

Mrs Cavanagh's Health Corner



TAKE A PICNIC TO A PARK, GARDEN OR TO THE BEACH!!



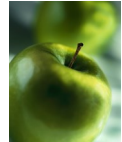
This time of year provides a fantastic opportunity to visit one or many of the parks, gardens, beaches or other open spaces around your local area. Get family and friends together, pack up a picnic and step out of the house to explore some of the beautiful Australian scenery that we live in. Plan to leave the car at home and walk or cycle to your local open space to fill your body with fresh air.

Take fresh wholegrain bread or rolls, lean meat and a variety of salad items, e.g. lettuce, tomato, cucumber or boiled eggs to make up nutritious salads. Many parks provide barbeque facilities so take advantage of this by bringing along some home-made hamburgers or sausages or perhaps tofu and vegetable kebabs. Combine these with a cold pasta or potato salad and enjoy a fun Aussie outdoor get-together.

TIP: Make sure you take an insulated container and ice pack to keep foods cool and safe.



Potato-Apple Salad
 3 medium peeled potatoes (boiled & cut into 3cm blocks)
 1 large apple (peeled & cut into 1cm blocks)
 1/2 cup chopped celery
 4 spring onions finely chopped
 2 tablespoons lemon juice
 1/4 cup low fat natural yoghurt
 1/4 cup low fat mayonnaise
 2 tsp fresh chopped dill



Combine potatoes, celery, spring onions and apple together and toss with lemon juice. Mix yoghurt, mayonnaise and chopped dill together and fold into potato mixture. Chill until ready to serve and enjoy!

Breakfast Club

This **FRIDAY** there will be **FREE** toast **ALL** students!



for

Time: 8:30- 8:55am
Day: **FRIDAY** mornings
Place: New Gym
Cost: FREE for all students
 10c for all additional meals

We are always looking for parent helpers. If you have a current WWCC (Working With Children's Check) and would like to help us out on **FRIDAY** Mornings please contact Mrs Cavanagh in the new Gym.

(Please note that this is a non profit program- all money collected is spent on buying items for our Breakfast Club)

PEANUT ALLERGIES: Unfortunately we are unable to offer Breakfast Club to children with nut allergies. Although we do not serve 'nut foods', we cannot guarantee that our kitchen is complete 'Nut Free Zone'.

Healthy Recipe of the Week



Fill this space

Please email:

cavanagh.jacqueline.j@edumail.vic.gov.au

with any recipes for healthy meals or lunches.

Help the KVPS community by sharing a **HEALTHY** recipe you use.

I look forward to reading all your emails.

Mrs Cavanagh

**HAVE A HAPPY AND HEALTHY WEEK
 MRS CAVANAGH**