



# COOLAH CENTRAL SCHOOL

Heart of the community ... Key to the world



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Term 2-Week 7

## Congratulations

To all the students that have registered for the virtual Cross Country.

Well Done to Rex Thomas who is currently sitting in 8th place along with Amber Thomas who is in 7th place and Alice Gilder who sits in 8th place in their respective age groups.

Remember to log your results after you run and don't forget you can run more than once and continue to log your results. If you haven't registered it is still not too late.

These results are against students from every state in Australia. What a wonderful effort from all the students. Running is a great way to stay fit and healthy.



Don't forget to register. If you need help please feel free to phone the front office or speak to Mrs Staniforth.



## School Photos 30th June 2020

If you need another note or a sibling envelope please phone the front office.

The canteen is in full operation.

Juice Bombs have had a price increase. They are now \$2.50.

The special this Thursday is Rissoles and Veggies for \$6.00.

Please be sure to notify the school if your children are away.

Remember you can also do this using the SkoolBag app.



**Nutrition Snippet**



Use cooking to practice maths, science and reading - and you have something delicious when you finish.

Try these delicious **Thai chicken meatballs**. There is even a video to show you how.

healthy lunchbox.com.au



**Nutrition Snippet**

WHAT IS A SERVE?



1 medium piece OR 2 small pieces OR 1 cup chopped

One serve of fruit is about 150g or one cup

- Try weighing and measuring different fruit to see how much you eat.
- Aim for 2 serves a day.

For fruit recipes and more visit

healthy lunchbox.com.au



**Nutrition Snippet**

WHAT IS A SERVE?



1/2 cup of cooked vegetables OR 1/2 medium potato OR 1 cup of salad

One serve of veges is about 75g or 1/2 a cup cooked or 1 cup raw.

- Try weighing and measuring different veges to see how much you eat.
- Aim for 5 serves a day.

For vege recipes and more visit:

healthy lunchbox.com.au



**Nutrition Snippet**

AUTUMN FRUIT AND VEG.



Try these snack ideas:

- Japanese veg pancakes
- Pizza muffins
- Apple ring pancakes

For these recipes and more visit

healthy lunchbox.com.au



**Nutrition Snippet**



Let the kids choose and cook (or help cook) a healthy recipe. They will be sure to eat their own creations.

Check out the website for lots of quick and easy recipes.

healthy lunchbox.com.au

