# Bilambil PUBLIC SCHOOL



### Inspiring 21<sup>st</sup> Century Learners

### It's a massive term so...

School staff are currently working hard to finalise their assessments for annual reporting. Students completed some assessments last week which will allow us to measure the specific growth they have made across the school year in areas of Maths and English.

As well, staff are considering annual awards, planning end of year events, creating our school magazine as well as providing quality teaching and learning experiences each day. The load this places on teachers means they are increasingly reliant on our students to make positive behaviour choices. Staff are working intensively with students to focus on how they can best react when social situations do not go the way that they would like them to do. This is a challenge as many students are focussed on the negative behaviour choices that other students make and can use these as justification for their own negative choices.

Please talk with your child at home through their reactions to social situations and please keep asking questions like; "what can you control in that situation?, how can you make a good choice in that situation?, how can you get a good outcome in that situation?, how can you stay positive when other people around you aren't being nice?" This ownership by our students of their behaviour choices and on-gong consequences is a big element of their growth into well balanced, successful and positive contributors to society when they grow up!





Students from Stage 2 enjoying a day of learning about the Jellurgal Cultural Centre and Burleigh Headlands.

### Car Park, Drop Off and Pedestrian Crossing

After the tragic events at Banksia Road Public School last week where two Year 3 students sadly died in their classroom after a vehicle accident we wish to reassure parents/carers. Our road and transport infrastructure is geared that a similar incident couldn't happen at Bilambil. Saying that, we are extremely dependent upon our parent/ carer and other motorists being careful around our school.

► Please DO NO turn right out of the Kiss 'n' Drop area!

► Please DO NOT drop your child off in the staff car park.

► Please drive slowly looking out for pedestrians.

► Please accompany your child across Bilambil Road if you have parked on the northern side of the road so that we all continue to be safe at our beautiful community school.

A reminder for those people who may not be aware, that we have a defibrillator unit located in the front office. This can be used for all ages and is designed to be available for the community if anything ever goes wrong.

If you have any questions please contact Mr Mostert at school. Thank you!



Bilambil Road, BILAMBIL NSW 2486 . 07 5590 7210 . Bilambil-p.school@det.nsw.edu.au . Bilambil-p.schools.nsw.edu.au

Newsletter Bilambil SCHOOL

Inspiring 21<sup>st</sup> Century Learners

### Parent Cyber Safety Workshop

The school has organised for Nathan, Tweed Head Police's Youth Liaison Officer, to attend our school hall on Tuesday, 28 November 2017 at 6.00pm to conduct a workshop for our parents on Cyber safety. This is an important issue which can have enormous ramifications on the wellbeing of young people and thus we urge as many parents K-6 to join us for this occasion if possible.

## Anyone coming/ leaving?

School staff are currently configuring the class structure that we think will best suit the school for 2018. If you are aware of anyone who you know or who may be coming or leaving our school in 2018, please contact the school office and let us know. Thanks!

### School Stream Update

We have spent some time recently with Schoolstream making some improvements to our app service. To make sure you are getting the best information about our school, please make sure you download the free Schoolstream app from the app store or Google Play.

Search for Bilambil PS with password Wollumbin. Make sure your alerts are turned 'ON' as this and the newsletter are our major communication streams. If you are having trouble, please contact the school office.

