

School Newsletter January

Happy New Year... to all our children and parents. I hope you all had a wonderful Christmas and enjoyed this very special time with your children. I would like to extend a **HUGE** welcome to all our newcomers. We hope that you have settled in well to our school community. If you have any questions, please do not hesitate to contact either your child's teacher, Sharon or Alison.



Up Coming Events



- ✓ Rabun Gap School meeting
Friday 13th January at 3PM
- ✓ School Photos: Wednesday 18th
January 9AM onwards
- ✓ Clubs will recommence:
Monday 30th January (More
info to follow)
- ✓ International Skipping day
Friday March 24th 9.15-9.30AM
- ✓ Sports day: Thursday 6th
April

Holidays

- ✓ Mid term: 13th and 14th Feb
- ✓ Commonwealth day: 13th March
- ✓ End of term: 7th April

Rabun Gap School

We will be hosting a meeting on Friday 13th January at 3PM for prospective students who may want to attend Rabun Gap School when they are older. (A few of our past students are there and loving it!) A representative from the school will be available to answer any questions regarding High school Education at this wonderful small school in Georgia.

For more information please visit their website at

<http://www.rabungap.org/>

SCHOOL LUNCHES



Regretfully there will be no school lunches provided this month. IGA can no longer offer us this service and we do not currently have the staff available to prepare lunches at the school. We apologize for this inconvenience.

CHECK HAIR AND KEEP LONG HAIR TIED BACK:

There have been a couple of cases of head lice reported in the school. Please ensure that you check your child's hair regularly for signs of these little critters and seek treatment if necessary.

HEALTHY EATING

I am sure you all made some New Year's resolutions and ours at Provo Primary is to try to minimize junk food being eaten in school and to help create a better general awareness of healthy eating. It is our mission at Provo Primary to educate the whole child and as health and nutrition are a critical part of learning, we will be giving you and your children some important health tips over the term.

Whether you take these on board with your children outside school is of course entirely up to you but we would like to begin by requesting that you do not send cake, candies, cookies, chips, sodas or junky juices (cool aid etc) to school. There are a number of parents in school who do not like to give these things to their children for obvious health reasons and yet they are being offered them in school on children's birthdays, parties and other PTA events. It is hoped that this subject will be discussed in more detail at our next PTA meeting.

HEALTH TIPS



Adding the following to your child's diet will have numerous long-term health benefits:

- ✓ Fruit, Vegetables, Salads with olive oil and lemon dressings
- ✓ Substitute white pasta and rice for brown
- ✓ Eat whole wheat bread as opposed to white.
- ✓ Snack on almonds or other nuts without additives
- ✓ Offer foods rich in Omega 3 and 6 fish oils
- ✓ Use Olive oil in cooking and flax seeds
- ✓ Choose Organic wherever possible. (fish, vegetables, fruits, meat) Lets talk more to IGA!
- ✓ Include pulses such as lentils, beans etc.
- ✓ Serve plain yoghurt with active cultures. Helps fight yeast overgrowth (Yummy in homemade smoothies with bananas, strawberries and other fruits.)

AND DON'T FORGET Lots of water AND lots of SLEEP!

For those of you who read this and want to learn more, please see Alison for further information and try to visit the following websites:

The Bitter Truth About NutraSweet (Aspartame) and Sucralose (Splenda™)

<http://www.shirleys-wellness-cafe.com/nutraswt.htm#poison>.

Fats and Oils for children's health:

<http://www.hpakids.org/holistic-health/articles/63/1/Fats-and-Oils-for-Childrens-Health>

Healthy lunch box ideas

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=284&id=1811#2>

<http://www.kidsregen.org/howTo.php?section=recipes&ID=43>

Thank you:

- ✓ For all those wonderful Christmas gifts and cards that we received
- ✓ For bringing your children to school on time and for picking them up promptly at the end of the day
- ✓ To those who have paid their school fees on time
- ✓ To all of you for your ongoing support.

