Dear Parents

Last week an incident occurred where a child was approached by a stranger on the way home from school. I would ask that parents discuss this issue with their own children and also ensure that they transport or walk with their child. Children should not walk or play on their own in the neighbourhood. All classes are engaged in learning about this issue in Personal Development.

As first term comes to a close a number of changes have occurred around the school. Our new P&C executive has been elected and I would like to personally thank the outgoing members: Danielle Molkentin, Tonya McRostie, Stacey Kaye, and Maryann Gould and Tracey Ray. These parents have worked tirelessly to help the school achieve its aims over the past year. Marj Nicholls our uniform shop volunteer has retired after eight years of service and I’m sure I speak on each parent’s behalf when I thank her for her wonderful work. Melissa Chiles will be taking on the role of coordinator.

Welcome and congratulations to the new executive committee, I very much look forward to working with them over the coming year.

The Canteen is undergoing a substantial change as we attempt to improve its viability. A new menu has been devised with an increasing emphasis on nutritious healthy alternatives. This process will continue as we seek to move away from “amber” foods. A full explanation of the changes and canteen menu for 2015 is attached.

Congratulations to our girls’ Netball Team for their great effort in the win last week over South Bathurst. Many thanks to Gemma McKay for her great preparation with the girls.

Thank you to everyone for the positive start to the year. We look forward to second term with lots of exciting events as we celebrate the Bicentenary of Bathurst. We will also be revising our Student Welfare policy asking for input from all stakeholders.

Please have a safe and peaceful Easter break.

Stan Kowalski
**School Awards**

*Congratulations to-

**Principal's Awards**

*Congratulations to-
Katie, Matilda, Will, Harley, Tia, Zoey, Callie, Kaliyah, Logan, Liam, Montanah*

**School Photos**

Photo envelopes need to be returned to the classroom teacher by Thursday 2nd April, 2015, this is the last day of term.

*School photos will be taken Wednesday 22nd April, 2015. Family photograph envelopes are available from the front office.*

**HEADLICE ALERT**

PLEASE CHECK YOUR CHILD’S HAIR AND TREAT IF NECESSARY. YOUR COOPERATION WILL ENSURE THAT WE MINIMISE INFESTATIONS QUICKLY. THANK YOU

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**Canteen News**

**Roster**

| Tuesday 21/4 | T. Roels, C. Jones |
| Wednesday 22/4 | T. Roels, L. Wood |
| Thursday 23/74 | T. Roels, L. Kitto |
| Friday 24/4 | T. Roels, C. Nicholls, L. Howarth |

**Don’t forget the Infants Bunny Hop Thursday 2nd April**

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**P&C News**

The AGM was held last week and I’d like to welcome the new Executive Committee –

President: Louise Blencowe, Treasurer : Melissa Kemp Secretary: Danielle Molkentin Vice President: Cath Tremain and Maryann Gould Fundraising Coordinator: Stacey Kay

A normal meeting followed the AGM, and at this meeting, it was decided that the P & C will

*investigate hosting a BBQ at Bunnings on the first available Saturday. This will be later in the year, so stay tuned, as we will be seeking volunteers*

*talk to the school about holding a school art show. The Dean Mobb’s painting will be part of the prizes. Further details to be determined by our Fundraising Committee*

*Donate money to enable the school to purchase netball uniforms for the school netball team.*

*Approved the canteen menu submitted by the Canteen SubCommittee. Mr Kowalski also clarified his responsibilities regarding the canteen menu*

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**Student Notes Sent Home**

- The Crossing, in school performance
GENERAL INFORMATION
Administration Office Hours - 8.45am - 3.45pm
School commences at 9.15am
School finishes at 3.15pm
Students are supervised from 8.45am

9.15-11.15 Class session 1
11.15-11.45 Play
11.45-1.45 Class session 2 which includes lunch
Inside at 11.45
1.45-2.15 Afternoon tea and play
2.15-3.15 Class session 3
The two 2 hour sessions will be split by “fruit breaks”

Central West OOSH Services
(CWOOSH)
provides before and after School care for 5-12 year olds. We offer a variety of activities including art & craft, sports activities, billy carts, homework corner. Breakfast and afternoon tea is also included. CWOOSH is located in the school hall. Please call Tanya on 0411 521 460 or email admin@cwoosh.com

Clothing Pool
The clothing pool is open every morning from 9.00 to 9.30

CWOOSH
SCHOOL HOLIDAY PROGRAM
6th - 17th April
Kelso Communal Hall
(off Barina Parkway)
To book your child’s place please phone
Tanya on 0411 521 460
or email:
admin@cwoosh.com

Invitation

There are 75 primary schools with opportunity classes across NSW. The Bathurst District Opportunity Class is located at Bathurst West Public School. Further information and key dates for Opportunity Class Placement are available at:

iOC 2016
Bathurst West Public School invites you to attend the iOC open classroom
Immerse yourself in activities and experience the opportunities
See what the iOC is all about first hand
Talk with staff and students

5 DAY HOLIDAY EXPRESS
Monday 13th -
Friday 17th April
$72.50 per child.
Call us now on
(02) 6331 3333
for availability!

School Terms and Vacations 2015
Term 1 - Tues 27th January to Thurs 2nd April
Term 2 - Mon 20th April to Fri 26th June
Term 3 - Mon 13th July to Fri 18th September
Term 4 - Tues 6th October to Fri 18th December
Dear Students and Families,

A number of changes to the Canteen menu and pricing have been necessary to ensure the Canteen is able to pay all of its running and staffing costs while providing an affordable and nutritious menu.

