Summer Splash

Student of the Week
Mrs Corke’s class
Week 2 – Samantha N - positive attitude and always helpful
Week 3 – Madison B - patient and always ready to learn

Mrs Faulkner’s class
Week 2 – Jeremy D - great effort in all areas
Week 3 – Melody O - quiet and studious worker

Mr Faulkner’s class
Week 2 – Daryl G - displaying mature leadership qualities
Week 3 – Sean D - tremendous bookwork

Upcoming Dates for your Diary
3 Mar  Tootie Fruity (Tuesday-note change of day)
4 Mar  Circus Arts workshop
6 Mar  World Day of Prayer
6 Mar  Western Region swimming
10 Mar  Big class visit JRV- Marimbas
16 Mar  P&C meeting 2.30 school kitchen
19 Mar  Lachlan PSSA soccer trials (Open)
19 Mar  Lachlan PPSA League trials (11’s & open)
27 Mar  Movie Night
2 Apr  Last day term 1
Thanks so much to all of those boys and girls, mums and dads, grandmas and grandpas, other friends and relatives that made the time to take part in our Small Schools’ swimming carnival last week. We had great weather and a great day as the kids tried their very best in all of their events be they novelty events in the little pool or swimming up and down the big pool. Activities like this are tremendous ways for our kids to meet new friends from other small schools and to participate in a competitive but friendly atmosphere. Sport is a compulsory part of the National Schools Curriculum and can be an exciting and rewarding activity for children of all standards and abilities. Once again the Bedgerabong kids conducted themselves in an outstanding manner and certainly took on board the Choose Your Attitude and Play components of our FISH philosophy. Well done to all the boys and girls that attempted the swimming races and congratulations to the following on their achievements. Nominated for Lachlan District Carnival: George M (50m freestyle, breaststroke, backstroke, butterfly, 200IM, combined small schools jnr relay, Bedgerabong PP5 Relay) Harriet P (50m freestyle, breaststroke, backstroke, butterfly, 200IM, combined small schools jnr relay, Bedgerabong PP5 Relay) Austen B (50m freestyle, breaststroke, backstroke, butterfly, 200IM, combined small schools snr relay, Bedgerabong PP5 Relay) Campbell R (50m freestyle, backstroke, combined small schools snr relay, Bedgerabong PP5 Relay) Jasmine P (50m freestyle, combined small schools snr relay) Laura P (50m freestyle, combined small schools snr relay) Sophie W (50m breaststroke). These children will be competing for selection in the Lachlan squad to attend the Western Region swimming trials on 6th March. Senior Girls Champion - Huge Congratulations to Harriet P who was named the 2015 Senior Girls Champion.
News from K-1
K-1 had fun visiting the garden last week and of course cooking with Mrs Horan. Some of the children taste tested the tomatoes and helped plant some seeds for our winter garden.

K/1 had ‘Bluey’ the Macaw and a cute little guinea pig visit for news. There were plenty of questions asked and everyone enjoyed the special visits from our animal friends. It is a privilege to have so many wonderful stories during news time. Don’t forget to check your homework book to find out when your news day will be. Keep up the great effort everyone! Mrs Corke.

News from the Library
It’s been a great start to the year for the Library, with many students coming in over the last few weeks to visit and borrow books. The library is open every Thursday at lunch and all students are encouraged to come and borrow a book, play some games or participate in weekly activities or competitions. Next week (W5) the Library will hold a Paper Plane Flying competition, with a prize for the student whose plane flies the longest distance, and treats for every entrant! Students can come in this Thursday to enter the competition, and practice if they wish to. This year we also have a new friend called Wombat (even though he is a teddy bear!) living in the library. Students can read to Wombat during library time and fill out a space in his home reader for him so he can earn some home reading awards! Hope to see you all in the Library this Thursday.

News from Miss Rees
K-1 - This term in Science and Technology we will be investigating ‘Weather in our world’. So far we have spent time outside observing and recording the weather, as well as creating symbols to represent different types of weather. We have also been investigating volume and capacity in maths, using water and blocks to see how much different sized containers can hold.