#### Term 4 - Week 6, 15 November 2017 UP AND COMING EVENTS TERM 4 2017

### School items

P&C Items

| School items          | P&C Items  |
|-----------------------|--|
| TERM 4 WEEK 6         |  |
| Wednesday 15 November | <ul><li>Music Mates Rock Orchestra</li><li>Newsletter</li></ul>  |
| Friday 17 November    | Fleays Kindergarten Excursion  |
| TERM 4 WEEK 7         |  |
| Monday 20 November    | <ul> <li>Canteen Sushi Day</li> <li>Swimming Scheme Program starts</li> <li>Stage 3 Interrelate Program</li> </ul>   |
| Tuesday 21 November   | <ul> <li>Kindy 2018 Orientation Program cont.</li> <li>Swimming Scheme Program cont.</li> <li>Stage 3 Interrelate Program</li> <li>Student School Banking</li> <li>Music Mates Yr 2 Ukulele</li> <li>Music Mates Guitar &amp; Drums</li> </ul> |
| Wednesday 22 November | <ul><li>Music Mates Rock Orchestra</li><li>Newsletter</li></ul>  |
| Thursday 23 November  | Swimming Program   |
| Friday 24 November    | Swimming Program   |
| TERM 4 WEEK 8         |  |
| Monday 27 November    | <ul> <li>Canteen Sushi Day</li> <li>Swimming Program</li> <li>St 3 (Yrs 5 &amp; 6) Interrelate Program</li> </ul>  |
| Tuesday 28 November   | <ul> <li>Kindy 2018 Orientation Program</li> <li>Swimming Program</li> <li>St 3 (Yrs 5 &amp; 6) Interrelate Program</li> <li>Student School Banking</li> <li>Music Mates Yr 2 Ukulele</li> <li>Music Mates Guitar &amp; Drums</li> </ul>       |
| Wednesday 29 November | <ul><li>Music Mates Concert</li><li>Newsletter</li></ul>   |
| Thursday 30 November  | Swimming Program   |
| Friday 1 December     | Swimming Program   |
| TERM 4 WEEK 9         |  |
| Monday 4 December     | <ul><li>Canteen Sushi Day</li><li>Last day Swimming Program</li></ul>  |
| Tuesday 5 December    | <ul> <li>Student School Banking</li> <li>2018 Kindy Afternoon Tea 3.15pm</li> <li>Tweed River HS Orientation Day</li> </ul>  |
| Wednesday 6 December  | Junior & Senior Choir Performances     at local Nursing Homes  |
| Friday 8 December     | <ul><li>Presentation Day</li><li>Thank you Morning Tea</li></ul>   |
| TERM 4 WEEK 10        |  |
| Monday 11 December    | Canteen Sushi Day  |
| Tuesday 12 December   | <ul><li>Student School Banking</li><li>School Concert Rehearsal</li></ul>  |
| Wednesday 13 December | <ul><li>School Concert</li><li>Newsletter</li><li>Year 6 Informal 5.30pm</li></ul>   |

## **Newsletter Bilambil** PUBLIC SCHOOL

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## **STUDENT OF THE WEEK**

| Term 4 - Week 6, 15 November | 2017 |
|------------------------------|------|
|------------------------------|------|



Term 4 - Weeks 5 & 6 Kael, Harmony

Jacob, Sophie

|           | Term 4<br>Week 5 | Term 4<br>Week 6 |            | SILVER AWARI                                |
|-----------|------------------|------------------|------------|---|
| KL        | Aria             | Xavier           |            |   |
| KN        | Kalumb           | Holly            |            | Term 4 - Weeks 5 & 6                        |
| K/1B      | Mia              |                  | KL         | Gypsy, Kaylee, Chloe, Junior                |
| 1/2H      | Daniel           | Zy               | K/1B       | Jack  |
| 1/2M      | Phoebe           | Michael          | 1/2H       | Crystal, Amy , Lylah                        |
| 1/2P      | Kahu             | Sonny            | 1/2M       | Jesse, Pearl                                |
| 1/2R      | Connor           | Marlin           | 1/2P       | Sophia, Kahu, James, Alyra, Tayah, Makaira, |
| 3/4B      | Autumn           | Zac              | ]          | Shailyse, Dempsey, Ruby                     |
| 3/4C      |                  | Summer           | 3/4B Jasco |   |
| 3/4T      | Rigby            |                  | 3/4C       | Cooper, Tony                                |
| 5/6B      | Kyne             | Danny            | 3/4T       | Rigby, Madison, Matilda, Sonny, Roslin,     |
| Library   | Issac (3/4B)     |                  | 5/6B       | Rueben                                      |
| Music     | Seth (3/4T)      | Jamison (KL)     |            | Will, Kyne, Oliver, Storm                   |
| Principal | Matilda (3/4T)   |                  | 5/6M       | Zac, Logan                                  |
|           | Maniaa (3/41)    |                  | 5/6R       | Riley, Kalani, Lucas                        |

