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Opportunities For All

Enngonia Public School Newsletter

21st August 2012

Week 6

Term 3

Bingo Night a Huge Success

What a fun night it was!!!

Thank you so very much to everyone who came along and played a few games of bingo. We raised \$553.00 from the Bingo and \$137.50 from the Cake Stall.

We will try to fit in another night in the near future.



Country Rugby League paid us a visit today. They ran through some footy skills with the kids, who all had a fabulous time.

What sunshine is to flowers, smiles are to humanity.

They are trifles, to be sure, but scattered along life's pathway, the good they do is inconceivable.



Dropping Off /Picking Up Children

We would like to remind parents that children are not to arrive at school before 8.30am. No staff are on duty prior to this time to supervise students.

Children must be picked up from the school no later than 3.15pm. The only exception to this is if there is an after school activity happening, they then **MUST** be picked up **NO LATER THAN** the specified finish time for that activity – 4.30pm cooking/4.15pm sport.

If you are going to be late please advise the school as soon as possible. We are not a child minding service, and it is unfair to expect staff to remain at school after hours to look after your children, other than in an emergency.

Attendance/Absences

We would like to remind parents to please notify the school if your child is going to be absent for any reason as soon as possible.

You can notify us either by telephoning to let us know your child will be absent or by sending a note to school when your child returns.

A reason for your child's absence must be received by the school within 7 days of the absence otherwise it will be recorded as an unjustified absence, once recorded this cannot be changed.

Thank you to those parents who are doing this already, it makes our job so much easier.

Triple P

There's no such thing as 'one size fits all' when it comes to parenting. Every child is different, but sometimes small changes and new ways of doing things can make a big difference to the everyday routine. If you have children between the ages of 3 and 8, Families NSW has a range of Triple P positive parenting programs to suit your family. Triple P is a well regarded, Australian designed parenting program, with more than 30 years experience helping families in Australia and overseas. Triple P is based on rigorous research around the needs and questions of families worldwide.

Phone: 1800 789 123 or visit www.families.nsw.gov.au

Enngonia Playgroup Sessions



at the



Enngonia Preschool

Wednesday 5th September

Wednesday 19th September

10.00 am - 12.00pm

Playgroup activities for 0 - 5 year olds

The Reading Hour.....25th August

Sharing a book with your child for 10 minutes a day, an hour a week is our aim for ***The Reading Hour*** on the **25 August 2012**.

We know it's not always possible for parents to share a book at bedtime with their children, but if you can manage 10 minutes most nights, your child will have the best chance of becoming a good reader, with all the social and educational benefits that brings.

Most of our brain development happens between birth and three years of age, so it's not enough to assume that your children will learn to read when they get to school. Parents need to share stories and rhymes right from day one – and a good way of finding out more is to join story times, rhyme times, baby bounce and toddler sessions at your local library.



Country Rugby League visit 21st August



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Upcoming Events

TERM THREE

August

- 22nd Active After School Sport
- 22nd Playgroup
- 27th Cooking plus classes
- 27th ASSEMBLY
- 28th Special Lunch
- 28th Murdi Paaki Drug & Alcohol Talk @ CDEP
- 29th Active After School Sport
- 31st Cake Stall

September

- 2nd Father's Day
- 3rd Cooking plus classes
- 5th Playgroup
- 10th Cooking plus classes
- 10th ASSEMBLY
- 11th Special Lunch
- 13th Active After School Sport
- 19th Active After School Sport
- 19th Cake Stall
- 19th Playgroup

Crunch & Sip

Each morning at 10.15am all students are taking a 5 minute fruit and water break.

Children are allowed to sip plain water only all day in the classroom. Fresh fruit and vegetables are the best choice. Small tubs of fruit in natural juice or with no added sugar are also ok.

No other food or drinks are permitted for Crunch&Sip!. Your child does not have to be part of Crunch&Sip!, but we hope they will join in.

2012 Flexi Days

Term Four

Friday 9th and Monday 12th November

*** Dentist ***

Please contact the Bourke Aboriginal health Service on 6872 3088 if you need to see a Dentist.



Enngonia School Website

www.enngonia-p.schools.nsw.edu.au

Check out our website and keep up to date. We include the weekly newsletter as well as keeping you all up to date with events, regular calendar updates, etc.

Next Doctor Visit

Please check with Community Health on 6870 8883 or Dr Dalgety 6872 2211.

