

Bellbrook Babbler

13 August 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



Thank you to our P&C for supplying the Year 6 shirts again this year.



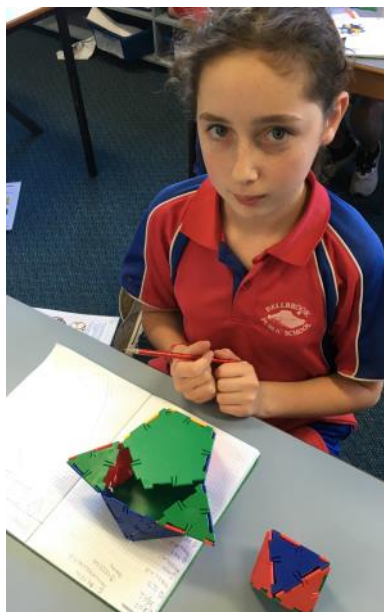
What's on Term 3

Each Friday Dhalayi Dr program 3-6
Mon 17 Aug Road safety week activities
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



Other important information

It is important that students stay home if they are sick. Speak to your doctor about getting a COVID-19 test. Everyone must stay home until you are well again.

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.

Our Dhalayi Doctor program commenced last week for 3-6 students. "Dhalayi" means young doctor and the program is run by staff from Malpa. The program includes learning about nutrition, hygiene, environmental health, well-being and identity, health literacy and leadership. The program will run each Friday for 15 weeks.

Also on Fridays, we have drumming for both K-2 and 3-6. Malpa staff also run this program which runs for 4 weeks.

In a few weeks time we will be holding our own athletics carnival here on school grounds. Unfortunately due to current health restrictions, parents will not be able to attend.



Last term K-2 had fun participating in Zumba classes for sport.



Thank you to Keira's family for spoiling us with a plateful of yummy cupcakes last week.

Don't Forget Crunch&Sip® – Give Cauliflower a Try!

Hello, I'm a cauliflower - a cousin of the cabbage family. Want to know a secret? We're not really flowers at all, or even a group of flower buds. We're a bunch of tiny stems! Like our cabbage relatives we contain substances called indoles, which scientists are researching because they may help give protection against some types of cancer. We prefer to be grown in cool, dry weather, on clay-like to sandy soil with plenty of access to water. To choose the best of us select firm, compact, creamy-white heads with florets pressed tightly together. A yellow tinge indicates over-maturity. Chop us up raw for school, when it's Crunch&Sip® time, we really get loud!



Building resilience after disaster

If anyone would like information about how Save the Children fund can help you, please contact Cathy Barker on 0467 492 600 or Cathy.Barker@savethechildren.org.au

Macleay Public Schools
Delivering Excellence, Opportunity, Innovation and Success

Sprung into Art

K-12 ART EXHIBITION
Celebrating excellence in the Creative Arts

Macleay Valley Community Art Gallery
Kinchela St, Gladstone

Thurs 3rd Sept – Sun 6th Sept
Thurs 10th Sept – Sun 13th Sept

10.30am – 4pm

Featuring outstanding artworks from the talented students of our Macleay Public Schools.



Last term K-2 learnt about volume. Mr Duncan had a selection of different size containers and children had to guess how many cups each one would take to fill it with water. They were amazed at some of the results.



Rosie has been working with K-2 students using the Mini Literacy program.



MEXICAN CARROT, JALAPENO & BLACK BEAN SOUP

Prep 20 mins | Cooking 45 mins | Serves 4-6

- 1 tbs olive oil
- 1 red onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 red capsicum, deseeded and chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 jalapeno chillies, deseeded and chopped
- 400g can chopped tomatoes
- 6 cups chicken or vegetable stock
- 800g carrots, chopped
- 400g can black beans, drained and rinsed
- 2 tbs lime juice
- ½ cup coriander leaves, finely chopped (+ extra leaves to serve)
- ¼ cup reduced fat sour cream
- ½ ripe avocado, flesh diced
- pan-fried tortillas and lime wedges, to serve

Step 1 Heat oil in a large saucepan over medium heat. Add onion, garlic, chilli and capsicum and cook, stirring often, for 4-5 minutes until softened.

Step 2 Stir in ground cumin and coriander and cook for 1 minute. Add carrots and cook, stirring often, for 5 minutes. Stir in stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Remove from heat and set aside to cool slightly.

Step 3 Using a hand-held blender, blend soup until smooth. Stir in black beans, lime juice and chopped coriander. Season with salt and pepper to taste.

Step 4 Ladle soup into serving bowls. Top with sour cream, avocado and coriander leaves. Serve with pan-fried tortillas and lime wedges.

Healthy Lunch Box website

A one-stop-shop for everything you need to know about packing a healthy lunch box.



Here's what you'll find on the website:

- [Interactive lunch box builder](#) that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy [recipes](#) and snack ideas.
- Informative [blogs](#) about healthy eating for the family.
- [Sign up](#) to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthy lunchbox.com.au



Cancer Council
Healthy Lunch Box