Dear Parents/Caregivers,

Bulga Beats
The students have been invited to perform at Bulga Beat on Saturday 21st June, time to be advised. This is a great opportunity to showcase the talents of our students and promote our school. The students are working on an item for this performance.

Absences
Our computer system for monitoring absences has not been operational for a number of months. It has now been fixed and we are updating our records. If you receive a note asking for a reason your child has been away please fill it in and return it to school as soon as possible.

Each absence your child has from school needs to be explained. The best way for us is if you send a note with the child the day they return with a reason for absence, the date of absence and for you to sign and date it. I cannot accept a verbal reason from the students, it needs to be from a parent or caregiver.

If for some reason you are going to be late to collect your children from school or you will be late bringing them to school the most reliable form of communication is to call the school. There is limited mobile service at Milbrodale and often text messages don’t get through for different reasons. Also I am not always at school as I have external meetings and commitments I have to attend and cannot always relay a text message to the school with changes in plans. Thank you.

Keys
At times people borrow keys to different parts of the school. We have a key registration book that needs to be filled in each time you borrow and return a key. At this stage there are some keys unaccounted for. If you have borrowed keys this year could you please check to make sure you do not still have any keys that belong to the school. If you do have any keys belonging to the school could you please return them as soon as possible?

Enrolment Forms Update reminder
We are still awaiting the return of several updated enrolment forms. Please pay particular attention to contact details, emergency contact details, medical information, parent occupation groups and permission to publish and sign the parent page.

Please return the forms to school asap. Thank you for your assistance in this matter.

Art at Bulga
The school has been invited to attend an art workshop at Bulga recreation ground club house on Friday 29th May. The artist is Jess Harwood and she will work with the students to create a piece of art around the theme of environment and impacts on environment. We will attend from 12.00pm-12.45pm approximately and travel will be by school bus. Please find a note attached with more details.

Coal & Allied Science and Engineering Day
The students in year 4-6 have been invited to attend a science and engineering day to be held at Muswellbrook on Thursday 18th June. We will be combining with Broke and Jerrys Plains Public Schools for the day and Miss Lucy Pickles will be the teacher in charge. Our students will need to be dropped off and collected from Broke Public School. Please find a permission note with more details and a media release consent form attached.

Regards
Kristen Kime

Date | Event
--- | ---
Thurs 28th May | Cooking
Fri 29th May | Aboriginal Culture Artist Excursion Bulga
Fri 5th June | Swimming
Mon 8th June | Queen’s birthday holiday
Thurs 11th June | Cooking
Fri 12th – Sun 14th June | Milbrodale Mountain Classic
Wed 17th June | Athletics Carnival
Thur 18th June | Yrs 4,5,6 Science Day Muswellbrook
Sat 21st June | Bulga Beats Festival
Canteen

Normal hours for the Canteen are from 9.30am to 11.40am, or set up from 9.30am to 10 am. All help appreciated.

P&C News

The next P&C Meeting & AGM to be decided.

Milbrodale Mountain Classic

The P&C has committed to this event on Fri 12th June to Sun 14th June. Please add your names to the roster in the office. Many hands make light work.

Milbrodale Public School

Canteen Roster Term 2 2015

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<thead>
<tr>
<th>DATE</th>
<th>NAME</th>
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<tbody>
<tr>
<td>27 April</td>
<td>Narelle</td>
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<tr>
<td>4th May</td>
<td>Tricia</td>
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<tr>
<td>11th May</td>
<td>Tricia</td>
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<tr>
<td>18th May</td>
<td>Narelle</td>
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<td>25th May</td>
<td>Tricia</td>
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<td>1st June</td>
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<td>8th June</td>
<td>Public Holiday</td>
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If you are unable to do canteen on your rostered day, please try and arrange someone to take your place or contact Narelle on 6579 4649 (before 8.00am)

Nutrition Snippet

The simplest way

...to make healthy chicken nuggets + chips

Most kids love this fast food favourite – here's a healthy version that will satisfy even the fussiest eater!

Ingredients

- ½ kid chicken breast
- breadcrumbs
- 1 egg – lightly beaten
- ½ kg pumpkin
- ½ kg potatoes, 1 tablespoon olive oil

Method

- Peel + chop pumpkin and potato into wedges
- Coat the wedges in olive oil, place onto tray and bake at 180 degrees for 20 mins
- Meanwhile, cut the chicken into bite size pieces
- Dip the chicken pieces into the egg, then coat with breadcrumbs
- Place chicken nuggets onto tray and bake in the oven at 180 degrees for the remaining 20 mins
- Serve wedges and nuggets with a garden salad – delish!

Giving your kids fruit + veg every day will help them stay healthy and strong, and help protect against some diseases like cancer.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Nutrition Snippet

The simplest way

...to add healthy snacks to lunch boxes

Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child’s lunch box:

- Plain air-popped popcorn (without salt or butter) mixed with sultanas + dried apple
- Dried fruit snack packs: buy them ready made, or make your own at home in reusable containers
- Fruit salads: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own!
- Crackers + veg: Slice up some avocado or tomato + send with some rice crackers
- Little vegie bags: cherry tomatoes, capsicum, carrot and celery sticks
- Frozen fruit bags: freeze grapes, orange quarters or strawberries + then send to school!

Remember: kids love small portions, so cutting up fruit + veg will help make sure they don’t bring it home at the end of the day!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit