



Pilliga Public School Newsletter

The little school that's BIG on learning

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Term 3 Week 2

6 Ways Athletics Carnival

Well done to all students from Pilliga who yet again gave 100% in all of the activities that were laid on at Burren Junction last Tuesday. All students tried their hardest and placed well in all events. Congratulations to Claire who placed runner up in Girls Juvenile Championship and Tallen who was the winner of the Boys Senior Champion.

New School Garden

Thank you to the family Steele who gave up their Sunday to build a new garden in a corner of the school yard.

Jeremy, Ryan, Bryce and Jimmy helped mum, dad, aunty and granny



to remove a tree stump, move a tonne of soil and plant some great succulents and agaves.

We are trying hard to keep the chooks off the garden and keep it watered so that it lasts for a long time.



COMING UP:

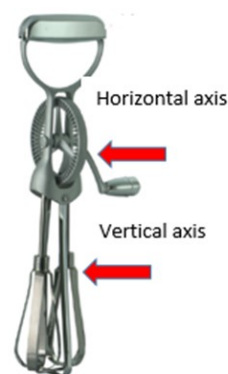
- 15 & 16/8 Mrs S TPL Dubbo
- 19/8 Narrabri Librarian Visit
- 21-23 Mrs S Sydney TPL
- 22-29/08 Book Fair
- 23/08 Zone Athletics Narrabri
- 26/08 CWA morning tea
- 27/08 Book Parade

Films by the A Team Camp

In week 7 students from years 2- 6 will be attending an overnight camp in Nyngan where they will be taught by a group of talented filmmaker teachers about the process of film making. Six schools will be taking part. After the camp these students will produce a movie that lasts up to 31/2 minutes with all students taking on a different role. When the films are completed and edited appropriately we will have a mini film festival where each school watches the other films. We will be travelling to Nyngan by school bus, staying overnight in cabins at Nyngan Campsite. Permission notes and further information will follow next week.

Kids in the Kitchen

A simple machine is a device with few or no moving parts that makes work easier. This means we need to use less force (or effort) to move an object. Examples of simple machines are gears, levers, screws, ramps, pulleys and a wheel and axle. When 2 or more simple machines are combined, we call it a complex machine. At the end of last term, Primary students looked at simple and complex machines in our everyday life and discovered they were everywhere, especially in the kitchen. A corkscrew has a combination of simple machines to get that pesky cork out of a bottle and an egg beater works brilliantly at using gears to whisk eggs in seconds.



So, students were put to task to make scrambled eggs for the whole school! And what fine chefs there were! Students first took everyone's order..."Would you like herbs with that"? Then expertly cooked up individual meals for all to enjoy. Student's also learnt about the chemistry of cooking eggs and why certain foods turn brown when cooked (the Maillard reaction). As the weather warms up, and our garden grows, you can look forward to hearing more about our Kids in the Kitchen!



Primary students are continuing to enjoy their Robotics journey. They have all successfully completed a range of LEGO WeDo challenges, with some excellent results! Bryan and Jai recently designed an electric fishing rod which reeled in the line with the simple press of a button. The rod may not be strong enough to reel in a big cod, but was impressive none the less. T'ea and Harmonie built a frog which will star in an end of year production of an Aboriginal Dreamtime Story, "Tiddalick the Frog" and Tallen and Malakye have got our recycling sorted with their awesome truck. We are now returning to the LEGO EV3 robots and have a new student in the class, Mrs Stewart! The Primary students are loving teaching the teacher and look forward to showing ...or maybe showing off... to her all the amazing capabilities of this robot.





Our local Health service has been able to pass on some helpful information about the Friendly Faces Helping Hands website. This service can offer assistance to families when they need to suddenly provide urgent medical care to an unwell child when away from home.

Get your Costumes

Ready!

Our Book Fair Parade will be held at the school on Tuesday the 27th of August. Families are welcome to join us at 1:45pm in the school grounds for this fun event!

Pilliga P&C

Pilliga P&C Association will hold a meeting on Tuesday 3rd of September at 8.30am. All interested school families and community members are welcome to join us for this event.

Membership is \$2 per person

Pilliga CWA will host a Country of Study morning tea in the Pilliga School Grounds on Monday the 26th of August at 11am. All community members are welcome to join us for this event.



Good for Kids good for life

HEALTHY PARTY IDEAS

Parents and teachers can shift the focus for school parties from unhealthy food to fun healthy food.

You could serve snacks with fun plates, napkins, cups or straws, or have a tasting party where children can vote for their favourite healthy snack. Why not try some of the following:

- Fruit kebabs
- Orange quarters – try them frozen in summer
- Fruit smoothies
- Melon balls
- Berries
- Frozen fruit blocks
- Apple slinkies
- Veggie strips with low fat dip or salsa
- Sandwiches
- Raisin bread
- Pikelets
- Rice crackers
- Scones
- Cheese cubes
- Low fat popcorn



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FUNDAMENTAL MOVEMENT SKILLS MASTERING THE KICK



The kick is a manipulative striking skill characterised by producing force from the foot to an object. The stationary place kick involves kicking an object which is still. It is basic to kicks used in all football codes. It is also important for foot-eye coordination.

Steps to practice at home:

- Stabilise and raise the ball off the ground by placing it on a bean bag or a roll of masking tape.
- Place a mark on the ball and ask the child to focus on that as they approach the ball to kick.
- Focus on kicking the ball for distance rather than accuracy.
- Place chalk on the child's shoelaces so that a mark is left on the ball after it has been kicked.
- Use a beach ball, balloon, or a ball that is soft, flat or partially deflated.
- Practice kicking the ball against a wall.
- Demonstrate, running up to kick the ball.
- Introduce accuracy by kicking to a partner or target, or into a goal.
- Practise kicking with either foot.

Source: Get Skilled, Get Active and Live Life Well @ School @ State of NSW, Department of Education and Communities, 2012



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RECIPE

Spinach Pesto Pasta with Cherry Tomatoes



Ingredients

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|--|---|
| 100g baby spinach leaves | 2 lbs olive oil |
| 1/2 cup firmly packed fresh basil leaves | 1/4 cup shredded parmesan cheese |
| 2 lbs toasted slivered almonds | 375g short pasta shapes (e.g. penne, fusilli) |
| 2 cloves garlic, crushed | 250g punnet small cherry tomatoes, halved |

Method

1. To make spinach pesto, place spinach, basil, almonds and garlic in a food processor. Process until finely chopped. Add oil and parmesan. Process to form a thick paste.
2. Cook pasta in a large, deep pan of boiling water for 10 to 12 minutes or until just tender (al dente). Drain and return to same pan.
3. Add spinach pesto to pasta. Stir over low-medium heat until pasta is coated with pesto and heated through.
4. Stir in tomatoes. Serve hot.

Tips: To toast slivered almonds, spread over an oven tray. Bake in a moderate oven (180C) for 3-5 minutes until light golden. This pasta is also delicious served cold. Keep covered in refrigerator for up to 2 days. Great for school or office lunches.

Sourced from Healthy Kids at www.healthykids.nsw.gov.au



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The final free to attend Little A's night for 2019 to 2020 season will be held next Tuesday at 4:45 at Gwabe-gar School Oval.

