



# TOKSAVE

## School Pick Up

Parents are reminded to pick up their children at 2.45pm sharp. Recently there have been a number of children being collected very late. All children should have left the school premises by 3.00pm unless they are staying for pre-arranged afternoon activities.

## School Hats and Uniform

Please ensure your child has a school hat to wear during playtime and other outdoor activities. Please make sure hats are clearly named. If you require any item of school uniform, please see Rose in the front office.

## After school activities

In Term 3 on a Monday, starting in Week 3, Miss Collins and Mr Neville will hold optional **Religious Education** classes from 3pm until 4pm, in the Year 7/8 class room. These classes are optional, but any students from Years 1 – 8 are invited. Although all students are welcome, please note that they will have a focus on Catholic teachings.

In Term 3 on a Wednesday, all Year 8 students are to come to extra tutorials in preparation for the upcoming **National Exams** in October. These will be held from 3pm until 4 pm, in the Year 7/8 classroom. This is compulsory for Year 8s and Year 7s are welcome to come along.

## After School Activities:

**Monday:** Religious Education Lessons: Years 1-8, 3pm-4pm, Year 7/8 classroom

**Tuesday:** Travel Art Club with Nicole Wilson and Leigh Patterson-Kane: Years 1-3, 2.45pm-4.00pm

**Wednesday:** Homework Club: Years 3/4 and 5/6, 3.00-4.00pm  
Exam Prep: Year 8

**Thursday:** Media Club: Years 4-8, 3.00pm-4.00pm  
Touch Football with Mr McKeiver: Years 1-4, 3.00pm-4.00pm

## Golden Orchid Ball.

**This Year's Golden Orchid Ball will be held on Saturday the 18<sup>th</sup> August. The theme is "80s Prom Party".**

**Tickets are selling quickly and numbers need to be finalised, so please purchase asap.**

**Raffle tickets – students are to return the raffle booklets that they were issued, regardless of whether the tickets are sold or unsold, by Friday 10th August at the latest.**

## What is a healthy school lunch?

A healthy lunchbox has four components:

1. **A main item**, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. **A fruit or vegetable snack**, such as whole fruit, cut up veggie sticks, canned fruit in natural juice, a small salad
3. **A second snack based on a core food**, such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
3. **And a drink**. A bottle of tap water is best, and plain UHT milk is also acceptable.

### Healthy lunchbox tips

Use foods from the five core food groups:

- vegetables and legumes/beans
- fruit
- grain (cereal) foods, mostly wholegrain and/or high fibre
- lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- milk, yoghurt, cheese and/or their alternatives, mostly reduced fat



This will ensure that your child is receiving adequate nutrition from various food groups during the day. Sandwiches, wraps and rolls are common main lunch items for kids. Choose wholemeal or multigrain varieties and include lots of vegetables. Use a variety of fillings to keep children interested. Encourage children to drink water throughout the day. Limit foods with added sugar, added salt and those high in saturated fat.

### LIPS Golden Orchid Ball - 80's Clothing & Accessories!

Stuck on an idea for an outfit for the ball? Following the assembly this Friday 3rd August, there will be some fabulous 80's clothing and accessories (bags, hats, gloves, etc) available for purchase in the meeting room opposite the school office (starting from K5). If you are unable to attend on the day and would like to see what is available, please don't hesitate to ask Rose in the office for more details.

### End of Term

Please note that the last day of Term 3 is **THURSDAY SEPTEMBER 20.**

*Regards,*

*Greg Neville*