



Rainbow Ramblings

Rainbow Beach State School
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School Hours: 8.30am to 2.30pm Office Hours: 8.00am to 2:30pm Monday to Friday

If you would like your newsletter emailed home please send an email to tlidb1@eq.edu.au

06 May 2008

Dear Parents/Caregivers,

What a great place to live. The last couple of weekends have supplied us with perfect weather and I have seen many of you out and about enjoying our ideal environment.

It is not just our natural environment. We are so lucky to live in a great town with fabulous, generous and supportive people. Everyone has shown excellent support for our school and especially since the last school holidays.

Last weekend the Golf and Darts Club got together and had a great Fun and Fundrasier for the school. Local sponsors supported the day and the guys and girls raised over \$1,000 for our school. So thanks to the Darts and Golf Clubs, the Sports and Rec Club and all local sponsors and supporters. Just excellent. THANK YOU!

Year 3/5/7 Tests

These tests are on over 3 days next week, Tuesday, Wednesday and Thursday. The staff have been helping students get prepared for this type of testing. It is one set of assessment tasks that provide parents and staff with one set of data about a student's performance. We use a whole range of other assessment tasks and activities to provide feedback and assist learning. If you would like to find out more about these National Tests, I will be available on Wednesday night 6.00pm - 7.00pm or please go to the web address. www.naplan.edu.au This site has information for parents and sample tests for each year level and subject.

The best thing you can do as parents is to provide a happy and healthy home environment this week, with a relaxed approach to testing, early to bed and filling breakfasts.

Regards

Dianne Neumann
(Principal)

Dates to Remember

<i>Tuesday 13, Wednesday 14, Thursday 15 May</i>	<i>Yrs 3,5,7 Testing</i>
<i>Friday 16 May</i>	<i>Gympie Show Holiday</i>
<i>Monday 26 May</i>	<i>Interhouse Sports Day</i>
<i>Thursday 22 May</i>	<i>Arts Council – The Beat Detective</i>
<i>Monday 09 June</i>	<i>Queen's Birthday Public Holiday</i>
<i>Tuesday 10 June</i>	<i>Interschool Athletics Day 1</i>
<i>Friday 13 June</i>	<i>Interschool Athletics Day 2</i>

KIDZORIA

Please be assured that Kidzoria is still on every Thursday afternoon at the church and with more volunteers to help it is running extremely smoothly. So come along and have some great fun with Darren our school chaplain and all his friendly helpers.



ARTS COUNCIL PERFORMANCE – Thursday 22 May

A detective is coming to school!

Queensland Arts Council is bringing *The Beat Detective* to our school!

Acclaimed musician and performer Betty Sargent is *The Beat Detective*, who explores a variety of exotic instruments in search of the perfect beat.

Students will help her to collect musical beats, discover instruments and learn about different cultures as they journey across the globe and discover the magic of music, stories and travel.

To ensure that your child has the chance to participate in this experience, please return the payment envelope to the school by Monday 19 May with the \$6 admission fee.

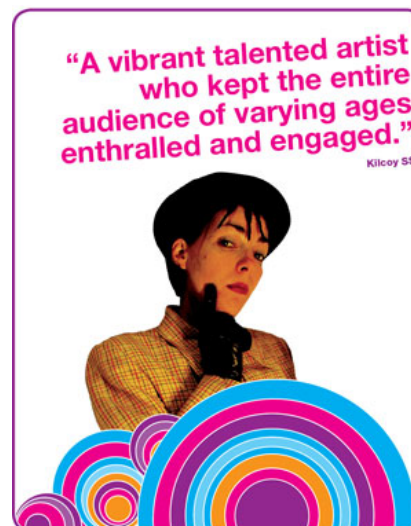
The details for this performance of *The Beat Detective* are as follows:

SHOW: *The Beat Detective*

DATE: Thursday 22 May

TIME: 9:00am

COST: \$6 per child



Understanding Food Labels Helps Families Make Healthy Choices

Buying healthy and enjoyable food for your child's lunch box can be tricky at the best of times, but having to interpret nutrition information panels and health claims can make it an even more complicated task for parents.

Food manufacturers use packaging as an opportunity to promote the benefits of their product but may not tell the whole story about what the food contains, such as high fat, sugar or sodium (salt) levels. Parents are often left feeling confused about what is really healthy for their child.

Advocacy group The Parents Jury's campaign for Improved Food Labelling Systems informs and empowers Australian parents to learn about the types of information that appear on food packaging, to understand labelling regulations, and to practice reading food labels at home with their families.

It is important that parents are able to trust the nutrition information they find on food packaging because Nutrition Information Panels, nutrition claims and endorsement 'stamps' all influence the purchases that parents make on behalf of their children, for better or worse.

The Parents Jury's campaign advocacy kit contains information about the different types of information that appear on food packaging such as ingredients lists, Nutrition Information Panels and nutrition claims. It teaches parents how to interpret food labels and to read between the lines of potentially misleading claims and endorsements. The kit also contains lots of handy tips, resources and Internet links to help parents and children make ongoing healthy food choices.

To get involved with The Parents Jury's campaign for Improved Food Labelling Systems, visit <http://www.parentsjury.org.au>, or email enquiries@parentsjury.org.au.

The Parents Jury is supported by Diabetes Australia - Vic, WA and QLD, The Cancer Council Australia and its member bodies, The Australian and New Zealand Obesity Society and VicHealth.

Membership of The Parents Jury is free and open to all Australian parents, grandparents and guardians of children aged under 18 years.

FOR SALE

2 Beachy 2.5 seater lounge chairs

1 slab timber coffee table

1 small timber T.V. unit

2 dining tables

4 wicker and iron chairs

Phone 5486 3218