

Recipe of the week

Aloha Rice

Ingredients

1/2 carrot
1/2 celery stick
1/2 small red or green capsicum
2 spring onions
1 can pineapple rings in natural or unsweetened juice
2 slices reduced fat and reduced salt ham
4 cups cooked rice
4 tbs sweet corn kernels, no added salt
Cracked black pepper, to season
2 tbs reduced fat salad dressing (made from a healthier oil such as canola, sunflower or olive oil)

Method

1. Wash the carrot, celery, capsicum and spring onion and pat dry with paper towels.
2. Grate the carrot and put into a mixing bowl.
3. Slice the celery finely and add to the bowl.
4. Remove the seeds from the capsicum. Cut into small squares and add to the bowl.
5. Cut the root end off the spring onion. Slice finely, then add to the bowl.
6. Cut the pineapple into small squares and add to the bowl.
7. Slice the ham into small squares and add to the bowl with the cooked rice, sweet corn, pepper and dressing.
8. Using a spoon, mix thoroughly.
9. If not using at once, cover with cling wrap (or transfer to a storage container) and refrigerate until needed.



Term 2 Planner 2017

Mon	Tue	Wed	Thu	Fri
April 24	ANZAC DAY 25	26	P&C Meeting 5pm 27	28
Canteen Food Sample Day May 1	2	3	4	Art Gallery visit Dubbo 5
Canteen Starts 8	NAPLAN LANGUAGE 9	NAPLAN READING 10	NAPLAN NUMERACY 11	Mother's Day Stall 12
15	16	17	P&C Meeting 18	Cross Country Geurie 19
Fruit & Veg Week starts 22	23	24	Biggest Morning Tea Mumbil Hall 25	26
29	30	31	June 1	2
5	6	7	8	Gymnastics PCYC 9
Queen's Birthday Holiday 12	13	14	P&C Meeting 3pm 15	Gymnastics PCYC 16
19	20	21	22	Gymnastics PCYC 23
School Photos 26	27	28	29	Gymnastics PCYC 30



MUMBIL PUBLIC SCHOOL

"Strive for the Peak"

38 Burrandong Road

MUMBIL NSW 2820

Phone: 02 6846 7436

Fax: 02 6846 7438

Email: mumbil-p.school@det.nsw.edu.au

Term 2 Week 5 & 6

Friday 2nd June 2017

Student of the weeks



Congratulations

Lilli!



Congratulations

Kelli-May!

PRINCIPAL'S MESSAGE

It is already week 6 and this term is flying by!

Hockey

This week we completed our last hockey session for the term. All students have come a long way in such a short period of time. There are definitely a few budding hockey stars amongst us!



Gymnastics

Gymnastics at PCYC will resume next Friday. It is essential that all students remember their drink bottles to take with them at this time. Everyone is very excited about learning even more gymnastics skills throughout the remainder of the term!

Cross Country

As our small schools cross country was cancelled due to wet weather, selected students will be offered the chance to participate in the district cross country

competition next week. These students have received a not with important information on the day. Students will be supervised at the event by a teacher from Orana Heights.



Fruit and Veggie Week

Fruit and veggie week last week was a great success with students all helping and sampling some delicious vegetable recipes. On Tuesday we made vegetable soup and on Friday we made slow cooker vegetable lasagne which was a great hit!



Athletics

Our small schools athletics carnival will be held next term in week 1.

Primary Sydney Excursion

Expression of interest notes have been sent home, these notes and a \$50 deposit is due on Friday 16th June.

The excursion will be taking place on Wednesday 23rd August and return on Friday 25th August.

School Photos

School photos will be on Monday 26th June (the last week of school). Please make sure you have your payment in for photos before this date. Cash payments in the provided envelopes or online payment is accepted.

P&C Meeting

The next P&C meeting is on Thursday 15th June at 3pm. The time has been changed so the meeting will happen straight after school and we hope all parents can stay around for half an hour and attend the meeting.

School Banking

Student banking day is Tuesday. Please encourage you children to start saving!