K/1B

5/6B

## Whopping Cough

Bilambil has now had a couple of confirmed cases of whopping cough from students enrolled at our school..

A NSW Health Factsheet was sent home with children recently. Please ensure you are aware of the symptoms and treatment of this illness. If you require another copy, contact the school admin office.

Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough. If you think your child is displaying any symptoms of whooping cough, please consult your doctor.



| GOLD AWARD                           |  |  |
|--------------------------------------|--|--|
| Term 4 - Weeks 5 & 6                 |  |  |
| Aleigha                              |  |  |
| Michael                              |  |  |
| Jago, Tanna, Serenity                |  |  |
| Grace, Malia                         |  |  |
| Grace                                |  |  |
| Ella, Maddiex                        |  |  |
| Aiden, Zoe, Stephanie, Jessica, Nate |  |  |
|                                      |  |  |

### **Rock orchestra Concert** 29 November 2017

Our Semester 2 Rock Orchestra and Music Mates concert will be taking place on Wednesday 29 November 2017.

It will start at 1:30pm and will be another chance to see some of the awesome tunes our kids are making every week at school.

More information will come home soon!



Inspiring 21st Century Learners

# Bilambil SCHOOL

Inspiring 21st Century Learners

### BPS 2017 School Magazine

The school magazine committee is happy to announce that a colourful and vibrant School Magazine is now available for purchase at \$15.00 each.

Great value for 56 pages of your child's memories of their school year.

Be quick, don't be disappointed as there is only limited quantity available.



### **Class Requests**

A reminder that we would like to offer parents the opportunity to offer any specific thoughts which they would like school staff to consider when forming classes. Consideration of social, emotional, physical or academic factors from parents will support the knowledge that teachers have of each student. Teachers will form classes on a range of factors with the main aim of having your child have a happy and productive future year of learning. If you would like to have your thoughts considered, the only way that this will take place if is you write a letter addressed to The Principal of Bilambil PS.

These can be delivered via the front office or via email at bilambil-p.school@det.nsw.edu.au

Please feel free to talk to your child's current teacher about this but understand that only written correspondence will be formally considered. Please understand that this is not an invitation to choose your child's teacher for next year. Which teachers are teaching which years has not been finalised yet and no requests will be considered without appropriate supporting evidence.

### 2017 Review against the SEF

The school executive recently assessed our 2017 practice against the department's School Excellence Framework. This is available for viewing on the internet but our school assessments are below. This process was done in consultation with all staff and presented to your P&C recently. These findings will help drive our future practices and allow us to explicitly measure how we are improving as a school against commonly agreed current best practice. Our final ratings for the year were:

| Learning Element | Learning Culture                                    | Sustaining & Growing |
|------------------|---|----------------------|
|                  | Wellbeing   | Sustaining & Growing |
|                  | Curriculum & Learning                               | Sustaining & Growing |
|                  | Assessment &<br>Reporting                           | Sustaining & Growing |
|                  | Student Performance<br>Measures                     | Delivering           |
| Teaching Element | Effective Classroom<br>Practice                     | Sustaining & Growing |
|                  | Data Skills & Use                                   | Sustaining & Growing |
|                  | Collaborative Practice                              | Sustaining & Growing |
|                  | Learning &<br>Development                           | Sustaining & Growing |
|                  | Professional Standards                              | Sustaining & Growing |
| Leading Element  | Leadership  | Sustaining & Growing |
|                  | School Planning,<br>Implementation and<br>Reporting | Sustaining & Growing |
|                  | School Resources                                    | Sustaining & Growing |
|                  | Management<br>Practices and<br>Processes            | Excelling            |



