Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be ‘everyday foods’ rather than ‘sometimes foods’.

### Everyday Snacks
- Fruit loaf
- Plain popcorn
- Plain or fruit yoghurt
- Cheese and crackers
- Fresh fruit or canned fruit
- Dried fruit and cheese cubes
- Wholemeal biscuits or crackers
- Vegetable sticks and dip or salsa
- Corn or rice cakes with or without spreads
- Celery, cherry tomatoes and carrot sticks

### Sometimes Snacks
- Muesli bars and dried fruit bars
- Potato crisps/chips and corn chips
- Lollies and confectionery
- Chocolate
- Cordial
- Soft drink

Confectionery and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes everyday. Keep these foods for special occasions only. Amanda Swain

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**Holiday Club**

St Peter’s Cathedral Armidale

9:30am—12:30pm

Monday June 30—Thursday July 3

$6.50 per day or $10 for 4 days

6772 8783

simon@stpetersarmidale.org.au

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**Lunchbox Snack Foods**

Welcome to Week 8 Term 2.

June 16, 2014

Congratulations to Sally Spillane and students who performed at the Eisteddfod last week. You were just wonderful! Thank you also to Bronwyn Jones who works with the Ben Venue Orchestra and to the teachers who also assisted. Students then backed up the next day to go to their Opera House Choir Practice on Thursday and then others went to Cross Country on Friday.

Ben Venue – where great things are always happening!

Congratulations to the Boys Soccer Team who have just completed a 2-0 win over Nemingha Public School. All the team played well! Thanks to James Waters who is very proud of his team. Round 4 of this PSSA Knockout to be played in the near future. Go Ben Venue!

Richard Cotter will be returning to Ben Venue at the beginning of Term 3. Richard will take over teaching Class 2H. People would know that Richard was at Ben Venue prior to Relieving at Kelly’s Plains as Principal for 18 months. Thank you to Kerry Hancock for her thorough and professional work on the class during Semester 1. It will be great to have Kerry for short term casual stints now.

There is a note in the newsletter about the Lunch Special Days in the last week of term. All money raised will go towards the provision of equipment and surrounds for a new play area for Kindergarten.

Don’t forget the Night of Music this Wednesday. Juliann Porter has gathered many fantastic prizes for the Raffles – Dinner for 2, 3 Rugby balls, Big W Gift Voucher - even a State of Origin supporter’s shirt. I will acknowledge local businesses on the night.

Four students are at the Local Final of the Multicultural Perspectives Speaking Competition at Armidale City Public School today - Jordan Pattison and Brock Parsons in the Year 3/4 session and Alex Barlin and Bailey Pattison in the Year 5/6 session.

Judy Graham

Principal
AROUND THE CLASSROOMS

2M Wow, can you believe Term 2 is nearly done and dusted for 2014! Time flies when you’re having fun! 2M have had an exciting couple of weeks with the introduction of 15 new Ipads into the classroom. The Ipads are being shared across Years 1 & 2 and have been timetabled to ensure every class has a daily session to support classroom activities and student learning.

2M also had a Year 10 Work Experience student with us for a week. Molly was an enormous help around the classroom and the students enjoyed working with her in small groups during Guided Reading.

Thank you to all the parents who assisted their children with their weekly speaking and listening presentations. It was wonderful to see the students’ confidence grow throughout the term as they delivered a number of speeches about familiar topics. The students were so enthusiastic sharing their favourite books, recipes and stories about their own families.

As a class, 2M are currently participating in the Premier’s Reading Challenge. Our target is 30 books by the closing date on August 29. The class have already read 13 books! The students love to listen to the various stories and learn about some very interesting authors.

It would be wonderful if you could check on your child’s school supplies (glue sticks and lead pencils) and ensure all items of clothing are labelled too! We have had a number of second hand sports jackets and jumpers come to us with names of previous students in them and no current Ben Venue students’ names. Thank you!

Tabatha Sullivan & Mebby McClelland

CROSS COUNTRY RESULTS FROM COOLAH 2014

<table>
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<th>Name</th>
<th>Result</th>
<th>Name</th>
<th>Result</th>
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<tbody>
<tr>
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<td>30th</td>
<td>Tyler Williamson 4H</td>
<td>7th</td>
</tr>
<tr>
<td>Neve Crotty 3/4B</td>
<td>16th</td>
<td>Zac Davidson 5P</td>
<td>15th</td>
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<td>21st</td>
<td>Abbey McLoughlin 6R</td>
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<td>Brielle Ball</td>
<td>8th</td>
<td>Jamie McLoughlin 6W</td>
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<td>Jamelia Kelly 4H</td>
<td>37th</td>
<td>Niamh Evans 6W</td>
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<td>13th</td>
<td>Lucy Fulloon</td>
<td>27th</td>
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<tr>
<td>Madison Moran 4C</td>
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ORCHESTRA NEWS

The Ben Venue Public School Orchestra has had a very busy time this term. On Wednesday June 11, they performed beautifully at the Armidale Eisteddfod. The adjudicator gave us some great feedback ‘What a lovely musical ensemble’, ‘rhythmically strong and great attention to dynamics’, ‘You all watched the conductor for the beat’, ‘Nice work on the piano’ and ‘Well done to all of you today. It is a great experience for all of you to be a part of this group.’ I was extremely proud of the orchestra’s performance and behaviour at the Eisteddfod. They were wonderful ambassadors for our school. Thank you very much to the parents and grandparents who came to see this performance.

This week we have the ACOS Primary Orchestra rehearsal and performance at Drummond Memorial Public School on June 17. Our performance will be at 12.30pm in the Drummond Memorial School Hall. We will also be performing in the magnificent ‘Night of Music’ on Wednesday June 18.

We have 32 wonderful members of our orchestra and have welcomed many new members this year. If your child has been learning an orchestral instrument for 6 months or more and would like to join the orchestra in Term 3, please see Bronwyn Jones, Orchestra Coordinator.

Well done! Judy Graham

NOTICE TO PARENTS

As you were advised last week, parents are now able to pay for excursions, clothing items and the Voluntary School Contribution online. However, there is a minimum payment of $10.00 and you will need to provide evidence of your payment to the office or class teacher.

Wild About Science

July holiday K-6 Bible Club
Where: Drummond School
When: Tues 8 to Fri 11 July
Time: 9:00am - 12pm
Cost: $15.00 per child
Info: available from the office

Parent Club

All are welcome at the Parent Club Meeting tomorrow at 9:30am. We had some lovely new faces at our meeting last month, hope to see you all again.

Pizza & Treat Days
K-2 Thursday June 26
Years 3-6 Tuesday June 24.
Please support these days, they are fundraising for the school. Michelle Peak

Ben Venue’s Night of Music
Week 8 Wednesday 18 June 2014
6:00pm--7:30pm

Entry by Donation to help raise money for our Opera House Trip

Featuring our fabulous class groups 2G, 3/4B and 6M, the BVPS stunning School Orchestra, our wonderful Year 6 Marimba Group, our lovely Junior and Senior Choirs as well as a number of other talented musicians from throughout our school.