Principal’s Message

Celebration Day on Thursday 30th July was a great day of friendship, learning and fun. We had a visit from Aunty Jean Hands, an elder from the Wanaruah Local Aboriginal Lands Council who assisted with Dreaming Stories about the sun.

We also had representatives from the Scone History Group who presented Lachlan with his prize for winning the Flanagan Family Essay competition for our district. Lachlan wrote a biography of his Pop, Mr Parkins.

Our students engaged in writing, reading, painting, speaking and listening activities to celebrate Book week, Education week, NAIDOC week, Literacy & Numeracy week and Science week.

The hot beef and gravy rolls for lunch topped off a great day. Thanks to members of our P&C who helped with activities and lunch.

Congratulations to Blandford PS award winners at the Wollemi Education Week ceremony at Scone High School. Lachlan, Mrs Clinch, Mrs Gail Brooks, myself and our Community Connections program received certificates for their work and effort.

Well done to our Zone athletics team and congratulations to students who will compete at the Regional Carnival.

Millie in the 800m event, Anekah, Lachlan, Bridie, Brady and Jack (reserve) in the relay.

Fourteen of our students competed in the Belltrees PS Public Speaking competition last week with Jack T taking the trophy for S3 with his speech on ANZAC Centenary. Henry T was third in the ES1 section and Sam was awarded a highly commended in S2.

Jack is also competing today at the Hunter Inter Schools competition at Singleton Heights PS, whilst Robert, Sam and Camilla are speaking tomorrow. Good luck children.

NAPLAN results should arrive at school early next week for our Year 3 and 5 students. Envelopes will be sent home with your children.

Year 6 students heading to Scone HS for Year 7 will enjoy their next orientation day next Wednesday 19th August. Travel should be arranged from home for this please.

I have had several days away from school last week and yesterday, working on the new School Management Plan document. This is another of the large number of new documents currently being rolled out, and part of the education reforms which are being conducted across NSW Public Schools.

We will be sending out invoices for school fees over the next week, with the sliding scale the same as last year. We have staggered this payment to help with household budgets.

Enjoy your week.

Isabel Fox

Principal
Students of the Week

K-2 Henry T—fantastic number recognition
Darcy—fantastic number recognition

Y3-6 Jack—hard work and mature attitude. Well done!
Brady—consistent work habits. Well done!

Citizenship Award - Ayesha—Always willing to help out.

2015 Schools Spectacular

Mr Leayr from Ellerston PS is organising a trip to Sydney for the Schools Spectacular concert on Friday 27th November. Attached is an expression of interest and information. Please return to school by 21st August if your child is interested.

Gymnastics

Mrs Cooper has organised for a gymnastics program again this semester. There will be 10 lessons beginning next Friday 21st August, then the following 3 Fridays. The final 6 lessons will be in Term 4. Please add these dates to your calendar.


The costs for this activity have been subsidised by school. Cost per child per week—$2.00. It is helpful if you are able to pay up front, but weekly is also fine.

Scone Arts and Crafts Art competition—entries

Please hand entries for this competition to Ms Fox by Friday 28th August.

Regional Athletics Carnival— Friday, 28th August 2015.

Best wishes and good luck to our competitors.

Science Fun Day—Murrurundi PS—this Friday 14th August

The bus will collect us from school at 10.00am. We will return by 2.30pm in good time for the afternoon bus. Remember jackets and jumpers if the weather stays cold on Friday.

Conjunctivitis is about, if your child has it please keep them home as it is very contagious.

Conjunctivitis is a common eye infection. It is an inflammation (swelling and redness) of the conjunctiva which is the clear membrane that covers the white part of the eye and the inner surface of the eyelids.
Kinder, year 1 and year 2 with their worms.
WINTER RECIPE: HEALTHY NACHOS

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tortillas</td>
<td>4</td>
</tr>
<tr>
<td>Minced garlic</td>
<td>1 Tsp.</td>
</tr>
<tr>
<td>Mince, lean</td>
<td>500g</td>
</tr>
<tr>
<td>Carrot, grated</td>
<td>1</td>
</tr>
<tr>
<td>Kidney beans, canned</td>
<td>200g</td>
</tr>
<tr>
<td>Tomatoes, canned</td>
<td>1 x 400 g</td>
</tr>
<tr>
<td>Mexican seasoning or spice mix</td>
<td>2 1/2 Tbsp.</td>
</tr>
<tr>
<td>Cheese, reduced fat</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

**METHOD**

1. Preheat oven to 160 degrees. Brown mince in a large pan and drain liquid.
2. Mash kidney beans and add to mince along with seasoning, garlic, carrots and tomatoes. Simmer for 5 minutes.
3. While the mince mixture is simmering, spray the tortillas with olive oil and cut each into 6 pieces. Then toast in the oven for 5 minutes. Remove and allow to cool.
4. Arrange tortillas pieces in a bowl and add mince mixture on top. Sprinkle with cheese.

Makes 4 serves

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**GOOD FOR KIDS good for life**

**LOOKING FOR SOME NUTRIENT PACKED LUNCHBOX SNACKS FOR YOUR ACTIVE CHILD?**

Try these seven sensational nutrient packed snacks!

1. Nut free trail mix (pumpkin seeds, sunflower seeds, sultanas, dried cranberries, popcorn)
2. Sultana, cheese & rice crackers
3. Hardboiled egg & cherry tomatoes
4. Fruit salad & yoghurt or custard
5. Rice cakes with avocado and cheese
6. Pre-cooked corn cob
7. Hummus & crackers & capsicum slices

Source: Mumbahjhee Local Health District

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