



MEXICAN CORN ZUCCHINI FRITTERS

INGREDIENTS

- 2 large eggs*
- $\frac{1}{2}$ cup self-raising flour
- $\frac{1}{3}$ cup reduced fat milk*
- $\frac{1}{4}$ cup grated reduced fat tasty cheese*
- 2 medium (200g) zucchini, grated
- 420g can corn kernels, drained
- $\frac{1}{2}$ bunch fresh chives, finely chopped
- $\frac{1}{2}$ tsp paprika
- Canola or olive oil cooking spray*
- 1 ripe avocado
- Squeeze of lemon or lime juice
- 1 tomato, cut into wedges, to serve
- Baby lettuce leaves, to serve

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

NUTRIENTS PER SERVE

Energy	1577kJ
Total Fat	19g
Saturated Fat	5.5g
Monounsaturated Fat	9.3g
Polysaturated Fat	2.6g
Protein	13.8g
Carbohydrate	34g
Fibre	6g
Sodium	493mg
Serves (12 Fritters)	4
Preparation Time	10 mins
Cooking Time	20 mins

This recipe has been sourced from the Healthy Kids website. Please visit www.healthykids.nsw.gov.au for more healthy kid-friendly recipes.

METHOD

- 1 Whisk eggs, flour and milk together in a large bowl until smooth.
- 2 Stir in grated cheese, zucchini, corn, chives and paprika.
- 3 Heat a large non-stick frying pan and lightly grease with cooking spray. Drop heaped tablespoons of the mixture into hot pan, spreading it out evenly with the back of a spoon.
- 4 Cook fritters over a medium heat for 2-3 minutes on each side or until golden brown and cooked through. Remove from pan and keep warm.
- 5 Continue with remaining mixture, re-greasing pan with cooking spray as necessary.
- 6 Mash avocado with lemon juice in a small bowl.
- 7 Top warm fritters with mashed avocado and serve with tomato and lettuce.

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 6 & 7

Friday 10th June 2016

Students of the Weeks



**Congratulations
Bailey!**



**Congratulations
Mason!**

Principal's Message

Reconciliation Week Bush Day

Last Thursday our whole school was privileged to be invited to Nanima. We heard stories and participated in activities to learn about the rich history of the 'Binjang People' of the Wiradjuri Nation. Mrs Ruth Hammond - West and her husband Paul, supported by Aunty Carmel and Uncle Albert, provided a fantastic day of learning and fun for all of us. We learnt that some of their ancestors have been living along the river for over 15000 years!! We also got to eat a delicious kangaroo stew and made Johnny Cakes. It was a wonderful opportunity for us to learn about our Australian history. THANK YOU to Mrs Hammond-West, and her team, for providing us with such an awesome day.

Thank you to all parents and carers for supporting us in keeping the lawn attractive in this wet weather by keeping off the grass.

Enjoy an extra day together with your family during this long weekend.

Have a great week,
Mrs Farley



Nanima Aboriginal Bush Day



School Leader's Message

School leaders will be selling hot cups of milo 50c every morning from 8.30am to 8.50am.

Canteen News

Canteen will be operating on Tuesday 14/6/15 after the long weekend as well as Friday

School Photos

School photos will be taken on Monday 27th June.

Students will be required to wear formal school uniforms.

Boys – grey trousers, white shirts, tie and black shoes.

Girls - formal girls' tunic, black stockings and black shoes.

There are quite a few school uniforms and boys ties that were given out for Anzac day and have not been returned.

Could parents please return ALL items to the school so we have them for school photographs?

Mrs Hanney has a list of the borrowed items.

P&C Meeting

Please come along to the P&C meeting next Thursday 16/6/16 at 5pm to support the students of Mumbil Public School.

School Banking

School banking day is every Tuesday, students are encouraged to continue saving by bring their dollarmite banking to school each Tuesday.