**School Photos**

School photos will be taken on Wednesday 28th May. Photo envelopes need to be returned prior to photos being taken.

**“The 13 Story Treehouse”**

Students will be attending a performance at the Dubbo Regional Theatre based on the Andy Griffith’s book, ‘The 13 Story Treehouse’. The performance is on 28th June (last day of term 2). Transport will be by school bus. Students will need to take morning and afternoon tea and a drink bottle. Lunch will be at McDonalds and is included in the cost. A permission note will be sent home on the next newsletter.

The cost is $25 for one child, $40 for two children and $50 for three children attending. The school and the P&C are paying for over half the cost of this, and any future, Theatre excursions. Payment is due before 27th June and can be made anytime in the next 5 weeks. When sending money to school please make sure the envelope is sealed and your child’s name and the reason for sending the money in is marked clearly on the front.

For more information please feel free to contact the school. If you would like to read ‘The 13 Story Treehouse’ to your child it is available from the school and Parkes libraries.

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Lunch Orders
Lunch order forms went home last Wednesday and orders were today. Mrs Webb apologises if your order form went astray and children missed out on ordering lunch. The next lunch order days for Term 2 will be Tuesday 10th June and Tuesday 24th June.

With parent/carer help students could have the option of ordering lunch once a week. If you can help with lunch orders on a regular basis (e.g. every other week) please speak to Mrs Webb this term.

Book Fair – Change of Date
Our Book Fair will run during Week 6 with students having a sneak peak and writing their wish list on Monday 2nd June. Parents are welcome to come and have a look before and after school while the book fair is on.

Assembly and Morning Tea
There will be a whole school assembly Tuesday 3rd June starting at 10:30am. This will be followed by a morning tea after which you are invited to browse the Book Fair. All books are available for purchase.

All parents and carers are encouraged to attend. Students love to see their family at school and look forward to showing off some of the work they have been doing over the last term.

First Aid Course
The First Aid Course has been POSTPONED due to the trainer being ill. We estimate a date later in June.

The cost of the course is: $140 for the refresher course and $150 for the full first aid course. Morning Tea and lunch will be provided on the day.

There are still some places available for the course. If you are interested in attending, please contact Alana on 68641124 as soon as possible.

GRIP Leadership Conference
Last Monday 19th May the Year 6 leaders attended a Leadership Conference in Dubbo. The 3 boys learnt about being leadership “heroes” and discussed characteristics of good leaders. Bryce, Bobbie and Josh enjoyed their day and learnt a lot. Thank you to Miss McWhirter and Mrs Nutley for driving the boys to their locations.

Author Visit
Bogan Gate Public School is fortunate enough to have the author Susie Sarah coming to visit on Wednesday and Thursday of Week 7 this term. Children will be participating in various writing workshops with Susie and role playing different scenarios. Susie is currently writing her new book which is set in the 1800s. She wants to share her experiences of her writing with the children and allow them the opportunity to experience games and major events from this era.
Healthy eating gives kids the energy they need for their busy days. Here are some great ways to make it easier.

**Breakfast is important**
It can be up to 12 hours since their last meal, so kids need to refuel for the day ahead. Give them healthy choices like cereal and reduced fat milk, toast, fresh fruit, eggs on toast, juice and reduced fat yoghurt.

**Water works**
Get kids into the habit of drinking water to keep them hydrated throughout the day.

**Snack smart**
Encourage your kids to take an interest in their health early in life by planting their own healthy snacks – this will help them look for a healthy diet when they get older.

**Eat at the table**
Eating snacks and mealtimes sat down at the table or kitchen bench instead of in front of the TV is good habit for the whole family.

**Get a balance**
Variety and balance are the key to helping a child enjoy a healthy diet. Aim to eat a variety of foods each day (this depends on the age of the child) including fruit, vegetables, wholegrain breads and cereals, lean meat or fish, and reduced-fat dairy products.

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**Guide to healthy eating**
Healthy bodies need to be nourished & energised.

The Australian Dietary Guidelines provide advice about the amounts and kinds of foods that we need to eat for good health and wellbeing.


**Tips for a healthy diet**

1. **Enjoy variety**
Choose different varieties of foods from within each of the five food groups from day to day, week to week and at different times of the year.

2. **A good balance**
Eat plenty of grain-rich foods, vegetables, fruits and legumes. Eat moderate amounts of foods that are high in fat, sugar and salt.

3. **Keep hydrated**
Drinks should be a variety of water.

**The Australian Guide to Healthy Eating**
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drinks: plenty of water, vegetables and legumes/beans

Lamb, chicken, fish and eggs

Grain: bread, rice, pasta, noodles, cereal

Lean meats and poultry, tofu, soya, beans and legumes/beans

Fruit

Use small amounts

Only sometimes and in small amounts

Independent Government information regarding healthy eating is available at:
Indigenous Family History Workshop
presented by Parkes Shire Library & ntscorp

Date: Thursday June 19
Time: 10am to 12pm
Venue: Coventry Room
Parkes Shire Library

Presented by Dr Michael Bennett

The workshop will focus on some of the resources available to assist individuals to research their own family tree and the best means to record the information.

Enquiries to:
Eileen Newport
Local History Officer
Phone: 02 68 612 339
Email: eileen.newport@parkes.nsw.gov.au

Dr Michael Bennett is the Senior Research Historian with NTSCORP, an Aboriginal organisation based in Redfern which assists communities in NSW and the ACT with native title claims, heritage projects and genealogical research. NTSCORP has operated a free family tree program since 2005. To date, over 3,000 trees have been returned to individuals and families along with supporting historical documentation. One of our main resources is a genealogical file containing details and relationships for over 69,000 Aboriginal people, covering the period from first contact to the present.
Dear Parents,

We will be photographing your school on **Wednesday 28th May 2014**
You will receive a Flyer/envelope for each of your children explaining the products available.

Please ensure that each child returns his/her own envelope even if payment is made in the eldest child’s envelope. Envelopes are not to be placed inside other envelopes.

**Students are to bring envelopes on or preferably before Photo Day.**

We have an auto-mated system for payments by credit card. You can go online to [www.advancedlife.com.au](http://www.advancedlife.com.au) for easy to understand payment instructions. You will receive a receipt number which MUST be written on the order envelope in the space provided. You can also make payments by cash, cheque or money order.

Sibling Photos are also available for students at the school, please collect a “family order envelope” from your school & return it to the office.

Please don’t hesitate to contact us if you have any queries.

We look forward to seeing all your smiling faces!

Your Team from Advanced Life Photography