Bakers Delight Armidale would like to offer you the opportunity to purchase delicious Fruit Mince Tarts or Lemon Tarts and make a profit for your school. The more Tarts you purchase the more profit you make. For every six-pack of Christmas Tarts you order, Bakers Delight Armidale will give $1.50 to the school.

Simply fill in the details below with the quantity of Christmas Tarts you would like to order, bring your order form together with full payment back to school by 04/12/14 and your Tarts will be ready to collect on 16/12/14.

Remember to ask family and friends if they would like to order some too.

Student's Full Name: __________________________  Class: _______________________

Contact No: _________________________________

<table>
<thead>
<tr>
<th>Fruit Mince Tarts</th>
<th>Lemon Tarts</th>
<th>Mixed Tarts</th>
<th>Total $</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qty (per six-pack)</td>
<td>Qty (per six-pack)</td>
<td>(3 Fruit Mince Tarts &amp; 3 Lemon Tarts)</td>
<td>Qty (per six-pack)</td>
<td>$8.50 per six-pack</td>
</tr>
<tr>
<td>$8.50 per six-pack</td>
<td>$8.50 per six-pack</td>
<td>$8.50 per six-pack</td>
<td>$8.50 per six-pack</td>
<td>$8.50 per six-pack</td>
</tr>
</tbody>
</table>

---

The Blue and White
Armidale City Public School
the heart of Armidale
Quality teaching since 1861

Principal: Mr Matt Hobbs
School Captains: Lucy Cook, Mangarchot Maluach
School Executive: Mrs Cherrie Paterson, Mrs Leonie MacGregor, Mrs Jodie Ridley
Welcome back to our Years 5 and 6 students who had their annual excursion to Newcastle last week. Mrs MacGregor, Mrs Kelly, Mrs Russell, Mrs Jones, Mr MacGregor and Miss Brodbeck accompanied students and enjoyed the trip. Students and parents are reminded that in the warmer weather students should be bringing their school hat each day and ensuring they bring their water bottle. Students are not able to play at lunchtime or recess without a hat on their head: this is an integral part of our school sun safety policy. We thank parents and carers for their support with this matter.

Congratulations to students on their hard work so far in Term 4. It is a privilege to go in and see the great work being done in our classrooms on a daily basis. Thank you also to parents who support their children in being positive, happy students and for supporting Armidale City Public School. Good luck to students going to orienteering championships later this week – we know you will enjoy the experience. If parents have any suggestions or comments to make about the daily activities at Armidale City Public School, please do not hesitate to email me at any time on the address below.

Mr Matt Hobbs
Principal
matthew.hobbs@det.nsw.edu.au

Good for Kids good for life
Why does our school have Crunch&Sip? 1

Crunch&Sip® is a set time in primary schools for students to ‘refuel’ on fruit and baked vegetables and ‘hydrate’ with water. 2

Research has shown that students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. 2

Crunch&Sip® gives students the opportunity to eat at least one serve of fruit or vegetables a day and can help meet their overall total daily intake.

What to pack for Crunch&Sip? 3

A bottle of water

And either:

A whole piece of fruit or vegetables e.g. mandarin, banana, carrot

A small container of bite sized fruit or vegetables e.g. berries, grapes, carrots, celery

Vegetable sticks

Dried fruit very occasionally

Consider fruits and vegetables that are in season as this will help to lower the cost and be sure to pack something for Crunch&Sip® everyday! 4

Reference:

1. www.healthykids.nsw.gov.au
2. www.crunchsip.com
3. www.crispykids.com
4. www.crunchsip.com

ACPS Blue & White Newsletter
2 6/11/2014

ACPS Blue & White Newsletter
3 6/11/2014