Greetings,
This fortnight I would like to share with you some of the teaching and learning that occurs in our classrooms for Religious Education.

In Year 3 we are studying a unit called Land, Spirit, People. We identified how seasonal changes affect our lives and then discussed the impact these changes had (and have) on traditional Aborigines. We then made a link to the Church seasons and looked at the Liturgical Calendar and observed the different coloured vestments worn during the seasons. Students made vestments of different colours for the class display.

In Year 4 students have been learning about Mary the Mother of God. To demonstrate their understanding they were asked to illustrate the Hail Mary or design their own Mary icon or symbol. Here are some examples of their work! We had these on display in the Church for our Assumption Mass today.
Father’s Day Mass
Before we know it, Father’s Day will be upon us! Please send photographs of Dads, Granddads, Uncles or significant male role models important to your children for our special presentation on Father’s Day to jacquifletcher77@gmail.com. Thanking you in advance! If you are a Dad who would like to read in our Father’s Day Mass, please email me on the above address and let me know. You may wish to “dob in a Dad too!”

Year 5 Family Mass at Somersby
Year 5 will be celebrating their Family Mass on Sunday the 23rd August 2015 at the St Francis of Assisi Centre, Lutana Road, Somersby at 11.00am. Weather permitting we are hoping to celebrate Mass outdoors. Whilst Year 5 students will be reading for this Mass, I invite all our families to join us for this special celebration on the mountain!

Sacrament of Confirmation
Classes for the Sacrament of Confirmation begin this week. Please keep the children who are undertaking with Sacrament in your prayers as well as their families and the group leaders.

Each moment of your life, may you feel the Lord’s embrace. May you sense His Guiding presence in each challenge that you face. May His peace and light be with you and may you realise how deeply loved and precious you are in His eyes.

Amen

What’s on:
Week 5, Assumption Mass, Whole School: Friday 9am in the Church. Please join us!
Week 5, Paddies Youth Group: Friday 7-9pm in the Hall
Week 6, Kindergarten Liturgy: 19th August 9.00am in the Church. Please join us!
Week 7, Year 5 Family Mass: 23rd August 2015, 11am, St Francis of Assisi Centre, Lutana Rd. All welcome!

May Christ’s peace be with you all!
Jacqueline Fletcher
FROM OUR ACTING PRINCIPAL, MICHELLE PERRY

Can you believe we’re half way through Term 3 already? They say time flies when you’re having fun and the St. Patrick’s school community is certainly having fun. So much has been happening this term and there’s still a lot more to get through before the holidays.

Year 4

Our Year 4 students are working furiously on their Yellow-Bellied Glider Projects after their ZooSnooze excursion and a day of exploration at Kincumba Mountain yesterday. They’ll be working with their high school mentors from St.Edward’s and St.Joseph’s in the coming weeks and we all look forward to their presentations.

Writing

This term the staff have been strategically working on developing the writing skills of our children. You may have heard your child mention a ‘sizzling start” or an ‘exciting ending’, this is all part of making their writing more interesting to the reader. We are using the ‘Seven Steps to Writing Success’ guidelines by Jen McVeity. If you’re interested in knowing more about this, please visit her website or read the attachments we will be placing in the newsletter over the coming weeks.

WellBeing Week

Our Wellbeing Team have been very busy with planning their St. Patrick’s Wellbeing Week. This will be held in week 7 (24th—28th August). Each day of the week will have a particular focus:

- **Meditation Monday** will include prayer circles, meditation and the children will be invited to bring along something from home that makes them feel happy eg: cuddly toy, photograph.
- **Thankful Tuesday** will focus on being grateful for all we have. We will have a combined recess that day.
- **Wellbeing Wednesday** will include a ‘nude food’ day where the children will be encouraged to eat a healthy lunch and recess to look after their bodies. We are planning some fun active sport games in the afternoon with the teachers to help us keep fit too!
- **Thoughtful Thursday** will see the children wear mufti if they bring in their allocated can of food. These cans will be given to a local charity, Coast Shelter. During the day the children will be involved in positive affirmations and a combined lunch on the primary side.
- **Fantastic Friday** will include peer support and a picnic lunch with families at Elizabeth Ross Park.

*Other Happenings*

Next Friday our Year 5 students are attending a Science Enrichment Day at St. Edward’s.

Our Choir will be singing at the Presbyterian Aged Care Centre next Friday.

Mrs McNally will be on leave from next Thursday to the end of week 8 (4th September), Mr Alan Dillon will be replacing her during this time.

