

## Learn to Live

Term 4, Week 6 (22nd November, 2019)

### Important Dates:

Please mark these dates on your calendar

#### NOVEMBER 2019

<b>Fri 22</b>	Last day for Library borrowing ICAS awards presented at 2pm 3-6 Assembly
<b>Mon 25</b>	Separation Anxiety Workshop @ 9:15am in the School Library
<b>Tue 26</b>	Stg 3 Talent Quest Auditions at lunch in the main hall
<b>Wed 27</b>	'Got It' Group 8:30am to 12:30pm Separation Anxiety Workshop 7pm Final day for book fair
<b>Fri 29</b>	Last day for Extra-curricular photo orders All Library books to be returned

#### DECEMBER 2019

<b>Tue 3</b>	Year 6 Farewell Kindy Transition - Whole Day A&B
<b>Wed 4</b>	'Got It' Group-8:30am to 12:30pm 'Got It' Night Group - 6pm to 8pm
<b>Fri 6</b>	Summer Games - Warrimoo Oval
<b>Tue 10</b>	Talent Quest practice-after lunch
<b>Wed 11</b>	'Got It' Group 8:30am to 12:30pm
<b>Thu 12</b>	Celebration Student Achievement
<b>Fri 13</b>	Reports go home Poetry Final
<b>Mon 16</b>	ES1/S1/S2/S3 End of Year Outing
<b>Tue 17</b>	Talent Quest (middle session)
<b>Wed 18</b>	Last day of school for 2019

**P&C Uniform Shop  
updated price list is  
included in this  
newsletter**

**Principal:** Mrs C Frith

**Assistant Principal Stage 1:** Mrs N Bridges, Mrs K Carter (Relieving)

**Assistant Principal Stage 2:** Mrs K Jansons

**Assistant Principal Stage 3:** Mr P Earl

### Notes Home

- ◆ Student Leaders—2020 (Year 5 only)
- ◆ Stage 3 Canberra Excursion—2020
- ◆ Summer Games permission for new date



### Assembly Dates

Fridays commencing 2pm

#### TERM 4

22nd November 3-6  
6th December K-6

### School Activities Update

#### Kitchen Garden Classes - Term 4

Monday - K/1J - 9:30am, KW - 11:30am, KC - 1:00pm

#### Sport Days - Fridays

K-2 (9.55 - 10.55)

3-4 (12.25 - 1.25)

5-6 (1.55 - 2.55)

#### PE Days (sports uniform)

Tuesday: 2/3C, 3/4J, 3/4Z, 4/5S

Wednesday: KC, KW, K/1J, 1/2G, 1/2H, 1/2S, 5/6P, 5/6S, 5/6T

#### Library Days

Tuesday: 3/4Z, 3/4J, KW

Wednesday: 5/6S, 5/6P, KC

Thursday: 2/3C, K/1J, 5/6T

Friday: 1/2G, 4/5S, 1/2S, 1/2H

#### Music

Monday: KW, K/1J, 3/4ZP, 3/4J

Tuesday: KC, 5/6P, 1/2S, 4/5S

Wednesday: 2/3C, 5/6T, 5/6S, 1/2H

Thursday: 1/2G

#### Choir

3-6: Sopranos Tuesday 8:00am, Altos Thursday 8:00am in the Main Hall

K-2: 8:15am Thursdays in the Music Room



Grose Road, Faulconbridge NSW 2776

PO Box 249, Springwood 2777 **Phone:** 4751 2208 **Fax:** 4751 3933

**Website:** <http://www.faulconbri-p.schools.nsw.edu.au/>

**Email:** [faulconbri-p.school@det.nsw.edu.au](mailto:faulconbri-p.school@det.nsw.edu.au)

**Access student portal:** <http://portal.det.nsw.edu.au>



## Principal's Report

Dear Parents and Caregivers,

### End of year organisation & reports

We are now at the busy end of the year with much time being taken with student reports, end of year organisation and preparation for the 2020 school year.

Reports are scheduled to go home on Friday 13th December. This will allow time for any parent interviews to take place before the end of the year. I know the teachers have been working conscientiously to assess each student and complete each individual report.

To assist us with planning for 2020, it helpful to know the number of students anticipated at our school. Reasonably accurate student numbers are required to assist our planning processes for next year. The number of students affects class structures, staffing requirements and the school budget. If you know you will be moving out of the area, please notify the school office ASAP. Likewise, if you know of a new family moving into the area, please ask them to visit our school to enrol.

