

Plaque on Office Building Wall

We had an enquiry at the office from Ellie-Rain in 3B. She was wondering who was the person on the plaque situated on the left brick wall of the office in the garden was. The plaque reads:

“This Memorial Garden is dedicated to the memory of Rhyse Norrish accidentally killed 13-04-95. Student THPS”.

The office has found out that Rhyse was a student at THPS and he died after accidentally being hit by a bus.

It is good to see that students are observing all the different things that are around our school that they may not know about and have the courage to enquire about it.



Reef in Paris for Beyblade International Competition

On Saturday 3 November, Reef, Year 3, competed against 24 other countries in Paris for the Beyblade World Championships. Reef came 9th in the world and was the youngest competitor in the competition. He had a fabulous time and his family who went with him were very proud of his performances. **Congratulations on this spectacular achievement from all the staff and students at Tweed Heads Public School.**

If anyone wishes to see photos or live footage of the tournament please visit Instagram @Australianbeybladers



The sketch Reef is holding was done by the man to his left especially for him.



The simplest way

...to understand Health Star Ratings.

You may have noticed **Health Star Ratings** on the front of many packaged foods.

What do they mean?

Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. *The more stars, the healthier the product.*



Why?

63 percent of adult Australians, and ¼ children are now classed as overweight or obese. The **Health Star Ratings** help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars – because we want healthy eating to be easier for everyone. ***Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!***

For more information visit
www.eatittobeatit.com.au
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