Mrs Hartz is also on leave for the last four weeks of term and Mrs Gooley will be replacing her during our busiest time ever of our big Book Fair.

Mr Toomey is on leave at the moment and I am Acting Principal. If you have any concerns that require the Principal’s attention, please don’t hesitate to make an appointment to see me.

Have a lovely weekend,
Michelle Perry

Coming up….

19 August    Kindergarten Liturgy
23 August    Yr 5 Family Mass
3 September  Fathers Day Stall
4 September  Fathers Day Breakfast
18 September Last day of term
4 October    Return to Term 4
15th October School Photos
15th November Year 5 Camp
10th December Year 6 Graduation
11th December Final Assembly
14th December St. Patrick’s Carols Night at St Edward’s
16th December Last Day of school, Step Up and Final Mass
Year 4 at Habitat Day on Kincumba Mountain
Premier’s Reading Challenge…..Going……..Going ………ALMOST GONE!

The Premier’s Reading Challenge for 2015 is just about closed. Congratulations to Emily Quinn, Patrick Williams, Alyssa Hillyar, Lopez Morrison, Lauren Gadd, Dominic Restifo, Evan Ford, Channing Huang, Maddelin Weightman, Dylan Xuereb, Finn Gilmartin, Julie Trinh, Annika Owens, Andy Trinh, Shruthika Dhinakar, Amelia Neale and Jerrica Tony who just made the closing. If you have a Premier’s Reading Challenge Reading Log at home with just a few books missing bring it in and I can add what we have read at school. LAST CHANCE!

BOOK FAIR

There will be a Book Fair in the LARC in week 8, Monday 31st August to Friday 4th September which we welcome all families to support.

Tuesday and Wednesday are viewing days, all children will get the opportunity to visit the Book Fair and write a Wish List. There will be NO SALES to children on these days unless they are accompanied by a parent.

Thursday and Friday are buying days.

The Book Fair will be open before school Tuesday to Friday and after school Tuesday to Thursday for children accompanied by parents. On Thursday and Friday children whose parents are unable to attend but who wish their children to buy books can bring their money and I will take them to the LARC to make their purchases.

Children will complete a “Wish List” when they visit the book fair. Hopefully they will only put 2 or 3 of their favourite titles on the wish list. The Wish List is just as named “a wish list” you are under no obligation to purchase what your children write down. You may put money in an envelope along with the wish list, use the pre payment option on the back of the wish list or visit the Book fair with your child on the nominated days and times above. If a title sells out as I am sure some popular titles will do. I will place a reorder from Scholastic and it usually arrives within a few days.

Every sale of a book earns our school commission which is used by the LARC and library to purchase many new books for the children to borrow and read. It would be wonderful to have everyone’s support for this event.

Carmen Hartz
Teacher Librarian

Peer Support

Week 1 & 2

The whole school participates in Peer Support for 40 minutes each week. Two/ three peer leaders from Year 6 facilitate a group of 10-12 younger students, who work together through a number of structured activities. Each teacher will supervise 2-3 groups in their classroom.

We are working on a module called Resilience helping us to respond appropriately in challenging situations. The module runs for 6 sessions. Our first session enables the children to get to know everyone in the group, agreeing on how they will work well together and interact cooperatively with others. They will also begin to think about what it means to be resilient. We encourage you to talk to your children about Peer Support every week, as it will help to reinforce the concepts learned in each session.
CCC Athletics Carnival

On Friday 31 July 51 children attended the CCC Athletics carnival at Mingara. The day was perfect for competing and as expected the athletes all tried their hardest and were wonderful representatives for St Patricks. Congratulations to all of these talented athletes. Amongst the 11 schools, St Patrick’s ended up coming third place which is our best effort yet. The following children will now go on and compete in the Broken Bay Diocesan Athletics Carnival at Narrabeen on Wednesday 26th August.

Results

Daniel Peters  4th open shot put, 4th open high jump
Jai Adrichem  2nd 11years shot put, 2nd 11years discus
Elise Patrick  1st 11 years high jump, 3rd 11 years 800m, 4th 11years 200m, 1st open girls relay
Sophie Holliday  1st open girls 800m
Jacob Knowles  2nd open boys discus
Ashley Treacy  1st open girls high jump, 2nd, open girls 200m, 1st 13 year girls 100m,
                      4th open girls discus,
                      1st open girls relay
Violet Gates  3rd junior girls long jump, 4th junior girls discus,
Tom Peters  4th 11 years boys 100m, 4th 11 years boys 200m
Susanna Palmer  2nd junior girls long jump, 1st 11 years girls 200m, 3rd 11 years girls 100m,
                      2nd 11years girls high jump, 1st open girls relay.
Nicholas Vane-Tempest  2nd junior boys 800m
Annika Hansen  3rd open girls discus
Emily Apps  1st open girls relay
Henri Cleary  1st 8 years boys 100m

A big thank you to Gay Peters who gave up her time to train the Relay Teams at school. It certainly helped the teams to feel more confident when it came to these events on the day. Also thankyou to the parents and teachers who assisted on the day.