2-4 - This term in Science and Technology we are working on a unit called ‘Melting Moments’, examining and conducting experiments on different liquids and solids to see what effects heat and cold have on different materials. These two materials have been melted in an oven. Can you guess what they are? Ask your children!

In maths we have been exploring 3-D space and shapes through building, classifying, naming and drawing, as well as going on hunts around the classroom to see what 3-D shapes we can find.
5-6 - In the ‘big’ class, we have been investigating what we know and think about light in the ‘Light Shows’ Science and Technology unit. Last week we closed ourselves up in the sports shed to explore the dark and had a close look at what happens to our pupils when we are in the light/dark. Ask your children to show you the experiment we conducted with our eyes, they were amazed at what we found out! We have also started learning some technical skills in art, and last week we focused on colour theory, mixing lots of different colours and learning about primary, secondary and tertiary colours, as well as lots of other things. Look at our art works!

News from ‘the middle’
Now that it is week 4 we have settled in fairly comfortably to our new routines. The ‘middle kids’ are working well and continue to impress with their positive attitudes. Recently the children created some fabulous flowery artworks – they have spruced up our room immensely! In maths the year 4 children have been looking at addition with trading. It was great to see them all having a go.

Parenting Ideas - Helping Children who struggle with school with Maggie Dent

Children mature at varied rates and in all sorts of ways depending on environment and unique genetic templates. Any child can have developmental delays around phonemic awareness that can be helped by being read to lots, learning nursery rhymes and songs, and engaging in lots of conversation. From birth children need to be saturated in sound from humans as they are unable to take sounds from TVs, DVDs or screens like tablets or ipads. Not all kids are going to do well at school because according to Howard Gardner’s Multiple Intelligence theory we have at least nine different ways of being smart. Google this to show your children and help them work out – ‘which smarts are you?’ If your child is struggling academically it is important to help them at home to be really competent at something! Self-mastery builds confidence - even if it’s tree climbing, stargazing, frog hunting, growing veges or helping to fix things in the shed. This helps them build a healthy sense of self, even if they struggle with maths or learning to read. Remember it must be engaging learning and fun or it will simply make things worse. Mrs Corke
Parenting Helpers for the morning reading
Thank you to our parent and community helper volunteers. We are very grateful that you are able to offer some time to assist with our morning reading program. The following roster has been designed according to the days requested, if you have any questions please call the school. We look forward to seeing you from 9.15 for about an hour. Mrs Corke

Monday: Mrs Nola Sams, Mrs Rae Hodges, Mrs Ellie Brown, Mrs Pat Stewart

Tuesday: Mrs Karen Stewart, Mrs Sally Sweetland, Mrs Dorothy Noakes, Mrs Melissa Brown

Thursday: Mrs Cheryl George, Mrs Katy Brown, Mrs Nadine Moxey/ Mrs Tara Bird, Ms Kiersten Willding

CWA Public Speaking
The CWA Public Speaking will occur in May this year. I will be talking to the children at school about this event and sending home relevant information for anyone interested. If your child is interested in participating please contact me. Mrs Corke.

Circus Arts Workshop
Our school will be privileged to host a Circus Arts workshop on Wednesday 4th March. It involves a demonstration /show by highly skilled Circus Arts performers before the kids take part in the skills building workshops. A quick note in regards to this will come home soon. There will be a small charge for children to participate in the workshop ($2 per child). HOWEVER the main reason for making this event known is that it will interfere with our Tootie Fruity program. For that week only we have Tootie Fruity on Tuesday 5th March.

Gracious Thanks
Go to all of the mums and dads who were able to make the time to attend our parent/teacher session last Monday. It was great to be able to meet up with you all and be able to pass on valuable info to you first hand and to take the chance to answer any of your questions.

P&C Executive
It was very exciting to such interest in our P&C Annual General Meeting. We are blessed with such a vibrant and committed parent body and can announce that the P&C has taken on several new executive roles. HUGE thanks to Margot Rubie for keeping the ball rolling so smoothly and ensuring that anything that was required for our student programs or welfare was made available. Margot’s leadership along with Sally Sweetland and Tara Bird has certainly contributed to the success our school has experienced over the past few years. Having said that we are very pleased to welcome Murray Brown to the President’s chair, Melissa Brown to the role of Secretary, Cheryl George as Vice President and keep Tara Bird as our treasurer and Anita Cantwell as the uniform coordinator. Really looking forward to another exciting year meeting the challenges of supporting students programs and resources required in our ever growing school.

