Dear Parents/Caregivers,

**Book Week Parade**
We had a lovely book week parade with many great costumes again this year. Thanks to the Year 6 students and Narelle for organizing a delicious hot dog and chips lunch to share today as well.

**Melbourne Cup and Coolmore Visit**
It was a once in a lifetime opportunity for us to be up close and personal with the “Melbourne Cup”. It was amazing to see this piece of Australian history. The children were given the opportunity to be photographed with the Melbourne Cup and ask questions.

**Swimming**
So that we can complete all our lessons for this term we will be having swimming lessons for the next two weeks. We will again leave from Broke on Friday 4th September and travel to Singleton for swimming straight after Aboriginal Culture.

**School Photos**
Don’t forget school photos will be held on Monday 31st July. Full school uniform is required for the photos and we will try to keep the students as clean as possible for the photos.

**Father’s Day**
Don’t forget to keep sending in the gifts for the father’s day stall,. There is a tub in the staffroom that the gifts can be placed in for sorting.

**Canberra Excursion**
There are some notes attached to this newsletter about the Canberra excursion and the students who are remaining behind. Broke Public School and us will be combining on these days for financial and staffing reasons. The remaining students will going to Broke Public School from Tuesday 8th – Friday 11th September and the teachers will be Miss Lucy Pickles and Miss Jacinta Cunningham.

Regards
Kristen Kime
**Canteen**

Volunteers for Term 3 can place their names on the roster in the office.

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

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<tr>
<th>DATE</th>
<th>NAME</th>
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<tbody>
<tr>
<td>20th July</td>
<td>NO CANTENE</td>
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<tr>
<td>27th July</td>
<td>Narelle</td>
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<td>3rd Aug</td>
<td>Narelle</td>
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<td>10th Aug</td>
<td>Linda E</td>
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<td>17th Aug</td>
<td>Tricia</td>
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<td>14th Sept</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)

**P&C News**

**Next Meeting**
The next general meeting will be held Wednesday 2nd September, commencing at 3.15pm. All Welcome.

**Family Fun Day**
Plans are underway for our Family Fun Day on Sunday 20th Sept. More planning will be held at the P&C meeting on 2nd September.
If you know of a business who would like to donate any items for our Chocolate Wheel, there are official letters in the office to take to businesses.

**Footy Tipping**
As at Round 23 Garry and Margaret are on top with 198 points.
Close behind on 195 is Josh.
The battle for last spot is a tie with Kristen and Tricia on 154 points

Don’t forget to use the Joker (double points) before the end of the rounds.

Also don’t forget to hand in tips by Thursday each week.
Online registrations can now be done. Please go to singletonnetball.com for more information. The first night of the twilight competition will be Monday 12th October. More details on Admin Building Noticeboard.
Dear friends,

You may have noticed a Buddhist monk and nun walking about the area recently. That’s me, the Plain Buddhist monk Jason and my two friends, the nun Kathrin and her assistant Jacqueline.

If you or your friends or family are interested in discovering what we do and why, we’d like to invite you to meet us for a casual evening conversation over tea and refreshments here in Bulga.

**Date:** Thursday 27 August  
**Time:** 6 - 7pm  
**Place:** 313 Inlet Road, Bulga

Please tell us if you’re coming by giving our friend Jorge Tlaskal a call on 6574 5187 or by sending an email to jorge@tlaskal.com.

Thanks for your attention and we look forward to meeting you.

With kindness,

Venerable Jason Chan

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**Singleton Junior Touch Online Team Registrations**  
To register your team go to [www.singletonjuniors.touch.asn.au](http://www.singletonjuniors.touch.asn.au) and follow the links.  
Team registrations close 11th September 2015.

If you have a child looking for a team send an email to singletonjuniortouch@hotmail.com with your child’s name, age and contact details.  
Need more information call Julie -0407 451 149

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**Nutrition Snippet**

**The simplest way**

...to pack a healthy lunch box.

Remember your daily target for fruit and vegies?

Everyone should aim for 2 serves of fruit and 5 serves of vegies every day. Sounds hard, but it’s easy if you include fruit and veg across the day...try these simple ideas:

- **Pack vegetable sticks** – try carrots, celery, capsicum and cucumber – with hummus and vegetable based dips (like pumpkin, beetroot, spinach or red bean).
- **Add a small 150g tin of baked beans** to your child’s lunch box.
- **Leftovers** are an exciting lunch box addition: try packing fried rice, vegie stir-fries or some vegie frutalas – they all taste great cold!
- **Make a fruit salad** – use whatever fruit you have in the house, children prefer small pieces of food.