Other News

Oztag Gala days for years 3-6 is coming up in September. Years 3-4 will be held on 8th September and years 5-6 on the 2nd September and a boys and a girls team for both of these days will be chosen next week and training will begin.

The netball gala day is also coming up for Years 3-6 on Tuesday 15th September so teams will soon be organised.

The soccer gala day from last term has been rescheduled to 10th September. If you wish to help with any of these teams please contact me as team managers/coaches are needed.
HELP NEEDED!!!!!!

From time to time families experience difficulties and hardship. Our Care Group, made up of volunteer parents and staff, provides assistance to families by providing meals on a roster basis, and other support when needed. This is an extremely valuable service, of which many of our families have been the grateful recipients.

Each year we ask existing volunteers to confirm their availability again and for new volunteers. If this is something you think you could contribute to please email the school with your name and contact number: speg@dbb.catholic.edu.au or ring on 4325 1159 and speak to Maria.

FROM THE MUSIC ROOM with Mrs Suzie Morris
Over the past few weeks Kindergarten have been learning all about the orchestra and exploring orchestral music by listening and talking about the instruments we can hear and what music sounds like. This week we were listening to one of Vivaldi’s pieces from the 'Four Seasons'. It was fast (tempo) and soft (dynamics) and featured the violin along with some other instruments from the string family. We drew a violin (with lots of detail) and also got the chance to try and play one!
It has been a busy week for the P&F ...

Last Friday we held our Term 3 Disco which was a great success. It was well attended by the children and we had a record number of volunteers. Thanks to all the helpers who braved the weather to supervise and work canteen. We really do enjoy hosting discos because we know the kids love them. The anticipation and build up to the evening is part of the fun! On the evening, the children were very well behaved and appreciative and the senior primary children stayed back to help tidy up. Thank you everyone - it was a great night!

On Monday evening the Diocesan Parent Council (DPC) of Broken Bay held a parent seminar in the LARC. Justin Coulson was a special guest speaker on how to raise happy families. A dozen or so mums from St Patrick’s along with many others, thoroughly enjoyed the evening and have taken on board some of Justin’s tips. Justin is a very engaging speaker and very passionate about his work. Thanks to the DPC for organising a relevant and interesting evening.

On Thursday we held our Term 3 meeting. A small but enthusiastic group of mums and young siblings came together to hear what has been happening in our school. We also had a special guest speaker give us tips and ideas on what food our children need to learn, grow and play. Flyer attached at the end of the newsletter regarding Healthy Lunchbox ideas.

Coming up...

Our annual Father’s Day Stall will be held on Thursday 3 September from 1.45pm – 2.50pm. Due to the Sports in School program we will be holding and afternoon stall. We are in need of 5 helpers – 2 for infants and 3 for primary. If you are available, please contact Michelle on 0408 418 408 or email michellecormack@bigpond.com.

Flyer attached

SCHOOL BANKING

We need one or two banking volunteers to help learn ‘the ropes’ for Administering our Commonwealth School Banking—this involves coming in on Thursday morning for a couple of hours—Our two mums who have been doing this for some time (thank you Janelle & Annabelle) may need some time off September/October and it would be good to have someone “trained up” to help when needed.

$1055.88 raised through School Banking!

Thanks to the fantastic efforts of our volunteer mums and student bankers we have raised $1055.88 for our school through School Banking commissions for FY14-15. Our school receives $5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of $10 per individual deposit).

Thank you for supporting the School Banking program at St Patricks!
MORE MUSIC with Mrs Suzie Morris

In Year 1 we have been exploring 'The Carnival of the Animals' with French composer Camille Saint-Saëns (ask a Year 1 student how to pronounce his name with their best posh French accent!). This week the double bass features in the piece 'The Elephants' portraying the elephant waltzing in time with the piano. After listening and discussing we made our own 'double bass instrument' - music in our ears!

Woolworths Earn & Learn

There are only a few weeks left for collecting Earn & Learn stickers from Woolworths. To date we haven’t received many so let’s see if we can change this over the coming weeks.

