways.

You'll be given feedback about what your child's teacher has learned about your child, which you are welcome to discuss, if you wish, in keeping with our usual practice.

What is being assessed?

The teacher will look at your child's early reading and writing, their ability to communicate with others, and how they recognise and work with numbers, groups and patterns.

News Tips from the DET webpage

Education Tax Refund

Buying new school-related equipment? Don't forget to keep your receipts; you might be eligible for an Education Tax Refund. More information at www.educationtaxrefund.gov.au

Encouraging literacy skills at home

Let your child help you write shopping lists

This is a great way to get them reading words that don't always come from a storybook. Children can help you read recipes and then write out lists of items you need and link names to products that you point out in the refrigerator or the pantry cupboard.

More ideas at

<http://www.schools.nsw.edu.au/news/ezine/yr2009/issue01/shopping/index.php>

Don't forget to label your child's belongings

You can:

- use a permanent laundry marker to label clothes, hats and shoes, or sew or iron on personalised labels
- go through your child's bag with them each night
- check that labels haven't faded with washing
- if something doesn't come home, ask at the office where your school's lost property area is.

You are welcome at school

Children love to see their parents and carers at their school, whether helping out in the classroom, canteen or being involved in other ways. Research shows that students perform better at school when their parents or carers take an active interest in their school work. Your contribution to the school is needed and valued.

Ways you might get involved:

- help in the classroom
- listen to children read
- help children on computers
- help with school excursions
- prepare food and serve children at the canteen
- coach a sporting team.

Tips for packing their lunch boxes

- Pack food that is easy to open, easy to eat and not messy.
- Write their name on their lunch box, water bottle and any other containers.
- Include a frozen drink bottle to keep food cold. Wrap it in a tea towel in case it leaks.
- Use insulated lunch boxes or cooler bags.
- Avoid using plastic wrap because children find it hard to pull apart, paper bags are better for the environment too.
- Pack tissues or paper around fruit so it won't bruise.
- Remind your child to wash their hands before eating and use the toilet at recess and lunch.
- Pack a water bottle for your child each day and remind them that they can also get water from the taps or bubblers throughout the day.

Helping kids make sense of Queensland & Victoria floods

The floods in Queensland and Victoria continue to wreak incredible havoc on so many people's lives and will no doubt leave an indelible imprint on our collective psyches. These two natural disasters have been brought into our living rooms via the media over the past weeks, and will continue to do so for some time to come.

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

So what is a parent, teacher, or other caring adult to do when the natural disasters fills the airwaves and the consciousness of society? Here are some ideas:

- Reassure children that they are safe. The consistency of the images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction.
- Let them know that while this event is indeed happening it will not affect them directly.
- Be available. Let kids know that it is okay to talk about the unpleasant events.
- Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.
- Help children process what they see and hear, particularly through television. Children are good observers but can be poor

interpreters of events that are out of their level of understanding.

- Support children's concerns for others. They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heart-warming to see this empathy in children for the concerns of others.
- Let them explore feelings beyond fear. Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.
- Help children and young people find a legitimate course of action if they wish. Action is a great antidote to stress and anxiety so finding simple ways to help; including donating some pocket money can assist kids to cope and teaches them to contribute.
- Avoid keeping the television on all the time. The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.
- Be aware of your own actions. Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.
- Take action yourself. Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

Children's worlds can be affected in ways that we can't even conceive of so adults need to be both sensitive to children's needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other.

Attachments this week

- Family Information Sheet
- Kid's Kitchen Term 1 Menu
- Uniform Order Form
- AASCP Enrolment Form

Community Notices

The Central Echo contains, at times, paid advertisements. The publication of such advertisements does not imply endorsement of any products or services by the School, the NSW DET or NSW Government.



NEW MEMBERS WANTED

Come and join the fun on Friday nights from 6.30pm to 8pm at West Gosford Swim Centre. Children welcome of all ages and swimming abilities. Contact Lisa Bell for more information 43293308

AH - 0403691827 AH. Bring this coupon to enjoy two FREE trial nights. First 20 new visitors will receive a Free Swimming NSW Pack. GET READY FOR YOUR SCHOOL SWIMMING CARNIVAL NOW

SAVERS PLUS PROGRAM



Limited opportunity as time is running out to sign up. Current funding expires 31st March 2011. You may be eligible to receive \$500 with Saver Plus. The Smith Family are looking for families to receive dollar for dollar matching for school costs

- Do you have a current Health Care card or Pensioner Concession card?
- Does your household receive income from some regular work?
- Are you over 18?
- Do you have a child attending school this year or are you doing a vocational training course?

