

Fruit smoothies

Ingredients: 2 cups of fruit (fresh, frozen, tinned) e.g. soft bananas, mixed berries, mango

2 cups reduced fat milk
1 cup reduced fat plain yoghurt

Method:

1. Place all ingredients in blender.
2. Whizz until all ingredients are combined.
3. Divide into cups and pop into the fridge until ready to serve.

Variations: Berry smoothie: 2 cups of mixed fresh or frozen berries.

Mango smoothie: 2 cups of fresh or frozen mango.

Banana smoothie: 2 cups of soft, sliced banana (bananas can be peeled, chopped and frozen in zip lock bags ahead of time).

Dairy free smoothie: substitute milk and yoghurt for 2 cups of soy milk and 1 cup of soy yoghurt or silken tofu.

Kiwi fruit smoothie: 5 peeled and diced kiwi fruit.

Veggie smoothie: substitute one cup of the fruit for a vegetable, e.g. 1 cup of banana and 1 cup of baby spinach.

Tips:

- Frozen fruit creates thicker smoothies.
- This recipe can be multiplied for larger batches.
- Add flavour boosters such as a teaspoon of honey, malt powder, cocoa powder, cinnamon or nutmeg.
- Add fibre boosters such as one Weetbix, a tablespoon of oat or wheat bran.



Term 3 Planner 2017

Mon	Tue	Wed	Thu	Fri
July 17	18	19	P&C Meeting 20	Athletics Carnival Dubbo 21
24	25	26	27	28
31	Aug 1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	Sept 1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22



MUMBIL PUBLIC SCHOOL

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Term 3 Week 3 & 4

Friday 11th August 2017

Students of the week



**Congratulations
Destiny!**



**Congratulations
Ryan!**

PRINCIPAL'S MESSAGE

Burrendong Anniversary

Next week our year 5 and 6 school leaders will be representing Mumbil Public School at the 50th Anniversary of Burrendong Dam. This is a great opportunity to showcase our fantastic school leaders as a part of our local community.

Infants Excursion

The Infant's excursion for next term has been booked! Infant's students will be going to the zoo in Dubbo to attend a Zoosnooz! This is a great opportunity for students to get up close and personal with the animals, as well as learn more about them in the education centre. Notes for this excursion will be sent out as soon as all details are confirmed.



Painting of Aboriginal Animals

On Friday 1st September Mrs West will be spending the day with students and staff to paint some of the Aboriginal animals that we have been learning about onto our pavement outside. Students are encouraged to wear old clothes on this day, as there is a possibility they will end up with pavement paint on them!



Debating

Debating on Monday was postponed due to illness in the other team. This has been rescheduled for Monday 14th August. Please keep practicing these debates at home.



Primary Sydney Excursion

2 weeks until the Primary students will be off on their major excursion. I am sure the students will enjoy all activities planned. Don't forget it will be an early morning with the bus leaving school at 5.45am. Students need to be at school by 5.30am.

CWA International Day

This year's CWA International Day will be held on Friday 15th September at the Stuart Town Hall starting at 10.30am.

Parents are invited to come along, but the Ladies have asked for parents to RSVP for catering purposes.

If you would like to attend please let Mrs Hanney in the school office know ASAP.

Country of Study: Nepal



P&C News

For the remainder of this term the P&C meetings will continue to be the 3rd Thursday of every month. Next meeting is next Thursday 17th August, please come along and share some fundraising ideas.

Earn & Learn Stickers

Please ask your family and friends to start collecting Earn and Learn Stickers from Woolworths when shopping. The more stickers we get the more resources we get for our school.



School Banking

Students are encouraged to bring their banking into school every Tuesday.

Start saving today!

