

VOLUNTEERING

Your school canteen is run by the P&C Assoc and without the help of our amazing volunteers we would not be able to provide this fantastic service to the families in our school.

Volunteering in the Canteen is a great way to help in your child's school and the children love seeing Mum or Dad in the canteen.

If you can help by coming in for just one morning a term or even one day a year it would be greatly appreciated.

We are currently calling for volunteers to fill the roster for the Term. If you are available to help on a Tuesday or Friday morning as per the list of days alongside, please ring or message Canteen Manager, Christiane Hodgson 0438 198 265.

If you are volunteering please remember to wear closed in shoes, your hair is tied back or you are wearing a cap. Our day starts at 9am.

Volunteers make our Canteen great!

We look forward to seeing you soon.

Canteen Phone number: 9576 1717

DATE	NAME
Fri 28 th April	
Tue 2 nd May	
Fri 5 th May	
Tue 9 th May	
Fri 12 th May	Alex Hodgson
Tue 16 th May	
Fri 19 th May	
Tue 23 rd May	
Fri 26 th May	
Tue 30 th May	
Fri 2 nd June	Alex Hodgson
Tue 6 th June	
Fri 9 th June	
Tue 13 June	
Fri 16 th June	
Tue 20 th June	
Fri 23 rd June	Alex Hodgson
Tue 27 th June	
Fri 30 th June	

TRAFFIC LIGHT SYSTEM STAYING HEALTHY

Schools and their canteens are well placed to support healthy eating and in fact have a vital role to play in helping reduce worldwide child obesity.

Children should eat a wide range of foods so that they have the energy for learning and to grow.

A new and easy to follow "Traffic Light System" has been introduced to help schools plan menus full of healthy, nutritional and affordable food and drinks.

The standards require that food in the

GREEN (G)

category is encouraged.

Schools should aim to fill their menu with these healthy foods.

AMBER (A)

food should be selected carefully and eaten in moderation.

RED

food and drink are off the menu and not available.