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WHEN Tuesday 5th December 2017

WHERE Tweed River High School (Sport & Entertainment Centre)

> *TIME* 8.35am - 2.00pm

WHO Year 6 students - All day

Parents/Carers 8.35am to 10.00am Please feel free to contact TRHS for further information

Ph: 07 5524 3007

Mr Andrew Marsh 2018 Year 7 Year Adviser

Ms Bronwyn Mackney HT Welfare

### The Chappy Chapter

The gardens are looking fresh and bright due to the hard work of our School Yard Blitz team. Most panels have two coats and only a few left with one coat. The team have done a wonderful job. Can I make a special mention of Asha? She is a painting machine! Last week she worked so hard she started to blister up, but don't think that little sore stopped her!

Seasons for Growth Stage 1 has just finished. The students gave some good feedback. They were reflecting on how they had grown through this process and program. In 2 weeks we have a celebration session with parents/carers. Stage 2 finishes next week with its celebration session soon after. As a result of Season for Growth the students have been learning how to articulate feelings, how and why they should make good choices and coping with change.

The new venture I have embarked on is working with a small group to paint a mural on part of the old shipping container. The undercoat went on yesterday and the picture will be starting to unfold next week.

Over and out for another edition of the Chappy Chapter. Gav Irvine

### Stage 2 Excursion to Jellurgal Cultural Centre and Burleigh Headland

On Monday 6<sup>th</sup> November, students from Years 3 and 4 had the chance to go on the Jellurgal Cultural Centre and Burleigh Headland excursion. They were involved and treated to indigenous activities such as an interactive dance performance, witnessed an anointment ceremony, took part in a yarning circle and hiked to discover a few of the dreamtime stories around the mountain and river.

This excursion is a part of our Ancient Land themed unit where we look at a range of Australian landforms, fossils, megafauna and cultures with a specific focus on indigenous perspectives. Stage 2 are to be commended on their excellent behaviour, great participation and inquisitive nature on the day. A special thanks goes to Mrs Windhorst who assisted us on the day.







#### Term 4 - Week 6, 15 November 2017



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1/2M have been learning all about how to

write procedural texts in literacy. We have enjoyed making all kinds of different things such as origami dogs and butterflies, Mrs McQuhae taught us how to tie our shoelaces and we have even attempted some classroom cooking! Here we are after excitedly making biscuit faces and writing about the steps we took to make them!

Here are the instructions, written by Jacob, if you would like to try them at home!

Ingredients: arrowroot biscuits, icing sugar, food colouring, water, chocolate buttons,

jellybeans and musk sticks.

**Steps:** 1. Mix food colouring into some icing sugar. We chose red food colouring. Add a little bit of water until you make a paste.

2. Spread the icing mixture onto the arrowroot biscuits.

3. Take the chocolate buttons and put on the icing. These are your eyes!

4. Pop a jellybean underneath for a nose.



5. Break some small pieces off the musk stick to make eyebrows. Place the rest of the musk stick below the jelly bean to make a happy smile.

6. Enjoy eating your biscuit face!



Loads of fun in

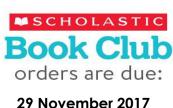
we thought they tasted delicious!





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29 November 2017

### Home Reading School staff

school stat recently

conducted a survey of the statistics of our students reading regularly at home. This single action is deemed as the most beneficial thing students can do to improve their overall academic performance. Our data is concerning if accurate. In general, our students are simply not reading enough at home! If you want some tips or resources for supporting your child to read more at home, please contact your child's teacher.





Date of Notice: December 2017

#### STUDENT & PARENT/CARER NOTICE Bilambil Public School—PM School Bus 1006

Please be advised of the following:

From the commencement of the school year 2018, Bus 1006 will depart Bilambil Public School at 3.13pm and will service Warringa Drive and Seagulls Estate in addition to the existing route and stops.

