

Help kick-start the school day

Ask any teacher the difference a sensible breakfast can make to kids at school and they'll most likely tell you it improves behaviour and generally makes them more receptive and less disruptive.

Breakfast, as the word suggests, literally means 'breaking the fast'. After going 10-12 hours overnight without food, children's energy reserves are low and their bodies, and perhaps more importantly their brains, need fuel.

Research shows there are a number of reasons to eat breakfast. Compared to those that skip breakfast, kids who eat breakfast are more likely to:

- have improved concentration and short-term memory
- be more focused
- maintain a healthy weight

It's not surprising then that nutritionists consider breakfast the most important meal of the day. Yet many school children are still going without it for one reason or another.

The building blocks of a good breakfast

Like any other meal, a balanced breakfast should include a variety of foods, be low in saturated fat and provide carbohydrates for brain fuel as well as vitamins and minerals.

Ideally you should be looking to get your kids to eat around 20 percent of their daily calories at the breakfast table.

Eating a good breakfast helps give kids a great start to their school day, but how do we get them to eat if they're 'not hungry', 'running late' or 'can't make up their mind'? Try some of these suggestions:

At home

Wholegrain toast with baked beans, a small glass of milk and a piece of fruit.

High-fibre cereal topped with fresh or tinned fruit slices, dried fruit or nuts for some variety.

A wholegrain toasted sandwich: cheese and tomato or banana which, at a pinch, she can eat on the way to school.

Raisin toast with a fruit smoothie (reduced-fat milk, yoghurt and fruit blended with ice).

Breakfast on the run

If your child really does have to leave the house four minutes after she's rolled out of bed, toss her a wholegrain cereal bar and a small fruit juice, a tub of low-fat yoghurt and a banana, or a bag of cereal mixed with trail mix. She can eat these on the run and still arrive at school fuelled up.

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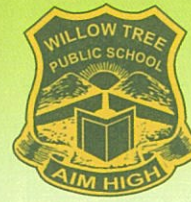
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www.willowtree-p.schools.nsw.edu.au

PRINCIPAL'S MESSAGE

Term 2 Week 2



Congratulations Miss Fitzpatrick

This morning we received the wonderful news that Miss Fitzpatrick gave birth to a healthy baby girl Emily Denise Maunder. On behalf of everybody here at Willow Tree Public School we would like to congratulate Sally and Brad on the arrival of their first child.

NAPLAN

Next week students in Years 3 and 5 will be sitting the NAPLAN assessments. These assessments are held annually to gauge the growth and learning of students throughout their schooling. NAPLAN will take place on Tuesday, Wednesday and Thursday of next week and will incur some minor interruptions to classroom routines. If you have any questions or concerns regarding NAPLAN, do not hesitate to contact the school for further information.

School Debating Team

Yesterday the Willow Tree Public School debating team was announced. Sophie Cropper, Grace Barwick, Beau Mulholland and Sarah Widdis will represent our school in the Small Schools Debating competition. Their topic for this debate is 'All Children Should Have a Pet' and they are the negative team. A small group of Year 5 students are working as part of a debating squad to build their skills in public speaking/debating for involvement in the future. More information about the debate will be released when organisation is finalised.

Mothers Day Stall

There was a fantastic response to the Mother's Day Stall today. There are still some great items available to purchase. Students will be able to purchase items again before school tomorrow and throughout the breaks. We would like to wish all our Mothers a very special Mother's Day on Sunday.



School Choir

Mrs Teague has recommenced choir practise today after the holiday break. Students are busily rehearsing songs and are hoping to organise some public performance opportunities in the near future.

