



NULKABA NEWS

Nulkaba Public School

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Issue 124: 2018 Term 2 Week 8

Friday, 22 June 2018

Dear Parents and Carers,

Here we are with only two weeks to go and half of 2018 has vanished. It has been a very busy term with Project 2 commencing, reports and three way conferences. We have been excited with the incidental feedback we have received but we are really keen to make sure we hear from all parents in regards to the changes we have made in 2018.

In Week 10 a homework survey will be brought home by your child or children. If you have more than one child have one of them interview one parent and one the other. There is a note attached to the survey explaining to you what we are doing and why. When we used this method last year to collect parent opinions it was extremely successful and gave us lots of very useful information which we used in the construction of our three year plan. Please take the time to respond as we value your opinions and it is a wonderful task for the students as well. We will also be asking the students for their impressions as well as all the staff.

Term 3

Next term I will be taking some Long Service Leave to attend my son's wedding which will be held in Italy. My whole family will be travelling together to attend this event. Following the wedding I will be spending some time exploring some areas of Europe while also spending some quality time with my son and his new wife. Mrs Zoneff will be relieving, as Principal for me and Mr March will fill the three days on 4Z with Mrs Page still working on the other two. The same procedures apply, if you need to speak with Mrs Zoneff just check first with the front office to make sure Mrs Zoneff is available. Mrs Schilder will be relieving as the Stage 2 Assistant Principal in this time.

Kindergarten 2019

It is time to make sure you have enrolled your child for Kindergarten in 2019. You need to make contact with the office and they will give you the forms to fill in and put you on our database. This will ensure that you receive the information re Orientation Visits. These commence towards the end of Term 3 so it is important we get this information as early as possible. If you know of any new families in our area can you please pass this information on to them.

New Buildings

As yet I have heard nothing about where we are up to with the commencement of our building program. The new shed is up and Al is busy organising the transfer. It is much smaller than we had thought so at the last P&C meeting we will look to relocate the newer green shed next to the new grey shed. At the same time, we will look to bring in the new chicken coup to place near the MDR building. I will let you know when I know any more news.

Facebook

This week we were featured on the NSW Department of Education's facebook page with a photo of our Colour Run and a little story. This is wonderful for our school. I am sure most people reading it would wonder where Nulkaba is located. Please have a look.

See Saw

It is wonderful to see so many of our parents using the See Saw app to stay up to date with what is happening at Nulkaba Public school and also what is happening in their child's class.

I know this link was placed on SeeSaw and on our Facebook page but just in case you missed it, here it is again. It is a video compiled by the students and Mrs Anderson about our first project.

<https://www.filmpond.com/ponds/nulkabaps/films/zmxfqvhnh2jd>

Behaviour and Welfare

As part of our Wellbeing policy, we have a Planning Room run by the Assistant Principals where children go if they have breached any of our school rules or the Department's code of conduct. The children discuss their behaviour and make a plan to handle the situation better next time. If they have to attend on more than one occasion, then a letter can be sent home to parents to let them know what is happening or sometimes a phone call will be made. All children can make a poor decision at some time. As part of this policy, it also says that they may not be able to participate in some excursions or represent the school in some sporting or academic events. It is very important that all children follow our Core Values of Respect, Responsibility and Excellence. At the beginning of each year, our values and rules are clearly articulated to all students and displayed in relevant places. For most of our children, these are complied with at all times. This then leads to a happy, safe and productive school environment. Please always let us know of any outside influences that may be impacting on your child or if they tell you anything that is worrying them at school. As always we need to work together to create the best learning environment for all our students.