### Parent Workshop – Separation Anxiety

Next Monday morning (25<sup>th</sup> Oct) and next Wednesday night (27<sup>th</sup> Oct) we have a parent workshop booked for dealing with separation anxiety. This is especially useful for new kindergarten students starting school next year, but it will also provide some general tips that may help everyone get to school with less anxiety. Please register your interest following the link that appears later in the newsletter, or by phoning the school office.

### Supervision before and after school

Some students have been regularly arriving at school prior to supervision beginning. The School's supervision roster starts from **8:25am**. There are no staff available to supervise your child in the playground prior to this time.

We understand that many parents may have commitments at work which require them to start early. There is a Before and After School Care service which operates within the school from 6:00 am every school morning. As an alternative, you may be able to make arrangements with friends or neighbours for the supervision of your children before school. Some families in our School who have working parents take turns to take each other's children to school.

Whatever arrangements you make, you need to understand that you remain responsible for your child prior to **8:25am** when the School's supervision begins. Students arriving early will be asked to sit under the Big Top prior to 8:25am

Similarly, in the afternoon, students should leave the school grounds promptly with parents or carers. We have a growing number of students remaining in the school grounds playing handball after the bell has gone. Supervision and duty of care remains with the parent once the students have been collected, whether or not they are on the school site. If you are running late for pick up, please phone the school office so that we know and can ensure your child is safe until you arrive. Similarly, if you require care after school, there is a service on site. In the interests of safety and child protection we ask that you assist us to keep all our children safe.

### Issues at school

If issues arise for your student at school, please speak to your child's class teacher first. It is always best to make an appointment to see or speak to the teacher, so they can give full attention to the issue. We have fair processes and procedures which help us to investigate and resolve issues. If the issue is regarding behaviour, teachers are in the best position to reinforce our PBL values of safe, respectful learners. **If there is an issue with another student, please do not approach and speak to that child.** Again, it is best to contact the class teacher or stage supervisor, explain the situation and trust that we will follow our processes and procedures to resolve the issue. Your cooperation in this matter is appreciated.

### Student Leadership

The process has started to select our student leadership team. Our processes for student leadership selection were reviewed after the election of our 2018 school leaders at the end of last year. All Year 5 students have been given nomination sheets and the selection process has been explained. Those students who accept nomination will be writing their speeches with me. This process allows for an even playing field with every candidate afforded the same level of support in preparing their speech. Leadership speeches and voting will take place on Wednesday 4<sup>th</sup> December. The leadership team will be announced at our Celebration of Achievement on 12<sup>th</sup> December.

## Principal's Report cont'd

### Important Road Safety Reminder for Parents and Carers

Each day, it is important to remember when walking near roads, on footpaths, near driveways and in car parks always:

- **hold your child's hand.** Until they are at least 8 years old children need to hold an adult's hand. Until they are at least 10, children should be closely supervised by an adult and hold hands when crossing the road.
- **talk to your child about road safety.** Talk about how to be safe when near roads. Be a good role model.
- **point out road safety dangers and differences in new environments.** This is especially important when on holidays in different surroundings. Roads, footpaths and pedestrian facilities may look different in holiday areas.

The best way to keep your child safe on or near the road is to hold their hand.

Talk with your child daily about road safety.

Remind other adults and carers about this too.

You can find out more at [Transport for NSW](http://roadsafety.transport.nsw.gov.au/stayingsafe/children/pedestriansafety.html).

<http://roadsafety.transport.nsw.gov.au/stayingsafe/children/pedestriansafety.html>



### Panther!

Our school musical – Panther was performed at the end of last week, with two matinees and two evening performances. The students participating did an outstanding job, and I was so proud of them. It brought tears to my eyes when thanking them for work and effort that they put into their performance.

Of course, the musical would not have happened without the incredibly talented and committed staff we have at Faulconbridge Public School. I would personally like to acknowledge each and every teacher involved – it was truly a team effort. Often times we forget everything that happens behind the scenes that make the actual performance appear so seamless. The countless dance rehearsal that take place in lunchbreaks, the choir practising before school twice a week, and the band rehearsals before school. Teachers also stayed back after school to supervise students for the evening performances, again taking time out of their family time to support our students. All this time is freely given by teachers to ensure positive experiences beyond the classroom for students. Please join me in thanking every teacher involved in this production.

