

**2021**  
**Term 3, Week 3**

# **GILLWINGA GAZETTE**

BE RESPECTFUL, MAKE IT SAFE, TAKE RESPONSIBILITY





# UPCOMING EVENTS

## Week 4

Wednesday 4th August - Catch Up Athletics @ Grafton PS

Thursday 5th August - Ready, Set, Go! 9.10 - 11am

Friday 6th August - P&C Meeting @2.15pm

## Week 5

Thursday 12th August - Ready, Set, Go! 9.10 - 11am

## Week 6

Friday 20th August - Book Character Parade

# RECIPE

TRY THIS AT HOME:

## Sandwich Pocket or Wrap



### You will need:

**PREP TIME: 10 minutes**

- 1 whole wheat tortilla (wrap) or 1/2 pita bread
- 2 tablespoons cream cheese or 2 slices cheddar cheese
- 2 ounces sliced chicken or turkey
- 1/2 cup fresh spinach or romaine lettuce
- 2 slices tomato, 4 slices of green pepper or 4 olives
- 1 glass of skim milk or low-fat chocolate milk
- 1 medium size apple or orange or 1/2 cup of grapes
- 1/2 cup carrots and celery or broccoli and cauliflower
- Help from an adult

### Create your sandwich just the way you like it!

1. Circle the ingredients you want to use.
2. Spread cream cheese or place the cheddar cheese slices on one-half of the tortilla or in the pita.
3. Place the meat and leafy green vegetable on one-half of the tortilla or into the pita.
4. Place tomato, green pepper or olives on the meat or in the pita.
5. If you chose the tortilla, fold it. Then place your sandwich pocket or wrap on a plate. Serve with your choice of milk, fruit and an additional vegetable.
6. Enjoy your delicious meal!

**SERVING SIZE:** 1 sandwich, 1 medium fruit, 1/2 cup raw vegetables, 1 cup milk

### Fun Fact

You will make healthy choices at the store and at home when you have a plan. Try planning menus for all your meals at the beginning of the week. Your family can save time at the grocery store by using your menus to buy groceries for the whole week. Make sure your lunch and dinner menus meets the plate rule (1/4 meat, 1/4 starch, 1/2 vegetable).



# Notice Board

TERM 3  
2021  
CALENDAR



## Supported Playgroups

All Playgroups are FREE! Come along with your children for a morning of craft, play, storytime and morning tea.

### Grafton Chataway **PLAYGROUP**



EVERY MONDAY @ CHATAWAY ROOM

*Starts Monday 12th July*

Chataway Lane Grafton 10am to 12noon

### New School of Arts **PLAYGROUP**



EVERY WEDNESDAY @ THE NEW SCHOOL OF ARTS

*Starts Wednesday 14th July*

New School of Arts Hall 10am to 12noon

### Child and Family Wellbeing Hub **PLAYGROUP**



TUESDAY FORTNIGHTLY

*Starts Tuesday 20th July*

Held at the Child and Family Wellbeing Hub

Tues 3rd Aug, Tues 17th Aug, Tues 31st Aug, Tues 14th Sept



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