

Bellbrook Babbler

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This term we have set up an obstacle course focusing on strengthening our balancing skills.

What's on Term 3

Thur	6 Aug	Speech assessments Kempsey library van 10.30
Fri	7 Aug	Book club orders due in
Fri	28 Aug	Premier's reading challenge Closes

Remember stay home if you are unwell and contact your doctor if you have any symptoms, even if mild.



Education
Public Schools



Some of last terms great artwork - "The Scream" is the popular name given to a composition created by artist Edward Munch. Stage 2 and 3 have created their own interpretation of "The Scream"!

Other important information

A reminder that if you or your child are unwell, you must stay home and 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.

Unfortunately due to COVID-19 restrictions, we are unable to have parents visit the school for parent/teacher meetings. If you have any concerns or want to discuss your child's report that was sent home last term, please contact us.

P&C meetings are not able to be held either. Members may be able to talk to each other over the phone for any issues that need addressing. Or maybe you could try a Zoom meeting.

Our speech therapists visited the school last week for student assessments. This program is ongoing. It is important that all yellow permissions are returned.

The Kempsey library van has recommenced visits to Bellbrook each Thursday fortnight. Students borrow from the van but books remain at school.



Some more great artworks - K-2 with their crazy hair.



HEALTHY PERI PERI PINEAPPLE, CHICKEN & AVOCADO BURGERS

Prep 20 mins | Cooking 10 mins | Serves 4

Forget greasy take-away, this wholesome burger is delicious! It is layered with fresh pineapple, crisp lettuce, sliced tomato and nutritious smashed avocado.

2 x 200g chicken breast fillets, halved
Olive oil, for brushing
4 thin slices fresh pineapple, peeled
2 tbs mild peri peri sauce
1 ripe medium avocado, halved lengthways, peeled and stone removed
1 tbs lime juice
4 brioche burger buns
1 baby cos lettuce, leaves separated
2 vine-ripened tomatoes, sliced
Kewpie mayonnaise, for spreading

Step 1 Place chicken between sheets of baking paper and using a rolling pin flatten chicken to 1cm in thickness. Brush chicken with oil.

Step 2 Preheat a barbecue or a grill pan lined with baking paper over medium-high heat. Add chicken and cook for 2-3 minutes on each side until cooked through. Drain on paper towel. Brush pineapple with peri peri sauce. Char-grill pineapple for 1-2 minutes until golden and caramelised.

Step 3 Combine avocado and lime juice in a bowl. Season with salt and pepper. Using a fork, roughly mash. Set aside.

Step 4 Toast or grill the burger buns. Place bun bases onto a board. Spread with avocado then top with lettuce, tomato, chicken and pineapple. Spread remaining buns with mayonnaise. Sandwich burgers with the tops of the buns. Serve with roasted potato wedges, if liked.

Rambutans
Raspberries
Strawberries
Watercress
Zucchini



Visit www.freshforkids.com.au for more quick & easy recipe ideas!

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