Bellbrook athletics

This Friday is our annual school athletics carnival down at the Bellbrook Cabins grass area. This is a great day out for parents and community and we hope to see everyone there.

The P&C will be operating a canteen on the day and this is an ideal time for parents to help out as well as on the field. There is a lot of setting up to help with too which will get the day off to an early start in case the weather turns on us.

Dance festival

Students from Macleay schools will be performing at the Dance Festival at Melville High School on Tuesday, 16 June through to Thursday, 18 June 2015. We have a group of 14 students performing at the Matinee and Evening on Tuesday, 16 June. Our dancers are Tamika, Nikia, Genevieve, Marney, Margaret, Lydaesha, Hannah, Riley, Isimeli, Nemani, Elenoa, Ellie, Gracie and Jill.

Costumes are being supplied by school so there is no need to worry about what they're wearing.

Tickets for the evening show are only available from our school - $7 per seat or $25 for a family. These tickets should be received shortly but you can still contact us if you want to purchase. Matinee tickets are available at the door for $3 per seat.

We are currently trying to organise an excursion for the rest of the school to look at “workers in the community” and then watch the matinee dance performance. More information soon.

NSW Premier’s Reading Challenge

Congratulations to Ellie Prior for completing the NSW Premier’s Reading Challenge for 2015. Reading lists can be entered online at home or in the classroom before the end of August.

Reconciliation art challenge

In schools across NSW, young people are speaking up about reconciliation and telling their stories through art. Our school has entered the annual NSW Reconciliation Art Challenge which must reflect the theme “Home Grown Heroes”. The children thought long and hard about their own community and came up with four individuals that they believe are home grown heroes. Featured in our artwork is Dr Appleton, Mrs Mitchell, Aunty Jan and Aunty Esther.

The artwork has been sent off and we hope to receive good news shortly.

Our stars from last week’s assembly were:

- Nathanael
- Dane
- Heidy
- Mahteece
- Marney
- Christy
- Hannah
- Laylee
- Mary
- Rose

These students have now reached Silver level:-

- Mahteece
- Heidy
- Lea-Ann
- Hannah
- Imogen
- Mary-Rose
- Gracie
- Elenoa
- Margaret
- Marney

Congratulations to Ari who received a Gold award at our last assembly. We have lots of students striving towards Gold level and to become an Honour student by the end of this term.

School photos

Tomorrow is school photo day and orders should have been returned in printed envelopes. Photos of siblings will only be taken if there is a paid order received before 8.30 am tomorrow.

All students should wear sports uniforms and all children will be having their photo taken even if no packs have been ordered.

Debating

Good luck to Isimeli, Genevieve, Margaret and Jill who will be battling it out in a Debating Challenge being held at Frederickton School next Monday. There will be three rounds with students from Frederickton, Smithtown and South West Rocks.

SRC news

On Thursday this week we will be having a SUGAR FREE CHALLENGE milk day and only plain milk will be sold for $1.00. Let’s see how many are up to it!

Where were you born?

- Australia.
- Which part?
- All of me.

These students have now reached Silver level:-

- Mahteece
- Heidy
- Lea-Ann
- Hannah
- Imogen
- Mary-Rose
- Gracie
- Elenoa
- Margaret
- Marney

Where were you born?

- Australia.
- Which part?
- All of me.

100% Attendance

It’s great to see these students have been to school every day this term:-

- Ari
- Nathan
- Fred
- Marney
- Nikia
- Imogen
- Ellie
- Nemani
- Genevieve
- Tamika
- Margaret
- Isimeli
School & Community News

Fun Day at Willawarrin Hall

On Saturday, 6 June 2015, there will be lots of fun at the Hall starting from 12.30. Charity Auction (including bric a brac, furniture, tools), Cow Pat Lotto, Giant Slide and Jumping Castle, Face Painting, Sausage Sizzle.

Upper Macleay Preschool is hosting a Sensory Smart workshop on Friday, 29th May 2015 at the Preschool from 10am to 12pm. The workshop is about celebrating and extending your child’s social skills. There is no charge and children are welcome as it’s a playgroup day as well. Contact Pam Papalii on 6567 1491.

Dalaigur Preschool & Children Services are celebrating 50 years during the week of Monday, 15 June to Saturday, 20 June 2015. Mon-Wed are open days from 10.30 to 12.30 with displays and morning tea. Thurs-Fri is a culture festival from 10.30am. Saturday is a formal Gala dinner dance at Kempsey High School from 5pm to 10pm (limited tickets available at the office for $25pp). If you have something to display or want more information, phone 6562 4758.

Medicare Local Invitation - A reminder that on Tuesday, 16 June 2015, community members are invited for a yarn and a cuppa at the Bellbrook Hall from 10.30am to 12.00pm to talk about any health and well-being issues that you, your family and friends, or neighbours are facing. RSVP Rowan by 10 June on 6659 1800.

Homemade noodle cups

Makes 12 x 250g serves

Ingredients:
300g dry noodles – ramen, Singapore or thin pasta
30ml of olive or canola oil
1 litre salt reduced chicken or vegetable stock
300ml water
400g can corn kernels, drained
1 medium onion, finely diced
2 medium sized carrots, finely diced
1 stalk of celery, chopped finely
1 cup peas, fresh or frozen
1 small zucchini, grated
250g cooked chicken breast, chopped

Method:
1. Heat oil gently in a large saucepan, then add onion, celery and carrot and cook over medium heat until onion is soft.
2. Pour in chicken stock and water and bring to the boil.
3. Reduce heat to a simmer and add corn, peas, zucchini and pasta.
4. Just before pasta is cooked, add in the cooked chicken breast to warm through, then simmer for another few minutes.
5. Season with pepper and serve in bowls or a noodle cup shaped container.

Variations:
- Add chopped parsley, chives, finely sliced spring onion or garlic for added flavour
- You can adjust the type and amount of vegetables you add, but keep in mind that the more you add the ‘GREENER’ it will be
- Adjust the amount of water to create more or less soup – this recipe creates a thick dish
- Adjust the serving size to suit your students

What's on

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<th>Thur 27 May</th>
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<tr>
<td>School photos 8.30am</td>
<td>NO ADDDED SUGAR milk challenge</td>
<td>Bellbrook Athletics</td>
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<tr>
<th>Week 7</th>
<th>Mon 1 Jun</th>
<th>Tues 2 Jun</th>
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<td>Debating Challenge</td>
<td>Mrs Mitchell - Kempsey West</td>
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<td>Last day term 2</td>
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Principal’s news

Chess Competition - We have around eight students participating in the chess challenge next week on Thursday, 4 June 2015. We wish them luck.

Sports Carnival - We are all hoping that the weather stays good for our carnival this Friday. Parent support is needed to help run the day which is a great day out for everyone. We need to select our competitors for the Small Schools Athletics competition which is on 17 June 2015.

PCYC - Parents must collect their children from PCYC on Thursday afternoons from 4.30 but before 5.00 pm. PCYC staff cannot transport children home as they don’t have the bus anymore. Only children who have completed an application form can attend this program.

Friendship, responsibility, life-long learning

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