Healthy Eating at CESC

Parents may have noticed lots of discussion in the paper recently regarding suggestions that schools teach Healthy Eating habits. Peeping into the classrooms at Creaney ESC it is obvious that lots of that learning is already taking place.

Room 1 made healthy ‘smiles’ out of apple pieces during their cooking sessions and then followed up with an art activity and dental lesson. The children’s smiles rivalled their creations!

Birthday Celebrations
Dhruv turned 11 this week and celebrated by sharing a cake with all his classmates. Happy Birthday Dhruv.

Term 1, Important Dates
Monday 3rd March – Public Holiday
Monday 17th March (9:30 am) – Parent Network gathering
Monday 31st March (7pm) – School Council Meeting
Friday 11th April – Last day of Term
Tuesday 29th April – Students return for Term 2
The students in C2 have also been learning about healthy eating. They have sorted food into Healthy (eat often) and Junk (eat occasionally) food and have kept track of their daily fruit consumption. It has been very impressive to see the amount and variety of fruit eaten each day – particularly for some of our ‘fussier’ eaters.

Ty and Deacon have finished gluing their fruit for the day onto the chart.

Student Information forms
The Department requires us to update our information records every six months to ensure that we always have your most current contact details. Please complete the form coming home today and return to school as soon as possible. Families who only entered our Centre this year do not need to update their information, however, all families are asked to keep us regularly updated during the year should any personal information or contact details change.

New class
Our new class has taken up residence in C7 this week. The students have all had a very happy and productive week and have made a seamless transition to their new room. Sadly I managed to change their broad smiles into these glum expressions by interrupting their much more enjoyable afternoon activity!

Jennifer Andrews with four of the C7 students.

Room 3 Shopping
This week Room 3 commenced their first shopping excursion to Kingsley IGA. Given visual supports all of the students were able to select items from the appropriate sections of the supermarket. These were then used to make their lunch of gluten free toast, baked beans and bananas. (More healthy food!) The students all behaved beautifully and under close supervision, practised their road safety skills.
Room 2’s Wednesday lunch
In keeping with the Healthy Eating theme, Room 2 were also hard at work creating delicious healthy lunches for themselves. Preparing all the ingredients gave them the opportunity to practise a variety of different skills, such as grating, chopping, spreading etc. One skill I was surprised to see was rolling the bread with a rolling pin but as Ayden pointed out – that was the secret to making roll-up sandwiches!

Look at all the salad Kathryn has put into her roll-up.

Parent Network Meeting
Thank you to all the parents who signalled their interest in attending Parent Network gatherings. Inevitably it was impossible to select a day that suited everyone, but Mondays seemed to be the day that suited the most number of people. (Apologies to the parent who was interested in attending but can’t come on a Monday – we do hope that you will have another opportunity to meet other parents soon).
The first gathering has been scheduled for Monday 17th March. Several parents requested a 9:30 start to give them time to drop off siblings but as the meetings are very informal it might be best if we open up the room at 9 am so that those parents who have finished their drop offs can make themselves a cup of tea or coffee while waiting for others to arrive.
As in previous years, parents are welcome to use the room to simply catch up and talk informally or we can organise speakers or information sessions if particular topics are of interest to the group.

School Council
We are still looking for a new parent member for the School Council. Please consider whether you are able to spare one evening a term to join us. It is a great way to become involved in your child’s school and have some input into its direction. The first meeting will be held at 7 pm on Monday 31st March. If you would like further information on what is involved, please call me on 9409 6344 or speak to one of our other parent representatives - Nicole Martin, Dani Taylor or Jenelle Grande. If you are interested, please complete the slip at the end of this newsletter and return to school as soon as possible.

The Bike Shed
We had hoped that the new shed would be erected during the school holidays, but as is often the case, plans were held up at the Council. It was therefore very exciting to finally see the area cleared and the concrete pad poured this week. We expect the shed to be erected by the end of next week. We will then be able to start purchasing bikes and properly begin the Bike Project. In order to evaluate the effectiveness of the project, parents will shortly receive a questionnaire seeking information on their child’s current bike riding skills and experience. We are hoping that after taking part in Bike Education and riding opportunities at school, our students will develop improved skills in this area and bike riding might prove to be a recreational activity that the whole family can participate in together.
C1 Sewers
The students in C1 have been enjoying a wide variety of activities in the afternoons. As a sewer myself, I was thrilled to see all of them deeply engrossed in a sewing task on Tuesday. As you can see from these photos, the task required lots of concentration but they were all up to the job. I look forward to seeing the finished product.

I.E.P. Meetings
Thank you to all those parents who have made time to meet with their child’s teacher to discuss IEPs and priority objectives. If you have not already done so, we encourage you to contact the school to make a time.

McCreaney
Don’t forget that the students in Room 3 have been running McCreaney each Monday. All students (and staff) are able to order a sausage in a bun for $2. As well as providing a service on the day that the canteen is not open, this is a great opportunity for the students in Room 3 to practise a variety of life skills. They are getting very proficient with tongs and sorting money etc.

Kind Regards,

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School Council Nomination

I ________________________ would like to nominate for a position on the Creaney ESC School Council (two-year term).

Signed: ______________________________   Date: __________________________