### Roofing

The final part of the roofing upgrade of the school begins next week. Next week the main toilet block will be done. We have altered playground arrangements to ensure adequate supervision of students using toilets in D Block during play breaks. The following week the canteen roof will be replaced. Blackboard café will not operate on Wednesday 4th December. At the end of that week, work will begin on D Block, which houses KW, 1/2G, 2/3C and our music room. We will try to minimise disruption to classes, but each class will probably have a day or two working in the computer room during this period. I will keep you informed as I work with roofing contractors to coordinate classroom spaces.

### Cub Award Morning Tea

Congratulations to our Cub Award winners for 2019:

		Safe	Respectful	Learner
Term 4	K-2	Ben R - KW	Alexander M - 2/3C	Banjo H - 1/2S
Week 5	3-6	Molly M - 2/3C	Isabella B - 3/4Z	Harrison R - 2/3C
Term 4	K-2	Ava W - 1/2G	Kiraleigh B - 1/2G	Bodhi C - 1/2G
Week 6	3-6	Jacob K - 5/6P	Matilda E - 5/6S	Krystal W - 5/6S

Mrs Carol Frith - Principal

## REQUEST FOR ALL SCHOOL MAINTENANCE LOCAL TRADES PROVIDERS AND SUPPLIERS

The NSW Government has committed the largest investment in planned maintenance at public schools in the history of NSW. A record \$1.3 billion is being spent on an ambitious delivery program, focused on employing local businesses and contractors across the state.

To assist in addressing regional school maintenance issues and at the same time provide work for local trade's persons and suppliers across the Greater Western Sydney region encompassing South Western and Western Sydney, over \$100 million is being invested to upgrade and maintain our school infrastructure.

Given this record spend by School Infrastructure NSW, you are invited to an Asset Management Unit industry breakfast briefing. This will provide information to existing and new contractors on how you can get involved.

To find out more by attending our Industry breakfast register at <https://www.eventbrite.com.au/e/industry-engagement-information-session-tickets-81879669295> or contact your AMU on 8867 9201.

## School Student Banking



Our school has, for a number of years, participated in student banking through the Commonwealth Bank. This is managed by a small group of P&C volunteers each Friday morning.

Over time, the numbers of students participating in student banking has decreased, with only about 20% of students registered. Of this 20%, only about 30%, on average, bank every week (approx. 20 of 342 students)

To gauge the ongoing viability of school banking we ask that you respond to the following survey: <https://www.surveymonkey.com/r/G8QZWPM>

**Faulconbridge Public School has had several communicable diseases reported recently including whooping cough, shingles and chicken pox. Please refer the following information from the NSW Health Department in regard to Immunisation.**



### Children not fully immunised

For children who have not had all the recommended immunisations by 4 years of age, their AIR Immunisation History Statement will list the missing immunisations and the due dates at the bottom of the page. These children should be started on an approved catch-up schedule and an AIR Immunisation History Form completed by the GP/nurse and sent to the AIR. Parents can then provide a copy of the AIR Immunisation History Form to the school at enrolment.

**Please be aware that students who have not had all the recommended immunisations for their age, or where no immunisation certificate has been provided, may need to stay at home during a disease outbreak. This is to protect the child and stop the spread of disease.**

<https://www.health.nsw.gov.au/immunisation/Publications/school-immunisation-brochure.pdf>