The class tally for stickers is below.

<table>
<thead>
<tr>
<th>Class</th>
<th>Number of stickers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder Blue</td>
<td>106</td>
</tr>
<tr>
<td>Kinder Gold</td>
<td>106</td>
</tr>
<tr>
<td>Year 1 Blue</td>
<td>77</td>
</tr>
<tr>
<td>Year 1 Gold</td>
<td>105</td>
</tr>
<tr>
<td>Year 2 Blue</td>
<td>60</td>
</tr>
<tr>
<td>Year 2 Gold</td>
<td>120</td>
</tr>
<tr>
<td>Year 3 Blue</td>
<td>167</td>
</tr>
<tr>
<td>Year 3 Gold</td>
<td>372</td>
</tr>
<tr>
<td>Year 4 Blue</td>
<td>87</td>
</tr>
<tr>
<td>Year 4 Gold</td>
<td>87</td>
</tr>
<tr>
<td>Year 5 Blue</td>
<td>16</td>
</tr>
<tr>
<td>Year 5 Gold</td>
<td>908</td>
</tr>
<tr>
<td>Year 6 Blue</td>
<td>270</td>
</tr>
<tr>
<td>Year 6 Gold</td>
<td>198</td>
</tr>
<tr>
<td>Aqua Classes</td>
<td>140</td>
</tr>
</tbody>
</table>
Year 6 creating their own number systems using the iPads.

SCHOOL BANKING
PLEASE SEND YOUR BANK BOOK IN ON WEDNESDAY

School banking award winners for this fortnight:
Hannah Cole
Malia Kautzner Ptley
Jamilah Widner
Xavier Werden

Thank you for supporting the School Banking program at St Patricks!

The Uniform Shop
Please find new price list with this newsletter. Uniform price list & online shopping available at:
www.alintaapparel.com.au

LOST
Lilly Phillips has lost her formal hat - if you see it please return to her in 1Gold.
Would you like to play cricket this summer!

The Kincumber-Avoea Junior Cricket Club will be holding our registration days over the next couple of weekends. We have an In2Cricket programme for our 5 - 7 year olds as well as a T20 Blast comp for our u10’s. For the older kids we have U11’s through to U16’s. Our rego dates are -

Place - Erina Leagues Club, Ilya Ave, Erina
Dates - Sunday August 16, 10.30am - 12.30pm
Thursday August 20, 5.30pm - 7.30pm

Place - Avoca Beach Bowling Club, Townsend Ave, Avoca Beach
Dates - Sunday August 23, 10.30am - 12.30pm

*In2Cricket can register online through a link on our website
www.clubgriffin.com

Please contact Rod Ursem on rodursem@hotmail.com

Dinner Dance Prize Donations

If you have a business and would like to donate a prize for the Dinner Dance please call Maria or drop off a voucher/prize at the office. Your business will be promoted on the evening and in our newsletter. Any parents who would like to donate a personal prize (Wine, Chocolates, Holiday rental etc..) please contact Maria at the school office 4325 1159.

We thank those who have already generously donated a prize.

- Australian Reptile Park
- U-Nique Beauty Spot
Want to help your child write better?

SEVEN STEPS WRITING TIPS

Don’t just check the spelling! Authors use seven main techniques to make their writing interesting. So do join us for the Seven Steps ‘quick tips’ and fun writing ideas, for you to try at home.

How easy are the Seven Steps techniques? Try our quiz on ‘The Bear Story’:

Step 2: Which story start is more interesting?
   a) I woke up that morning, got dressed and ate breakfast.
   b) The look on the bear’s cage looked old, and the bear looked cross.

Step 4: Which is the better dialogue?
   a) The teacher told us to stand back from the cage as the bear was growling loudly, but Jeremy didn’t listen.
   b) ‘Stand back,’ said the teacher, but Jeremy didn’t listen. Suddenly the bear growled loudly. ‘Jeremy!’ cried the teacher, ‘get away from the bear, NOW!’

Step 5: Which sentence ‘tells’ and which ‘shows’?
   a) I was really scared.
   b) My heart was thudding loudly in my chest and brain.

See, simple isn’t it? (Hint, answers are all (b)!) What ARE the Seven Steps?

1. Plan for Success
2. Sizzling Start
3. Tightening Tension
4. Dynamic Dialogue
5. Show, Don’t Tell
6. Ban the Boring Bits
7. Exciting Endings

Wishing you all creativity, confidence and success in writing.