Narelle Hunt
Principal
Nulkaba Public School



Nulkaba Public School - Capital Works Project

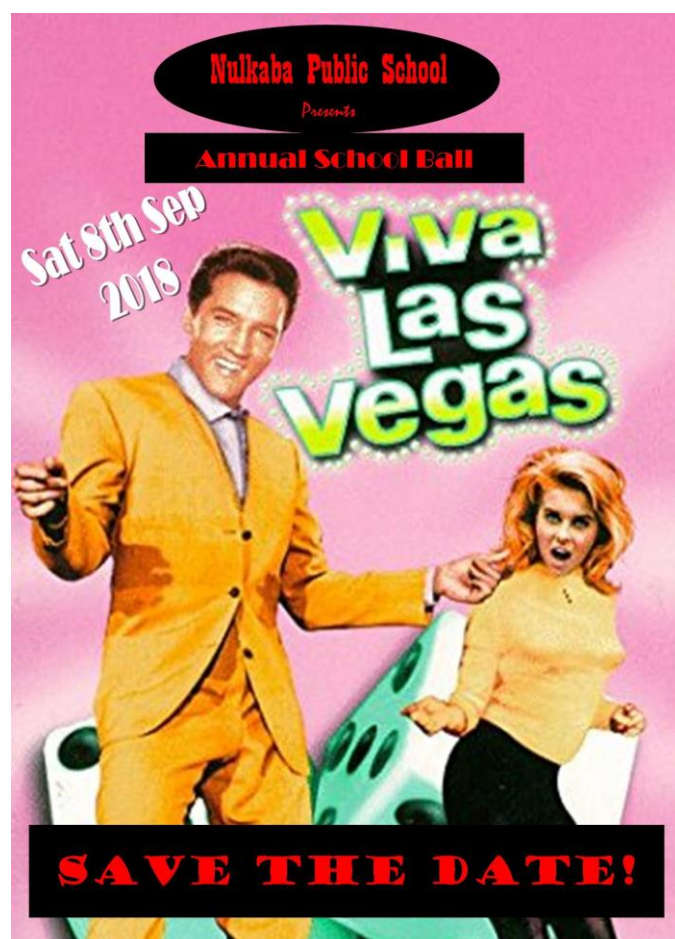
The NSW Government is making a record commitment to school infrastructure across the state, which will see \$4.2 billion invested into 156 new and existing school projects over the next four years.

The NSW Department of Education is planning a major capital works upgrade at Nulkaba Public School, which will provide new permanent teaching spaces and upgrade core facilities to address enrolment growth.

Information booths will be held in the local area throughout the project, providing an opportunity for the community to offer feedback to the project team.

Please see below for details on the next information booth:

Nulkaba Public School
5 O'Connors Rd, Cessnock NSW 2325
Monday, 2 July 2018 from 2:30pm to 3:30pm



Coming Events - 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|--|--------------------------------|----------------------------|---|
| | 25 Jun | 26 Jun | 27 Jun | 28 Jun | 29 Jun |
| Week 9 | Touch Football Gala Day 2:15p Weekly Assembly | PSSA Touch Football; K-2 Public Speaking Competition | NSW Futsal State Championships | | 9:30a Stage 3 - Tennis Program |
| Week 10 | 2 Jul | 3 Jul | 4 Jul | 5 Jul | 6 Jul |
| | 2:10p Special Assembly | | | Spelling Bee Class Winners | NAIDOC Day; Last Day of Term 2 |
| T3 Week 1 | 23 Jul | 24 Jul | 25 Jul | 26 Jul | 27 Jul |
| | Staff Development Day; | Stage 3 Project Launch 2 'Old Sydney Town' Incursion; | | | |
| T3 Week 2 | 30 Jul | 31 Jul | 1 Aug | 2 Aug | 3 Aug |
| | | University Test – English; Zone Public Speaking Day 1 | Zone Public Speaking Day 2 | | Senior Netball Gala Day; Crazy Hair/Sock Day; Zone Athletics Carnival |

For more information, please visit our website: <http://www.nulkaba-p.schools.nsw.edu.au/calendar>

