



Newsflash—Wednesday 13th June 2018



*Oh Sacred Heart of
Jesus, I place my
trust in You!*

Important Dates Term 2 — 2018

- ◆ Thursday 14th June ICAS - Writing
- ◆ Friday 15th June School Assembly 2.30pm—Year 3 Presenting
- ◆ Monday 2nd—Tuesday 3rd July Parent / teacher / student interviews
- ◆ Thursday 5th July School Disco 5.30pm—7pm
- ◆ Friday 6th July Last Day of Term
- ◆ Monday 23rd July First Day of Term 3

Kindergarten 2019

We are currently taking applications for our Kinder class in 2019. If you would like to enroll your child in Kinder next year, or know of someone who would like to apply for enrolment, please obtain an enrolment forms from the school office Once the form is completed, please return to the school office with necessary documentation as soon as possible—closing date is Friday 15th June. Interviews for positions will commence the following week. If you have any queries please do not hesitate to contact the office on 69215733 or sjw-info@ww.catholic.edu.au

Tuckshop Roster Week 8 Term 2

| | |
|------------------|-------------------------------|
| Monday 18th June | Lyn Maloney Maha Puli |
| Weds 20th June | Angela Bennett |
| Thurs 21st June | Linda Damme Neil Huskisson |
| Friday 22nd June | Linda Burge Linda Damme |

Merit Awards Week 6 Term 2

| | |
|--------|---|
| Kinder | Levi Blacka Eva Hughes |
| Yr 1 | Smit Shukla Sienna Heffernan |
| Yr 2 | Mina Sulic Jackson Myers |
| Yr 3H | Ritwika Roshin Sofia Vargas Illescas |
| Yr 3E | Thomas Smyth Ashleigh Crossett |
| Yr 4 | Jack Poulton Mia Stephens |
| Yr 5 | Andrew Cabot Rose Buchanan |
| Yr 6 | Joseph O'Connor Olivia Pollard |



Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:



Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

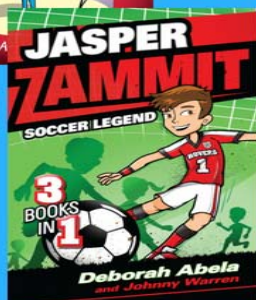
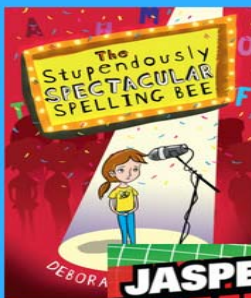
- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.



Author Deborah Abela at St Joseph's on 4th July!

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www.trybooking.com/WELK

50 QUESTIONS TO ASK YOUR KIDS AFTER SCHOOL INSTEAD OF “HOW WAS YOUR DAY?”

- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- What did you do that was creative?
- Who did you sit with at lunch?
- Was anyone in your class gone today?
- Tell me something you know today that you didn't know yesterday.
- Did you like your lunch?
- What was the hardest rule to follow today?
- If you could change one thing about your day, what would it be?
- What made your teacher smile?
What made her frown?
- If you could switch seats with anyone in class, who would it be? And why?
- What kind of person were you today?