It has been identified that the Canteen has been running at a financial loss for a number of years. Even though the Canteen has made donations to the school via the P&C, this has only been achieved by surplus monies held in the bank. At the moment, the Canteen will be under financial duress unless the pricing is increased to cover all staffing liabilities.

A comprehensive cost analysis has been completed, including a pricing comparison with other local schools’ canteens. As part of this pricing review, a few items have been deemed too expensive once priced properly to continue on the menu. These include the Large Meat Pie and Lasagne; the current stock of these items will be sold out and then will no longer be available. Healthier, more affordable alternatives will replace these: the hugely-popular Spaghetti Bolognaise (introduced Term4 last year) will replace the Lasagne; and a new home-made Cottage Pie (cooked on-site in the Canteen) is to replace the Large Pie.

In addition to the pricing changes, your P&C (in consultation with parents via the Canteen Menu Planning meetings held March 17 and 24th and through written suggestions) has prioritised increasing the range of GREEN ‘healthy, nutritious, everyday foods’ and reducing the amount of AMBER ‘select carefully, sometimes foods’.

New to the Menu from the start of Term 2 is home-made Fried Rice (cooked on-site in the Canteen), plus home-made Macaroni Cheese (cooked on-site in the Canteen). We are also introducing frozen fruit pieces as a snack food available at second break, with more new and exciting, affordable, healthier ‘Green’ snack foods to be introduced throughout the year.

Unfortunately, a few items on the menu have now been deemed to be RED foods which must be banned. These include the Slush Puppies and LOL drinks (due to the high concentration of sugars in reconstituted juice). Chicken Pieces and Party Pies are deemed RED when ordered as multiple serves, so must only be sold as a maximum of 2 pieces.

Please see attached the new Canteen Menu to take effect from the start of Term 2, 2015. To assist in making healthy food choices smiley faces now identify which foods are Green versus Amber.

Yours sincerely

Stan Kowalski
Principal.
# BWPS Canteen Menu 2015
(Approved by the P&C 25.03.2015)

**GREEN**, HEALTHY EVERYDAY FOOD CHOICES

**AMBER**, SOMETIMES FOOD CHOICES

## FIRST BREAK - LUNCH

<table>
<thead>
<tr>
<th>SANDWICHES, ROLLS &amp; WRAPS</th>
<th>ROASTS, STEWS &amp; RICE</th>
<th>HOT FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholemeal bread is used unless white or multigrain is requested. Prices listed are for sandwiches...</td>
<td></td>
<td>Spaghetti Bolognese</td>
</tr>
<tr>
<td>Upgrade to Roll</td>
<td></td>
<td>Cottage Pie</td>
</tr>
<tr>
<td>Upgrade to Wrap</td>
<td></td>
<td>Fried Rice</td>
</tr>
<tr>
<td>Cheese Sandwich</td>
<td></td>
<td>Macaroni Cheese</td>
</tr>
<tr>
<td>Chicken Sandwich</td>
<td></td>
<td>Chicken Burger</td>
</tr>
<tr>
<td>Egg Sandwich</td>
<td></td>
<td>Ham &amp; Pineapple Pizza</td>
</tr>
<tr>
<td>Ham Sandwich</td>
<td></td>
<td>Nachos</td>
</tr>
<tr>
<td>Salad Sandwich</td>
<td></td>
<td>Sausage Roll (with 1 sauce)</td>
</tr>
<tr>
<td>Baked Beans or Spaghetti Sandwich</td>
<td></td>
<td>Garlic Bread (2 slices)</td>
</tr>
<tr>
<td>Honey Sandwich</td>
<td></td>
<td>Chicken Pieces MAX ORDER x2</td>
</tr>
<tr>
<td>Vegemite Sandwich</td>
<td></td>
<td>Party Pies (with 1 sauce) MAX ORDER x2</td>
</tr>
<tr>
<td>Tuna Sandwich</td>
<td></td>
<td>Extra Sauce (Tomato or BBQ)</td>
</tr>
<tr>
<td>Salad Plate (lettuce, tomato, carrot, beetroot, cucumber, bread)</td>
<td>Tomato Sauce is ALWAYS given with pies and sausage rolls unless BBQ sauce is requested</td>
<td></td>
</tr>
</tbody>
</table>