Canteen Roster - 2018

Week 9 = Roster B

Week 10 = Roster C

T3 Week 1 = Roster B

T3 Week 2 = Roster C

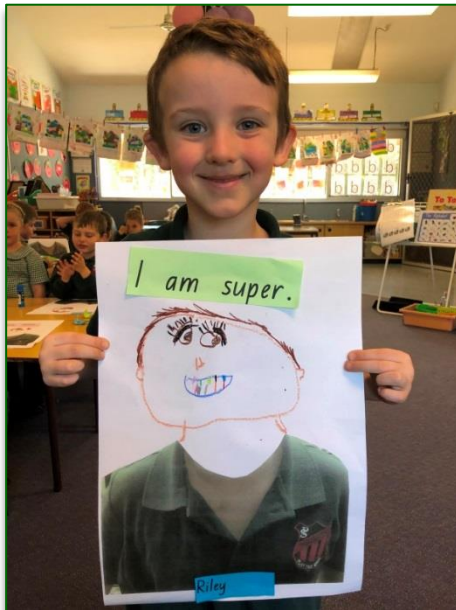
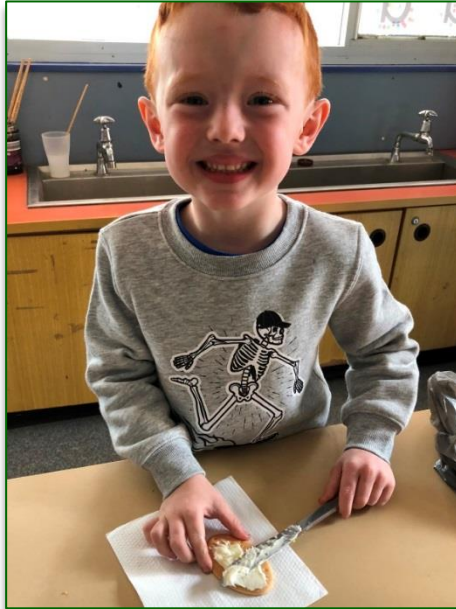
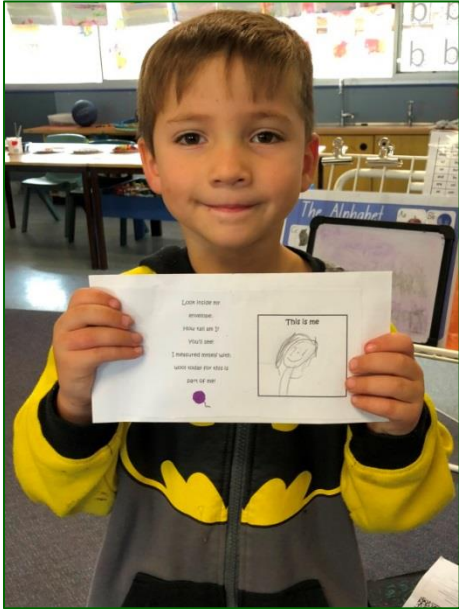
| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-------------------------------|-----------------------------|-----------------------------|--------------------------------|---------------------------------|
| | 25 Jun | 26 Jun | 27 Jun | 28 Jun | 29 Jun |
| Week 9 | Amanda Platt Help Needed | Renae Beckett Linda Kerr | Danielle Codd Sally Hare | Leesa Beveridge Sally Hayes | Lynda Hirst Sue Hirst |
| Week 10 | 2 Jul | 3 Jul | 4 Jul | 5 Jul | 6 Jul |
| | Alex McGregor Amanda Platt | Lisa Edwards Lyn Fallon | Help Needed | Help Needed | Lauren Goodwin Lynsay Ingram |
| T3 Week 1 | 23 Jul | 24 Jul | 25 Jul | 26 Jul | 27 Jul |
| | Amanda Platt Help Needed | Renae Beckett Linda Kerr | Danielle Codd Sally Hare | Leesa Beveridge Sally Hayes | Lynda Hirst Sue Hirst |
| T3 Week 2 | 30 Jul | 31 Jul | 1 Aug | 2 Aug | 3 Aug |
| | Alex McGregor Amanda Platt | Lisa Edwards Lyn Fallon | Help Needed | Help Needed | Lauren Goodwin Lynsay Ingram |

If you can help to fill our current vacancies, please contact **Linda on 0457 514 786**

Class KP

KP have had a great start to Term 2. We have continued our fantastic learning in the classroom and all of our hard work is definitely paying off. Mrs Parker and Mrs Cook Green are continually amazed at the fantastic progress everyone is making!

We all had an exciting time at our Project Launch a few weeks ago and are already delving deep into the question of 'What makes me, me?'. It was great fun studying our appearances and creating some self-portraits.

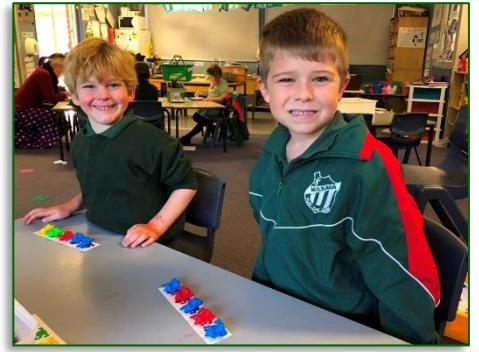


KP showed amazing sportsmanship at their very first Athletics Carnival. They wore their house colours with pride and took part in running races and a variety of novelty activities.



