

Bellbrook Babbler

«Title»

29 June 2020

40 Main Street, Bellbrook NSW 2440

Ph: 02 6567 2049 - Fax: 02 6567 2113

Email: bellbrook-p.school@det.nsw.edu.au

www.bellbrook-p.schools.nsw.edu.au



Students in 3-6 made a personal hoodie to show their strengths and personalities.



Humbelly Doo, Lumbelly La, Loopy Loo!

K-2 students have been using the iPads to make their own tune to the song Walter sings in the book "Lottie and Walter" by Anne Walker. The students are using Xylophone app to explore music and record their tune.

What's on Term 2

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



A great way to finish our unit on matter - the old coke and mentos trick.

Students watched an explosive change of state and once the coke had settled down, had fun feeding more mentos into the bottle.



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.

We still have some consent forms not returned for the school counsellor as well as the speech pathologist. Please return by tomorrow.

Tomorrow students will receive their end of semester awards at a closed assembly. Reports will also be handed out this week in a revised format due to COVID-19 guidelines. A note will go home first thing next term to book in a parent/teacher talk.

Have a great break during the school holidays. Students return on Tuesday, 21 July 2020 for Term 3.

The simplest way

... to wash away germs.

Washing hands before eating is important.



1. Wet hands with warm water
2. Apply soap
3. Lather & Scrub for 20 seconds
4. Rinse hands with warm water for 20 seconds
5. Turn off tap
6. Dry hands thoroughly

healthylunchbox.com.au



Spinach & scrambled egg breakfast wraps

Preparation 15 mins | Cooking 5 mins | Makes 4

125g baby spinach leaves
6 large free-range eggs, at room temperature
1/3 cup milk
2 tbs butter, chopped
4 whole wheat wraps

Step 1 Place spinach into a heatproof bowl. Pour over boiling water to cover. Stand for a few seconds until spinach wilts. Drain and squeeze excess moisture from spinach. Set aside.

Step 2 Whisk eggs and milk in a bowl until just combined. Set aside for a few minutes to allow foam to settle.

Step 3 Heat a medium non-stick frying pan over medium heat. Add butter, melt and swirl to coat pan base. Add egg mixture and cook without stirring for 30 seconds. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting the pan to allow the uncooked eggs to run over the base. Gently push eggs around pan every 15 seconds until soft folds form and one quarter mixture is unset. Remove from heat. Stir through spinach. Gently fold the egg mixture once more. Set aside to cool.

Step 4 To make wraps, divide scrambled eggs and spinach between wraps. Roll up and secure with string. Serve.



FREE fun program for kids to become fitter, healthier and happier

ARE YOU READY TO GO4FUN?

Go4Fun Online is a FREE program for NSW children aged 7-13 years who are above a healthy weight, and their parent or carers. The program offers expert advice about healthy eating and can help support you with setting goals for making positive health changes as a family. Run across 10 weeks during the school term, Go4Fun Online can be completed in the comfort of your own home. Highlights include:

- Fun games and activities
- Practical tools and tips to help with healthy eating, label reading and portion sizes
- Great resources to make healthier choices
- Earning tokens along the way to exchange for cool prizes at the end of the program!



Term 3
registrations
are now
OPEN
with limited
places!

For more information or to register, freecall
1800 780 900 or SMS 0409 745 645 for a call back

