NEWSLETTER - Term 4 Week 7

What’s coming up...

**Thursday 20th November** Year 6 into 7 Parent night Bega High - School Library & Year 6/7 Student Disco in hall

**Friday 28th November**
12E Assembly 9.15am in hall

**Wednesday 3rd December**
Year 6 Orientation Day at Bega High

**Friday 5th December**
Helper’s Morning Tea 11.05am

**Wednesday 10th December**
Kindergarten, Year 1 & Year 2 End of Year Excursion $15.00

**Friday 12th December**
Year 3, 4, 5 & 6 End of Year Picnic Day Magic Mountain $25.00

**Monday 15th December**
Presentation Day

**Wednesday 17th December**
Last day of Term 4 students

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**Information for Year 6**

On Thursday November 20th there will be a Year 6/7 Social at Bega High School from 6.00pm to 8.00pm in the Bega High School Hall. There will also be a Parent Information Evening on the same night from 6.30pm-8.00pm in the Bega High School Library.

**Years 3, 4, 5 & 6 End of Year Excursion**

The end of year excursion for Years 3, 4, 5 & 6 will be held on Friday 12th December. They will be going to Magic Mountain and the cost for the excursion will be $25.00. Notes will be sent home soon.

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**K-2 End of Year Excursion**

The Kindergarten, Year 1 & Year 2 excursion will be held on Wednesday 10th December. They will be going to the Picture Showman Cinema to see “Paddington Bear” as well as going to Spencer Park.

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The cost for the excursion will be $15.00. Notes will be sent home soon.
CANTEEN NEWS:
Our School Canteen relies on the continued support of our volunteer Parents, Grandparents and Carers. Sheryl (Canteen Manager - Phone 64924729) is requesting Volunteers to put their names down for next year. Without Volunteers our Canteen could not operate. Our Canteen is open Wednesdays and Fridays. Any amount of help is appreciated. A full day or an hour at school drop off. If you would like to put your name down please contact the school office. Thankyou.

IMPORTANT CANTEEN NOTE:
The Canteen is only open on Wednesdays & Fridays.

FREE TO GOOD HOME
Upright piano. Contact the School Office on 64921280.

Building healthy habits

Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods.

<table>
<thead>
<tr>
<th>Everyday Snacks</th>
<th>Sometimes Snacks</th>
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<tbody>
<tr>
<td>fruit loaf</td>
<td>muesli bars and dried fruit bars</td>
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<tr>
<td>plain popcorn</td>
<td>potato crisps / chips and corn chips</td>
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<tr>
<td>plain or fruit yoghurt</td>
<td>lollies and confectionary</td>
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<tr>
<td>cheese and crackers</td>
<td>chocolate</td>
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<tr>
<td>fresh fruit or canned fruit</td>
<td>cordial</td>
</tr>
<tr>
<td>dried fruit and cheese cubes</td>
<td>soft drink</td>
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<tr>
<td>wholemeal biscuits or crackers</td>
<td></td>
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<tr>
<td>vegetable sticks and dip or salsa</td>
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<tr>
<td>corn or rice cakes with or without spreads</td>
<td></td>
</tr>
<tr>
<td>celery, cherry tomatoes and carrot sticks</td>
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</tbody>
</table>

Confectionary and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes. Keep these foods for special occasions only.
As a result of our Red Day and the P+C we recently presented the Breakfast Club with a wonderful new fridge. The Breakfast Club does a fantastic job, providing breakfast to the children who either haven’t had time for breakfast or “just need a top up”.

A special thank you to Betta Electrical, especially Brendon, who supplied and arranged delivery of the fridge.
COMMUNITY
NOTICES

St Patrick’s School’s Summer Carnival – Friday 21st November
Come and join in the fun with Zorb Balls, a Jumping Castle, Water Challenge and Wii Dance Party. Try your luck and win a prize with Coconut Bowling, Beach-ball Toss, Hit the stump or Jellyfish Surprise. Enjoy the BBQ, nachos or chicken curry for dinner and maybe even win $50 cash in the Loom-band Competition. For more information contact Antoinette Woods on 64920067 or pish_nette@hotmail.com

 COMMUNITY
NOTICES

Zoe’s Learn to Swim with Jules J
Intensive starting December 8th
Please phone: 0429 467 262 to secure your spot
Water confidence is important from a young age - Children love to have fun in the water and can obtain a life skill whilst having fun and learning in a safe environment