News from the Classroom (continued)

Our class absolutely love combining with the other Kinder classes for our play-based learning sessions. We get to explore, create, problem solve, collaborate, discuss, plan and so much more. We are having so much fun it is hard to believe we are actually learning!



Class 1M

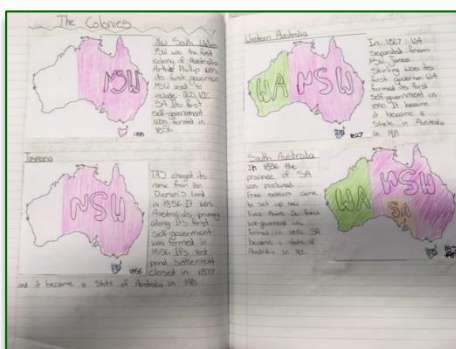
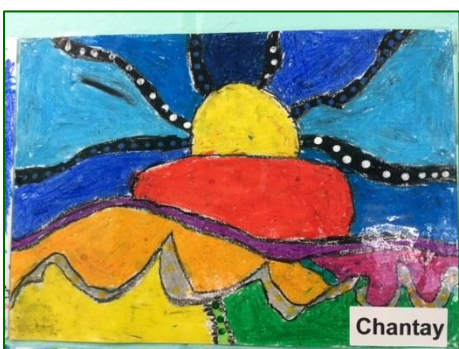
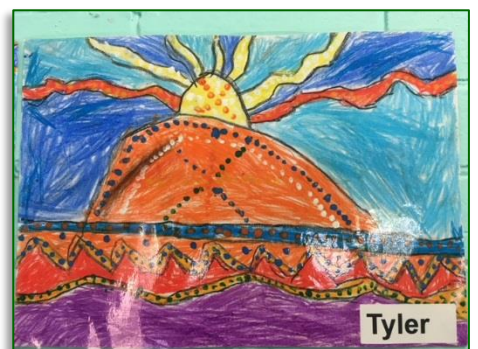
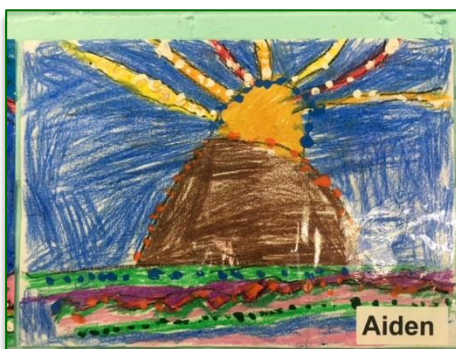
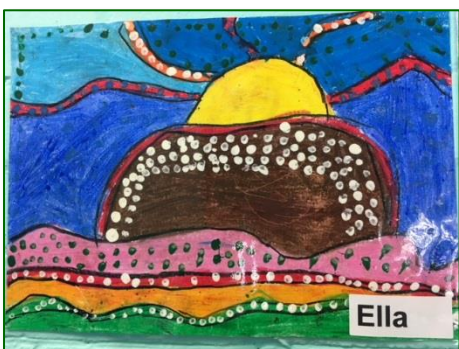
G'day from 1M!

In the second half of this term, we began Project 2- What is True Blue? In class, we have been learning lots about Australian animals. In particular, the kangaroo. As a class, we have researched books, internet articles and even watched some informative clips on our smartboard. We thought it might be nice to share some of the interesting facts that we found:

