Calendar/Events
2nd Feb- ‘Me’ bags due
6th Feb- Sport Day

Note: Apologies for being absent last week, I was really sick and couldn’t physically come in.

Hello and welcome to 2015 in 1/2E with ‘me’ Mrs. Tanja Mulcahy. I’m thrilled to begin a new and exciting year with you and your darling children. I look forward to getting to know you all personally as the term progresses. I wanted to introduce you to my NEWSLETTERS. I distribute a newsletter every Friday afternoon. You will receive a paper copy and be able to download one from our class blog (see the tab Newsletters) The blog address is tmulcahy.global2.vic.edu.au
The newsletters are for you to know about what events, projects, meetings etc. are occurring the following week so that you are organised. My newsletters DO NOT replace LINK- so I insist you read that in conjunction with my newsletters.
As you can see I’ve set it up so that you have a ‘calendar’ section for dates to put in your diaries, also a ‘Just a thought’ section which are reflections I like to share and lastly a ‘health spot’ section. I’m really passionate about health and nutrition and love sharing blogs, websites, food facts and recipes to inspire EVERYONE to make their health a priority, especially your children. I’ve had wonderful feedback in past years with this section, so I’m excited to share my passion with you all. Remembering that healthy food promotes healthy bodies and minds!
Warm regards, Mrs. Tanja Mulcahy

Just a thought
Happiness is an attribute of love. It cannot be apart from it. Nor can it be experienced where love is not. Love has no limits, being everywhere.

Health Spot!
It’s important for kids to have breakfast every day, but what they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids’ attention span, concentration, and memory—which they need to learn in school.
From kidshealth.org