Thank you Mr Pedley

Karara’s Principal Mr Pedley said goodbye to students and staff last Friday to take his new position of Principal at Proston State School. The students, teachers, parents and wider community will sorely miss Mr Pedley’s enthusiasm, passion and love for his work but we are pleased to know that we will still see his face around at Karara from time to time. We wish Mr Pedley and his family the best of luck!

Principal’s Message

A big hello to Karara and wider community. My name is Kyle Low and I am the new Acting Teaching Principal at Karara State School. I am very excited to be at such a wonderful school and am eager to get right to work. Thank you to those that I have met so far for such a warm welcome.

I have been a close friend of Principal Pedley for over 8 years so I am endeavouring to make the transition as seamless as possible for the students and community. My first exposure to Karara was at last years Camp Draft and not long after at the successful Trail Bike Ride, so I have seen first hand the passion and dedication of the community to the school. I look forward to meeting you all in the coming weeks.

Kyle Low
Principal

Fruit Break

The school’s new initiative of students having a short Fruit Break at 10am has seen positive results. Fruit and vegetables contain essential nutrients that are important for a child’s health, growth and development and help students focus and provide good energy to take them through to first break. Your continued assistance with this is greatly appreciated. Here are some tips from freshforkids.com.au for a healthy lunchbox.

Top tips for a healthy lunch box

- Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Use reduced fat dairy foods. Cheese and yoghurt are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, peanut butter, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.
**Student Absence**

Did you know that a student can suffer academically if they miss just 10 percent of school days. That can be as just one day every two weeks. Karara State School understands students can fall sick or have important appointments to attend. By notifying the school of a student’s absence, we can better prepare the lessons for other students and for making adjustments upon the absent child's return.

When notifying the school of a Student Absence please ensure the reason is explained with clear and concise information. Thanks for your assistance.

**Warwick Sports Day**

Last Friday Karara State School students participated in the Warwick Sports Day. On the day the students participated in a variety of events including, long jump, sprints, shot put, relay and some fun ball games in between.

Students performed their best and represented the school well.

**Community Newsflash**

If you would like something included in future school newsletters, please email the school with the information about the community event or news item.

Email: the.principal@kararass.eq.edu.au