Gr8 families
Great sports

Student of the Week
Mrs Corke’s class
Week 2 - Russell W – offering extra help in Tootie Fruity
Week 3 - Riley P – trying extra hard in everything.
Great effort

Mrs Faulkner’s class
Week 2 – Harrison C – working well with others
Week 3 - Will M – super effort in handwriting and history

Mr Faulkner’s class
Week 2 – Jasmine P – POSITIVE ATTITUDE.
Week 3 – Harrison C – choosing an open and Positive attitude

Reading Awards
50 nights - Chloe K
75 nights - Lacey O, Karla O, Melody O
100 nights - Airlie B, Jeremy D, Jasmine P, Samantha N, Annabelle H

Upcoming Dates for your Diary
14 Aug Small School Soccer
22 Aug Bedgerabong Show
28 Aug Western Athletics
31 Aug - 2 Sept Bathurst excursion
15 Sept School Photos
18 Sept Last day Term 3
4 Oct Term 4 starts
30 Nov Swimming Scheme
15 Dec Presentation Night
Congratulations to all of our kids who travelled over to Parkes last Friday to compete in the Lachlan PSSA athletics selection trials. Our squad consisting of Airlie B, Julia C, Harrison C, Jeremy D, Sean D, Annabelle H, Chloe K, Jack K, Maddy K, George M, Zac N, Melody O, Jasmine P, Laura P, Ryan P, Campbell R and Clementine S performed really well and I was very pleased to hear such positive comments about the kids behaviour and attitude from other teachers acting as officials. Apart from having fun and doing your best the day was also about selecting a team to represent Lachlan PSSA at the Western Region and I'm very proud to announce the following have been selected to compete at the brand new Barden Park athletics complex in Dubbo on August 28. Laura in the 100m, George in the Jnr Boys high jump and shot put, Clementine, Ryan, Laura and Campbell in the Bedgerabong team for Nigel Bagley small schools relay and Campbell in the combined small schools senior boys relay, 11yrs shot put and 11yrs discus. Thanks also to our wonderful families who travelled and supported our kids so positively.

**Bedgerabong Community Connections**

I’d like to take a little bit of time to mention a school initiative that we are looking to put in place each in the next few weeks on Thursdays to support our community’s preschool aged children and their families. It’s called our Community Connections program and it will involve working closely the playgroup to provide support for the preschoolers and their families. We are inviting anyone with preschool age children to join in with playgroup this Thursday from 10am to discuss further the purpose of this program and to determine priorities that we can work towards. We are also offering support to any parents of our current school students to attend as we can also look at supporting families in a wide range of areas/issues to support your children at home. Looking forward to a big roll up and productive meeting.

**Working Bee**

Thanks you sooooooo much to Murray Brown and all of the very hard working P&C members who made it to our recent working bee. We certainly achieved a lot throughout the day to provide the best resources we can for all of our students. The school looks in tip top condition, our hen house is now more resistant to vermin, a new composting area is in place, our trampoline area has a new sun safe cover and we have a more practical home for our unicycles.

**Bathurst Excursion**

It is now week 4 which means our trip to Bathurst is only 4 weeks away. I am still waiting on medical and permission forms which were due by the 27th of July. I you have not already done so, please get these forms to school as soon as possible. Final payment (up to $160) is due next Monday, August 10th. All money and notes must be finalised by this date. All notes are available on the school website if needed. If you have any questions please contact me at school. Mrs Faulkner

**Cath Adams**

If you’re a viewer of Sunday night television then you may have watched The Voice and seen Cath "Miss" Adams from Eugowra. She’s a lovely teacher and great talent who, given her recent fame has actually offered to come to visit our school after her commitments to the program to entertain our kids. Let’s join in with Eugowra School and support her during her time on the show.
**School Lunches**

Over the past few weeks we seem to have more and more boys and girls who are causing some concern, particularly at lunch time. Some of the kids are starting to eat all of the food supplied for them at recess leaving nothing for lunch. Others are dragging their feet eating their lunch claiming that it's something they don't like or usually eat. It would be very much appreciated if you could check with your child to ensure that they are having enough food to eat packed each day, what it is they might eat at recess and then what at lunch, and that they actually intend to eat it. We will be asking students who claim they don't like what they have had packed to take it home rather than trying to bin it, so keeping a close eye on lunch boxes would be advisable.

