Welcome to week 5,

I cannot believe that we are already half way. The time seems to be passing us by quicker all the time. One of my all time favourite quotes relating to time was said by the famous Dr Seuss. “They say I’m old-fashioned, and live in the past, but sometimes I think progress progresses too fast!” — Dr. Seuss

With this quote in mind I have gone into this term thinking to myself; after swimming we will try and stay quiet in the classroom. We are working on very few outside disruptions and having solid weeks of nothing but routine and structure, so far so good. This week has been very ‘normal’ with a very regular routine and some fantastic work going on inside the classroom. We have been working on multiplication in mathematics and the students have been investigating the fact that doubling is the same as two times tables and skip counting is your times tables in order. Mass – centimetres/metres/volume and capacity were also explicitly taught this week with students working with rulers, tape measures and lots of water. So great fun to be had in numeracy this week!

Our literacy lessons have been based around imaginative texts this week and with students constructing narratives about a pet dragon the ideas and excitement has been flowing. We are also reading a tried and true childhood favourite of mine, Emily Rodda’s Finders Keepers. The children are completely immersed in this tale of two worlds, and ask for more every day. I do make sure to keep them in suspense though so they look forward to the next day.

Mrs Scott is working hard on her H.S.I.E unit Needs and Wants and we are about to get our teeth truly stuck into our Science and Technology unit ‘Life is a cycle’. If you or anyone you know have any expertise in the areas of food production cycle, water cycle, life cycles please encourage them to come and have a quick talk to the children and share their knowledge with these little sponges!

Reminders:
Library Day is Wednesday
Banking and Canteen is Friday
No hat no play
Fruit everyday

Blandford Horse Sports – If you are still considering this event please note entries are closed but we may still be able to squeeze 1 or 2 in!

18th–20th March – Kia Ora Music and Performing Arts Camp
Friday night meeting and BBQ:
Many thanks to all parents and children who came along to our meeting and welcome BBQ. It was a lovely evening and even with the beautiful rain and very wet children a good night was had by all. It is lovely when a community/group can come together to share ideas, discuss future events and have a laugh.

School camp:
All notes are in for Lake Keepit so I will be discussing with Mr Leayr this afternoon the finer details of school camp in week 2 of term 2. I will keep you well informed.

School Plan:
Last Friday night I sent you all home with a copy of the nearly completed (draft) school plan. I would love to have some feedback from this. Mrs Scott and I are working very hard to put a plan in place for the next three years and after our initial consultation periods we would like to know if we are on the same page as you in regards to the directions the school is taking. If you could please have any suggestions or feedback to me next week that would be greatly appreciated.

Most Australian children eat less than half the veggies they should be
You might not think it happens in your backyard, school or community, but research shows that regardless of location, income, parent education level and employment status, on average kids don’t eat enough vegetables. They are actually eating less than half the servings they should be.

So how can we educate and encourage kids to eat more? Healthy Kids has lots of ideas and info about healthy eating and vamping up the veg.

Crunch & Sip
In addition to lunch boxes and dinners, the Crunch & Sip program which is run in some schools is a great opportunity to promote veg. Kids really don’t do too badly when it comes to eating fruit, so maybe it’s time to update your school’s fruit break to really encourage veg. Read this case study to see how it works.

Crunch & Sip is flexible, and each teacher chooses how and when their class Crunch & Sips. It’s also a great chance to role model eating veg.

Email info@healthy-kids.com.au for more information,

Here at Belltrees we are a member of the Healthy Kids Association – keeping kids healthy!
# One for the Fridge!

## Fruit & Veg

**Kids Are Not Eating Enough**

<table>
<thead>
<tr>
<th>Here's What Kids Are Eating Everyday</th>
<th>Here's What They Should Be Eating Each Day</th>
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</thead>
<tbody>
<tr>
<td><strong>Young Kids (Age 4 – 6)</strong></td>
<td></td>
</tr>
<tr>
<td>1 Fruit</td>
<td>1.5 Fruit</td>
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<tr>
<td>1.5 Veg</td>
<td>4.5 Veg</td>
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<tr>
<td><strong>Kids (Age 9 – 13)</strong></td>
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</tr>
<tr>
<td>1 Fruit</td>
<td>2 Fruit</td>
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<tr>
<td>2 Veg</td>
<td>5 Veg</td>
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<tr>
<td><strong>Big Kids (Age 14 – 16)</strong></td>
<td></td>
</tr>
<tr>
<td>1 Fruit</td>
<td>2.5 Fruit</td>
</tr>
<tr>
<td>2 Veg</td>
<td>5 Veg</td>
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</tbody>
</table>

Only 6% of Australian adults eat the recommended serves of both fruit & veg.

Eating fruit & veg is very important! Keep it up!

Intake figures have been approximated from the 2007 Children's Nutrition and Physical Activity Survey. Recommended intakes have also been rounded. The point is, we need to eat more!
I hope you all enjoyed the recipe last week and I look forward to receiving some family favourites or ones passed down from generations gone by. It doesn’t necessarily have to be food related it can be a recipe for play doh or a suggestion for getting paint out of school clothes. Send them in and we can share!

My recipe this week comes from my Mum who always made these for me when I was little!

**Powder Puffs**

The following recipe will make around 25 powder puffs.

**Ingredients**
- 1/2 cup plain flour
- 1/2 cup cornflour
- 1 teaspoon baking powder
- three eggs, separated
- 3/4 cup caster sugar
- whipped cream for filling

Pre-heat oven to 200 celsius. Line oven trays with baking paper.

With an electric mixer, beat the egg whites until stiff peaks form, gradually beat in the caster sugar and then the yolks, one at a time. Sift the flours and baking powder together in a separate bowl and add the mixed flours all at once to the beaten whites, folding through gently.

Place in heaped teaspoons onto the lined oven trays, spacing them well apart as they will spread. Cook for 4 to 5 minutes until they just change colour. Remove the trays and allow to cool for a minute and then carefully remove from the baking paper using a spatula (they will still be soft at this stage) and place on cooling rack. Cook in batches.

They will be quite crisp when cold, pair them and join with whipped cream and be very generous with the whipped cream. Place, loosely covered in the refrigerator for at least 6 hours and preferably overnight. They will then become lovely and soft. Dust generously with icing sugar before serving.