**HEALTHY LIVING TIPS**

**DATES!**

Did you know that

- Australia currently imports over 5000 tonnes of dates per year
- The main countries of origin are India, United Arab Emirates, Pakistan and Malaysia
- Australia currently has less than 50 hectares of mature fruit bearing date palms
- When buying fresh and dried dates look for ones that are glossy and plump with a little wrinkling on their smooth skins
- Dried dates should be firm but not hard

**Nutrition facts**

- Dates have no saturated fats or cholesterol
- Dates are low in sodium
- Dates are high in vitamin C, manganese, iron and potassium
- Dried fruit contains more calcium and fibre than its fresh fruit equivalent
- Just 1½ whole dried dates is equal to one serve of fruit. Because dried fruit is so concentrated try to limit consumption to one serve per day.

**Tips for incorporating dates into your diet**

- Add chopped dried dates to your basic muffin recipe. Not only will they add sweetness but also increase the fibre content
- Add dates to breakfast cereals for a healthy change
- Chop dates and add to salads or couscous
- Date scones are an old favourite and are great in the lunchbox.

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**SKILLS FOR LIFE TERM 3**

1. **FRIENDLINESS**
2. **K-5 MANNERS/ POLITENESS** run concurrently with Years 6/7 **INTEGRITY**

Our current skill for life is **Empathy**

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**Human Swine Influenza**

There has been a change in the way the Department of Health has decided to manage the human swine influenza. Based on the relatively mild nature of the disease in most cases the approach from now on is as follows:

- There will no longer be any requirement for voluntary exclusion for children and staff returning from the previous countries of concern (Mexico, USA, Canada, Japan or Panama) or Victoria.
- School closures will cease to be used.
- Children, visitors and staff who have flu-like illness should not attend school. When illness is identified during a school day children will be isolated and parents contacted to have your child taken home.
- Children and adults with severe illness, and those with chronic underlying medical problems such as asthma, heart disease, morbid obesity or diabetes, and women who are pregnant should consult their doctor for specific advice.
- Hygiene practices (eg hand washing and coughing etiquette) will be emphasised to help prevent the spread of germs that cause illness, such as human swine influenza.