



JAMBOREE HEIGHTS STATE SCHOOL

P & C HEALTH NEWSLETTER

Volume 1 (1) – Thursday, 17th July 2008
NEXT HEALTH MEETING – Term 3, Contact Us For Details!

WELCOME TO H.E.A.L.T.H !

Welcome to the new once-a-term H.E.A.T.L.H newsletter!

We are hoping it will be a way to let you all know about Healthy and Health-related events, stories, recipes, etc.

As this is our first volume, we would like to thank the parents who have joined together to make our committee a reality in 2008, as we have been trying to form a Health Committee for a few years now. All of our parents not only have the usual things to attend to such as work, family, households etc, but they have the added task of caring for a child or children with additional health needs.

So we thank them for taking the time to be involved in this committee – there are no committees without committed members!

We also want to thank the School Administration, and P & C Committee for providing us with support, information and resources, and you, the school community for getting on board and starting to talk about health issues that really are much more common than you think.

Talking is the beginning of awareness, which leads to understanding, which in turn leads to acceptance. All our precious children need your awareness, understanding and acceptance to ensure they have a fun, inclusive and safe school life.

So thanks for getting the ball rolling, and we hope to have your support for our future awareness campaigns and fundraising efforts.

HOME CHEFS WANTED !

WE NEED YOU! Send us your best Healthy Recipe or food tip and we'll publish it here!

Think of fun vegie ideoes for the kids, allergy friendly party food, brain food with no added colours or preservatives... The possibilities are endless!

COMING EVENTS

July	
21 st – 25 th	Diabetes Week Activities What is Diabetes? Find Out!
Term 3	H.E.A.L.T.H. Meeting
Term 4	H.E.A.L.T.H. Meeting
October	Walk For Diabetes

RECIPE CORNER



Gluten Free Chocolate Cake

Please Note: The P & C Does Not Guarantee This Recipe Will Be Suitable For Your Needs, Or That It Will Work. Please Give Us Feedback If You Try This Recipe.

This recipe is from The Australian Women's Weekly's Gluten-free Cooking cookbook.

INGREDIENTS

1 cup (125g) soy flour
¾ cup (110g) 100 percent corn cornflour
1¼ teaspoons bicarbonate of soda
½ cup (50g) cocoa powder
1¼ cups (275g) caster sugar
150g butter, melted
1 tablespoon white vinegar
1 cup (250ml) evaporated milk
2 eggs
½ cup mashed banana
2 tablespoons raspberry jam
NOTE: You will need 1 large overripe banana (230g).

METHOD

Grease two 22cm round sandwich cake pans, line bases with baking paper.

Sift flours, soda, cocoa and sugar into large bowl; add butter, vinegar and milk. Beat with electric mixer on low speed 1 minute; add eggs, banana and jam, beat on medium speed 2 minutes. Pour cake mixture into prepared pans and bake in moderate oven about 30 minutes. Stand cakes in pans 5 minutes and turn onto wire racks to cool.

Sandwich cakes with whipped cream, if desired.

Contact P & C :: (07) 3712 0263 :: info@jhss.com.au :: <http://www.jhss.com.au> :: Contact P & C

Contact the School :: (07) 3725 5666



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WHAT CAN I DO ?

We only have 5 members at the moment and there is only so much we can do!

We are here to offer support, ideas, and suggestions to other parents in similar situations, and also to look at the wider issues of giving our children a more inclusive life and education. We are very happy with the P & C Committee's and School's positive attitude towards children with additional health needs and are excited about working with the School and P & C in the field of health.

We are also attempting to take on the role of the Healthy Food Choices Committee, that was created to implement the Healthy Food Guidelines set down by the State Government. Thanks to the previous committee's work, our Tuckshop is a Red Food (non-healthy) Free Zone, and a lot of the P & C's event fundraising is also Red Food Free.

We have informal meetings about once a term, and try to plan some activities or posters, etc to coincide with the fundraising weeks for some of the world's most prevalent health conditions.

So if you have any interest in these areas, or just want to find out more, please get in touch with us.

DIABETES WEEK

Next week is Diabetes Week at JHSS. The National Diabetes Week was this week, so we thought we'd delay it to give everyone time to know about it, and think about it.

National Diabetes Week is where funds are raised in the effort to find a cure, and awareness is raised about Diabetes.

850,000 Australians have been diagnosed with Diabetes, but another 850,000 or more may have Diabetes without even knowing it!

To find out more visit:
www.diabetesaustralia.com.au or
www.jdrf.org.au

PARENT INFORMATION

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

ADHD Australia

ADHD Australia

www.adhd.org.au
jenny@adhd.org.au



Anaphylaxis Australia

www.allergyfacts.org.au
1300 728 000

ASTHMA FOUNDATIONS AUSTRALIA

Asthma Australia

www.asthmaaustralia.org.au
1800 645 130

Autism Info Australia

Autism Australia

www.autisminfo.org.au
info@autisminfo.org.au



Canteen

www.canteen.org.au
1800 226 833



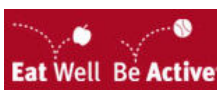
The Coeliac Society

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

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