# Faulconbridge Public School

# PBL Award

**TERM 4**

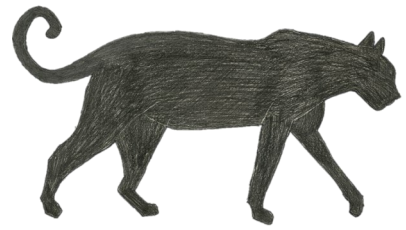
**WEEK 6**

**Presented to:**

**Years 3 - 6**

2/3C	Molly M	Always taking time to check her work to ensure her best results
2/3C	Koby M	Showing team work skills and helping his team complete Maths challenges
3/4J	Latifa H	Settling in to her new class and school
3/4J	Sarah Y	Persistence and resilience in her learning
3/4J	Samuel W	Being a helpful and responsible class member
3/4J	Teagan W	Being a consistently hard worker in all areas
3/4Z	Chloe W	Being a well mannered, safe, kind and respectful student
3/4Z	Mia G	Being an active learner in Maths
3/4Z	Max G	Being a kind, caring and respectful learner
3/4Z	Jaxon A	Being a safe, respectful learner
4/5S	Rafferty C	Improved effort in all learning areas
4/5S	Oliver L	Improved sportsmanship during all sport lesson
4/5S	Winter M	Excellent effort and improvement in spelling
4/5S	Remy L	Excellent effort in poetry writing
5/6P	Sienna G	Always trying her best and for consistent improvements in all areas of school life
5/6P	Emily B	Her serious attitude to study in all areas
5/6P	Caden T	His professional attitude during Panther the Musical
5/6P	Bailey C	His excellent manners in class and positive attitude to learning
5/6S	Liam O	Being a more focused and mature student
5/6S	Lachlan H	Displaying a mature attitude towards school
5/6S	Benjamin K	Dedicated himself to his "Panther" responsibilities
5/6S	Gordon H	Being a hard-working student in class
5/6T	Sam M	Consistently applying himself in Mathematics
5/6T	Ashleigh B	Working hard in Literacy activities
5/6T	Abigail M	Consistent application in all areas of classwork
5/6T	Noah B	Improved focus in Literacy activities





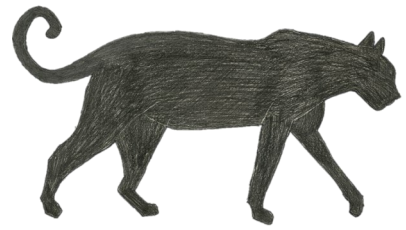








# PANTHER





## Seminar: Parenting Children Who Struggle with Separation



Starting school for the first time or returning to school after a break can bring up some strong feelings in children and parents. It is not uncommon for children to experience big emotions and engage in behaviours that are very difficult cope with. It is important at this time to strike balance between providing them comfort whilst encouraging them to be brave and get to school each day. We have some strategies that may help!

### **Got It! Back to School Separation Anxiety Info Session**

**Where:**

Faulconbridge Public School  
Library

**When:**

Monday 25/11/19 @ 9:15am  
Wednesday 27/11/19 @ 7:00pm

**Presenters:**

**Jacqui Budden**  
(Senior Psychologist Education, Faulconbridge)

**Rose Glasscock**  
(Department of Education-Network Specialist Facilitator)

**Karli Beswick-Lee**  
(School Counsellor/ Psychologist; GOT IT! Clinician- term 4, 2019)



Please contact Carol Frith if you require further information:

Tel: (02) 4751 2208

Email: [faulconbri-p.school@det.nsw.edu.au](mailto:faulconbri-p.school@det.nsw.edu.au)





# Faulconbridge Public School P&C

## Uniform Shop



Prices current as of 18th November 2019

Parent/Carer Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Item	Size	Price	Size	Quantity	Total
<b>Shirts</b>					
FBPS Embroidered Polo	6,8,10,12,14,16	\$ 19.00			
FBPS Embroidered Long Sleeve Polo	6,8,10,12,14,16	\$ 21.00			
FBPS Embroidered Polo Sport Shirt	6,8,10,12,14,16	\$ 23.00			
Senior Girls Blouse	6,8,10,12,14	\$ 37.00			
<b>Dresses &amp; Skirts</b>					
Summer Dress	4,6,8,10	\$ 45.00			
Summer Dress	12	\$ 45.00			
FBPS Check Winter Tunic	4,6,8	\$ 53.00			
FBPS Check Winter Tunic	10,12	\$ 56.00			
FBPS Check Senior Skirt	6,8,10,12,14	\$ 43.00			
<b>Pants &amp; Shorts</b>					
Girls Pull-on Shorts	6,8,10,12,14,16	\$ 25.00			
Mesh Sports Shorts	6,8,10,12,14,16	\$ 14.00			
Microfibre Track Pants	6,8,10,12,14,16	\$ 31.00			
<b>Jackets</b>					
FBPS Embroidered Fleecy Zip Jacket	6,8,10,12,14,16	\$ 35.00			
FBPS Embroidered Winter Jacket	4,6,8,10,12,14,16	\$ 45.00			
<b>Hats</b>					
FBPS Embroidered Bucket Hat	S/M, M/L, L/XL	\$ 14.00			
FBPS Embroidered Bucket Hat- Red	S,M,L	\$ 14.00			
<b>Bags</b>					
FBPS Embroidered Library Bag	Library Bag	\$ 15.00			
<b>Total</b>					

### Credit Card Payment

Card Type	VisaCard	MasterCard	Cash
Name on Card			
Card Number			
Expiry Date			
CVV			

Orders will be dispatched to classrooms on Fridays. Uniform Shop is open Fridays from 8.20am to 9.20am  
Order can also be completed online at [www.fpspandc.org.au](http://www.fpspandc.org.au)



Faulconbridge Public School

## Twilight Markets

Proudly supported by



### CHAPTERS & LEAVES

Just opened in Faulconbridge Shop 3, 7-9 St Georges Crescent Welcome to Australia's best tea party! Located in the picturesque Blue Mountains of New South Wales, we've sourced over 150 great teas, an extensive range of teaware, local 'mountains made' gifts and unique books to offer you, the TEA LOVER, the most comprehensive range in Australia backed by a friendly, family team.