Calendar

May
9th/10th - Mother's Day Stall
13th - Book Club due
14/15/16th - NAPLAN
24th - Zone Cross Country

June
14th - Regional Cross Country
17th - School Photos
21st - Athletics Carnival

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School Assembly

Hosts – Bella McCarthy & Gus Sevil

Student of the Week

Emily Wamsley – Emily is a hard worker, a good friend and a happy helpful student

K/1

Molly McKinley – for good number work & counting

Bella McCarthy – for improved fluency with reading

2/3/4

Edward Cropper – Excellent behaviour and great questions in Maths

Hannah Watts – Helpful, good attitude towards learning

Amber Fowler – Great application to all work

Darcy Devine – working well in all class activities

5/6

Zara McCarthy – for being a good sport & leading by example

Beau Mulholland – for finishing his work quickly & offering to help others



NAPLAN

As you are aware years 3 & 5 students will sit their NAPLAN testing next Tuesday, Wednesday & Thursday. If you have a student in either years please try and ensure your child/ren gets plenty of sleep the night before and a healthy nutritional breakfast each morning. There may be a slight change in the organisation of other classes

throughout the testing time, however, please be assured that this will be timetabled to ensure minimal impact to students.

It is quite common for students to become nervous throughout testing time. Please reassure your child/ren that this is completely normal and students should not get worried or stressed.

We thank you for your support throughout NAPLAN.

BOOK CLUB

Please complete the order forms and return to school by Monday 13th May 2013



NORTH-WEST DANCE CAMP

Bella McKinley attended the North-West Dance Camp at Lake Keepit in the last week of term 4. Choreographers from Sydney attended the camp to teach children the elements of dance. As part of the camp students had the opportunity to try out for solo and group dances to be performed at CAPERS later this year. Bella was successful in securing a spot in a dance group which is a great achievement. Well done Bella.

ZONE CROSS COUNTRY

Zone Cross Country will be held at the Willow Tree Recreation grounds on Friday 24th May. Students will walk the track at 9.15am. Notes have been sent home to students who have been selected to represent Willow Tree Public School at zone. Please complete the permission note and return to the school office. Willow Tree P&C will be running the canteen on the day providing morning tea and lunch. If you are able to assist with the canteen with either cooking cake or slice or helping on the day please contact Shelly Devine.

TENNIS FOR SPORT

Tennis for sport will commence **tomorrow** for years 5&6 and Term 3 for years 3&4. Please make sure you bring your tennis racquet and money together with a hat and plenty of water. Thank you to the parents who have offered to help transport children. Your support and help is always appreciated.

GRIP LEADERSHIP CONFERENCE

On Tuesday, 7th May, our school captains, Cooper and Sophie attended the GRIP Leadership Conference in Tamworth. The GRIP Student Leadership Conference is unique in that it concentrates specifically on training student leaders for their role as school leaders. The style, topics, and content of this conference all focus on what the students can do right now.

The goal is that student leaders would leave the conference with a clear vision, a solid understanding and dozens of ideas for their time as a leader.

TOUCH FOOTBALL TRIALS

Good luck to all the students who will be attending the touch football trials tomorrow morning in Quirindi. We wish you all the very best.

P&C MEETING

The next P&C meeting will be held on Wednesday 29th May 6pm at school
Everyone Welcome!

CANTEEN

Monday 13th May
Jodie Martin & Shelly Devine

Wednesday 15th May
Jodie Martin & Nicole Sternbeck

SCHOOL SPECTACULAR

Friday 10th May
Codyen Martyn, Sarah Widdis, Amber Fowler

Friday 24th May
Zara McCarthy, Brooke Bailey, Bridget Scoggin

JOAN CARPENTER MUSIC AWARDS

Sunday 2nd June 2013

Open to all children who sing or play a musical instrument. Entries close 31st May. Please see the office for an entry form

WOOLWORTHS EARN & LEARN

Once again our school will participate in the Woolworths Earn & Learn program. By collecting stickers from 8th April – 9th June and placing them in the box at school it will assist the school in obtaining items at the end of the program.

Mother's Day Stall **FRIDAY 9th May**

Still items available ranging from .50c to \$4.00

Don't miss out! Spoil your Mum this Mother's Day