Welcome to Term 3. Already this term is shaping up to be busy and exciting.

This week students start recorder lessons with Mrs Judith Tilley. I had the pleasure of working with Judith at Gol Gol Public School. She is an experienced and enthusiastic teacher. The format of these music lessons is a first in our area. They will be undertaken using connected classroom facilities. Our students will be in a virtual classroom with students from Wentworth Public School while participating in these lessons.

I am looking forward to Friday’s athletics carnival. Hopefully the weather will hold for us as we have a very short timeframe before the Murray/Darling Carnival is held. The format of the carnival will be similar to last years. Thank you in advance to all the school and community members who will be helping us out on the day. A successful carnival cannot take place without the support of the community.

Students are looking forward to our science unit on machines. If anyone has an old or broken machine of some description which is not too big, we would appreciate it being donated to the school for the students to dismantle.

Please take the time to come along and support our athletics carnival, all are welcome.

Until next time

Lynn Starkey

**Did you Know?**

Children who attend school regularly are usually better able to cope with schoolwork than children who are frequently absent.

**Saying’s Of the Week!**

*May I be excused?*

*My brain is full.*

*Why go to college?*

*There’s Google.*

**Star of the Week**

Wk. 10 Adam

Wk. 1 Zachary
Hey Parents,

Our school cares about your child’s health and nutrition! Did you know that our school is a member of Healthy Kids Association? That’s right, we want to provide good food and nutrition education to your children and Healthy Kids provides us with resources for the canteen and teachers. This is just one of the ways that we ensure your children learn about healthy food and eat well from the canteen.

Healthy Kids Association also provides a free parent e-newsletter with important nutrition information and great recipes that can help you stay on top of what is going on in the world of nutrition. To sign up, simply visit www.healthy-kids.com.au.

Spicy tortilla wraps

- Serves: 6
- **Preparation time:** 10 minute(s)
- **Cooking time:** 0 minute(s)

**Ingredients**

- 6 whole wheat flour tortillas
- 100 grams low-fat cream cheese
- ½ cup low-fat yoghurt (1% or 2% fat)
- 50 grams canned chopped green chillies
- 2 tbsp spring onion, finely chopped
- 2 tbsp red capsicum, finely chopped
- 170 grams low-fat grated cheddar cheese
- ¼ cup salsa

1. **Instructions**

1. In a medium bowl combine the low-fat cream cheese, yoghurt, chillies, onion, capsicum and grated cheddar cheese. Mix thoroughly.
2. Spread the mixture onto the tortillas and roll up. Cover tightly and chill (can be made the night before).