Why tea? Because it's the second most popular drink in the world. Because it's healthy, tasty and fun. Because it brings people together. Because we love it!  
You can never get a cup of tea large enough or a book long enough to suit me. C.S.Lewis



The Twilight Markets are organised and run by  
Faulconbridge Public School P&C  
[www.fpspandc.org.au](http://www.fpspandc.org.au)



Faulconbridge Public School

## Twilight Markets

Proudly supported by



Located in the Quan Yin Healing Centre off Macquarie Road in Springwood Mall - right next to the Bunker Café

Our aim is to provide a quiet, calm and relaxing space for our clients to help:

\*Reduce chronic pain \*Improve the quality of their sleep \*Achieve greater flexibility  
\*Release physical tension \*Reduce back, neck and shoulder pain \*  
Pregnant mothers to have a more healthy, relaxed and comfortable pregnancy.

We also offer a range of holistic facials and treatments customised to suit each client's skin type and designed to make them feel pampered and relaxed. We use only organic pure essential oils in our diffuser and quality natural organic massage oil and facial products.

**BOOK YOUR APPOINTMENT TODAY**



The Twilight Markets are organised and run by  
Faulconbridge Public School P&C  
[www.fpspandc.org.au](http://www.fpspandc.org.au)



Faulconbridge Public School

## Twilight Markets

Proudly supported by



Here with you step by step

Meet the friendly, experienced team at In Step Physiotherapy located at Restore Health Clinic on Layton Avenue, Blaxland

In Step provides a **range of individual Physiotherapy** services.

In Step provides Physiotherapy services for Workers Compensation, CTP Insurance, Chronic Disease Management Plan, DVA & Private Health.

[admin@instepphysiotherapy.com.au](mailto:admin@instepphysiotherapy.com.au)

0408 154 758



The Twilight Markets are organised and run by  
Faulconbridge Public School P&C  
[www.fpspandc.org.au](http://www.fpspandc.org.au)



Faulconbridge Public School

## Twilight Markets

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**Specialising in all your storage needs**

At Self Storage Plus – Blaxland and Springwood – we specialise in all your storage needs. Servicing all of the Blue Mountains our facilities at Blaxland and Springwood provide convenient and secure 7 day access to your storage. At our Blaxland and Springwood facilities we also stock a wide range of boxes and packaging to make your move even easier. When moving you can also make use of our self drive trucks (conditions apply).

27 Attunga Road, Blaxland NSW 2774  
55 Lawson Road, Springwood NSW 2777  
Email: [store@selfstorageplus.com.au](mailto:store@selfstorageplus.com.au)  
Phone: 02 4739 1607



The Twilight Markets are organised and run by  
Faulconbridge Public School P&C  
[www.fpspandc.org.au](http://www.fpspandc.org.au)





Join our exciting science, technology, engineering and maths programs for Years K- 7 during the school holidays in December and January.

- Class topics include robotics, learning about dinosaurs, flight, astronomy, volcanic eruptions, DNA, maths, how to analyse blood for diseases & why animal poop is so fascinating! And many, many more.
- Our classes are designed to teach concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourites are rotated each school holidays.

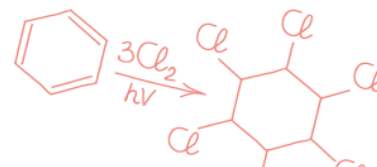
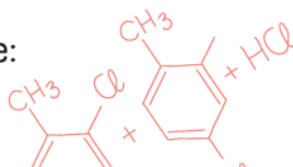


**Creative Kids vouchers (value \$100) can be claimed for any robotics or coding class. Apply through ServiceNSW for your child's voucher.**



Drop off	8.30am – 9.30am
Activities	9.30am – 4.30pm
Pick-up	4.30pm – 5.30pm
Cost	\$126.50

Want more information? Visit our website:  
[mq.edu.au/about/holidays](http://mq.edu.au/about/holidays)