For revised route and times please refer to the Surfside website which will be updated early January 2018.

Thank you. Surfside Buslines www.surfside.com.au



## Date of Notice: December 2017

#### STUDENT & PARENT/CARER NOTICE Bilambil Public School—PM School Bus 1209

Please be advised of the following:

From the commencement of the school year 2018, Bus 1209 will no longer service Bilambil Public School. This service will be replaced by School Bus 1006 to Scenic Drive, Warringa Drive, Seagulls Estate and Kennedy Drive.

Bus 1006 will depart Bilambil Public School at 3.13pm.

For revised route and times please refer to the Surfside website which will be updated early January 2018.

Thank you. Surfside Buslines www.surfside.com.au

# Why Read 20 Minutes at Home?

| STUDENT A  | STUDENT B   | STUDENT C  |
|--|---|--|
| <ul> <li>Reads an average of 20<br/>minutes per day.</li> </ul>          | <ul> <li>Reads an average of 5 minutes<br/>per day.</li> </ul>                  | <ul> <li>Reads an average of 1 minutes<br/>per day.</li> </ul>                 |
| <ul> <li>3,600 minutes/school year</li> </ul>                            | 900 minutes/school year   | 180 minutes/school year  |
| <ul> <li>1,800,000 words per year</li> </ul>                             | 282,000 words per year  | 8,000 words per year   |
| BY YEAR 6 A STUDENT<br>has read for an equivalent of :<br>60 school days | BY YEAR 6 A STUDENT<br>has read for an equivalent of :<br><b>12 school days</b> | BY YEAR 6 A STUDENT<br>has read for an equivalent of :<br><b>3 school days</b> |
|  |   |  |
| In order for children  | to become better readers, th  | ney need time to read.   |
|  | SCHOLASTIC BOOK CLUBS   | and the second second second second  |
|  | REATES lifelong reade<br>children to find adven                                 |  |

and answers through books. ...STRENGTHENS relationships and creates memories as a family activity.

...OPENS DOORS through which children can learn about themselves.

...BUILDS a diverse vocabulary and strengthens fluency in reading. ...ALLOWS a child's imagination and creativity to blossom.

...GIVES children the tools needed to become successful students.

...**TAKES** the "scary" out of reading in the classroom. ...**HELPS** children make connections to new places, people, and concepts.

... AWAKENS children to the world around them.



Bilambil Road, BILAMBIL NSW 2486.07 5590 7210.Bilambil-p.school@det.nsw.edu.au.Bilambil-p.schools.nsw.edu.au

#### **P&C** Bilambil PUBLIC SCHOOL P&C ASSOC. INC. Term 4 - Week 6, 15 November 2017

### **CRAZY HAIR DISCO**

Talk about some crazy hair-dos at our Crazy Hair disco! It was fantastic to see the kids having such a great time with their friends. A huge thank you to Mr Thomas for giving up his own time to be our fabulous DJ, and also to the teachers who came and supported the P&C with supervision. Miss Henry, Mrs Bora, Mr Glasson, Mrs Lloyd, Mrs Harvey, Mrs Ballarin, Mrs Stokes, Mrs Love and Mr Mostert – you guys were awesome! Thank you. It was much appreciated.

Of course it wouldn't have been possible without the parent volunteers who helped us put on this event serving pizza and poppers, collecting entry fees and supervising kids. Rachel, Nikki, Olia, Veronica, Kris, Lauren, Danelle, Vicki, Kirsty, Belinda – and her daughter Ella – you were all fabulous. It was great to see some of our volunteers rocking some weird hairstyles too.

### **NEED A COFFEE?**

We know how busy everyone's lives can get so if any adults are in need of a caffeine fix, please pop along to our canteen from 8.00am where they can make you a beautiful coffee from our new coffee machine. They are just \$4.00 a cup or \$3.50 if you bring your own cup. Grab one while you watch the Monday morning assembly.

