Leanyer School Newsletter

No. 2 | Term 1 | 6 FEBRUARY 2025

From the Assistant Principal

Dear Parents, Families and Community Members

What an exciting start to the year it has been! The students have settled into their new classes seamlessly, making for a smooth transition into 2025. I would like to extend my sincere appreciation to all our teachers, educators, and families for their unwavering support of both the students and the school.

Open Night

Open Night will take place next week. This is a wonderful opportunity for families to meet their child's teacher and explore the classroom. Families are welcome to drop by anytime between 5pm—5.45pm. Teachers will be sharing a slideshow of information relevant to each stage of learning in their modules at the relevant times:

5:00 pm —Transition and Year 5/6
5;15pm — Year 1/2
5:30pm—Year 3/4

Don't forget to drop by the library to meet our specialist teachers.

Student Leadership

Candidates will deliver their speeches for leadership positions after the assembly on Friday. Families are welcome to stay and listen to students share their vision and goals.

NAPLAN

Year 3 and Year 5 students will sit the NAPLAN tests this term, beginning 12 March. Students will be assessed in Reading, Writing, Language Conventions, and Numeracy. Alternative test times can be arranged for students observing fasting during the holy month of Ramadan. Please let your child's teacher know if this accommodation is required.

Communication Update

Please be advised that while we transition to our new communication tool in Term 2, we ask that families use email to reach out to teachers. Absences can be notified by email or phone on 89274022.

Eirini Mbouti
ASSISTANT PRINCIPAL

Upcoming Events

Week 3
Tuesday 11 Feb
5.00 - 5.45 pm Open Night

Week 4
Thursday 20 Feb, 5.00 pm School Board AGM in the staffroom

Term 1 ASSEMBLY on the following Fridays 8.20am
7 Feb
21 Feb
7 March
4 April

HARMONY DAY BREAKFAST!
FRIDAY 21 MARCH 2025, 7.15 AM TO 8.30 AM

114 Leanyer Drive Leanyer NT 0812 | t: (08) 8927 4022
e: admin.leanyer@education.nt.gov.au | w: www.leanyerschool.nt.edu.au

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HARMONY DAY

everyone belongs
www.harmony.gov.au

Harmony Day Community Breakfast

As part of our Harmony Week celebrations Leanyer School invites families to join us for our annual Harmony Day Community Breakfast.

It is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Bacon and egg/sausage sandwiches, and delicious delicacies from Ken's Crepes will be available for purchase.

Don't forget to wear cultural dress or a splash of orange to signify your support for cultural diversity and an inclusive Australia.

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www.eatforhealth.gov.au

FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt, or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks and sports drinks.

It is also important to remember that young children (less than 3 years of age) can choke on hard foods. To prevent this from happening:

- Sit with them when they eat and don't give them hard foods such as popcorn, nuts, hard confectionary or crisps.
- Cook or grate hard fruit and vegetables to soften them.
- Remove all bones from fish or meat.

ENCOURAGING HEALTHY HABITS

Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.

You can help by teaching your whole family to:

- Choose 'everyday foods' for home and school from the Five Food Groups.
- Save discretionary choices for special occasions.
- Provide a variety of types and colours of fresh vegetables and fruit that are in season.
- Enjoy reduced fat varieties of milk, yoghurt and cheese (once they are 2 years or older).
- Eat mainly wholegrain cereal foods and breads.
- Drink plenty of water instead of sugary drinks like cordial, energy drinks, sports drinks, fruit drinks, vitamin waters and soft drink.
- Eat a healthy breakfast every day.
- Learn about how foods are grown and where they come from.
- Try new foods and recipes – help with cooking and preparing foods and drinks too.
- Turn off the tv and computer at mealtimes – make this family time.
- Wash their hands before eating or cooking.
- Be physically active – play outside, walk the dog or run around at the local park.

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