



Mallala Primary School

28 Owen Road, Mallala SA 5502
Phone 08 8527 2240
Fax 08 8527 2028

Wellbeing Newsletter

Term 1 Week 7



Harmony Day

Harmony Day is a celebration of our cultural diversity – a day of cultural respect for everyone who calls Australia home, from the traditional custodians of this land to those who have come from many countries around the world. The message of Harmony Day is “Everyone Belongs”. Harmony Day aims to engage people to participate in their community, respect cultural and religious diversity and foster a sense of belonging for everyone. This year, Mallala Primary School will be celebrating Harmony Week, with classes participating in activities across the whole week. Students are encouraged to wear their cultural dress or orange – the Harmony Day colour, on Friday the 19th March 2021. Room 4 will be hosting a “Harmony” assembly on Thursday 18th March 2021.

Learning Design Team

We have been busy completing the application and interview process to select our Learning Design Team for 2021. There was a set criteria for the students to complete, which included a written application and an interview process.

Congratulations to the following students who have been selected.

On the executive team we have; Brielle ART as President, Tameika West as Vice President, Hamish Wildbore as Secretary and Jake Dean as Treasurer.

Room 3 Class Representatives are Mahlia and Bodhi Darby; Room 2 class representatives are Charley Wildbore and Jasmine Reynolds; Room 1 class representatives are Nash Andrews and Olivia Pym. Well done to all of the students who applied and put in such a wonderful effort.

Learning Design meetings will occur each Friday at 1.35 pm, with our first meeting commencing this Friday.



Government of South Australia

Department for Education

Friendly Schools Program

Class teachers have been busy teaching and discussing the Friendly School posters, covering topics such as;

What is Bullying?, Am I being friendly, What can I do if I'm being bullied?, What can I do if I'm being bullied on-line, Asking or help is always ok, How to I ask for help?

Ms Anne has been teaching lessons each week in all the classes, investigating how the brain works and functions, learning about bullying and the differences between bullying and mean and nasty behaviour, and what a "Bystander" to bullying is. Ms Anne has also been working with students on the volumes of emotions/self-regulation and anger management. A story called the "The Red Beast" is a wonderful way to convey the notion, that we all have a red beast inside of us, it is how we manage our red beast that differs.



National Day of Action against Bullying and Violence Join the NDA The National Day of Action against Bullying and Violence (NDA) is an important day to mark Australian school communities standing together against bullying and violence. On Friday 19 March 2021, MPS will help create positive change for students, staff and the school climate by continuing to highlight our strong inclusive wellbeing Restorative framework. Our School leaders and wellbeing leader will be addressing our assemblies throughout March.



Self – Regulation and Food:

This term at MPS we have been focussing on self-regulation and volumes of emotions with the students. Part of regulation is making sure that we are refuelling our bodies, just like refuelling or cars when we run out of petrol. Our bodies need regular food breaks, so as to maintain alertness and keep our brains working well.

Plenty of parents will tell you the daily lunchbox dilemma is one thing they did not miss during the school holidays. Giving your child a nutritious lunch that will fuel them with the energy they need for school and play can be daunting after the long break, especially for busy families or those with fussy eaters.

Telethon Kids Institute Researcher (Friendly Schools Program) and Accredited Practising Dietitian Dr Amelia Harray shares her top tips to packing a healthy lunch for your child.

Lunchbox heroes: What should I include?

It is important to pack a variety of foods from the five food groups: grains (bread or a wrap), fruit, vegetables, lean meat (or alternatives) and dairy (or alternatives). These foods will give your child a range of nutrients to support growth and development. Try to have both fruit AND vegetables in the lunchbox every day. Mix up the foods to keep it interesting – simple tricks like slicing a vegetable in a different way (like carrot circles instead of sticks) can make food seem more interesting to a child. Always make sure your child can open the containers and packages in their lunchbox independently. Do not feel pressured to give your child a social media-inspired lunchbox every day or spend a fortune on fancy or exotic foods – just aim for simple, nutritious ingredients.

What should I avoid?

Try to steer clear of individually packaged snack foods in your child's lunchbox. They are often high in salt, added sugar or saturated fat – not to mention expensive! Avoid giving your child chocolate, biscuits, chips and lollies in their lunchbox. The Dietary Guidelines recommend these are only eaten occasionally and in small amounts. Many packaged snack foods fall into this category and are high in energy (kilojoules) but very low in nutrients. But not all packaging is bad – things like tinned baby corn or tinned fruit (in juice, not syrup) can be good low-cost pantry staples for a child's lunchbox. You should also try to avoid processed meats.

My child is a fussy eater – how do I get them to eat what I give them?

The key is to try and involve your child in the planning and preparation of their lunchbox. Sit down together and brainstorm ideas or offer them some choice in what you include. For example, you could say “what vegetables would you like in your lunchbox today – carrot, capsicum or cucumber?” Try to include a “safe” food in the lunchbox – something you know they like and will eat. There may be some trial and error involved if you have a fussy eater but giving a child some say in what you include can help.



The humble sandwich is a lunchbox staple. How can I make sure it is as nutritious as possible?

Not all breads are equal. If your child will eat wholemeal or multigrain bread, those are great options to increase their fibre intake. If you are using white bread, try to choose one that has added fibre. Check the Nutrition Information Panel on the bread's packaging and look for at least 3g of dietary fibre in the "per serve" column. Regardless of the bread, you can still include fibre-rich foods in the sandwich – grated carrot, lettuce and cucumber are great options. If your child does not like sandwiches, try other foods from the "grains and cereals" group like corn thins, wholemeal crackers or pasta. Dinner leftovers like rice and stir fry vegetables are also great lunchbox options.

Is it okay to put a "treat" in their lunchbox?

It is a good idea to avoid labelling foods as "treats" but rather foods your child enjoys but does not eat every day. These foods are different to every child and are not necessarily high in added sugar or salt. For example, blueberries instead of the humble banana may be special for some kids. Try to avoid any highly processed snacks in your child's lunchbox.

What about food allergies in the classroom?

Always check to see if your child's school has any rules around what foods can and can't be included in lunchboxes. Many schools have policies around nuts, but some could have wider restrictions depending on allergies among the students. Be sure to check the ingredients of any foods you include in your child's lunchbox to make sure nuts are not hidden in things like spreads or muesli bars. Nuts and nut pastes make an excellent, nutritious after-school snack. If your child has allergies, intolerances or special dietary requirements and you are unsure about what foods you can substitute, head to the Eat for Health website for more detailed information about alternatives within the same food group.

My child comes home with a full lunchbox – what can I do?

My advice to parents who are worried that their child is not eating their lunch at school is to investigate. Is there something you are putting in the lunchbox that your child does not like? Can you work together to find something they would prefer? Is the food you're giving them taking too long to eat? Can they open the packaging? As a parent or carer, your role is to decide what goes in your child's lunchbox and how much you offer. It is your child's role to decide how much they eat. If you are worried, it could be good to chat to the school and see if kids are encouraged to eat before they play. Try not to put pressure on your kids if they do not want to eat because they will not starve at school. Instead, offer a substantial afternoon tea when they finish school.

Other resources for parents:

crunchandsip.com.au/

healthylunchboxweek.org.au/



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