Our extra half day canteen openings on Tuesdays and Thursdays are going really well. We don't do lunch orders on those days but brekky club is now available five days a week. We have sushi available every Monday. New and returning volunteers always welcome.

### CHRISTMAS DINNER – ALL WELCOME

This year we would like to invite everyone to come along to celebrate the end of another great year. There will be a parents and friends get-together on Wednesday, 29 November 2017 at Seagulls from 6.00pm with dinner at 7.00pm (NSW time). Please let us know if you'd like us to reserve a spot at the table for you. Send us a message via the P&C Facebook page or email us at bilambilpublicschoolpres@pandcaffiliate.org.au



### **END OF YEAR CONCERT**

Don't forget our end of year show is getting professionally taped and the DVDs are now on sale for \$20.00

Live in the moment and enjoy the show without doing it through the screen of your phone because you can buy the DVD and watch it back with your child on your TV.

DVDs will be delivered before the end of the school year.



P&C Bilambil PUBLIC SCHOOL P&C ASSOC. INC. Term 4 - Week 6, 15 November 2017

### A-LINE SPORT SKIRTS IN STOCK

Our new A-line sport skirts are proving a big success. They only arrived in stock two weeks ago and already we have had quite a number of sales. You can buy them for \$17.00 online at <u>http://www.bilambilpc.org/</u> or pop into the uniform shop (we're inside the canteen) between 8.30 -9.00am Monday, Wednesday and Friday to try them on. Online sales can be returned if you've ordered the wrong size so long as they haven't been worn, of course.

Our uniform shop is run by the P&C and is not-for-profit. Support your school but buying your uniforms through us as the money goes back into projects that benefit our kids.

### **UNIFORM SHOP EXTENDED HOURS FOR THE BEGINNING OF 2018**

We know the growth spurt kids go through over the school holidays so our uniform shop will be having extended opening hours for the first week of school to help you get ready.

It's a good opportunity for our new kinder kids to get their big school uniforms and it is usually a very busy week – please be patient, we are all volunteers.

Don't forget you can save time by ordering online at <u>http://www.bilambilpc.org/</u> and we'll have it ready for you to pick up or send it home with your child. If the size isn't right you can bring it back for a refund or exchange.

| 2018 Week 1 - Extended tra | ding hours        |  |
|----------------------------|-------------------|--|
| Monday 29th January        | 9.00am - 1.00pm   | School Development Day                         |
| Tuesday 30th January       | 8.30am - 1.00pm   | Students Year 1— 6 return to school for 2018   |
| Wednesday 31st January     | 8.30am - 1.00pm   |  |
| Thursday 1st February      | 8.30am - 1.00pm   |  |
| Friday 2nd February        | 8.30am - 1.00pm   |  |
| 2018 Week 2 - Back to norr | mal trading hours |  |
| Monday 5th February        | 8.30am - 9.00am   | Kindergarten students commence school for 2018 |
| Wednesday 7th February     | 8.30am - 9.00am   |  |
| Friday 9th February        | 8.30am - 9.00am   |  |

The uniform shop is located inside the canteen.

### **OUTGROWN UNIFORMS?**

If you have unwanted uniforms please consider donating them back to the uniform shop to find a new home. We have had quite a few requests for second hand items but our stocks at this time of year are fairly low.

All second hand items – except dresses – are sold for \$2.00

Dresses are sold on consignment so the seller gets most of the sale price while the uniform shop takes a small amount for helping make it easy to get a buyer.

All uniform shop sales benefit our kids.

