Important Dates:
- Cross Country trials: 5-8th May
- Greg Alexander Football: 8th May
- Mothers Day Assembly: 9th May
- Book Club closes: 9th May
- NAPLAN Assessments: 13-15th May
- Chifley Mt Druitt Visit Yr5: 20th May
- Bookfair: 26-30th May
- P & C Meeting: 28th May
- Public Holiday: 9th June
- P & C Meeting: 25th June
- Last Day Term 2: 27th June

Mothers' Day Assembly
Next Friday (9th May) all students will be attending a special Mothers' Day Assembly commencing at 2pm.

The P & C will be handing out free raffle tickets to our special guests at this assembly. The raffle will be drawn at the conclusion of the assembly.

We hope you can join in this celebration.

New Canteen Products
- Spinach and Ricotta Roll $2.50
- Vegetable Lasagne $3.20

See over for healthy eating tips.

P & C NEWS
Mothers Day Stall
Wednesday, Thursday and Friday next week.

Gifts for Sale starting at $2
Donations welcome.
What is a serve of fruit?

One serve of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.

What is a serve of vegetables?

One serve of vegetables is equal to one medium potato, half a cup cooked vegetables (including legumes) or one cup of salad vegetables.

<table>
<thead>
<tr>
<th>Age of child (years)</th>
<th>Fruit (serves)</th>
<th>Vegetables (serves)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-7</td>
<td>1-2</td>
<td>2-4</td>
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<tr>
<td>8-11</td>
<td>1-2</td>
<td>3-5</td>
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<td>12-18</td>
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<td>4-9</td>
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</tbody>
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Why eat fruit and veg everyday?

Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent:

- coronary heart disease
- some forms of cancer
- overweight and obesity
- constipation
- high blood pressure and blood cholesterol levels
- help improve control of diabetes.

Aim to eat fruit and vegetables everyday - the greater the variety, the better health benefits.

Vegetable tips for snacks

- include vegetables slices with cheese and crackers
- top English muffins with chopped tomato, capsicum and ham, sprinkle with grated reduced-fat cheese and heat in the oven or grill
- serve vegetable sticks with salsa
- vegetable-based soup makes a great snack on cold afternoons cooked two minute noodles mixed with grated zucchini and chopped tomatoes and top with grated reduced-fat cheese.