Welcome back to Caralee for the 2015 school year. It has been a quite relaxed but also an exciting start to the year with many new students, especially in the Junior area of the school. We have two new staff members to the school this year, Mairi Brookes in the Kindy/Pre Primary mixed class and Jane King who will be our Kindy teacher until the return of Mrs Pestana from Long Service Leave in early Term 2.

All classes will be providing an opportunity for you to meet with your child’s new teacher. If the times and dates are unsuitable, please contact the teacher by phone, note or email and arrange an alternate time. As a school we plan to have several open days and evenings over the year to showcase student work, and an opportunity for parents to see their child’s progress and level of work. I encourage parents to take the opportunity of the Picnic Days, special occasions and assemblies to visit the school and support your children with their education and social development.

All students in Years 1 to 6 will be provided with the opportunity to do homework on a regular basis. This could include revision of previous work, new concepts covered, drill or remediation. Parents and students will also be encouraged to participate fully in the school’s Home Reading Program. If your child is not involved or participating in doing homework or the Home Reading Program within the next few weeks, then I would suggest you contact your child’s teacher.

We have always operated an open door policy for parents and community members to discuss issues, concerns or take praise for our students. This will continue in 2015.

If you have concerns, please come to the school during school hours, or contact us on Tel 9314 1677. All concerns are best dealt with straight away rather than leaving them to get worse.

Trevor Anderson
Back to school.....what to make for lunch today?

Are you constantly asking yourself this question as you busily get ready for the day ahead? Children need a healthy school lunch to boost their energy and help them concentrate and learn in the afternoon, so we asked our Health Promotion Team here at CACH for their top tips.

**Lunchbox tips:**

- Use a variety of breads to make sandwiches more fun
- Use biscuit cutters to cut sandwiches and fruit into different shapes
- Pack your own snacks in a snap lock bag or brown paper bag decorated with stickers. A cheaper and healthier alternative to pre-packaged snacks.
- Use a frozen ice brick or drink and an insulated lunchbox to keep the food cold
- Include a non-food surprise e.g. a joke, sticker or note
- Encourage your children to be involved in the preparation of their lunch. When children are involved in food preparation they are more likely to experiment with different types of foods.
- Think outside the box; try frittata, boiled egg, popcorn and rice paper rolls to keep lunches interesting!

According to the Australian Dietary Guidelines children aged 4-8 years should aim daily for 1½ serves of fruit; 4½ serves of vegies; 1½-2 serves of dairy; 4 serves of bread, cereals and grains; and 1½ serves of meat. For more information on what is considered a ‘serve’ and for other healthy lunch ideas visit HealthyWA or the Raising Children Network.

Source of image – Raising Children Network

A note from the Community Health Nurse… (Primary School)
CHOIR

Welcome back for 2015!

We had a fantastic turn out for our first choir practice this week.

A special welcome to the new students this year. We know you will be a great asset to the choir and will have a lot of fun!

Events are under way for first term performances which include ANZAC and Harmony Day.

Choir Pants

Parents, please check if there are a pair of black pants that belong to the choir, as some of these have not yet been returned. Thankyou.

MUSIC

The juniors are learning about the orchestra this term while the upper school are having fun with 'beat-boxing.'

Thankyou for your support

Mrs Mills
Music Specialist
Johnny Moran Karate teaches karate classes to children and adults in the local area.

A special offer for the school’s students - 4 WEEKS FREE beginners karate lessons!

Classes are held in the area after school and are a great way for children of all ages to learn self-defense in a fun and safe environment and for adults to get fit.

Call now to take advantage of this 4 week trial. M: 0402 830 402

Breakers Netball Club 2015 Registration
Years 2,3,4,5 & 6

Registration fees include all insurance, ball fees, team photos, and a free water bottle for new members.

Breakers Netball Club train at Kardinya Primary School

Registrations: Kardinya PS
Friday 6th Feb from 2:45 – 4:00pm (undercover area)

Or online at www.breakersnetball.com.au

Contact: Registrar – registrar@breakersnetball.com.au
Phone: 0428 943 959

Breakers Netball Club is a KidSport registered club and an accredited Good Sports club.

Piano lessons at Caralee

Agnieszka, who is a very experienced piano teacher, will be offering lessons for students from beginners to Gisstaddfod level at Caralee after school on Fridays commencing on Friday 27th February.

Interested parents can contact Agnieszka on 0488 383 726

YOUR NEAREST MILO T20 BLAST CENTRE: BEELIAR MILO T20 BLAST CENTRE - GIRLS ONLY SECTION

WHO: 8-12 year old GIRLS WHEN: Tuesdays – 5:00pm-6:15pm STARTING: 17th February, 2015
WHERE: Beeliar Reserve, The Grange, Beeliar

REGISTER NOW: visit t20blast.com.au & enter your BEELIAR

FREE COME & TRY SESSION FEBRUARY 17th 5:00pm

For further details contact Tony Ashton - 0407 175 952 - tony.ashton@cricket.com.au

SIGN UP AT T20BLAST.COM.AU