Treatment for Boils

Recently we sent home a permission note seeking your permission to include your child/ren in a treatment program to address the problem of boils and school sores.

This treatment program was undertaken at the school a number of years ago and from all accounts was quite successful.

Through Dr Heather Dalgety, we have been given a supply of *Bactroban* ointment. This has been effective in reducing the number of boils and school sores in the past and we plan to begin another treatment program sometime in the next few weeks.

If you would like your child/ren included in this program, please sign and return the permission note as soon as possible.

Healthy Chicken and Vegetable Sausage Rolls

Preparation Time 45 minutes

Cooking Time 25 minutes

Makes 60

Ingredients

- 1 cup (70g) fresh wholemeal breadcrumbs
 - 500g chicken breast mince
 - 1 egg, plus 1 extra lightly beaten egg
 - 1 zucchini, finely grated
 - 1 carrot, finely grated
 - 1/2 onion, grated
- Tomato or sweet chilli or sauce, to serve
1 tbs sesame seeds
4 sheets frozen puff pastry, just thawed
1/4 cup chopped flat-leaf parsley leaves
1/4 cup chopped coriander leaves

Method

Preheat the oven to 200°C and line 2 baking sheets with baking paper.

Process crumbs, chicken and unbeaten egg in a food processor until well combined.

Place in a bowl, mix well with vegetables and herbs, then season.

Place 1 pastry sheet on a floured surface and halve.

Spoon an eighth of the mixture lengthways along centre of each piece.

Fold 1 edge of pastry over and tuck in beside filling, then fold over other side to make a roll, pressing down lightly to seal.

Repeat with remaining pastry and filling. Cut rolls into 3cm pieces and cut two small incisions into each roll to prevent splitting.

Place on baking sheets, cover and chill for 30 minutes.

Brush with beaten egg and sprinkle with sesame seeds.

Bake for 25-30 minutes until the rolls are lightly browned and cooked through.

Serve with sauce on the side



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P & C Meeting

The next general meeting of the Enngonia P&C will be on Wednesday 29th August at 3.00pm. All parents and interested community members are invited to attend.

P & C Special Lunches

28th August & 11th September

\$3.00 each



10 kg Chocolate Raffle

Tickets are \$1.00 each

Prize is 10kg of assorted chocolates
Drawn at Enngonia Field Day:
22nd September 2012.

Father's Day raffle

One Dressed Sheep

Kindly donated by Peter Mallon & Lisa Mills

\$1.00 ticket

Drawn Friday 31st August



(Picture for illustration purposes only!)

**** Cake Stalls ****

31st August (pre Fathers' Day)

19th September



For Sale

Soft Drinks 30 pack \$20.00 (Coke & Diet Coke)
24 pack \$15.00 (asstd flavours)

Chocolates \$2.00
Lolly Bags \$1.50

Please see Christine at the school if you are interested.

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Murdi Paaki
DRUG & ALCOHOL NETWORK



Would you like to do something about your drinking but not to sure how you go about it?

Would you like to speak to a Doctor about current medications available to help reduce your drinking?

In conjunction with the Bourke Aboriginal Health Service

Murdi Paaki Drug & Alcohol Network
Will be hosting an information morning at

Enngonia CDEP

Tuesday 28th August 2012

Commencing at 10.30am

Come on down for a yarn and a cuppa and hear what Dr MacQueen has to say about Naltrexone

For further information please contact
Nicolle at BAHS on 6872 3088

Rob's Plants

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Email: tarwoonadowns@bigpond.com



Riverview Gifts Galore



Specialising in wooden toys and puzzles, musical instruments, games and gift items.

Check it out.....www.riverviewgiftsgalore.com.au

Bourke District Events

Bourke Market Day – Sat. 1st Sept

Enngonia Field Day – 22nd Sept

Chisholm Cottage

Sisters of Charity Outreach – Low cost, Short-term Accommodation

Twin share rooms with bed linen and towels provided Dining room/Lounge room with TV
Cooking facilities, tea/coffee facilities Washing machine/Dryer/Ironing facilities

Chisholm Cottage is a 5 minute walk to Westmead Station.

Guests may include: Country people requiring short-term accommodation for medical purposes and those requiring emergency accommodation for reasons other than medical.

For reservations, cost and/or more information please contact:

Chisholm Cottage, 49 Alexander Street, Westmead, NSW, 2145
Telephone/fax: (02) 9633 4228 website: www.chisholmcottage.org.au