Optional Sandwich or Salad Plate Extras:
- + Toasted | +0.00
- + Chicken | +1.00
- + Ham | +0.50
- + Pineapple | +0.50
- + Cheese | +0.50
- + Egg | +0.50
- + Mayonnaise | +0.30

## SECOND BREAK - RECESS

<table>
<thead>
<tr>
<th>DRINKS, SNACKS &amp; ICEBLOCKS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DRINKS</strong></td>
</tr>
<tr>
<td>Water</td>
</tr>
<tr>
<td>Plain Milk (cup) at 2nd break ONLY</td>
</tr>
<tr>
<td>Flavoured Milk – Chocolate or Strawberry</td>
</tr>
<tr>
<td>Up &amp; Go</td>
</tr>
<tr>
<td>Fruit Juice (juice box)</td>
</tr>
<tr>
<td><strong>SNACKS</strong></td>
</tr>
<tr>
<td>Seasonal Fruit</td>
</tr>
<tr>
<td>Popcorn</td>
</tr>
<tr>
<td>Calci-Yum Yoghurt tub</td>
</tr>
<tr>
<td>Yogo Dairy Dessert (custard) tub</td>
</tr>
<tr>
<td>Cheese Melts</td>
</tr>
<tr>
<td>Jelly</td>
</tr>
<tr>
<td>Tiny Teddies – plain variety only</td>
</tr>
<tr>
<td>Chips</td>
</tr>
<tr>
<td><strong>ICEBLOCKS</strong></td>
</tr>
<tr>
<td>Frozen Fruit Pieces (orange wedge, grapes...)</td>
</tr>
<tr>
<td>Calippo – mini</td>
</tr>
<tr>
<td>Paddle Pops</td>
</tr>
<tr>
<td>Milk Pops</td>
</tr>
<tr>
<td>Frozen Yoghurt Ices (&quot;Snappies&quot;)</td>
</tr>
<tr>
<td>Showtime Fruit Ices</td>
</tr>
<tr>
<td>T.N.T. (Sunny boy) Sour Raspberry or Lemonade</td>
</tr>
</tbody>
</table>
The simplest way...

**to make pineapple sorbet.**

On a hot summer’s afternoon, there’s nothing better than some refreshing sorbet. Why not make it yourself? It’s easy, cheap and fun!

**Ingredients**

440g can crushed pineapple in natural juice, frozen

**Method**

Roughly chop frozen fruit and place in the bowl of a food processor. Process until fruit becomes granular. Scrape down sides of bowl with a spatula and process again. Repeat 4-5 times until fruit mixture is a smooth, thick and creamy texture. Spoon into bowls and serve immediately with fresh fruit, if desired.

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

Nutrition Snippet

The simplest way...

**to make lunch healthy.**

It takes no more time to pack a healthy lunch than an unhealthy one – and lunch boxes are a great time to give your kids fruit and veg!

- **add vegie sticks** - like carrot, capsicum and celery - every day
- **cut fruit into small pieces, kids are more likely to eat small pieces of food**
- **squeeze lemon juice over cut apple to prevent it from going brown**
- **pack a wholegrain sandwich and a reduced-fat yoghurt**
- **choose water over juice – it’s healthier and cheaper**
- **always add an ice brick in summer to keep your kids’ lunch cool.**

*Remember: pack fruit + veg every day!*

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

The simplest way...

**to make a healthy afternoon tea.**

Try these simple ideas for making snacks that will satisfy even the fussiest eater...

- **Homemade hot chips**
  Slice potatoes into thin discs, and arrange on a baking tray sprayed lightly with olive oil. Grill until golden, and serve with a small amount of tomato sauce.

- **Bite-sized fruit with yoghurt**
  It’s a fact - kids are more likely to eat fruit when it is cut up into small pieces. Try serving some diced fruit with some reduced-fat yoghurt. It’s a winner.

- **Vegie sticks**
  These are so easy to prepare and make a super healthy afternoon tea. Try cutting up some carrot or celery sticks and serving them with hummus.

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

Nutrition Snippet

The simplest way...

**Six steps to packing a healthy lunch.**

Follow these tips to make lunch packing a cinch!

**Breads/cereals:** wholemeal or wholegrain bread, wraps and pita. For a treat, pack pikelets, rice cakes or homemade muffins and slices.

**Fruit:** Serve in fun ways; try fruit kebabs or fruit in jelly, and cut whole fruit into small pieces.

**Veggies:** Pack carrot or celery sticks with hummus.

**Reduced-fat dairy:** A slice of cheese, yoghurt or custards are all great lunch box items.

**Lean protein:** cooked chicken, tuna, egg or roast meat.

**Legumes:** like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!

**Water or milk:** Water or reduced-fat milk are the best drink choices for the lunch box.

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