

# Orama News

## Orama Public School

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Term 1, Week 3 Monday February 11<sup>th</sup>, 2019



## Orama Public School develops engaged, self-directed and resilient learners.

### Small Schools Swimming Carnival

I got the pleasure of attending the Small Schools Swimming Carnival today! I was impressed at the swimming capabilities but also the sportsmanship displayed by our students. I was very proud of all of our students! Once we have confirmation on qualifying times students will get notes for the next carnival.



### Welcoming Working Bee

We would love to invite the whole community to our **Welcoming Working Bee!** We'll open the doors to the school, welcome the community in and also get a few tasks done in our garden whilst we're at it! This will be a chance to have a look at all of the learning spaces, have a chat about our flexible

learning pedagogy and build the foundations of one of our learning projects. Katie and Leah have worked very hard on grants and a sustainable project called "*Nurturing Nutrition from the Ground Up*". Throughout this project students will have the opportunity to use infrastructure that we already have in the school to create a sustainable and manageable garden environment that will re-energize our Kitchen Garden capabilities. Some of the tasks include:

- Emptying and lining our new sandpit area and filling it with sand
- Adding soil to our new garden beds
- Putting netting over the new garden area
- Removing old garden beds

Come along on **Saturday February 16<sup>th</sup> at 8:30am** with morning tea included! If possible, bring wheelbarrows and shovels with you.



### Newsletter Distribution

Let us know of our current newsletter distribution methods (emailing the link or using Facebook) isn't working for you or your family. We are happy to print you a copy of the newsletter if that is your preferred way of staying informed!

### Cleaning

Our cleaner, Lesley, is looking out for a cleaner for the school. It is perfect for someone requiring just a few hours a week. If you are interested, let me know and I can pass your details onto Lesley. Have a great week!

*Katharine*

Katharine Sutherland, Principal

### WHAT'S ON @ ORAMA PUBLIC SCHOOL TERM 1, 2019 – WEEKLY CALENDAR

<b>Week 3</b>	
Mon 11 <sup>th</sup> Feb	Small Schools Swimming Carnival
Sat 16 <sup>th</sup> Feb	<b>Welcoming Working Bee</b> 8:30am
<b>Week 4</b>	
Tues 19 <sup>th</sup> Feb	Canteen- <b>Emma</b>
<b>Week 6</b>	
Tues 5 <sup>th</sup> March	Canteen- <b>volunteer required</b>
Thurs 7 <sup>th</sup> March	P&C Meeting TBC
<b>Week 7</b>	
Friday 15 <sup>th</sup> March	Book Fair
<b>Week 8</b>	
Tues 19 <sup>th</sup> March	Canteen- <b>volunteer required</b>
21 and 22 March	Leadership Camp
<b>Week 10</b>	
Tues 2 <sup>nd</sup> April	Canteen- <b>volunteer required</b>
<b>Week 11</b>	
Fri 12 <sup>th</sup> April	Last Day of term



## The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website [healthylunchbox.com.au](http://healthylunchbox.com.au) is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](#) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

[healthylunchbox.com.au](http://healthylunchbox.com.au)