The staff at White Rock State School is continually looking for effective ways to improve our students’ outcomes. One way in which parents can assist with this is to provide children with a healthy breakfast and a healthy lunch as good nutrition assists in improving concentration.

Healthy lunches and snacks are important for active children. It is important, therefore, for all parents to offer healthy lunch box choices. As mentioned above, eating healthy food helps children concentrate and learn. As school aged children learn quickly and are influenced by friends and popular trends, it is an important time to talk about and to encourage healthy food habits. Involving children in planning and preparing their lunch boxes gives them the opportunity to learn about healthy eating, and also gives them the chance to make autonomous decisions about what they will be eating during the day. When children are involved, lunches are more likely to be eaten. Please see below for some tips for a healthy lunchbox:

**The six key parts to a healthy lunch box include:**
- Fresh fruit
- Fresh crunchy vegetables
- Milk, yoghurt or cheese (For children who cannot tolerate milk products, offer appropriate alternatives)
- A meat or meat alternative food like some lean meat e.g. chicken strips or hard boiled egg
- A grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are the best)
- Tap water

**Tips for healthy lunch boxes include:**
- Cut up large pieces of fruit and put them in a container. (Send a damp face washer to help with extra juicy fruit)
- Giving a healthy sandwich or roll for first break as this is an easy way to get a healthy fill.
- In hot weather send frozen milk, yoghurt or water or even frozen orange segments. This makes a great refreshing snack and also helps to keep the lunch box cool
- Go for crunch and colour in the lunch box by offering a variety of colourful vegetables and fruit.

**What not to include in school lunch boxes:**
- All sweet drinks such as fruit juices, fruit drinks, cordials, sports drinks etc.
- Dried fruit bars and ‘straps’. These are low in fibre and high in sugar and can stick to children’s teeth
- Dairy desserts e.g. chocolate bars and muesli bars. These are generally high in fat and sugar
- Chocolate spreads, jams and honey in sandwiches. These add unnecessary sugar in the lunchbox
- Fatty, processed meats such as salami and Strasburg
- ‘Oven-baked’ savoury biscuits. These sound like healthier options, but some are just as high in salt and fat as chips

Thank-you to the many parents who regularly provide a nutritious lunch their children. Not only does this assist them to remain focussed at school, but it also teaches the children about healthy choices which hopefully will stand them in good stead for life.

Cont. on page 2
Student Targets:
Individual targets have been set for all children across the school and were sent home with your child/ren last week. Parents are asked to discuss the targets with your child/ren and with their class teacher if necessary. The targets are set to ensure each child has their own goal to achieve by the end of the term. Contact your class teacher/s for ways in which you can support your child/ren in their term’s learning. When we work together, we can achieve so much.

John Fleming Visit:
On August 4, our school’s critical friend, Mr John Fleming, will once again be visiting White Rock State School. Accompanying him on this visit will be two of his most experienced teachers from his school in Melbourne. During their time at our school they will be demonstrating lessons for our teachers and providing an opportunity for professional discussion and resource sharing. We, the staff, are looking forward to this visit with great anticipation. Many of us have been to Melbourne to visit John’s school and came away with many great ideas that have been put into practice here at White Rock State School. It will be very beneficial to have his staff here at our school, teaching our children and working with all of our teachers.

All members of the White Rock State School community are reminded of the P&C Association’s working bee which is on Saturday August 1: 8:30am – 12:00noon - this Saturday! During the working bee we will be focussing on gardening and painting. Come along and spend a few hours with other parents. Your assistance will make a big difference. The working bee is followed by a sausage sizzle and some cool drinks for all. Hope to see you all there rolling up your sleeves for our great school!
6A  Kobe  Kobe has been working hard and has been a respectful learner.

6B  Laneekah  For showing an attentive classroom manner.

5B  Mardina  Mardina has made a superb start in a new class and is a great learner.

4/5D  Izabella  For displaying excellent behaviour and work ethic.

4A  Rebecca  Rebecca has been using ‘Whole Body Listening’ skills in class. Thanks.

3/4C  Akira  Akira has been concentrating and putting in more effort in class.

2/3D  Dustin  For being a learner and trying his best to complete all set tasks.

2A  Patrick  Well done for trying your best in all aspects of your learning.

2B  Sukhan  For settling in very well to his new class, well done!

1/2C  Maddison  Maddison has been working consistently in all areas.

1A  Alisha  For trying hard to follow all school and classroom rules. Keep it up!

1B  BJ  For applying the structure of a recount and stretching out the sounds in words.

P/1D  DJ  DJ has been working hard to improve his writing.

PA  Kaylee-Rose  Well done on making a great improvement in your writing.

PB  Eli  Eli has been trying his best in writing time.

PC  McKenzie  Congratulations on a huge improvement in your writing.

Barry Dinsdale came to White Rock School from 1988 until 1996 when he went onto study at Cairns State High. Now a Police Officer, he is The Adopt-a-Cop for Saint Gerard Majella School and supports the staff, students and community.

After leaving school, Barry travelled extensively and worked in Canada on the ski fields before training with the police force about 3 years ago.

“Attending White Rock gave me the core values that I utilise in my career,” he says. “I chose to be a Police Officer so that I can help people keep safe in the community”.

