Students of the Week

**Student of the Week**

**Mrs Corke’s class**
Week 2 – Indigo C – smiling and trying hard in all areas
Week 3 – Katie C – completing set task and being there for others

**Mrs Faulkner’s class**
Week 2 – Annabelle H – working independently and great narrative writing this week.
Week 3 – Airlie B – working quietly and independently

**Mr Faulkner’s class**
Week 2 – Austen B – listening carefully and using his initiative.
Week 3 – Jack J – working consistently and cooperatively

**Reading Awards**
25 nights – Jay-T G, Cooper N.
50 nights – Emily T, Riley P, Samantha N, Airlie B, Annabelle H, Karla O, Bridie H, Grace H.
75 nights – Julia C, Harriet S, Kate S

**Upcoming Dates for your Diary**
22 May Lachlan PSSA x-country – Forbes
28 May School Disco
3 June Cowra Eisteddfod
8 June Queen’s b’day holiday
10 June Yr 5 camp – Burrendong
10 June Western PSSA x-country
10 June Marimba concert – Forbes Town Hall
15 June Forbes Eisteddfod
26 June Talent Quest
26 June Last day term 2

Being fair shows you care – FISH for life
Bedgerabong kids are good sports!

Last Friday, for the first time in many years we found ourselves faced with fine weather for our Small Schools Sports Day. Held at Forbes Primary School, we gathered with our friends from Bogan Gate, Caragabal, Eugowra and Quandialla. As always, we started with the School March Past, a wonderful tradition and stirring sight to watch, then the day then went on to host a variety of activities with the children participating in ball throws, standing and long jump, age races and novelties, ending with a series of student and adult relays. Throughout the day children had an opportunity to accrue points for themselves and their school based on their sporting achievements. As a result we can determine the successful sporting students who are named age champions and a list of athletes to represent our small schools group at the Lachlan District carnival. I am very pleased and proud to announce that as usual, the children from our school were absolutely wonderful throughout the entire day, taking a positive attitude into everything they attempted, something that was duly noted by other schools staff. I am also pleased and proud to announce the following sporting achievements by Bedgerabong students. Age Champions - Melody O, Harrison C, George M, Harriet P and Laura P. Bedgerabong was named K-1, year 1-2 and Parent Teacher relay Champions, and we now have a host of students who will represent in individual and team events at the Lachlan PSSA athletics to be held in Parkes on Friday 31st July, including Melody O, Airlie B, Annabelle H, Maddy K, Julia C, Chloe K, Clementine S, Jasmine P, Jessica C, Laura P, Jeremy D, Jack K, Zac N, George M, Ryan P, Campbell R, Sean D.

Complete details regarding the kids achievements will be included in our next newsletter.

I must also to take a chance to say THANK YOU to our P&C, led by Murray Brown as they provided a wonderful BBQ/canteen for everyone on the day. I have to admit the pumpkin soup and steak sandwiches were superb but the donuts were more delicious than anything else on the menu!
More Sporting results
Just over a week ago we conducted our school trials to select the athletes to compete in the Lachlan PSSA Cross Country to be held at the Forbes Jockey Club’s Racecourse on Friday 22nd May. A reminder that successful nomination and permission notes with explicit details were handed to each of the successful athletes on the Monday after the event explaining that transport to and from the event is to be arranged by parents and also included starting times etc. Congratulations to the following on their success.

Hot food
Makes a return to our school for the cooler months. Monday will be hot food day. Pies - $4, Sausage Rolls - $3 and party pies - $2. Please send the order to school in a paper bag with the order and child’s name clearly on the front and money securely inside. Orders are received the Friday prior to hot food day, the basket will be in the wet area all week for the order bags to be placed in. Any orders received later than Friday may not be able to be met.

Visitors to our school
• As most of you would be aware, we currently have the largest student enrolment that we have had at our school for decades. With this increase in students has come increases in the practices we have had to implement to keep all of the boys and girls safe and happy. You may have noticed the school gates are closed from 9am until 3pm. You may not have noticed that there is a new pedestrian gate that has been installed to the left hand side of our gates that locks/unlocks via a pool gate latch. I apologise to those of you that have climbed the old gates after either not noticing the new gate or struggling opening it. (The gate swings back to the roadside, after lifting the latch at the top of the post).
• It’s been wonderful that most mums and dads understand the need to sign students in if arriving late and signing out if departing early. We have a red sign in/out register on the shelf at the front of Mrs Horan’s office. Please be aware if you are dropping your child in after 9.10am or are picking them up before 3.10pm you are required to complete an entry in this register.
• We have also had wonderful support from families that have had to keep their children home for school for illness or family crisis. I do remind everyone that by law all children after the age of 5 are required to attend school. Any absences from school must be explained with a written explanation. Any absences over 3 consecutive days require a medical certificate as well. It is also part of our school policy to record any absences that have not been explained with an adequate response or medical certificate within 7 days as unexplained and automatically referred through our administration system to the Home School Liaison Officer.
• Larger numbers of students has also resulted in a larger stockpile of lost property. Please be aware that all items of school clothing should be clearly labelled with your child’s name. Mr Faulkner
Netball NSW Schools Cup