## SWOT

SPRINGWOOD WORLD OF TENNIS

**Andrew McLeod**

Accredited Club Professional NSW TCA  
Coach

Previously coached in USA and Germany

Qualified PDHPE Teacher

**GROUP & PRIVATE LESSONS**

**ALL AGES - beginners to elite players**

**SCHOOL HOLIDAY COACHING CLINICS**

**PRO SHOP, RACQUET SALES & RESTRINGING**


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Mobile: 0416 083 472

Email: [springwoodworldoftennis@hotmail.com](mailto:springwoodworldoftennis@hotmail.com)

SPRING ST, SPRINGWOOD


PO BOX 473, SPRINGWOOD NSW 2777



Faulconbridge Public School

## Twilight Markets

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Faulconbridge Netball Club is a small friendly club that has teams competing in the Blue Mountains Netball Association at Lapstone Courts on Saturdays during winter.

We're proud to have a lot of Faulconbridge Public students and parents in our membership. In 2020 we'd love to grow our junior team numbers.

We're holding an information day down at Springwood Town Square on Saturday 8 February 2020 10am – 1pm. Watch out for more information nearer the date on our Website

[faulconbridgenc.nsw.netball.com.au/](http://faulconbridgenc.nsw.netball.com.au/)

The Twilight Markets are organised and run by Faulconbridge Public School P&C  
[www.fpspandc.org.au](http://www.fpspandc.org.au)

## Springwood Neighbourhood Centre

Co-operative Ltd

Striving for a community that is vibrant caring and inclusive



2019

A support group

TERM 4 DATES

Raising Kin is a support group for grandparents, relatives and kinship carers who care for a child who is a relative. This group meet on the first Wednesday of the month during school terms. Come along to meet others who are the primary carers of a grandchild,

**2019 Term 4 dates:** WEDNESDAY November 6th & December 4th

**Time:** 10:00am-12:00pm

**Venue:** Tanderra OOSH, 14 Raymond Rd, Springwood


*For more information and to RSVP please call*

*Jenny on 0450 001 393*

Ground Floor, Community & Cultural Hub  
108 Macquarie Rd, Springwood

P: 4751 3033

W: [sncc.org.au](http://sncc.org.au)

 [facebook.com/springwoodneighbourhoodcentre](https://facebook.com/springwoodneighbourhoodcentre)



**From 10am - 3pm**

**WOODFORD PRESBYTERIAN CHURCH**

**88-89 Great Western Highway,  
Woodford NSW**

**FREE Sausage Sizzle • FREE Coffee & Tea  
FREE Jumping Castle • FREE Face Painting  
FREE Fairy Floss & MORE!**

**For more info contact:** [secretary@woodfordchurch.org.au](mailto:secretary@woodfordchurch.org.au)



## Open night.

**Uniting Kids Care Early Learning**  
4 Lewin Street, Springwood  
6pm - 8.30pm, Thursday 5 December

**Enrol now to receive \$250 credit\***

Chat with our experienced educators and explore our interactive play and learning spaces, catered for children aged 2 to 6. Enjoy snacks, drinks and various activities.

To learn more or RSVP, call 1800 864 846 or email [ask@uniting.org](mailto:ask@uniting.org)

**[uniting.org](http://uniting.org)**

\*Enrol by 20/12/19 and start between 25/11/19 and 31/01/20. Credit applied from week 5 of enrolment.

# Uniting



SPRINGWOOD COUNTRY CLUB PRESENTS

# 90'S TRIVIA AND FUNDRAISING NIGHT

SATURDAY 30TH NOV, 7PM START

LOTS OF MUSIC, DANCING AND GAMES

\$20 PER HEAD, BOOK TABLES NOW!



Bookings Essential, Call - 4751 1122 • [springwoodgolfclub.com.au](http://springwoodgolfclub.com.au)



## Come & Try

Pre-Junior Girl Guides!  
For Girls aged 5 - 7 years

When: 18/11/2019 & 25/11/2019

Where: Springwood-Winmalee District  
Girl Guide Hall  
233-243 Singles Ridge Road,  
YELLOW ROCK

Time: 5pm to 6pm



 **Cancer Council**  
Healthy Lunch Box

Nutrition Snippet

## The simplest way

... to pack a Christmas lunch box.

This bright and colourful Christmas themed lunch box is delicious and ticks off all 5 food groups. It includes:



- [Chicken and couscous salad](#)
- A yoghurt tub
- Diced watermelon
- Cucumber and cherry tomatoes
- [No bake cookies](#)
- Water

For more recipes, ideas and lunch box inspiration visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)