



Wednesday 16 May 2018

Community Iftar Dinner

Save the Date!
Community Iftar
Thursday 31 May

This year will mark the 5th year of our Community Iftar Dinner. All members of our school community are invited to attend. Please arrive at 4.30pm with a plate of food or a dish to share. Dinner will start from 4.55pm and conclude at 6.00pm. All students are to be accompanied by an adult.



Don't forget to bring a plate of food or a dish to share. Please bring serving utensils if required.

Canteen Hours

Canteen will be open Wednesday, Thursday and Friday during the month of Ramadan from 8.30am to 12.00pm and lunch orders will be available.

Grand Opening of Mama's Kitchen

Students and the community were equally excited about the new look of the canteen. Not only does Mama's kitchen have a new vibrant look, it is promoting that when students eat well they will learn well.

Mayor Khal Asfour and Bilal El-Hayek were present to officiate the ceremony.

Thank you to our P&C President Susan Naaman on presenting a lovely speech.



Mother's Day Flower Stall

A huge thank you to all the P&C and their families and staff for making the Mother's Day stall a success. A lot of hard work and time went into preparing and selling all the beautiful bouquets of flowers.



P&C NEWS

P&C Meeting

Our next P&C meeting will be held on Monday 21st May. The meeting begins at 9.15am after our Monday morning assembly and all parents are welcome to attend. We look forward to seeing you there.

Calendar

Term 2 Week 4

Thursday 25 May District Cross Country

Term 2 Week 5

Thursday 31 May Community Iftar Dinner

Term 2 Week 7

Monday 11 June Queen's Birthday Public Holiday



Nutrition Snippet

The simplest way

...to stock up on lunch box staples.

Stock up on these pantry and freezer lunch box staples to save time and money on daily packing.

Pantry:

- *Long-life, reduced-fat milk poppers.
- *Long-life custard tubs.
- *Fruit (in natural juice) tubs.
- *Baked beans (small, easy open cans).
- *Wholegrain crackers, crispbread or Corn Thins.
- *Tinned tuna or salmon.
- *Dried fruit.



Freezer:

Make healthy muffins, fruit scones, fruit pikelets, frittatas or mini quiches. Wrap individual portions in plastic, or place in an airtight container, and freeze, ready to go straight in the lunch box.

Other freezable foods include cooked meats, baked beans and sandwich breads.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

