Absences

In line with the DEC Absence Policy student absences from school should be explained with a phone call or a note within 3 days of the absence. If your child/children will be absent for more than 3 days a phone call to the school explaining this is needed.

Absences are recorded electronically each week and a note will be sent home on the newsletter each week for any unexplained absences. If you have an absence note attached to your newsletter please return it tomorrow.

Lunch Orders

Lunch orders for next week are hamburgers (meat pattie, lettuce, tomato, beetroot, onion, cheese and sauce) and a jelly cup (orange or strawberry).

Orders need to be returned to school by Monday 19th August.

Thank You

Thank you to Louise Towne for volunteering to laminate a large amount of the new resources recently purchased. If you would like to volunteer to help with anything, regularly or every now and again, please phone Rosey for more information.

Federal Election Stall

If you are able to help running the stall on election day please phone Shelley or Christine to put your name on the roster.

Students’ artworks have been entered in the Bedgerabong Show and it would be great if you could attend the show this Saturday, 17th August, to support our students efforts.

Students spent yesterday with Mrs Nutley cooking and decorating entries for the Trundle Show. Judging is tomorrow, Wednesday 14th August and we look forward to hearing the results this week.

Results for both shows will be published in next week’s newsletter.

School Photos

School photos were sent home today. As you can see Bogan Gate Public School students are very photogenic.

Bedgerabong & Trundle Shows

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Students of the week

<table>
<thead>
<tr>
<th>Year 5</th>
<th>Their support of younger students while cooking with Mrs Nutley and showing great maturity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobbie, Bryce, Hannah, Joshua</td>
<td></td>
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</tbody>
</table>

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Summer Uniform Dress & Survey
Please send in your completed uniform and dress surveys this week. At present we have 4 uniform surveys and 0 dress surveys returned.

If a decision about changing the uniform is to made everyone’s thoughts should be taken into account.

Fire Education Talk
Last Thursday we had a visit from Mrs R who volunteers with the Rural Fire Brigade. Mrs R talked to the students about fire safety and what to do in an emergency. Students learnt about the fire protection gear fire fighters wear and the methods they use to extinguish fires burning with a variety of fuels.

Thank you to Mrs Nutley for organising the visit and to Mrs R for teaching students about fire safety in a fun and informative way.

Maths & Literacy Resources
Students are having fun learning with our new maths resources and games, literacy resources and games, and reading books delivered last week. Parents are welcome to look at these next Wednesday after our assembly.

Assembly
Parents, carers and community members are invited to our public assembly next Wednesday 21st August starting at 10.30am followed by morning tea. We hope you join us.

Working Bee
Change of Date
Sunday 1st Sept
RSVP for catering
23rd August

Did you bring your home reader/s and library books back today?
Bring them tomorrow please!!!
Decorating and Cooking

and Maths games galore!
When lunch comes home ... again
Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.

Banana & strawberry fruit straps
These take some time to prepare, but are very high in energy. They are similar to a fruit roll up.

Ingredients
- 2 large very ripe bananas
- 2 punnets strawberries, hulled
- 200g seedless red grapes
- 1 cup water
- 75g caster sugar
- 1 lemon, juiced

Method
1. Preheat oven to 110°C. Combine the bananas and strawberries in a blender and pulse until coarsely pureed.
2. Roughly chop the grapes and place in a saucepan with the banana mixture, water and sugar.
3. Cook over a medium heat for 25 minutes, until well softened, then press through a fine sieve.
4. Stir in the lemon juice.
5. Line an 18cm x 28cm slice pan with cling film, then pour in the fruit mixture.
6. Bake for 11-12 hours (or overnight) until dried and flexible. Alternatively, use a bench-top dehydrator for easier results.
7. Cut into strips and store in an airtight container or a resealable plastic bag.

For busy mums and dads
You'll find that one recipe makes six good size serves, enough for a couple of kids to each have one three days a week. To save some money, buy in-season fruit in bulk at best prices and make several trays at a time. The straps will store airtight for up to one month, ready to go for lunches.

How much screen time?
‘Screen time' used to mean how many hours you spent watching TV and playing on the computer. However, with the growing number of digital devices on offer today, the question of what screen time means now is far more complex.

SCREEN SMART
**Lunch Order Form - Wednesday 21st August**

<table>
<thead>
<tr>
<th>Hamburger $3</th>
<th>Jelly cups $1</th>
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Hamburger (meat pattie, lettuce, tomato, beetroot, onion, cheese and sauce)  
jelly cup (orange or strawberry)

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<tr>
<th>Child’s name</th>
<th>Hamburger With everything OR NO ???</th>
<th>Jelly cup Orange/Strawberry</th>
<th>Total $ enclosed</th>
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**Federal Election Stall Roster**

Please put my name on the stall roster for 7th September, 2013.

Name: ________________________________

Time available: _______________________