THE CANTEEN’S TRAFFIC LIGHT SYSTEM

The Edgewater Primary School Canteen aims to provide our children with a wide range of nutritious and wholesome foods so that children have the energy to learn and grow.

The school canteen is an integral part of the learning environment and as such, should operate in a manner that supports the health messages of the curriculum. Food served in our canteen is classified according to the “traffic light” system to help children identify healthy choices:

GREEN foods are nutritious and healthy - eating them is encouraged and strongly promoted every day

AMBER foods are sometimes processed but have some nutritional value - they are served in small portions and in moderation

RED foods are high in kilojoules and/or saturated fat and have little nutritional value - availability is limited

It is mandatory for all public schools in WA to support this initiative, as it is an important way to promote healthy behaviours and healthy eating. It also provides an opportunity for children to put into practice what they learn in the classroom about the importance of making healthy food choices.

In the interest of children’s health and well-being, we are currently introducing more “homemade” foods and encouraging students to try something new. Your support is much appreciated, as any profits made from the canteen go directly back into the school and benefit our children.

BLOCK THE DATE – THURSDAY 9th MAY

MOTHERS DAY STALL AT SCHOOL

We urgently need volunteers to help run this stall. If you are able to spare an hour or so please contact Linda on dalton5spain@gmail.com or leave your details in the P&C tray located in the Admin Office. Thank you in advance for any help offered.

BE A SAFETY HOUSE FOR YOUR LOCAL AREA!!

We are still looking for more volunteers to become Safety Houses in Edgewater. It’s a really easy application process and once approved you get a little house to display on your letter box. This will help any of our local school children walking home know that if they feel threatened or scared they can seek assistance here and know that they will be safe.

If you are able to help please contact Lisa on - lmtresise@gmail.com

For anything to be included in the P&C Newsletter, please contact Jayne on jaynie100@hotmail.com

The canteen committee would like to thank all the volunteers that helped us out during Tina’s absence. We couldn’t have done it without you.

We need a few helpers on the last day of term to assist with getting the meal deal out. If you can help for a few hours please contact Tina in the canteen or Liane on 0416 163 072.

We would love to see some new volunteers in the canteen next term. If you would like to help us out we would love to hear from you.

From The Canteen Committee