**K-1 News**

Welcome back K-1! We have been preparing for the show over the last few weeks. Thank you to Mrs George for helping us out with our sewing. The weather has been warmer allowing the children to play on the equipment and complete some fitness skills during class time. We have been working on 2D and 3D shapes during Maths.

**News from ‘the middle’**

With the term well underway we have now settled back into our class routines. There is a lot to look forward to this term, including the excursion to Bathurst, sporting competitions and of course the show. I think this will truly be a GOLDen term. Speaking of gold, we have already started our cross-curricular Gold unit - We began by looking at how it naturally forms and what it is used for. Did you know you can actually eat gold? We have been learning about the first Australian gold discoveries, including Edward Hargraves - who made the first 'official' claim. Next we will journey into the goldfields.

We have still been working on show items including handwriting and printing. Have a look at some of our recent work below.
News from the Library
The library has had a lot of visitors since our return from the holidays, with a variety of new books available for students to take home and read. All students are encouraged to come into the library to explore new books, as well as take part in the variety of activities that happen weekly.

The Children’s Book Council of Australia (CBCA) annual Children’s Book Week is on from the 22-28th of August in 2015, and will be held during Week 6 in our school. This year is the 70 year anniversary of the event, and information on this year’s short-listed titles is available on the CBCA website. The theme for 2015 is ‘Books light up our world’, and information on what activities will be happening in the school will be announced shortly.

Lavoro fantastico!
Every year the CWA invite students from Bedgerabong P.S to take part in the International Country of Study Poster Competition, with Italy being this year’s country of study. During Semester One a range of students from Years 3 to 6 chose to study a variety of topics on Italy, including everything from fashion to sport. Students worked really hard on the posters, and used their researching and writing skills to ensure that they presented their own work, no copying and pasting here! The CWA judged the competition during the holidays and announced the winners last week, which are as follows:

Year 3: equal 1st place, Isabella B and Airlie B.
Year 4: 1st place George M, 2nd place Patrick B, Highly Commended Sam S.
Year 5: 1st place Harrison C, 2nd place Hamiet P and Highly Commended Campbell R.
Year 6: equal 1st place Sophie W and Clementine S.

Congratulations to all of the boys and girls who entered the competition!

Michael Grose- Parenting Strategies
Strategy 8 Blame fairly

Help your child not to take things personally
Self-blame is one of the enemies of resilience. When you blame yourself for bad situations you think irrationally and experience loss of hope. It is important not to blame yourself for things you are not responsible for.

Most things that happen to you, whether good or bad, occur due to some mixture of luck, other people and your own actions. Encourage your children to apportion blame fairly when difficult situations occur rather than catastrophise and personalize the situation.

This strategy requires kids step back and weigh up the facts rather than jump to conclusions. What to say: “It’s not your fault.” “You didn’t make this happen.”
**Tootie Fruity**

Weeks two and three have carried on with the cupcake theme. Taco cupcakes and Lasagna cupcakes. The kids seem to love having cupcakes for lunch. K-1 made butterscotch pinwheels last week and they were a huge hit. **Change of date for Week 5 Tootie Fruity will be Tuesday 11th August due to Wheelchair Sports.**

**Taco Cupcakes**

Yummy layers of your favourite taco fillings baked in wonton wrappers in cupcake form.