If your answer is YES to these questions then you may be eligible to participate in the Saver Plus Program, delivered by The Smith Family's on the Central Coast. Saver Plus is a matched savings program in which you save money for education expenses (including a laptop or computer, excursions, camps, uniforms, school or sport shoes), and the ANZ bank will match \$1 for every \$1 you save, up to a maximum \$500.

If you think you are eligible and you are interested in joining the Saver Plus program, please contact Geoff from The Smith Family on 4322 2900 or 0428 282 900.

Scholastic Children's Book Sale

Up to 90% off - prices from as low as \$1.00

Special - Pack a box for \$40

Wednesday 23 - Friday 25 February from 9:00am - 5:30pm at Scholastic Book Fairs Warehouse, Gate 3, Building 2, 76 - 80 Railway Crescent, Lisarow. Phone: 1800 024 840 for more information

Yarramalong Flood Appeal 5 February at

Yarramalong Progress Association Hall.

Food stalls - Public Speaking Competition - Talent quest - Art Competition.

10 tips to keep kids happy and healthy

1. Add colour to the menu!

Children respond well to bright, colourful food that's easy to hold and eat. For younger children, try serving a "funny face" made from slices of fruit and vegetables. Use melon to represent a mouth, blueberries for eyes, shredded lettuce for hair, a carrot stick for a nose, and capsicum for eyebrows. For older children, serve sandwiches with plenty of fresh, attractive fillings - such as capsicum, beetroot, grated carrot, tandoori chicken, avocado, or sliced radishes.

2. Fast-food for the playground

To make the most of their playtime, school-age kids tend to eat food that's conveniently packaged - so it's quick and easy to eat. Rather

than giving children potato chips or biscuits, which are high in salt, saturated fat and sugar, serve them fresh food in small, individually wrapped portions - such as a handful of nuts, a few reduced-salt rice crackers, grapes, sultanas, or a tub of reduced fat yoghurt.

3. Variety is the spice of life

A healthy diet is all about balance, and small bodies need a particular combination of foods in order to grow strong mentally and physically. To ensure children don't become fussy eaters, it's also important to introduce a wide variety of healthy foods in their younger years. As a handy guide, try making meals based on the five food groups.

4. Explain healthy choices

Teach your children how to make healthy food decisions by showing them the difference between "everyday" foods (e.g. vegetables, bread, cereal, milk, cheese, fruit, meat, fish and nuts) and "sometimes" foods (e.g. sweet biscuits, chocolate bars, soft drinks, chips or cake). Get the kids to help you draw and apply adhesive labels to specific items in the fridge or pantry to help them remember.

5. Make breakfast an important meal

Eating breakfast is a must for young kids. It assists with concentration, recall and memory - and helps them stay focused at school. Encourage kids to eat a healthy and filling breakfast before school and if possible, make a special family time for breakfast on the weekends.

6. Don't forget the special dietary needs of teenagers

To cope with the demands of puberty, teenage bodies need plenty of extra vitamins and minerals. Some teenage girls are low in iron, which is essential for energy and concentration. Serve iron-rich meats such as lamb or beef - as well as lentils and chickpeas, which also contain iron.

7. Pack a yummy lunchbox

To help your child stay away from junk foods, try to make their lunchboxes as tasty as possible. Great snacks include a box of sultanas, a tub of low-fat yoghurt, or a small handful of dried fruit and nuts. Use a variety of wholemeal breads (such as lavash, lebanese or pita) to add excitement to lunchtime sandwiches, and as often as possible, vary the fillings. Try light cream cheese with tinned salmon and cucumber, or grated carrot mixed with reduced fat cream cheese and sultanas.

8. Water, water, water!

Teach your child the importance of drinking water when they are thirsty - especially after exercise. Add lemon, lime, mint or sliced oranges to water for some natural sweetness. For an extra special treat, get the kids to make their own healthy fizzy drinks by mixing carbonated mineral water or soda water with natural fruit juice.

9. Have fun in summer with homemade ice-blocks

In summer, encourage kids to make their own [ice-blocks](#) with fresh fruit juice. You can purchase plastic moulds from most Woolworths stores. Fill them with freshly squeezed or bottled fruit juice (choose one that's 100% natural with no added sugar). Add a little water to make them go further and freeze better. You can also blend [fruit iceblocks](#) to make delicious and refreshing frappes.

10. Still allow treats

There's nothing wrong with the occasional treat (like lollies, cake, chocolate, chips or soft-drink) at birthday parties or other special events. If hosting your child's own birthday party, take them shopping and get them to help you select the treats to be served, and ask them to select a combination of "sometimes" and "everyday" foods (e.g. using red capsicum and carrot sticks to serve with a dip rather than corn chips). This will give them a feeling of responsibility, but will also establish an important mental connection between "sometimes" foods and special occasions.

