Classroom Happenings
Cassie and Holly from North West Health visited the school last Monday afternoon. The focus of their visit was to raise awareness for healthy eating options using fruit and vegetables and to help students to understand the sugar and fat content of many of the ‘fast food’ options including pies and sausage rolls, chips, chocolate, soft drinks, popper drinks to name just a few. Cassie brought along her Big Lunchbox. Using the traffic light system the children had to determine which foods went on the green, yellow or red tablecloth. Green foods are healthy options and should be the basis of everyday diet, yellow foods are to be eaten in small amounts and in moderation while the foods that ended up on the red tablecloth should only be consumed in very small quantities and on special occasions as they are high in fat and or sugar. To reinforce healthy eating the students created “Vegetable Faces” using a wide range of the fruit and vegetables. Everyone then ate their creation for afternoon tea.

Small Schools Swimming Carnival
On Friday we participated in the Small Schools Swimming Carnival at Longreach. Small Schools consists of Jundah, Windorah, Aramac, Ilfracombe, Isisford, Muttaburra and Stonehenge State Schools. Students had the opportunity to enter in 25m or 50m in freestyle, butterfly, backstroke and butterfly plus the individual medley which consists of one length of each of the four strokes. Stonehenge students had a very successful carnival winning the overall trophy. Prue has been selected to compete at the level and will swim at Longreach on Friday 17th.

Regards,
Sandra