Cybersafety
Guest Presenter on Air

We were very fortunate to have a very special guest this week. Bev Yardley, from the Australian Communications & Media Authority came to our school and presented ‘on air’ Cybersafety sessions with our parents and students, plus a workshop with teachers.

This is a very important issue and increased awareness will help keep our children safe.
Carnarvon School of the Air would like to thank Cybersafety and the Australia Communication and Media Authority for giving us the opportunity to participate in these workshops.

HEALTHY EATING TIPS

Heart Foundation
WHAT’S FRESH?

1. ROCKMELON
Rockmelon is always high in the popularity stakes because it’s easy to select and tastes delicious! The rockmelon has a porous netted skin which allows the sweet aroma to come through and the exotic smell will indicate the flavour and ripeness. Rockmelon can be enjoyed as a snack in many ways – slices, cubes or balls ready to be gobbled up straight from the fridge!

2. CAPSICUM
Rich in colour and vitamins A and C, these sweet local red, green, orange and yellow capsicums create awesome, colourful salads. They are great on the barbecue, grilled with other Mediterranean vegetables, or stuffed with rice or couscous for a yummy, nutritious dinner.

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