

# Bellbrook Babbler

15 June 2020

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Last week we had a special delivery from Food Bank NSW & ACT. Students received a backpack full of goodies to take home. Below: 3-6 practicing boxing skills for sport on Friday.



## What's on Term 2

Tues 16 June Book club orders due in  
Thur 25 June School photos  
Fri 3 July Last day Term 2

## Term 3

Mon 20 July Staff development day  
Tues 21 July All students return

Remember .... stay home if you are unwell and contact your doctor if you have cold or flu like symptoms.



Education  
Public Schools





K-2 have been reading “The Gruffalo”, a well loved children’s book. These are their gruffalos in the deep dark wood.

## Other important information

A reminder that if you or your child are unwell, you must stay at home and if showing any upper respiratory symptoms, must contact your doctor. Washing your hands regularly, coughing into your elbow, and social distancing are very important to stop the spread of disease.

To protect staff and students, parents and visitors are still not able to enter the school and should practice social distancing at the school gate.

Enrolment forms for 2021 are available from the office for any children turning 5 on or before the end of July 2021. Completed forms will need to be received before starting our transition to kindergarten program in term 4.

School photos will be taken by Sally again this year to keep costs down for families. Order form is attached - you can order whatever you like, just indicate on the form.







## BUTTERNUT PUMPKIN, SPINACH & POMEGRANATE RICE SALAD

Prep 15 mins | Cooking 40 mins | Serves 4-6

- 1 kg butternut pumpkin, peeled, deseeded and cut into 2-3cm pieces
- Olive oil spray
- 450g packet 2½ minute brown rice
- 2 green onions (shallots), trimmed and thinly sliced
- 50g baby spinach leaves
- 100g Belgian feta cheese, crumbled
- 1 tbs extra virgin olive oil
- 1 tbs lemon juice
- ½ small pomegranate, seeds removed

**Step 1** Preheat oven to 200°C fan-forced. Place pumpkin onto a baking tray lined with baking paper. Liberally spray with oil and toss to coat. Roast pumpkin, tossing once, for 30 minutes or until just charred at the edges. Set aside to cool.

**Step 2** Meanwhile, microwave rice following packet directions. Set aside to cool.

**Step 3** Place rice into a large bowl. Add cooled pumpkin, green onions, baby spinach and feta. Drizzle with oil and lemon juice. Gently toss to combine. Sprinkle with pomegranate seeds and serve.

## Why are oranges good for kids?

An excellent source of vitamin C – one orange has almost two day's supply of this important vitamin. A source of beta carotene and many of its relatives in the carotenoid family. Beta carotene can be converted to vitamin A and other carotenoids are important in keeping the immune system healthy, a vitamin needed for healthy red blood cells.

## Crunch&Sip®



Encourage your family to drink mostly water by:



For more information on Crunch&Sip, download the parent brochure from the Crunch&Sip webpage:

[www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx](http://www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx)

## Live Life Well @ School

### Healthy Lunchbox Snack Ideas



- Hummus and vegetable sticks
- Pikelets
- Zucchini slice
- Boiled eggs
- Yoghurt
- Savoury scones
- Plain air popped popcorn
- Roasted chickpeas

For more information: [www.healthylunchbox.com.au](http://www.healthylunchbox.com.au)



Health  
Mid North Coast  
Local Health District

*We acknowledge the traditional custodians across the lands on which we live and work, and pay our respects to Elders both past and present.*