P&C subs - for many year P&C subs have been $2 per family and will continue to stay the same this year. This covers you for any accidents or injury at working bees or P&C functions. Student insurance - covers all students 24 hours per day whether at school or not. This is particularly useful as students are not covered by any insurance at school for sporting or playground accidents. This insurance is $5 per student. Please send P&C subs and student insurance to school in a clearly marked envelope ASAP.
**Tootie Fruity**
Tootie Fruity continued with the rice theme.

**Hoisin chicken with coconut rice**
800g chicken thigh fillets, 1/3 cup hoisin sauce, 1/3 cup honey, 1/3 cup soy sauce, 2 tablespoon sesame oil, 1 Tbs ginger, finely grated, 2 cloves garlic, finely grated, 2 cups SunRice White Medium Grain Rice, 1 x 400mL can coconut milk, 360 mL Campbell's Real Stock Chicken Salt Reduced, 1 cup frozen peas, 1/2 cup coriander leaves, extra chopped spring onions/hoisin sauce to serve

**Method**
Preheat the oven to 200°C.
Cut the thighs into large chunks. Place them into a freezer bag. Then add the hoisin, honey, soy sauce, ginger, garlic and sesame oil to the chicken. Close the bag and squish together. Marinade for 24 hours if you like, or use it straight away.
Meanwhile, measure your rice into a strainer and rinse under the tap until the water runs clear. Put the rice into a baking tray. Pour the coconut milk and chicken stock over the rice. Add the peas and stir together until evenly distributed. Remove chicken from the bag and lay the pieces over the rice mixture. Cover the whole tray tightly with foil and place in the oven to cook for about 35 minutes, or until the rice has absorbed most of the liquid. Remove from the oven and let the tray rest for 10 minutes, covered with the foil. This is an important step. It will give the rice a chance to finish absorbing the cooking liquid and fluff up nicely. Serve with some coriander or chopped spring onion and an extra drizzle of hoisin sauce on top of the chicken. Delish! And only one tray to wash up.

**Rice and beef porcupine**
500g minced beef, 1 tsp salt, 2 small onions, 1/2 tsp oregano, 1/4 tsp rosemary, 1/2 cup uncooked rice, 2 tbs vegetable oil, 425g tomato purée, 1 cup water
Combine beef, salt, onion, oregano, rosemary and rice. Shape the mixture into 4cm balls. Heat the oil in a large, heavy frying pan over moderately low heat for about 1 minute. Cook the meatballs, uncovered, turning frequently, until browned on all sides - about 5 minutes. Add the tomato purée and water, cover and simmer for 30 minutes.

**Speedway Cake (CWA cooking)**
115g butter, 60ml milk, ¾ cup sugar, 2 eggs, 1 cup SR Flour, finely grated zest of 1 orange, pinch salt.
Preheat oven to moderate (180°C) Grease an 18cm round or square tin and line base with baking paper.
Put everything into a basin and beat hard for 5 minutes or until mixture looks creamy and spongy. Pour into the prepared tin. Bake for 30-45 minutes.

**Crunchy Topped Lemon Loaf (CWA cooking)**
115g butter, 150g caster sugar, 2 tsp lemon zest, 2 eggs, 180g plain flour, 1 tsp baking powder, 110ml milk
Preheat oven 180°C, lightly grease a medium sized loaf tin and line bottom with baking paper.
Cream butter and sugar until light and fluffy, beat in lemon zest and eggs. Mix in dry ingredients alternating with the milk. Pour mixture into prepared tins and smooth the top. Bake for 40 minutes. Remove from oven and place on cooling rack.