On Wednesday 6\textsuperscript{th} May ten primary girls Jess, Grace, Sophie, Clementine, Harriet, Laura, Emily, Chloe, Maddy and Sari attended the Netball NSW Schools Cup in Parkes. The girls participated in the non competitive section of the carnival and played five games that consisted of 2 x 12 minute halves. The wind was a little chilly but it proved to be just right for netball. There were some great goals and defence on the day. In particular the girls who had not played before developed many new skills and improved on the day. We would like to thank Ellie Tomlinson and Jack Piercy from The Forbes High School for being referees and scoring on the day. We would also like to say thank you to Mrs Faulkner for organising the excursion details and preparing the girls. A huge thank you to Mrs Westley and Mrs Sweetland for helping with travel and cheering the girls along! All of the girls need to be commended on their positive attitude and excellent conduct on the day. Mrs Corke

CWA Public Speaking

The closing date for registrations is 20\textsuperscript{th} May for CWA public speaking. Any student who has indicated interest in this event will complete their speech on Monday 11\textsuperscript{th} May at school. After this two students will be chosen from years 3 & 4 and 5 & 6. The speeches must comply with the rules, including the correct introduction and time allowance. All trial speeches will occur in Mrs Corke’s room at recess. Mrs Corke will choose the successful entrants and send home information regarding the day in Parkes on 26\textsuperscript{th} May.
K-1
During class we have been learning about odd and even numbers. We have some fun names to remind us about these numbers “Odd Todd” and “Even Steven”.

We have also been learning about healthy choices and people who help us stay healthy. Mrs Corke

News from the Middle
Wow week four already! There has been a lot going on, keeping us all very busy. Lots of sport - soccer, the cross-country and of course athletics. In class the children have been busy writing stories. Over the last two weeks we have been brushing up on narratives and persuasive texts. The children are still super keen to achieve their HOOTTs and I am continually impressed by their determination to progress through the tables. Congratulations to Paddy and Kate who have achieved Wizard status. I love that our year twos want to have a go at the HOOTTs as well, even though it is not expected of them. We hope all our school mums had a great Mother’s Day and if you haven’t seen it yet middle mums, check out our e-book on Facebook. Mrs Faulkner

News from “the Top”
It’s been hectic in our class over the past fortnight, you’ve only got to look through this newsletter, check our Facebook page or see our calendar. We’ve had small schools soccer, regional soccer trials, cross country trials, netball gala days, small schools athletics, eisteddfod preparation and so on. In educating children these days we are under more pressure than ever to give our students a well-rounded education full of a variety of experiences while maintaining high outcomes directly related to the Australian National Curriculum. Keep in mind that sport and music are both important parts of the curriculum, and at times it’s a delicate balancing act, but I have to say that as a group the senior class have taken everything in their stride ensuring that our classroom responsibilities are met before focusing on the “additional” activities. I am very proud of the positive work ethics and determination I am seeing from my kids and couldn’t be happier with the way they act as a cohesive group and accept the challenges of being senior students in our school. Mr Faulkner
Week 2 we made risotto, what a creamy consistency the kids achieved. Their chicken stock which they made from the chicken thighs and vegetables was full of flavour and delicious – they could tell the difference from the packet chicken stock we have been using. Week 3 saw a MKR type dish made with many elements coming together.

**Risotto**

4 cups (800 g) risotto rice, 1kg chicken thighs, ½ cup (50 grams) unsalted butter, 4 medium onions, 3 medium carrots, 2 stick of celery, 2 clove garlic, A small bunch of parsley, 2 glass apple cider, 2 tablespoon minced parsley, Salt & freshly ground pepper

**PREPARATION**

Put the pieces of chicken in a pot with one of the onions, the celery, the bunch of parsley, the garlic, and the carrot. Add cold water to cover and put the pot on the heat until the chicken is cooked. Fish the chicken from the pot and cut the meat into thin strips. Reserve the stock.

