



## SWEET CHILLI CHICKEN & NOODLE SALAD

### INGREDIENTS

- 200g dried rice stick noodles
- 2 cups chopped cooked skinless chicken breast\*
- 1 red capsicum, cut into thin strips
- 200g snow peas, cut into thin strips
- 5 green shallots, thinly sliced
- 1 small bunch coriander, roughly chopped
- 2 tbs lime juice
- 2 tbs sweet chilli sauce
- 2 tbs salt reduced soy sauce
- 2 tsp sesame oil
- 2 tsp toasted sesame seeds, to garnish

\* Products available with the Heart Foundation Tick. Remember all fresh fruit and vegetables automatically qualify for the Tick.

### NUTRIENTS PER SERVE

Energy	1320kJ
Total Fat	5.6g
Saturated Fat	11g
Monounsaturated Fat	2.2g
Polyunsaturated Fat	1.8g
Protein	34g
Carbohydrate	30g
Fibre	2g
Sodium	480mg
Serves	4
Preparation Time	20 mins
Cooking Time	5 mins

This recipe has been sourced from the Healthy Kids website. Please visit [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au) for more healthy kid-friendly recipes.

### METHOD

- 1 Prepare noodles as directed on packet. Drain, rinse under cold water then drain again and chop roughly with kitchen scissors.
- 2 Combine noodles, chicken, capsicum, snow peas, shallots and coriander.
- 3 To make dressing, whisk together lime juice, sweet chilli sauce, soy sauce and sesame oil.
- 4 Add dressing to noodle salad and toss gently to mix well.
- 5 Garnish with toasted sesame seeds.

**Tip:** To toast sesame seeds, stir over heat in a small ungreased frypan until light golden. Be careful not to burn them.

FREE HEALTH COACHING  
TURN OVER

## Term 2 Planner

Mon	Tue	Wed	Thu	Fri
ANZAC DAY	Staff Development Day	Students Return to school		
Apr 25	26	27	28	29
Prac Student Starts			Mother's Day Stall Yr4-6 Excursion WHS	Cross Country Geurie
May 2	3	4	5	6
	NAPLAN Language	NAPLAN Reading	NAPLAN Numeracy P&C Meeting 5pm K-2 Excursion	Stuart Town Sport
9	10	11	12	13
				Stuart Town Sport
16	17	18	19	20
			Biggest Morning Tea Mumbil Hall	Stuart Town Sport
23	24	25	26	27
			Aboriginal Bush Day	Stuart Town Sport
30	31	Jun 1	2	3
6	7	8	9	10
Queen's Birthday Holiday			P&C meeting 5pm	
13	14	15	16	17
		K-2 Bee Farm Excursion		
20	21	22	23	24
School Photographs				
27	28	29	30	Jul 1



## MUMBIL PUBLIC SCHOOL

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Term 2 Week 8 & 9

Thursday 23rd June 2016

## Student of the Week



**Congratulation  
Ryan!**



## SCHOOL PHOTOGRAPHS

This Monday 27th July is School Photographs. If you want to purchase your child's photos and have not yet returned your envelope please do so before Monday morning.

## CANTEEN NEWS

There will be NO CANTEEN TOMORROW. All students will need to bring a packed lunch.

If you would like to be a canteen volunteer please come and see Mrs Farley or Mrs Hanney.

## Principal's Message

### K-2 Excursion

The K-2 excursion to the Beekeeper's Inn and Movies yesterday was a great success. All students and staff were enthusiastically recounting their adventures and learning. What a wonderful way to connect classroom learning to our local farming community! Thank you to Miss Kinney for organising the excursion, Mrs Hanney for driving the bus and Mrs Pavy for helping to supervise students.



### The Guitars have arrived!

Miss Kinney and the students were very excited this morning as they unpacked the guitars ready for lessons to begin. I can't wait to hear the sweet sounds of music echoing through our rooms. THANK YOU to the P&C, and all parents and community members who support P&C fundraisers, for the generous donation of guitars. Our students are extremely fortunate to have this opportunity to learn an instrument with the musically talented Miss Kinney.

### Late Arrivals

It is important for students to arrive on time each morning, ready for lessons to begin. At present two programs are operating to encourage students to arrive on time on these cold and dark mornings. Liam is doing a fantastic job making hot milos for students, as part of the leadership fundraising, and Miss Kinney is organising morning 'FUN FITNESS' to get the heart pumping and develop Fundamental Movement Skills. Last week it was the 'Static Balance' and this week students are learning how to sprint. Please ensure your children are at school on time so they don't miss out. IF YOUR CHILD IS LATE TO SCHOOL PLEASE REPORT TO THE OFFICE so that Mrs Hanney can mark the roll accurately.

### Student Reports

Student reports will be handed out next week. Teachers will be available to discuss your child's progress and report. Please organise an appointment time that suits you, with your child's teacher, if required.

### School Holidays and Staff Development Day

Next Friday 1st July is the last day of Term 2. The students then begin two weeks holiday. Staff will be meeting on Monday 18th July and **STUDENTS ARE TO RETURN TO SCHOOL ON TUESDAY 19TH July 2016.** We look forward to seeing you all for the start to term 3. I hope you all have a safe and happy holiday together. Mrs Farley