**Topping -** 70g castersugar, 2 tbs lemon juice.
Combine sugar and lemon juice in a small bowl and spoon mixture over the top of the hot cake. It will soak in a little and run down the sides, leaving a thin crust of sugar on the top. Finish cooling in the tin then turn out carefully.
Bedgerabong Community Notice Board

Bedgerabong Show
Next Bedgerabong Show meeting Thursday 19th February at 7.30pm in the Hall. Discussing the organisation of the Market Day and Chook Sale to be held 12th April, so come along and have your say. The more people involved the merrier. Cheers, Nina

Bedgerabong Harvest Festival
Saturday 21st February 2015. 8pm Bedgerabong Hall.
Combined Thanksgiving Service followed by Auction. Fruit, vegetables, jams, cakes, handicrafts and interesting articles. Ladies a plate for supper. All denominations very welcome.

World Day of Prayer
Bedgerabong Union Church Friday 6th March 2015 at 10.30am. Morning tea to follow at the church. Ladies a plate please. If anyone is willing to help run this day please contact either Mrs Dorothy Noakes 68571132 or Jan Brown 68571151

Bedgerabong Playgroup
Playgroup for 2015 will commence on Thursday 5 February at 10.00am in the school kitchen. Playgroup will run each fortnight during the school term. All new parents welcome.

Aqua Fitness for Pregnant Women and new mothers
If you are pregnant or just had a baby and want to have some fun with other mums and get fitter, register now. Starting Monday 2 February 2015, Mondays and Wednesdays for 6 weeks, 9.30am - 10.30am. Forbes Town Pool. Free class and pool entry for Mums. To Register: Contact Denise or Jane at Forbes Community Health Centre on 6850 2233. Being fitter during pregnancy helps with the challenges of pregnancy, labour, early parenting.

Red Bend Junior Rugby League
Red Bend Junior Rugby League will be having Registration Days for Under 6’s, 8’s, 10’s, 12’s, 14’s and 16’s teams on Saturday 14th February and Saturday 21st February 2015.
The registration days will be held at the front of Bemardi Supa IGA between 12 noon and 2pm. Cost for registration is $65.00. For new registrations we will also require a photocopy of the child’s birth certificate.
Players who played for Red Bend last year in 2014, are able to re-register and pay online if they wish. To re-register google “Red Bend Junior Rugby League”, on Fox Sports Pulse webpage and click on registration form. There is additional paperwork that Lachlan District requires which will be available on the registration days.

Positive Partnerships - supporting school age students on the autism spectrum.

Disclaimer
As a service to the community, we will advertise events that may be of interest. Bedgerabong Public School does not endorse or sponsor the events and accepts no responsibility for the management or organisation of these events. Any items of community news can be forwarded to Bedgerabong School and will be included in the fortnightly newsletter distributed community wide.

Being fair shows you care – FISH for life
FREAKY FACTS
AN apple, potato and onion all taste sweet if you eat them with your nose plugged.
The only food that does not spoil if honey.
Fingernails grow nearly four times faster than toenails.

Giggle Spot
Q: What is the most hardworking part of the eye? A: the pupil
Q: "How do you shoot a killer bee?" A: "With a bee bee gun."
Q: What season is it when you are on a trampoline? A: Spring time.

QUOTE OF THE WEEK
“Insanity – doing the same thing over and over again and expecting different results.”
~Albert Einstein

Happy Birthday to these recent and up coming party goers.

6 Jan  Jess C
13 Jan  Maddy K
21 Jan  Airlie B
24 Feb  Indigo C
10 Jan  Sophie W
29 Jan  Chloe K
22 Feb  Sari E

Upcoming Dates for your Diary
3 Mar  Tootie Fruity (Tuesday—note change of day)
4 Mar  Circus Arts workshop
6 Mar  World Day of Prayer
6 Mar  Western Region swimming
10 Mar  Big class visit JRV—Marimbas
16 Mar  P&C meeting 2.30 school kitchen
19 Mar  Lachlan PSSA soccer trials (Open)
19 Mar  Lachlan PPSA League trials (11’s & open)
27 Mar  Movie Night
2 Apr  Last day term 1

2015 school term dates
Term 1 28-1-15 - 2-4-15  Term 2 21-4-15 - 26-6-15
Term 3 14-7-15 - 18-9-15  Term 4 6-10-15 - 18-12-15

Mr Faulkner
19 February 2015