What a week on ‘Mission Nutrition’! Our students certainly are engaged in good health decisions- no doubt many families will be staring to feel the full effects of ‘educated children’ in the household ;-) Although I am amused by some family ‘support’ of their children’s quest for good health - “A teaspoon of sugar makes the Weetbix go down, the Weetbix go down...” has become a family morning song, with the children serenaded by their father?!

Miss Mannes will have her last week with our school next week- and an action-packed week it will be! Our students will engage in an excursion to Yenda butchery and then make their own hamburgers for lunch on Monday! They will then be preparing an ad campaign to convince you, why you should buy their hamburger - far more persuasive than McDonalds I’m sure! On Friday the students will wrap up with a pyjama dress up day (because sleep is very important for your health) and do some more healthy choice cooking and farewell party.

Our Instructional Rounds (P6 Network) project will be a ten week program focussed on-
Building students’ capacity and skills to engage in reflective learning habits...
Our shared belief is - 1. if we model the use of reflective language such as ‘I have learnt that...’, ‘It is hard to...’, ‘My next step is...’, then students will use reflective language themselves.
And, 2. If we share our clear learning intentions with the students (We are learning to...), and they understand ‘What I am looking for’ to demonstrate they have understood the skill/concept, students will be able to effectively reflect on their actual learning.
Why does this learning matter? To make for success as life-long learners, we adeptly engage in five learning dispositions, much like groups of muscles. Guy Claxton’s research claims we can build our ‘learning muscles’ to develop their strength and stamina, just as we can our physical muscles with the right exercise/training programs. Reflectiveness is the ‘strategic aspect’; our first focus.

Our project will further enrich our school direction in developing Higher Order Ways to Learn (HOW2Learn), which Binya PS and the P6 network teachers’ are all currently training in. This pedagogic recommendation of good practice is a collation of many national and international educational researchers that have considered rigorous and vigorous data/evidence in order to recommend a directional shift in the way we need to prepare our students for 21st century and beyond.

Have a great weekend.
Karen ☺

Our P6 network spelling bee will be taking place on Thursday 25th June. Students in Years 2-5 have a HUGE list of words that form the bank of words that will be selected from by the adjudicator. Our classroom strategy has been to listen for the ‘chunks’ (similar to syllables). We are practising to record the number of chunks as dashes... then spell each chunk as a rhythmic group of letters. We believe it is easier to hold chunks of letters at a time together in your head, than recite each letter individually. Imagine recalling words of 14 letters?
Our example: ________ _______ _______ ________ ____
pho – to – syn – thes – is.
Students have the list of words – they are selecting words randomly to put into practise the chunking strategy. They will then think about what they know about sounds when they record each chunk. Good luck!

**Sports News**

**Milly Burcham** and **Leah Boyd** are playing in the Small Schools League Tag team at the Mortimer Shield finals in Leeton today. Good luck, girls!!

**Milly Burcham** was successful in making the **Small Schools netball** team. The team will play in the Netball Gala Day next Thursday 18th June. Good luck, Milly!!

Congratulations to **Harry Rowston** on competing well in the **Riverina Cross Country** in Gundagai yesterday. Harry was placed 39th from 60-70 runners. Well done!!

Students will be making their own specialty hamburgers on Monday! **No packed lunches** needed on Monday or Friday next week $4 per child for lunch both days.

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**Kid’s Corner**

Cupcakes and chocolate are ‘Sometimes Foods.’ Broccoli and potato are ‘Everyday Foods.’ **By Max**

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Sometimes foods are chips and chocolate they are bad for our teeth. To be healthy we need to eat fruit and vegetables every day. **By Charlie**

Last Friday we played a chocolate tasting game. We were blindfolded; we had to feel, smell and then taste different pieces of chocolate. The first one was really yummy, the second one was OK and the last one was yucky. It was a fun game. **By Emily**

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In ‘Mission Nutrition’ we had to taste chocolate. We got blind folded with scarves. Then we got given three pieces of chocolate. We had to smell them first then eat. Chocolate A was my favourite. Chocolate C was the worst, it was home brand and tasted disgusting! It was a fantastic game. **By Millie R**

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**What’s on next week? Week 9**