Barry is the younger brother of our 1B teacher Mrs Jana Peppler and he remembers singing the school song in parade each week and supporting his house, Michaelmas at the Sports Carnivals.

Mrs Kippen, our library teacher, remembers being his class teacher back when the whole school was composed of composite ‘family’ classes. “He was a little grade 1 in my combined 1,2,3 class and I remember him being so small when he started,” she said. “He sticks in my mind so well even after all these years because when we had our swimming lessons he would swim fantastically…..but only under the water. We tried everything to get him to swim on the surface but to no avail and I always think of him and smile as I used to refer to him as Our Beautiful Little Tadpole! I am not surprised he has gone on to do so well as he was a great student”.

Do you know of a past student who could appear in our ‘Where are they now?’ feature?
**Family Portrait Fundraiser**

5th & 6th September, at the school.
Further details will follow.
With thanks to Mrs Randell, our PB teacher, for organising.

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**Pre school Children?**

Tues, Wed and Thurs
Last breakfast served at a strict 8.30am
With our thanks to Woolworths, Rock Impact and the volunteers from Sheridan Gardens.

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**Free Student Breakfasts**

Tues, Wed and Thurs
Last breakfast served at a strict 8.30am
With our thanks to Woolworths, Rock Impact and the volunteers from Sheridan Gardens.

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**Year 1 Swim Lessons**

Have you paid and returned the permission note yet?

Lessons are Tuesdays and Thursdays starting 1 September.
Come and see us in the office.

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**Family Portrait Fundraiser**

5th & 6th September, at the school.
Further details will follow.
With thanks to Mrs Randell, our PB teacher, for organising.

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**Your guide to Term 3**

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<th>Week</th>
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<td>Week 4</td>
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<td>4</td>
<td>5 School Performance, Slice of Vauldtville IPIP 2-3pm Admin Office</td>
<td>6 Final Camp Payment Yr 6</td>
<td>7 T&amp;F Day Barlow Park (selected students only)</td>
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<td>3 Swim Y1</td>
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<td>8 Swim Y1</td>
<td>9</td>
<td>10 Spring Concert Swim Y1</td>
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<td>Week 10</td>
<td>14 P and C 3.30pm</td>
<td>15 Swim Y1</td>
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<td>17 Swim Y1</td>
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Please talk with your children about the positive behaviour we have been learning about at school over the last two weeks.
What’s on at White Rock regularly?

Guyala Playgroup, Tuesdays 9-11am
Parents with children under school age are most welcome.

Coffee Club, Tuesdays 2-3pm
All parents are invited to join us and meet with others, organised by Mission Australia

Free Breakfast for children
Tue, Wed & Thurs 7.45-8.30am - Thank you to Woolworths Mount Sheridan and The Rock Impact Group

FAFT—Families as First Teachers
Thurs 9-11am

Free Dinners, Kahl Park 6.15-7pm.
EVERY DAY For hungry children and all under 21’s
Run by Street Level Youth Care

UPCOMING CRICKET SEASON 2015/2016
NORTH CAIRNS CRICKET CLUB WILL HAVE A TEAM AT THIS YEAR'S CRICKET AUSTRALIAN NATIONAL HOLIDAY.
WHERE: QUEENSLAND PARK, MURERS ST MURUNDI
WHERE: SATURDAY 13, JUNE 2015
ALL CHILDREN GIRLS & BOYS OF ALL AGES ARE COVERED BY THE DIFFERENT LEVELS OF CRICKET ON OFFER THIS SUMMER. FIRST TRAINERS FOR EXPERIENCED PLAYERS FROM PINK TO COMPETITIVE.

 contact Peter Weine 54553555
www.cairnsresearches.com.au

Prep 2016
Do you have a child born in July 2010 or 2011?
Enrolment packs are now available from the school office.

Have your Heard?
We now have a clinic in Edmonton.
Where: Stoke Street, Next to IGA
Contact: 4040 3100
Transport is available to the clinic from the Woree Overpass to Gordonvale.

White Rock
Kindergarten
Applications for 2016
Child born 1 July 11 & 31 July 12
Call us NOW
4036 0859

Communities for Children
Community Partner Information Session
We would like to invite Organisations to attend an information session about a new smart Community Partner project planned for the Cairns South.

Point Cairns South READ is a community capacity building strategy engaged at mobilising everyone in the community to read, talk, sing, rhyme and draw with bub from birth so that they are ready for reading and writing at school.

- Improvements to the Point Cairns South Read in direct partnership with Mission Australia
- The Community Partner will have access to a new “Reading Trailer”
- Continue coordination of “READ OF THE SOUTH SIDE”

When: Tuesday 4 August 2015
Time: 10am – 12:00pm
Address: 36 Sturt Street, Bungalow
Funding: $40,000 (September 2015 – Available)

For more information or to register please contact Sarah Brown 4037 2806
brwnso@missionaustralia.com.au

This is an Australian Government Initiative
Garage Sale
7am - 1pm
Saturday 10th September

Community Youth Group
Tuesdays, 6:30 - 8:30
Grades 4 - 12
Call Steve for more details 0407 127 204

The Cane Season is underway
Please talk to your children now about the dangers of trains and bins.

Trinity BAPTIST CHURCH
Community Youth Group
Tuesdays, 6:30-8:30
Grades 4 - 12
Call Steve for more details 0407 127 204