Jennifer McVeity

Get more writing techniques and activities:

www.sevenstepswriting.com
Email: office@sevenstepswriting.com
Phone: (61-3) 9521 8439

Step 1: Plan for Success

If you got a dollar for every time you told your kids to plan their work, you’d be living on a tropical island now, right??

It’s hard to show people HOW to plan, so here’s a quick method. Good stories (like movies, books, poems and even jokes) are all planned – and they all have a similar structure. This is what it looks like.

1. Start with a bang – this usually has the main character in an action scene.
2. Back fill – the Who, What, Why is filled in while the action unfolds.
3. The main problem is introduced.
5. Tension scene where hero/heroine fights against incredible odds.
6. Climax – incredibly, wonderfully they win!

Once writers know these basics, they have a SYSTEM to their planning – and this really improves their writing.

TOP TIP:
Think first, write second.
Draw yourself a graph like this one and plot your stories out BEFORE you start writing.

ACTION ACTIVITY:
Watch TV ads – you know the ones that ‘tell a story.’ In 30 seconds, some ads can create a start, tension scene and great ending, exactly like the story graph.

© Jennifer McVeity, author and National Literacy Champion

Get more writing techniques and activities:

www.sevenstepswriting.com
Email: office@sevenstepswriting.com
Phone: (61-3) 9521 8439

seven steps TO WRITING SUCCESS
We are looking for Volunteers for the 2015 School Year.
We need Volunteers to ensure canteen will remain open during the year.
Contact Adrienne on 0414 509547 or mrspraz@gmail.com if you would like to volunteer.
Mrs P is contactable anytime, so check your 2015 calendar and if you have a date in mind, even if its months away, let her know your availability.

If you have dates in mind for THIS TERM (3), please contact Adrienne on mrspraz@gmail.com or 0414 509547

<table>
<thead>
<tr>
<th>TERM 3, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATE</td>
</tr>
<tr>
<td>WEDNESDAY 19th August (Recess only 9.30am -11.30am)</td>
</tr>
<tr>
<td>FRIDAY 21st August (ALL Day – 8.15am – 2.00pm)</td>
</tr>
<tr>
<td>TUESDAY 25th August (Recess only 9.30am -11.30am) Combined Recess on the Primary Side</td>
</tr>
<tr>
<td>THURSDAY 27th August (ALL Day – 8.15am – 2.00pm) Combined lunch on the Primary Side</td>
</tr>
<tr>
<td>WEDNESDAY 2nd September (Recess only 9.30am -11.30am)</td>
</tr>
<tr>
<td>FRIDAY 4th September (ALL Day – 8.15am – 2.00pm)</td>
</tr>
</tbody>
</table>

If for any reason you are unable to do canteen on the day you have volunteered please contact Adrienne on 0414 509547 asap so she can arrange a replacement if possible.
FATHER’S DAY STALL
Thursday 3 SEPTEMBER
$5.00 PER GIFT

NO PRE-ORDERING NECESSARY.
JUST BRING YOUR MONEY ON THE DAY TO SELECT A GIFT OR TWO FOR THAT SPECIAL AD, GRANDAD, POP OR PA IN YOUR FAMILY.

****

VOLUNTEERS NEEDED TO RUN TWO STALLS (PRIMARY & INFANTS) FROM 1.30pm - 2.50pm

PLEASE CONTACT MICHELLE ON 0408 412 408 OR michellecormack@bigpond.com if you are able to lend a hand.
Healthy School Lunches

Healthy food at school is important for your child to learn, concentrate, and for their growth and physical activity. Packing a healthy lunchbox will help children develop life-long healthy eating habits. You may need to vary the amount of food you pack, depending on your child’s age and appetite.

A healthy lunchbox includes food and drinks from these five food groups:

**Bread / Cereal based food**
Wholemeal or wholegrain varieties are the best choices.
Try bread or bread rolls, wraps, fruit bread, pita bread, bagels, lavash bread, noodles, pasta, rice, pikelets, scones, savoury muffins, and rice cakes.

**Meat / Fish / Chicken / Eggs or alternative**
In sandwiches or salads try lean meat slices, ham, chicken, egg, salmon, tofu, or baked beans.
As a snack try a boiled egg, small can of tuna or baked beans/canned bean mix.

**Fruit**
Choose fresh fruit in season e.g. grapes, apples, oranges, mandarins, pears, bananas or a fruit salad.
Canned fruits (in fruit juice, not syrup) and dried fruit are also suitable choices.