VEGEMITE SurfGroms is on again!
Book now for December after school programs and summer holiday programs with Coastlife Adventures.
VEGEMITE SurfGroms offers youngsters aged between 5 and 12 years the opportunity to learn how to surf in a fun, safe and supervised environment. Each student will complete an 8 hour course over several days under the instruction of experienced surf coaches. This progressive learning experience helps participants develop their skills and build their confidence in the surf ready for lots of summer fun.
Upcoming TATHRA Beach Programs
After School SurfGroms – Wed & Thurs 4:00pm on 10th, 11th, 17th & 18th Dec
Upcoming PAMBULA Beach Programs
After School SurfGroms - Mon & Tues 4:00pm on 8th, 9th, 15th & 16th Dec
Summer Holiday SurfGroms 1 – Mon 5th to Fri 9th Jan
Summer Holiday SurfGroms 2 – Mon 19th to 23rd Jan
Register online at www.surfgroms.com or for more information please call 6494 1122.
Bermagui Spring Fair – Saturday 22nd November 10am-2pm

Bermagui’s Spring Fair brings the community together at Bermagui Public School. Held ‘On the Flat’ at Bermagui School, the P&C committee is arranging amusement rides- including a slip ‘n slide and a dunking machine, entertainment, gymnastics displays, lucky tickets, raffles, cake and coffee, face painting and a second hand book stall. Proudly, we have an emphasis on all things local with our market type stalls offering local craft and produce, and our rides sourced locally. Our school family’s bake cakes, biscuits and slice and sell them on the day. The Bermagui Spring Fair has a light, country fair feel to it and is well worth a trip to Bermi. For more information, call the Bermagui school on 6493 4271
Getting Your Newsletter By Email

Name: ________________________________________________

Email Address: _______________________________________

Please return to the school office.

Absentee Note Bega Valley Public School:

My child/ren ____________________________________________ of Class/es _________________________
were absent on:
________________________________________________________________________________________

Please tick box where appropriate.

☐ Sick ☐ Family Leave ☐ Appointment

Details: __________________________________________________________________________________

Signed: _________________________________ Date: ______________

Change of address or phone numbers

Student Name/s: ________________________________________________
Residential Address: ____________________________________________
Mailing Address: ______________________________________________
Contact Name: _________________________________________________
Relationship to student: _________________________________________
Phone (Home): ________________________________________________
(Work): _______________________________________________________
(Mobile): _____________________________________________________
Emergency Contact Name: _______________________________________
Emergency Contact Phone Number: ________________________________
Welcome to this week’s Newsletter. We have some exciting things for you this week. Emily has found an amazing recipe for a Berry and Yoghurt Crumble. Also, on the back of the Newsletter you will find a picture of the canteen. They would like students’ to think of a name to call it because they are going to change it a little and add some new healthy items to their menu. The classroom we visited this week was KG who have been learning all about keeping healthy. We hope you like their fantastic artwork.

**Fairy Houses**
Samara’s passion is fairy houses. She has been making them for about 3 years. It all started with her wanting to help her community and the Sydney Creek Animal Refuge raise money. She sells them at her school and has made $400 so far. She has made over 2000 fairy houses and now has her own business called Enchanted Fairy Houses. She holds work shops and parties for children. She has also written a book called ‘How to make fairy houses’ which she sells for $19.95. You can get the book by following this link.

**Recipes**

**Berry and Yoghurt Crumbles**

**Ingredients**
- ½ cup (75g) plain (all-purpose) flour
- ¼ cup (55g) caster (superfine) sugar
- ½ teaspoon ground cinnamon
- ⅓ cup (30g) rolled oats
- 75g unsalted butter, melted
- 2 cups (560g) vanilla yoghurt
- 125g fresh raspberries
- 250g strawberries, halved

**Method:**
1. Preheat oven to 160ºC (325ºF).
2. Line a lightly greased baking tray with non-stick baking paper.
3. Place the flour, sugar, cinnamon, oats and butter in a medium bowl and mix to combine.
4. Spread over a baking tray and bake for 20–25 minutes or until golden.
5. Set aside to cool.
6. Spoon half the yoghurt into 6 x ¾-cup-capacity (180ml) containers, top with half the fruit and crumble mixture.
7. Top with the remaining yoghurt, fruit and crumble to serve.
Please put your entries into the box in the library. The winner of ‘naming the canteen’ will be announced in assembly.