



Orana Leaflet

Orana's fortnightly newsletter
8th March 2019

WHAT'S COMING UP IN THE NEXT FORTNIGHT:

Friday 8 March	Year 10 Work Experience ends Year 9 returns from camp
Monday 11 March	Canberra Day Public Holiday
Tuesday 12 March	Year 2 parent meeting 7pm, Library
Thursday 14 March	Year 8 Camp
Friday 15 March	ACT Secondary Girls' Softball Carnival Community markets – High School Grounds, 3pm
Monday 18 March	Swimming lessons begin, class 2-5
Tuesday 19 March	Early Childhood Open Day & Tour 9.30am
Wednesday 20 March	Primary School Open Day & Tour 9.30am
Thursday 21 March	High School Open Day & Tour 9.30am Senior College Information Evening 6pm, Overture Hall
Friday 22 March	Year 7 Excursion to Australian National Gallery

Reminder that Monday March 11 is the Canberra Day public holiday

Please note that the next Community Market will be on March 15



AROUND THE SCHOOL THIS WEEK...



High School students hard at work building the new pizza oven near the Home Economics room



Tug of War between staff and students at the Welcome Picnic

COMMUNITY HOURS OPPORTUNITY:

Would you like to earn some community hours while taking in the gorgeous late-summer weather? We have an opportunity for several parents to do letter box drops of flyers ahead of our Term 1 Open Days in March. Please contact info@oranaschool.com if you would like to take part. Thank you!

ORANA IS NOW ON INSTAGRAM!

Please head over to our page and follow us if you can – let's raise awareness of our beautiful school!

PARKING AT ORANA SCHOOL:

This is a friendly reminder to drive slowly through car parks at the school and keep our children safe. Please also note that the car park at the top of the amphitheatre (marked with a "No entry, authorised vehicles excepted" sign) is a **staff car park** and is not to be used for drop offs and collections. Thanks so much for your cooperation on this matter ☺

CANBERRA SCHOOL STRIKE 4 CLIMATE:

In 2018, a number of Orana students participated in the Canberra 'School Strike 4 Climate' demonstrations on the lawns of Parliament House. This year, the school community has been invited to take part in a student-led and run event on March 15, in which students from all around the world will be striking for urgent climate action from their politicians. As of 2019, the Australian School Strike 4 Climate movement has been publicly supported by the National Tertiary Education Union, National Union of Students, and National Union of Workers among others.

If you, your family, or your children would be interested in taking part, please go to the following link and register your interest in the event.

https://www.acf.org.au/kids_strike_canberra_19

PSSST! HAVE YOU BEEN TO THE SCHOOL P&F SHOP YET?

The school P&F shop has your needs sorted for indoor shoes, sunhats, school logo shirts and beautiful stationary items that the children use in their classrooms at Orana.

But it's not just for the kids! The shop also has a range of unique, handmade and local items that inspire creative minds, spoil the one you love, or to treat yourself.

Come and see our range of:

- handmade, wooden and felt toys

- wool, knitting needles, pencils, wax and crayons that the kids use in their Orana classrooms
- handmade soaps, lotion bars and other natural and holistic care products
- handmade candles
- gourmet chocolate and chai
- hand-made jewellery, jumpers and beanies.... And much more!



THE P&F SHOP NEEDS YOU!

There are still shifts available on the shop volunteer roster. Each shift is approximately 1 hour and community hours apply. Tasks are easy and basic training will be provided.

Available shifts are:

Every second Tuesday afternoon (odd weeks)

Every Friday afternoon

Contact Rebeka Mills at oranaschoolshop@outlook.com to find out more!

WOULD YOU LIKE AN EASY WAY TO ORDER YOUR PANTRY ITEMS AND SUPPORT THE P&F COMMUNITY?

The P&F Shop runs a wholefood buying group that orders monthly. Organic and natural pantry staples, nuts, seeds and cleaning products. Wholesale prices with 10% profit going to the P&F to raise funds to support the School community and our children.

If you are interested, please email oranaschoolshop@outlook.com to be added as a member and receive login details.

All orders are placed and paid for online then collected from school when delivered.

ORANA STEINER SCHOOL TOURS

9:30am

Early
Childhood -
19 March

Primary
School - 20
March

High School
/Senior
College - 21
March

**Outstanding
education that
lasts a lifetime**

Register your interest at
admissions@oranaschool.com

More information at www.oranaschool.com



SENIOR COLLEGE INFORMATION EVENING

Thursday March 21st 6pm

- Find out about the courses & packages on offer
- Meet past and present students & parents, hear about their experiences & ask them questions
- Learn about Senior College assessment and how it works
- See what a Steiner School looks in the Senior College years



email: info@oranaschool.com

ph. 02 6288 4283

ARE YOU RUNNING OUT OF LUNCH BOX INSPIRATION?

We have been sent the following great ideas from Fresh Tastes, a free ACT Government service that supports ACT schools to make healthy food and drinks a bigger part of everyday life for Canberra's kids. It's an initiative of ACT Health and is being delivered in partnership with the ACT Education Directorate, the Catholic Education Office and the Association of Independent Schools of the ACT.