**Vegetables**
Try carrot/celery/capsicum/cucumber sticks, cherry tomatoes, or corn cobs.
Add sliced tomato, cucumber, beetroot, grated carrot, avocado, and/or shredded lettuce to sandwiches.

**Milk / Cheese / Yoghurt**
Reduced fat varieties are the best choices.
Try yoghurt tubs, milk (long life tetra packs), cheese slices.
Dairy alternatives (with added calcium) such as calcium-fortified soy, almond or rice milk, are acceptable alternatives.

**Water**
Water is the best thirst quencher. Pack a bottle of tap water everyday.

**Keep lunches cold** to prevent food from spoiling with:
- an insulated lunch bag, or
- frozen ice bricks, water or milk (long life tetra packs)

---

**Lunchbox ideas for school**

<table>
<thead>
<tr>
<th></th>
<th>Day One</th>
<th>Day Two</th>
<th>Day Three</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Crunch &amp; Sip</strong></td>
<td>Snack pack fruit salad (in natural juice) Water</td>
<td>Fresh fruit Water</td>
<td>Cherry tomatoes Carrot sticks Water</td>
</tr>
<tr>
<td><strong>Recess</strong></td>
<td>Crackers, vegetable sticks &amp; cheese cubes Water</td>
<td>Fruit scone or raisin bread Water</td>
<td>Pikelets Yoghurt tub Water</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Egg &amp; lettuce roll Water</td>
<td>Chicken &amp; salad sandwich Milk (long life tetra packs)</td>
<td>Ham &amp; salad wrap Fresh fruit Water</td>
</tr>
</tbody>
</table>
Nutrition Guidelines for pre-packaged snack foods

Some packaged foods are not a healthy choice, as they
• lack the healthy nutrients we need and
• are high in kilojoules, saturated “bad” fat, sugar and salt.

For a ‘better’ choice of pre-packaged snack foods (e.g. biscuits and cereal bars), use the snack guidelines below. Only include these snacks once or twice per week (at the most) in lunchboxes. For everyday snacks, see the lunchbox ideas over the page.

*These are the same guidelines used to determine which snack foods can be sold in school canteens

How to use the Snack Guidelines

• Use the ‘sweet snacks’ OR ‘savoury snacks’ guidelines below, based on the type of snack you are checking.
• Check the Nutrition Information Panel ‘per serve’ column on the packaging of the snack to determine whether the snack food meets the guidelines.
• A better snack food choice meets all three of the guidelines (see below).

<table>
<thead>
<tr>
<th>Type of Snack</th>
<th>Energy</th>
<th>Saturated Fat</th>
<th>Fibre</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Snacks e.g. muesli bars, fruit bars, sweet biscuits</td>
<td>Less than 600kJ/serve</td>
<td>Less than 3g/serve</td>
<td>More than 1g/serve</td>
<td></td>
</tr>
<tr>
<td>Savoury Snacks e.g. savoury biscuits, popcorn, rice based snacks</td>
<td>Less than 600kJ/serve</td>
<td>Less than 3g/serve</td>
<td></td>
<td>Less than 200mg/serve</td>
</tr>
</tbody>
</table>

Example Cereal Snack Bar - Use the Sweet Snacks Guidelines

Nutrition Information Panel

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<thead>
<tr>
<th></th>
<th>Per serve</th>
<th>Per 100g</th>
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</thead>
<tbody>
<tr>
<td>Servings per pack: 1</td>
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<td></td>
</tr>
<tr>
<td>Serving size: 37g (1 bar)</td>
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<td></td>
</tr>
<tr>
<td>Energy</td>
<td>517kJ</td>
<td>1396kJ</td>
</tr>
<tr>
<td>Protein</td>
<td>1.2g</td>
<td>3.2g</td>
</tr>
<tr>
<td>Fat Total</td>
<td>1.1g</td>
<td>3.0g</td>
</tr>
<tr>
<td>Saturated</td>
<td>0.4g</td>
<td>1.2g</td>
</tr>
<tr>
<td>Carbohydrate Total</td>
<td>26.4g</td>
<td>71.4g</td>
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<tr>
<td>Sugars</td>
<td>14.3g</td>
<td>38.6g</td>
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<tr>
<td>Sodium</td>
<td>48mg</td>
<td>130mg</td>
</tr>
<tr>
<td>Fibre</td>
<td>1.2g</td>
<td>3.2g</td>
</tr>
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</table>

Developed by Nutrition Services and Health Promotion Service, Central Coast Local Health District. Updated May 2014.