



JAMBOREE HEIGHTS STATE SCHOOL

P & C H.E.A.L.T.H NEWSLETTER

Volume 2 (2) – Wednesday, 15th October 2008
NEXT MEETING – Term 4 – Contact Us For Details!

WELCOME TO TERM 4

Welcome to Term 4, a busy term for H.E.A.L.T.H related events and national fundraisers!

We really appreciate your support for these deserving causes, and encourage you to let us know of any events that relate to something in your lives, or just to keep reading the newsletters and being aware. Awareness is the first step to understanding, so make the step today and read on about the great events coming up soon.

WALK FOR DIABETES



Congratulations to Irene and her family who made the Walk For Diabetes on Sunday! It is always a great day out for the family and you know that you are supporting a very worthy cause.

Currently there is no real cure for diabetes, and while Type 2 Diabetes can be caused by bad diet and lack of exercise and assisted by the opposite, most diabetics need insulin injections and blood sugar tests every single day.

Even though the walk is already over, you can still show your support. There are great items for sale in the office such as pens, and badges. But be quick, as they will need to be collected soon!

RIDE TO WORK DAY



National Ride To Work Day is on Wednesday the 15th of October. But even if you receive this newsletter too late, just join in our Walking Wheeling Wednesdays next week!

Every little bit counts towards a healthier you!

COMING EVENTS

MONTH

October

Sun 12th

Walk For Diabetes

Wed 15th

National Ride To Work Day

Mon 27th

Pink Ribbon Day

Fri 31st

National Bandana Day

RECIPE CORNER



Peas, Mushrooms & Shallots

Please Note: The P & C Does Not Guarantee This Recipe Will Be Suitable For Your Needs. This Recipe Was Kindly Submitted By Angela.

Recipe taken from Pol Martin's Supreme Cuisine (Copyright 1993 by Brimar Publishing Inc.)

INGREDIENTS

- 1.4kg green peas
- 1 tbsp butter (most margarines contain trans fats!)
- 250g shallots or onions (peeled and quartered)
- 250g mushrooms (quartered)
- 1 tbsp chopped fresh parsley
- 1 tsp chopped fresh basil
- salt and pepper

1. Cook peas uncovered in salted boiling water for 8 minutes.
2. Drain, rinse under cold water, drain again and set aside.
3. Melt butter, add shallots (or onions) and cook for 4 minutes over medium heat.
4. Add mushrooms, season and cook for a further 4 minutes.
5. Mix in parsley, basil, cooked peas and heat through for a further 4 minutes.

Prep time: 5 mins	243	calories
Cook time: 25 mins	49g	carbohydrate
	12g	protein
Cook and reheat!	4g	fat
Cook and freeze!	19.8g	fibre

Contact H.E.A.L.T.H. :: (07) 3712 0263 :: health@jhss.com.au :: <http://www.jhss.com.au> :: Contact H.E.A.L.T.H.

Contact the School :: (07) 3725 5666



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PINK RIBBON DAY



Monday the 27th of October is Pink Ribbon Day.

Breast Cancer is one of the biggest medical threats to women of all ages, so show your support and purchase a pink ribbon product.

Check out the website for ideas on how to show your support, and places to buy your pink ribbons: www.pinkribbonday.com.au.

NATIONAL BANDANA DAY



Friday the 31st of October is National Bandana Day, in support of CANTEEN, The Australian Organisation For Young People Living With Cancer.

Amazingly, almost one million bandannas are sold nationally each year and these can be seen worn on beaches, in gyms and on Aussie streets throughout the year!

A symbol of the cancer experience for young people, the bandanna is more than just a fashion accessory. At the same time, the funky and youthful bandannas (designed by Industrie Clothing since 2005) symbolise the emphasis that CanTeen places on enjoying every moment and living life to the full.

So check out their website and get your bandana today: www.canteen.org.au.

P & C WEBSITE

Don't forget to check out the P & C Website for more info and to contact us: www.jhss.com.au/health.php.

PARENT INFORMATION

Please Note: Neither the H.E.A.L.T.H Committee nor the P & C Committee recommend or endorse any of these contacts. They are supplied for your convenience only.

ADHD Australia

ADHA Australia
www.adhd.org.au
jenny@adhd.org.au



Anaphylaxis Australia
www.allergyfacts.org.au
1300 728 000



Asthma Australia
www.asthmaaustralia.org.au
1800 645 130



Autism Australia
www.austisminfo.org.au
info@autisminfo.org.au



Canteen
www.canteen.org.au
1800 226 833



The Coeliac Society
www.coeliac.org.au
(02) 9487 5088



Diabetes Australia
www.diabetesaustralia.com.au
1300 136 588



Find Your 30
www.your30.qld.gov.au
1300 656 191



MS Australia
www.msaustralia.org.au
(07) 3840 0888



Pink Ribbon
www.pinkribbon.org.au
(02) 9299 4090



Ride To Work Day
www.ride2work.com.au



Starlight Foundation
www.starlight.org.au

Put Your Healthy Ad HERE !!

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