SF’s Garden

The weather has been perfect for SF to harvest some vegetables. These are organically grown and SF has cared for this garden lovingly and it continues to produce an abundance of assorted vegetables.

**Why is breakfast important?**

- Children who miss breakfast are often reported as having poor behaviour and poor concentration.
- Children who miss breakfast are often unable to meet their daily nutrient requirements.
- Children who miss breakfast are more likely to have a greater risk of being overweight or obese.

**Quick and easy breakfast ideas:**

Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For example:

- Wholegrain cereal with reduced-fat milk
- Fruit smoothie
- Boiled eggs and toast
- Slices of fruit with yoghurt
- Raisin toast with sliced banana
- Muesli, chopped fruit and yoghurt

**K-2 NRL Clinics**

On Tuesday 10th June, Tuesday 17th June and Wednesday 25th June, students in Kindergarten, Year 1 and Year 2 will be participating in a 3 week football clinic. The clinics are free for students to attend and focus on teaching ball skills, learning new fun games and playing co-operatively. Students will also have the opportunity to purchase a football for $10 in the final week of clinic. A note will go home with more details closer to the first clinic date.
Important Dates:

- Public Holiday: 9th June
- NAIDOC Week Performance: 23rd June
- P & C Meeting: 25th June
- Super Stars Disco: 26th June
- Last Day Term 2: 27th June

Book Fair to be Extended

The Book suppliers have agreed to let us have our Book Fair open for just one more day.

Monday will be the last day for you to come and make your purchases.

Don’t miss out!

This week’s healthy eating tip

Eating breakfast is important

For more information see other side.

This week Sam Zikman from AFL and Liam Sumner from the GWS Giants came to speak to the students from Kindergarten, Year 1 and Year 2. They spoke about how they came to play AFL and what it is like to play in front of a big crowd. Liam also told us that he now trains 5 days a week, attends AFL meetings and has to eat healthy food to keep him fit. If you are interested in your child joining the AFL AUS Kick Program, further information is available at http://www.aflauskick.com.au.