



DATES TO
REMEMBER

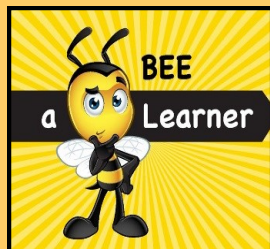
2020

Term 3

- Friday 25 September,
last day of Term 3

Term 4

- Monday 12 October,
all staff and students
return to school. (no
pupil free day)



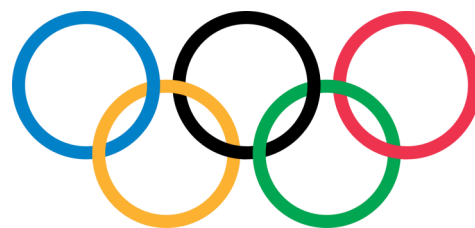
THE BEE BULLETIN

ADELONG PUBLIC SCHOOL

THURSDAY 3 SEPTEMBER — TERM 3 WEEK 7, 2020



MINI OLYMPICS HELD AT ADELONG PUBLIC SCHOOL



Yesterday, students and staff participated in the APS Mini Olympics as the Term 3, Weeks 1 – 5 PBL reward.

Students were selected to compete for one of the following countries: Australia, China, Germany, Greece, Ireland and New Zealand.

The hype grew as team captains (the staff) held team meetings to talk uniform and the all-important tactics !

Flags were flown and National Anthems played as the children marched in the opening ceremony.

The children tried their best and showed great sportsmanship while competing in the challenging events:

Shot put (gumboot throw); Discus (Frisbee throw); Hurdles; Relay; Sack Race and the good old egg and spoon race.

Unbelievably, the afternoons' events ended in a draw. So all children were awarded a gold medal.

However, we do have some competitive staff members at our school who wanted to decide the winner of the event by an egg throwing and catching competition.

A knock-out style competition, saw the eventual winner being Team Australia and Mrs French, Team Captain. Congratulations !

All the while, Team America (Mrs Waters and Mr Casey) had been cooking up a delicious cheese burger and chips meal in the canteen.

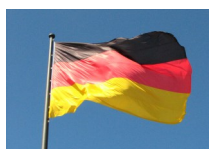
Staff and students had a blast and are looking forward to the next PBL reward early in Term 4.

A BIG thank you to everyone involved.



TEAM AUSTRALIA





Caught You Being Good Gold Award

Congratulations
Kyran on your
PBL Gold Award
achievement.



Caught You Being Good Silver Award

Congratulations to
Annalise on receiving
her CYBG Silver
Award last week.



Caught You Being Good Bronze Awards

Congratulations to Ebony,
Stephen, James, Rosie M,
Casey, Ryan, Milly,
Annalise, Katelyn, Chloe S,
Ava, Chloe C, Andy,
Charlotte, Josh G, Mathew
and Kyran pictured with their
CYBG Bronze awards.



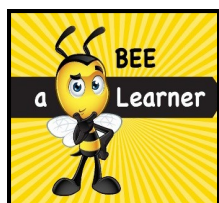
Principal's Award

Congratulations Ebony,
Lucy, Charlotte and
Annalise on your Principal's
Awards.



Class Bee Awards

Congratulations to James, Amber, Rosie A-M and Dakota on your "Bee A Learner" awards
and to Casey, Ty and Rosie M and receiving your "Bee Respectful" awards at last week's
assembly.



FOCUS ON SCHOOL HEALTHY EATING—PART 2

SPECIAL HEALTHY LUNCH DAY—FRIDAY 11 SEPTEMBER

As a part of our Healthy Eating strategy, the staff along with the help of the school leaders will be conducting a Special Healthy Lunch Day for canteen on Friday 11 September. Details on ordering and prices will be sent home shortly.

Do you find it difficult to think of healthy lunch box options?

Below are a few healthy lunch box ideas to inspire you year-round. We always recommend thinking of each lunch box in terms of the five food groups and making sure they're all represented:

Dairy: the foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.

Fruit: fruit provides vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy.

Grain (cereal) foods: always choose whole grain and/or high fibre varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.

Lean meats and poultry, fish, eggs, tofu, nuts and seeds: our body uses the protein we eat to make specialised chemicals such as haemoglobin and adrenalin. Protein also builds, maintains, and repairs the tissues in our body. Muscles and organs (such as your heart) are made of protein.

Vegetables, legumes and beans: vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fibre and phytonutrients (nutrients naturally present in plants) to help your body stay healthy.



Top 10 Menu ideas
Double decker sandwich
Junior school wrap
Sushi bread sandwiches
Corn fritters with turkey slices
Pasta salad



For more information and ideas visit the websites below:

<http://healthy-kids.com.au/10-great-lunch-box-ideas/>

<https://healthyeatinghub.com.au/make-school-lunches-like-pro/>