<table>
<thead>
<tr>
<th>Monday 15th June</th>
<th>State Library visit @ Yenda PS and Yenda Butchery excursion. Kids Konnect @ 10am Hamburger Lunch $2</th>
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</thead>
<tbody>
<tr>
<td>Tuesday 16th June</td>
<td><strong>NO Canteen</strong></td>
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<tr>
<td>Wednesday 17th June</td>
<td>Netball Gala Day</td>
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<tr>
<td>Thursday 18th June</td>
<td>Pyjama dress up day. Cooking party food for lunch $2</td>
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<td>Friday 19th June</td>
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</table>
In ‘Mission Nutrition’ I have been learning how much sugar is in our drinks. In Coke there is 40 grams of sugar, Powerade has 34 grams and milk has 11 grams of sugar. There are a lot of hidden sugars in these drinks so it is important to read the food labels which can be found on all food and drinks. Too much sugar is not healthy for your body. Water is the best thing to drink. What will you choose? **By Bailey**

Miss Mannes has been conned the biscuits she has been eating for breakfast have 13.9 grams of sugar. The package said that the biscuits were healthy but lucky we checked the food label. **By Leo**

In ‘Mission Nutrition’ we have been learning about food groups. Cream, yoghurt, cheese and milk are dairy. Corn, carrots and chickpeas are vegetables. Fish, meat, tofu and eggs are protein. Apples, watermelon and strawberries are fruit. Bread, rice and couscous are grains. These food groups are found in Australians Guide to Healthy Eating. **By Greer**

In healthy living we are looking at advertising and how it influences us. First we looked at burgers – they’re lying to us! You know how the burgers look all so perfect? McDonalds for example, they get a professional to make the photos look so yum!

First they glued on sesame seeds on the bun. Then they cooked the meat for only twenty seconds on each side, so that it’s still a bit raw, making it solid, but browned perfectly. They even imprint grill marks before pinning it to the bottom bun. They pin the lettuce, tomato, cheese and lots of other nice-looking salads on top in perfect position...and voila – there’s the lie!! So McDonalds use advertising to con people to buy their food. I was so disgusted that I thought I could never eat McDonalds ever again...until last night ©1! **By Claire**

Our activity was ‘Myth Busters’, in which we looked at various myths about health. My topic was- “Sugar makes you fat”. This is true= Myth CONFIRMED! Eating too much sugar effects a hormone in your body which makes you stop eating when you feel full... so it will stop working when you eat too much, and then you continue to over-eat, with the excess sugar turning to fat in the body. Sugar should be eaten in moderation; no more than six tablespoons per day. We do need a little bit of sugar to provide energy for our bodies. Other health problems caused by too much sugar include diabetes, blood sugar levels increase and heart disease.

I liked researching the information on the computer. I don’t really want to eat lollies anymore! I think I will try to choose more healthy foods by looking on the labels on the packages. **By Harry**

My myth was ‘You should not put hot food in the fridge.’ BUSTED...you can put hot food in the fridge if you don’t put it in a deep container - it must go into a shallow container. Make sure you don’t let food sit out and become warm because it could contain germs. Any germs can lead to food poisoning. If you leave it out too long...chuck it out! **By Sam**

In ‘Mission Nutrition’ we have been looking at the sugar content in drinks. We looked at the labelling on the back to see how much sugar was in each product. Then we weighed the sugar and put it into bags to show people visually how much sugar is consumed from that product. Milk has 11 grams of sugar, Mildura orange juice has 20.2 grams, chocolate milk and a Golden Circle popper have 25 grams, Powerade has 34 grams and Coke has 40 grams per serving. We were shocked that they had so much sugar!
The recommended daily intake for children ages 9-18 is only 21-33 grams of sugar per day and an adult is 25-37.5 grams per day. So most of our products exceeded the whole daily intake!! It makes you think about just how much sugar we consume! I couldn’t drink my popper for lunch that day! **By Luke**

**MYTH - You can never drink too much water. BUSTED - this is totally false.**
Too much water can make your sodium and mineral levels in your body drop too low. Which can lead to a condition called hyponatremia. This can cause cells in your body to swell, which is particularly bad for your brain. The recommended amount of water to drink per day is eight glasses. **By Milly B**

**MYTH – You should sleep eight hours per night. BUSTED – It depends on your age.**
Kids need 10 hours sleep per night, adults need 7 hours each night while pre-schoolers need 11-12 hours per night.
Sleep is important because when you are asleep your energy levels go up, which then helps your efficiency. So you will find you actually get more done during the day. **By Leah**

**Thought for the week**

“DON’T WAIT FOR THE PERFECT MOMENT, TAKE THE MOMENT AND MAKE IT PERFECT.”
- Dory Satyendra