**INGREDIENTS**

- ½ kg ground beef, 1 (1.25 ounce) package of Old El Paso™ taco seasoning mix, Spring roll wrappers, 1 can Old El Paso™ refried beans, 36 tortilla chips, 2 cups shredded cheddar cheese
- Sour optional toppings: cream, diced tomatoes, onion

**DIRECTIONS**

1. Preheat the oven to 375°F. Spray 18 muffin cups with cooking spray.
2. Brown beef in a skillet and drain the fat. Add the taco seasoning mix and water called for on the package and simmer for 4-5 minutes. Set aside.
3. Cut spring roll wrappers in four, place one wrapper in the bottom of each muffin cup. Layer about 1 tbsp of refried beans on top of each wrapper. Crush one tortilla chip on top of the beans. Top with 1 tbsp of taco meat and 1 tbsp of shredded cheese.
4. Bake for 15-18 minutes or until golden brown.
5. Remove cupcakes from tin and top with your favourite taco toppings (i.e. sour cream, diced tomatoes, onion, or cilantro).

**Lasagna Cupcakes**

Layers of meat, cheese and pasta baked in little lasagna cupcakes. Serves 12

**INGREDIENTS**

- 250g ground beef, Salt and pepper, 24 spring roll wrappers, 1 3/4 cups Parmesan cheese, grated, 1 3/4 cups mozzarella cheese, shredded, 3/4 cup béchamel sauce (1tbs margarine, 1 tbs flour, 1 cup milk), 1 cup pasta sauce, Basil for garnish (optional)

**DIRECTIONS**

1. Preheat oven to 375ºF. Spray muffin tin with cooking spray.
2. Brown beef, and season with salt and pepper add pasta sauce.
3. Make béchamel sauce - melt margarine, add flour and cook to form a ball, add milk slowly stirring to make a smooth consistency, add parmesan and cook until thick.
4. Cut spring roll wrappers into 4. Then take some of the cut wrappers and cut in four again. To construct
   - Reserve 3/4 cup Pamesan cheese and 3/4 cup mozzarella cheese for the top of your cupcakes. Start layering your lasagna cupcakes. Begin with a spring roll wrapper and press it into the bottom of each muffin tin. Sprinkle a little Pamesan cheese, béchamel sauce, and mozzarella cheese in each. Top with a little meat and pasta sauce. Add one of the small spring roll pieces and repeat layers again (i.e. béchamel sauce, mozzarella and pasta sauce). Top with reserved Pamesan and mozzarella cheeses.
   - Bake for 18-20 minutes or until edges are brown. Remove from oven and let cool for 5 minutes. To remove, use a knife to loosen the edges, then pop each lasagna out. Garnish with basil and serve.

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**Bedgerabong Community Notice Board**

**Bedgerabong Show**

Bedgerabong Show is on Saturday 22nd August 2015. With a couple of new events and things to do, this year’s show should be bigger and more event filled than ever before. If you have not already got your schedule then please contact Anne Eamey on 6857 1199 or bedgerabongshow@hotmail.com

The juvenile sections this year can be found in the relevant sections ie. Cooking, sewing, produce, flowers etc. Junior Showgirl/stockman. Many wool displays etc.
FREAKY FACTS
Earthworms have five hearts.
Bees are born fully grown.
Some reptiles have eyes that operate independently of each other, so that the animal can see in two directions at once.

Giggle Spot
Q: What colour is happy cat? A: purr-ple
Q: How do you get milk from a cat? A: Steal its saucer
Q: What do you get if you cross a shark and a parrot? A: An animal that talks your ear off.

QUOTE OF THE WEEK
“If today were the last day of your life, would you want to do what you are about to do today?” – Steve Jobs

Happy Birthday to these recent and up coming party goers.

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<th>Date</th>
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<tbody>
<tr>
<td>2 Aug</td>
<td>Melody O</td>
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<td>16 Aug</td>
<td>Harriet S</td>
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<td>20 Aug</td>
<td>Daniel S</td>
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<td>27 Aug</td>
<td>Fletcher G</td>
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<td>14 Aug</td>
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<td>16 Aug</td>
<td>Jeremy D</td>
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<td>20 Aug</td>
<td>George M</td>
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<td>Will C</td>
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Upcoming Dates for your Diary

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Mr Faulkner
3 August 2015

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