P&C Bilambil PUBLIC SCHOOL P&C ASSOC. INC. Term 4 - Week 6, 15 November 2017

#### CANTEEN'S NEW OPERATING HOURS for Term 4 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY open open open open open 8.00am to 8.00am to 8.00am to 8.00am to 8.00am to 12.00pm 1.30pm 12.00pm 1.30pm 1.30pm Brekkie Club Brekkie Club **Brekkie Club** Brekkie Club Brekkie Club Recess Recess Recess Recess Recess Closed Lunch Closed Lunch Lunch

### **CANTEEN VOLUNTEER ROSTER**

If you have some spare time and would like to assist in the canteen on this roster, please email the P&C with your preferred day <u>bilambilschool.pc@gmail.com</u>

| , | ,              |                |   |            |
|---|----------------|----------------|---|------------|
| Date                                    | Volunteer<br>1 | Volunteer<br>2 | Volunteer<br>3  | What's on! |
| Wednesday 15 November                   | Lynn           | Lauren         | HELP NEEDED   |            |
| Thursday 16 November                    | Danelle        |                | 1/2 day only NO LUNCH ORDERS                                |            |
| Friday 17 November                      | Erin           | Lauren         | HELP NEEDED   |            |
| Monday 20 November                      | Lynn           | Gay            | HELP NEEDED   | Sushi day  |
| Tuesday 21 November                     | Lauren         |                | 1/2 day only NO LUNCH ORDERS                                |            |
| Wednesday 22 November                   | Lynn           | Lauren         | HELP NEEDED   |            |
| Thursday 23 November                    | Danelle        |                | <sup>1</sup> / <sub>2</sub> day only <b>NO LUNCH ORDERS</b> |            |
| Friday 24 November                      | Erin           | Lauren         | HELP NEEDED   |            |
| Monday 27 November                      | Lynn           | Gay            | Bronny am only  | Sushi day  |
| Tuesday 28 November                     | Lauren         |                | 1/2 day only NO LUNCH ORDERS                                |            |
| Wednesday 29 November                   | Lynn           | Lauren         | HELP NEEDED   |            |
| Thursday 30 November                    | Danelle        |                | <sup>1</sup> / <sub>2</sub> day only <b>NO LUNCH ORDERS</b> |            |
| Friday 1 December                       | Erin           | Lauren         | HELP NEEDED   |            |

CONTACT CANTEEN MANAGER **DANELLE CARROL** ON **0414 444 268** TO JOIN OUR FRIENDLY TEAM OF HELPERS

**DON'T FORGET** – You get P&C Dollars for every hour volunteered in the canteen. These dollars can be used in the canteen or towards uniform purchases (limits apply).

e: <u>bilambilschool.pc@gmail.com</u> f: bilambilschool.pc/facebook.com



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## Muffins

We can't decide if these are sweet or savoury but they are definitely delicious! They can be served with greek yoghurt or ricotta for breakfast or snacked on throughout the day. Serves: 12 muffins

#### Ingredients

3/4 cup self raising flour 1 teaspoon baking powder 1/2 teaspoon cinnamon 1 cup pumpkin puree (approximately 1/3 pumpkin cooked and mashed) 1 teaspoon vanilla extract 50g margarine (melted) or olive oil 75mL milk 1 egg 1/4 cup walnuts (roughly chopped)

#### Method

1. Preheat oven to 180 degrees and grease a 12 hole muffin tin.

2. Place all ingredients into a bowl and stir until well combined.

3. Spoon mixture into muffin tin and bake for 20-25 minutes

4. Serve warm or store in an airtight container.

TIP 1: If you have buckwheat flour substitute it for 1/4 cup of the self raising flour. TIP 2: Add 1/2 cup of savoury granola to the mixture if you have any.





## Tip #15

Support your child to consider different ideas and experiences and to learn from them.

## Why is this good for your child?

Independent thought and reflection develops selfconfidence as your child learns to trust themselves.

### Try this...

Use simple questions to support your child to reflect on real-life situations.



Please phone or pop in to discuss enrolling your family

Ph: 5590 7722 Find us on kelly@bilambilpreschooloosh.org bilambilpreschooloosh.org

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