Mince the other onion and sauté it in the butter. When it turns golden (do not let it overbrown) add the chicken pieces and stir in the cider. Once the cider has evaporated stir in the rice, and begin adding the stock a ladle at a time (check the saltiness of the dish at some point and add salt if need be). When the rice reaches the al dente stage remove it from the heat, dust it with the minced parsley and a healthy grinding of pepper, and serve.

**Baked stuffed polenta (tortino di polenta)**

**Polenta**

600 g instant polenta, 2.4 litres water, pinch of salt

Place the water and the polenta in a medium sized non-stick pot, add a pinch of salt and bring to a simmer. Cook gently, stirring occasionally, for 2-3 minutes or until the polenta is soft and creamy.

**Filling**

3-4 tbsp extra-virgin olive oil, 900 g pork sausage meat, out of its casing, cut into small pieces, 2 eggplants chopped finely, 4 tomatoes – chopped roughly, salt and pepper for seasoning, 300 ml apple cider

Brown the sausage meat in extra-virgin olive oil over medium/high heat for 3-4 minutes. Add the apple cider, allow to bubble away for a few minutes, add the tomatoes and eggplant then turn the heat to low and cook for 10-15 minutes or until cooked through. Season with salt and pepper and set aside.

**Chickpea puree**

3 small onion, finely chopped
3 small carrot, finely chopped
3 stick celery, finely chopped
4 x 400 g tins chickpeas, well drained and rinsed
salt and pepper for seasoning

Stir-fry onion, carrot and celery in extra-virgin olive oil until soft. Add the drained chickpeas and cook for 2-3 minutes. Season with salt and pepper then blitz the chickpea mixture in a food processor until smooth.

**To Put together**

Preheat your oven to 200°C.

Oil 20 individual ramekins and dust them with polenta flour or breadcrumbs. Spread a few tablespoons of polenta in the ramekin to create a shell to incase the filling in. Add the chickpea puree then 1-2 tablespoons of filling, top with one extra tablespoon of soft polenta to create a lid. Repeat with the remaining ramekins. Bake for 20 minutes or until golden and delicious. For real Italian look don’t put the chickpea puree in the pie but serve the pie on top of the chickpea puree.

To assemble the dish, spread 2-3 tablespoons of chickpea puree onto a plate, take the tortino out of the ramekin and sit it on top of the puree. Serve with a green salad.

Mrs Horan
Michael Grose- Parenting Strategies
Strategy 5- “This is normal”
Help your child understand that he or she is not the only person to experience this. It’s human nature to think that we are the only ones to experience bad things. But the human condition dictates that this is rarely the case. Everyone has experienced loss, rejection, disappointment and conflict in their lives. Rarely is there a situation so unique that you are the ONLY person to have experienced it. Normalising a situation is an aspect of optimism. When you realise that others also experience similar difficulties and survive you feel more hopeful. Help kids to normalise a situation rather than personalize it. “You are not the only one to experience this” is a powerful concept for kids to grasp. It helps them understand that ‘this too will pass’.
This strategy requires kids to rationalize their thoughts and not take matters personally. What to say: “Everyone feels bad sometimes.” “It’s not just you. You are not the first person that this has happened to.”

Bedgerabong Community Notice Board

Australia’s Biggest Morning Tea
Bedgerabong will be holding their Biggest Morning Tea on 28th May at 10.30 at the Bedgerabong Hall. Everyone is invited to attend – bring a plate to share sweet/savoury. For more information contact Maureen Smart 68572152

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.
**FREAKY FACTS**
Ablutophobia is the fear of bathing.
Alektorophobia is the fear of chickens
Basiphobia is the fear of walking.
Bibliophobia is the fear of books.
Chrometophobia is the fear of money.

**Giggle Spot**
Q: What happens if you eat yeast and shoe polish?  
A: Every morning you'll rise and shine!
Q: "What's the difference between a guitar and a fish?"  
A: "You can't tuna fish."
Q: What do you get when you cross a snowman with a vampire?  
A: Frostbite.

**QUOTE OF THE WEEK**
“Life isn’t about waiting for the storm to pass, it’s about learning to dance in the rain.”
– Mae West

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Happy Birthday to these recent and up coming party goers.

2 May Dani K  
10 May Lacey O  
12 May Emily T  
3 May Riley P  
10 May Karla O  
19 May Jack J

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26 June Last day term 2

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2015 school term dates

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