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Newsletter, Term 4, Week 5

8 November, 2023

6-10 November	Learning and Wellbeing Meetings, K-2 and 5-6
8 November	Kinder Transition, final for 2023
9 November	Sporting Schools Cricket
10 November	Sporting Schools Golf
13-24 November	Swimming Scheme
15 November	BHS Additional Transition, Year 6
15-24 November	Learning and Wellbeing Meetings Year 3
22 November	BHS Small Schools Transition Day for Year 6, 9.30am – 1.30pm
27 November	Responsible Pet Program, K-2
28 November	BHS Transition Day for Year 6, 9.30am – 2.30pm

Dear Parents and Caregivers,

### Learning and Wellbeing Meetings

It was great to start our end of year, Learning and Wellbeing Meetings this week. These will continue throughout the week and from Wednesday 15 November through to Friday 24 November for Year 3 parents. If you have not already booked a meeting with your child's teacher, please contact the school to organise a time. These meetings are a fantastic way to meet face-to-face to discuss your child's successes, achievements and future goals. Interview confirmations were sent home last week.

### Kinder Orientation



Today was our final Kinder Orientation visit for our 2024 Kindergarten students. We have enjoyed having them join us for nine transition sessions. We are looking forward to catching up with them and their families at the Sunset Picnic on Tuesday 12<sup>th</sup> December, from 5 – 7pm.

The Best Start meetings will be held on Friday 2<sup>nd</sup> February and our new Kindergarten students will commence on Monday 5<sup>th</sup> February, 2024.





## Kids in the Kitchen

Last Thursday, we had our last regular KiK for the term. It has been wonderful to see our students' skills at preparing and cooking meals develop and improve over the year. This is a fantastic program that allows our students to utilise produce from our gardens and orchards, (when they are available), prepare foods and also try foods. It has been wonderful to see a number of our students increase their willingness to try different foods and actually realise they like them, coming back for seconds. We have also seen a huge improvement with the 3-6 class in their abilities to clean-up and help with the washing-up after we cook.



## Swimming and Water Safety

Our Swimming and Water Safety program commences next Monday. The lessons will begin at Bellingen Pool at 9.15am. We are asking that parents organise transport for their child/children to arrive at the pool between 8.45am and no later than 9.10am. The bus will then return our students back to school at approximately 10.45am.

Each child should bring a drink bottle, swimming costume, and a towel. It is recommended that students use adequate sun protection, eg. SPF 30+ broad spectrum water resistant sunscreen, applied before arriving at the pool. All children must have a rash shirt or if you do not own a rash shirt, an old tightly fitted t-shirt is a great alternative. The rash shirt or t-shirt is compulsory. Students will not be allowed to purchase from the pool canteen.

## Sporting Schools



This term we are very pleased to have Brandon Connor coaching golf and Georgie coaching Cricket

Regards, Katrina Meenahan

## Package Free Lunch Award Winner



Congratulations to this week's package free winner. This will be calculated from Tuesday to the following Monday each week. All students achieving this will go into a draw to become the Package Free Lunch winner. As well as receiving a certificate for their great effort, they will also choose a small prize. Please see Mrs Jones in the office to collect your prize.

## Weekly Attendance Award Winner



Congratulations to our Weekly Attendance Award recipient who has achieved 100% attendance over the past five days. This will be calculated from Tuesday to the following Monday each week. All students achieving this will go into a draw to become the Weekly Attendance Award winner. As well as receiving a certificate for their great effort, they will also choose a small prize. Please see Mrs Jones in the office to collect your prize.

## Kids in the Kitchen Recipes

### Spinach and Cheese Triangles

#### Ingredients

- 3 sheets reduced fat puff pastry, cut into four square pieces (12 squares in total)
- 2 cups of baby spinach leaves, rinsed
- 1 brown onion
- 2 cloves of garlic
- 100g reduced fat ricotta cheese
- 100g reduced fat feta cheese
- Juice from 1 lemon
- 1 tablespoon of olive oil
- 1 egg, beaten
- Sea salt and black pepper
- ½ cup cheese



#### Method

Preheat the oven to 180°C

Place the spinach, onion and garlic into a food processor or blender.

Whizz to combine.

Heat the olive oil over a low/medium heat in a large frypan.

Add the spinach mixture and sauté gently.

When spinach has wilted, remove from the heat and place in a fine mesh sieve or colander to drain excess moisture.

Pour ricotta and feta into a large mixing bowl and add the drained spinach mixture and grated cheese.

Add in the lemon juice and season with salt and pepper.

Using a clean work surface or cutting board, place a small amount of mixture into the middle of each pastry square.

Fold the end over to create a triangle and seal by pressing together with your fingers or fork.



Lightly brush with the beaten egg mixture on each side then place on a baking paper lined baking tray.

Place into the oven and cook for 15-20 minutes or until golden brown. Makes 12 triangles.

## Date Balls

### Ingredients

1 cup pitted dates, chopped

100g butter

Honey, maple syrup and melted coconut oil,  
(sufficient amount to bind the mixture together).

$\frac{3}{4}$  cup of sugar

1 tsp vanilla essence

3 cups rice bubbles

$\frac{1}{2}$  cup coconut for the mixture

$\frac{1}{2}$  cup coconut to coat

### Method

Mix all the dry ingredients together. Then add honey, maple syrup and melted coconut oil and vanilla essence, to bind the mixture together. Mix well.

Roll into small balls. Roll in coconut. Set in the refrigerator.





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