Little Athletics Visit

On Monday afternoon we were very lucky to have a visit from Youcef Abdi an Australian Olympian and ambassador for Little Athletics.

Youcef represented Australia at both the Beijing and London Olympics in the steeplechase and hopes to be at Rio de Janeiro in 2016. He gave the children some tips on running style as well as how to measure the run up for the long jump. A big thank you to Kristy Bennett from Little A’s for making the visit possible.

A leaflet on how to sign up for Little A’s is attached to this newsletter. Registration can be made online at lansw.com.au or phone Kieren on 0488 103 807.

Zone Athletics Carnival

Last Friday we had eight students represent our school at the Zone Athletics Carnival in Mudgee.

Kristy, Abbie, Isabella, Siobhan, Tyler, Robbie, Reese and Thomas all did their best against some very tough competition. Congratulations to Robbie (2nd Junior Boys shot put) and Reese (3rd Junior Boys shot put) who both qualified to attend the Western Region Athletics Carnival on Friday 28th August. Our relay team will also compete in Dubbo.

Book Week

We will be celebrating Book Week on Thursday 27th August with a dress up day. Every child is asked to dress up as a character from one of their favourite books. It doesn’t need to be anything complicated and can be as simple as wearing a hat, wig or a pair of glasses. Last year the staff dressed as pirates—what will they come dressed as this year?

Emily Rodda Excursion

Next Thursday 13th August Mrs Rae’s class will travel to Cudgegong Valley Public School in Mudgee to listen to well known author Emily Rodda speak from 12-1pm.

Emily (whose real name is Jennifer Rowe) has written many well loved children’s books including the Rowan of Rin series, the Deltora Quest series, Finders Keepers and many others in our library. Transport will be by Terry’s bus and private car. Can anyone who has a child in Years 4, 5 or 6 help with this? We will only need 1 car to assist. We will be leaving school at 11:15 and returning to school after the presentation for a late lunch.

Woolworths Earn and Learn

- A box is located near the office for your sheets of stickers.

Touch Football Gala Day

Children in Years 3 to 6 will be taking part in the Touch Football Gala Day at Glen Willow Oval, Mudgee next Tuesday 11th August. Permission notes have been sent home.
Mini Frittata Bites

12 Serves

• Cooking oil spray
• 20mL (1 tablespoon) olive oil
• 125g (1) red onion, chopped finely
• 250g (2) large tomatoes, chopped
• 560g (8 whole) eggs, at room temperature
• 1 tablespoon chopped chives
• 75g reduced fat grated cheese

1. Preheat oven to 180°C. Prepare two 12 hole mini muffin pans and line with cooking oil spray.
2. Heat olive oil in a frying pan over medium heat. Add onion and tomato and cook, stirring occasionally for 5 minutes and set aside.
3. In a bowl, whisk all eggs until well combined. Add the tomato and onion mixture, cheese and chives and beat until combined.
4. Spoon mixture into the mini muffin pans and bake for 15 minutes. Once cooked, allow to cool for 5 minutes in the pan. Turn onto a wire rack and serve as is.