

# Bellbrook Babbler

«Title»

2 March 2020

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Education  
Public Schools



Congratulations to Ari, Dixee, Shanaye and Jannali for being voted in as our Student Representative Council for 2020.

We have been learning all about Dane and Deborah over the fortnight as Students of the Week.



## WHAT'S ON TERM 1

Tues	3 Mar	School assembly 2.30pm P&C meeting 3.15pm
Wed	4 Mar	Swim relay at NC carnival
Thur	19 Mar	Fun swimming carnival
Thur	26 Mar	K-2 Big 4 excursion
Tues	31 Mar	School assembly 2.30pm
Fri	3 Apr	Dash with a Splash
Mon	6 Apr	3-6 Cascades excursion
Tues	7 Apr	3-6 Cascades excursion P&C meeting 3.15pm
Wed	8 Apr	3-6 Cascades excursion
Thur	9 Apr	Last day of term 1
Fri	10 Apr	Easter Friday



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## What else is happening in your school

Our first school assembly for 2020 is being held tomorrow starting at 2.30 pm in the classrooms. Students receive awards and present items. Everyone is welcome - a great time to have a look at the desks we would like to give away too.

*Thank you to the Kempsey community and Kempsey West Public School for fundraising for our bushfire affected schools. We will be joining in with Willawarrin School students for two excursions being paid out of the funds raised.*

*Students in 3-6 will be travelling to Cascade Environmental Education Centre at Dorrigo for a two night camp at the end of the term and K-2 will be going to the Big 4 fun park at South West Rocks for a day trip.*

*More information will be sent home once it is all finalised.*

We have plenty of warm uniform items in stock ready for the cooler weather. If anyone has any blue jackets that are too small now, please send them in so we can pass on to other families. All students should be wearing full uniform everyday. We do have our student assistance fund available for any families struggling to pay school uniform costs. Just drop in or call the office and speak to Sally or Allison.

*Don't forget to follow us on Facebook where we will post reminders about things happening at school.*

Our P&C made \$86.50 profit from the chicken burger lunch last Friday. Thank you parents for supporting the P&C and the P&C members for organising.



## Swimming

Good luck to our small school's relay team on Wednesday. Shanaye, Heidy, Aleeah and Ari will be competing at the North Coast carnival in Coffs Harbour.

On Thursday, 19 March 2020 we will be joining Green Hill and Willawarrin schools in the Fun Swimming Carnival being held at Kempsey Pool.

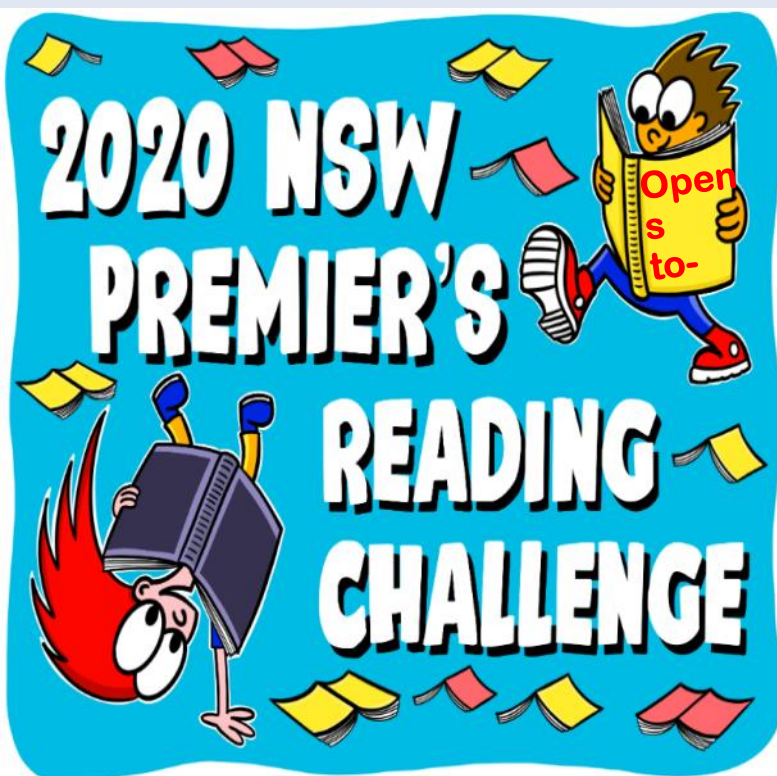
This is a great day out for families who will need to transport their own children. More information soon.





It's great to see everyone bringing their library bags on Tuesdays. Thanks to Glenda for making the bags again for our new Kindergartens.

A reminder that library books need to be returned every Tuesday. Students receive a tick for bringing their bags each week and a prize is given at the end of the year for those who bring it the most.



The NSW Premier's Reading Challenge starts today. We encourage all students to enter the Challenge and details can be found on the 2020 Premier's Reading Challenge webpage.

Students log in at home using their school log in details.

Our school library has a great selection of Challenge books with each book marked with a sticker to make it easy to find on the shelves.

Parents are able to borrow from the school library as well on Tuesday afternoons.



Call today on **1300 65 16 25**

**All children under 18yrs of age can receive FREE DENTAL CARE through the Mid North Coast Local Health District.**

PARENTS DO NOT NEED TO HOLD A PENSION CARD OR HEALTH CARE CARD FOR THEIR CHILD TO BE ELIGIBLE.



**Please call 1300 65 16 25 if you would like your child to have a check-up.**

**IF THEY ARE IN PAIN OR HAVE DENTAL PROBLEMS THEY WILL BE PRIORITISED WHEN YOU CALL 1300 65 16 25 TO BE TRIAGED.**



Nutrition Snippet

# The simplest way

... to pack a healthy lunch box .

Does packing lunch boxes feel like a chore? We are here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

**Healthy lunch boxes don't have to be boring.**



We are very excited to bring you our new look [healthy lunch box website](http://healthylunchbox.com.au) that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as **easy to freeze** and **quick and easy** recipes because as parents, we know how important it is to pack lunches quickly.

You can sign up to the [Healthy Lunch Box e-newsletter](http://healthylunchbox.com.au) for ideas, updates and recipes delivered to your inbox throughout the year.

**[Check out the new website now!](http://healthylunchbox.com.au)**

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## Medjool date & cacao bliss balls

Preparation 20 mins | Makes 15

Gluten and dairy free – these delicious little treats make a satisfying portable snack.

- 1/3 cup walnuts
- 250g fresh Medjool dates, pitted
- 1/2 cup ground almonds
- 1 1/2 tbs raw cacao\* powder
- 1 tbs chia seeds
- 1/4 cup desiccated coconut

\*Cacao is made by cold pressing unroasted cocoa beans – it looks like dark cocoa but it is far more nutritious, as it's rich in antioxidants. Cocoa powder is available from health food shops and some supermarkets. Substitute with plain cocoa if preferred.

**Step 1** Place walnuts into a food processor. Process until roughly chopped. Transfer to a bowl.

**Step 2** Add dates, ground almonds, cacao powder and chia seeds to food processor. Process until well combined. Add approx. 1 tbs water to mix to a firm (rollable) consistency. Stir through walnuts.

**Step 3** Roll mixture into small balls (about the size of a 20¢ piece). Place coconut onto a plate. Roll balls in coconut to lightly coat. Store in an airtight container in the fridge. Eat within 2 weeks.