

Fonterra Milk in Schools

At the end of Term 1 Fonterra rolled out the Milk in Schools Programme throughout New Zealand schools. This week it was with great excitement that our students received their first carton of milk at morning tea time. Milk monitors have been chosen to help with the smooth running of this scheme.



Milk is packed with goodness for growing children and helps the development of strong bones, assists in weight management and helps children to grow and maintain healthy teeth. Every pack contains at least 1/4 of the daily calcium requirements for children.



Through the Fonterra Milk for Schools programme, Fonterra have provided a fridge to chill the milk as well as recycling bags and bins. The students have been taught how to "origami" the milk cartons once they have finished their milk. The cartons are sent in bales to Thailand or Malaysia to be recycled turning the milk packs into items like roof tiles and school books.

Did you know

- Going to bed on a full stomach is not a great idea: your digestive system slows down when you are sleeping and it can interfere with your quality of sleep as well as increase the likelihood of constipation.
- The threat of exercise can be an effective deterrent to overeating or making unhealthy food choices.
- Silver beet seedlings planted now will be ready in spring. These are simply planted in holes the same size as the pot they came in.
- Aussie scientists have found leafy green vegetables help encourage immune cells in the digestive system that play an important role in protecting the body from infection.
- It's best to stick to less than 300-400 mg of caffeine a day. That's three to four espresso shots.
- Cabbage is one of the oldest vegetables in the world.



Thanks ...

A big thank you to our wonderful PTFA for the new freestanding basketball hoop. The students are certainly enjoying being able to shoot hoops again, with it being in use not only at morning tea and lunch times but also before school. It is a welcome addition to our busy playground.

Make Healthy Snacks an Easy Choice

Don't expect kids - even teens - to cut up their own veggie sticks. It's just too much bother, especially when they're hungry. Kids are more inclined to eat what's handy. Make healthy snacks easily available by packing them in their lunchboxes or backpacks or by having them visible and ready-to-eat at home.

If you're at home after school, your child might enjoy helping you make a creative snack like ants on a log (celery topped with peanut butter and raisin "ants"), egg boats (hard-boiled egg wedges topped with a cheese sail), or fruit kabobs. Older kids may enjoy a fruit smoothie, mini-pitas with hummus dip, or whole-grain crackers topped with cheese.



For those nights when dinner is hours away, you could offer a more substantial snack such as half a sandwich or a quesadilla made with a whole-wheat tortilla and low-fat cheese warmed in the microwave and topped with salsa. Nothing too complicated, though. A good snack should take more time to eat than it does to prepare!

THANK YOU ...

A big thank you to Jim & Leanne Young from Smith Sports Shoes who kindly sponsor this newsletter. Smiths Sports Shoes can be found at 298 Barton Street, Hamilton, at The Base and Victoria Street, Cambridge.