For more information on the Fresh Tastes initiative, go to www.goodhabitsforlife.act.gov.au/freshtastes

Healthy Lunchbox tips...

When packing a healthy lunchbox, make sure you include a go food, a grow food and a glow food.

GO foods include the bread and cereals food groups. GO foods contain carbohydrates that provide energy to walk, run, dance, play and help with concentration at school.

GROW foods include the meat, meat alternatives and dairy foods, GROW foods have protein to grow strong bones and muscles, calcium for strong teeth and bones and iron for strong blood.

GLOW foods include fruits and vegetables, GLOW foods contain vitamins and minerals for glowing skin, shiny hair, strong nails and to fight sickness.

Sandwich Boredom?

Reinvent the sandwich – why not try:

• Wraps	• Crackers
• Pita pockets	• Lebanese bread
• Corn/rice thins	• Bread roll

Give the sandwich free lunchbox a go:

• Leftovers	• Savoury muffins
• Frittata	• Homemade pizza
• Vegie pikelets/fritters (eg. zucchini, corn and carrot)	• Rice, pasta, chickpea or cous cous salad
• Rice paper rolls or sushi	• Vegie sticks with dip
• Vegie sticks with cheese and crackers	• Roast veggies
	• Falafels with pita bread chips





My Healthy Lunchbox

More information on Fresh Tastes

freshtastes@act.gov.au
www.act.gov.au/freshtastes

My healthy lunchbox

Mix and match a food from each food group to make a healthy lunchbox



Grains



Protein



Vegies



Fruit



Snacks

Choose mostly wholegrain options. The slow release energy will provide nutrients for concentration in the classroom as well as lots of energy for playtime.

Include meat/meat alternatives that are not processed. Processed meats such as devon, chicken loaf and salami are often high in fat, salt and low in nutrients.

Always add vegies to the lunchbox to make sure your kids are getting all the nutrients they need. Add grated vegies to sandwiches or vegie sticks to munch on.

Include a piece of fruit everyday. They are full of vitamins, minerals, fibre and more! Try cutting fruit into bite size pieces or making fruit salad.

Healthy snacks help kids refuel between meals. The healthiest snacks are based on fruits, vegetables, dairy and wholegrains.



Wholegrain wrap



Lean chicken breast



Lettuce



Grapes



Carrot sticks



Wholegrain bread



Low-fat cheese



Potato



Cut orange wedges



Cherry tomatoes



Wholegrain crackers



Hummus dip



Celery sticks



Strawberries



Low-fat milk



Brown rice



Tuna



Leftover vegetables



Banana



Low-fat yoghurt



Wholegrain pasta



Boiled egg



Salad



Apple



Unsalted popcorn

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ACT
GOVERNMENT

fresh
TASTES

ADS:

Parents within our school community are able to advertise in our newsletter. The cost of advertising is \$5 for 5 or 6 lines of text. If you would like to use this opportunity please email your text through to info@oranaschool.com and pay for the ad at the Finance Office.



FOR SALE: half size much loved cello, suit student (see photo) \$600 cash.

Cello music: *Tricks to Tunes* by Audrey Akerman, Books 1, 2 & 3, all marked, each originally \$19-95, will sell \$10 each or \$20 in total.

AMEB Cello, series 2, Grade 2 & Grade 3 with piano accompaniments, marked with pencil, \$20 each.

Contact Tracey, 62889704

SWISH will be operating again in the April holidays from Monday 15 April - Friday 26 April - closed public holidays. Full details of our workshops can be found on our website as well as a comprehensive FAQ section for any questions you might have.

www.swisheducation.edu.au

SUITCASE RUMMAGE:

Like handmade crafts? Enjoy art? Come out to the Suitcase Rummage at the Art, Not Apart event in Acton on Saturday, 16 March 1pm-7pm.

An Orana Year 7 student will be selling her crafts and would love to have your support!

She makes and sells loom band backpack charms, keychains, and pencil toppers in many designs. Her most popular designs are mermaids and Disney characters.

She also makes a wide variety of decorated tins that are excellent gift packages or gifts themselves. Some can give you tools to make important life decisions!



For more information about these and other crafts, contact Charity at 0466 015 610.

WORLD DANCE CLASSES FOR YOUNG PEOPLE



World dance classes give children a taste of cultural traditions through the joy of dancing together. Classes improve fitness and co-ordination in a relaxed way without competitions or dress-code.

WHEN (during school term):

2 to 4 years (with parent or carer), Thursdays 10 – 10:45am
4 to 7 years, Fridays 4:15 - 5:00pm
8 years +, Fridays 5:30 - 6:15pm

COST: \$8 per class (discount for siblings, carers free)

WHERE: Folk Dance Canberra
114 Maitland Street
Hackett ACT 2602

Enquiries: 0420 524 412 (Rebecca)
Email: folkdancecanberra@gmail.com
www.folkdancecanberra.org.au