- 🇺🇸 A joey is a baby kangaroo. - *Dex D*
- 🇺🇸 Kangaroos are a marsupial which means that they have a pouch. - *Noah T*
- 🇺🇸 Joeys are born with no fur. - *Ruby C*
- 🇺🇸 They travel in large groups called mobs. - *Braxton J*
- 🇺🇸 Kangaroo mobs can be as small as 3 Kangaroos and as large as over 100. - *Oscar C*
- 🇺🇸 They stay in their mother's pouch for nearly a year. - *Seth M*
- 🇺🇸 Kangaroos can weigh up to 90 kgs. - *Boston M*
- 🇺🇸 The red kangaroo is the largest. They can jump 3 metres. - *Amahni H*
- 🇺🇸 There are four types of kangaroos. - *Myla O*
- 🇺🇸 Kangaroos have strong back legs and small arms. - *Kobi R*
- 🇺🇸 Kangaroos can swim. They can't move backwards. - *Ava J and Lucia W*
- 🇺🇸 There are 50 – 60 million Kangaroos. - *Sienna M*
- 🇺🇸 Kangaroos are nocturnal which means they sleep in the day and eat and play at night. - *Ellie C*
- 🇺🇸 Kangaroos can live up to 6 years in the wild and up to 20 when they are in a zoo. - *Indy W*
- 🇺🇸 Male kangaroos fight each other. - *Sebastian B*
- 🇺🇸 They use their tail to balance while they try and kick each other in the belly. - *Izzy C*
- 🇺🇸 A mob of kangaroos are on the Australian 1 dollar coin. - *Lennox B*
- 🇺🇸 Joeys will sometimes jump head first into their mother's pouch when frightened. - *Sofia R*
- 🇺🇸 Kangaroos have excellent hearing and are able to move their ears in different directions without moving the rest of their head. - *Cooper P*

Class 4J

In Week 5 Stage 2 kicked off our new project with an excursion to the Apple Store in Charlestown and the Newcastle Museum. Our project, 'Back to the Future', will see students of 4J exploring aspects of our past, present and future. So far, we have been learning about early Australian history including aspects of Aboriginal ways of life, the arrival of the First Fleet and how the colonies eventually became states of the nation of Australia. 4J have been hard at work researching topics, conducting mapping exercises, looking at historical concepts from the perspectives of different peoples, creating artworks and putting together presentations in a variety of ways. We have loved having Mrs Anderson visit our room every Thursday to conduct technology lessons where we have been learning to use apps and software to create interesting ways of presenting information. Just have a look at some of the things we have been doing in 4J over the past few weeks!





My dearest friends Amelia, Lilli, Chantay, Lara and Alexis,

We have finally arrived at Botany Bay after a very long journey from England. I am very glad to be off that wretched boat but life here is not very easy.

When we got off the boat we were given a uniform that all us convicts call slops. The slops are too big, worn and ripped. We only wash our uniforms twice a week which means they become very dirty and smelly after working hard in them all day long.

Everyday we wake up at sunrise, eat breakfast and are put straight to work. As punishment we work doing things such as – making bricks, building, carving stone, logging trees, making boats, timber work, and making ropes. The work is painful, back breaking and incredibly exhausting. Some days I just don't think that I can do it.

Each day we have the same meal –salty meat stew sometimes with a few vegetables and it's pretty disgusting. We also have to eat stale, hard and sometimes mouldy bread and we don't get a lot of water. All the convicts including me go starving and thirsty. I just wish I was home.

We also have punishments. There are two hundred rules to follow so it is very strict. If we ever break the rules we would be locked in a small cell or flogged.

The only time I am happy is during free time. But we only get one hour before bed. I usually read the Bible or mend clothes. But the other convicts play games, sing songs, and gamble even though they're not allowed.

I hope to write to you again soon. I am missing you all very much.

From your loving friend,
Mackenzie

Class 6H

Term 2 has been another busy, productive term in 6H. Students have been running Peer Support and are thriving in their role as leaders. We have launched into our next project, 'How did we get here?', where we are learning about the rich and varied history that makes up Australia. We cannot wait for our second launch day at the beginning of Term 3!

6H students are involved in lots of sport this term including Soccer, Futsal, Aerobics, Netball, Rugby League and Union, Basketball and Touch Footy. We also had a great time at the Athletics Carnival. Everyone who was able to come along enthusiastically participated in events and made their houses proud. Many of our students made it to the zone level for a variety of events. We wish all of our classmates luck in all of their sporting endeavours.



In Week 6 we were lucky enough to get a taste of high school at Mt View High School's mini lessons, where students got to see what some different subjects will be like next year. Our students demonstrated exceptional behaviour on the day.



6H students are smashing their schoolwork in class and should be proud of their efforts. We are ready and raring to get stuck into the second semester!

School Library News

Premier's Reading Challenge Update

We are now up to almost 200 completed entries for this year's Challenge – and that now includes all of our K-2 students. 1W and 2F have now also completed their reading records and were all very proud of themselves on such a terrific effort. Well done to 1W – Marshall, Ezra, Zane, Tyler, Bella, Teleah, Sami, Lexy, Farrah, Abby, Isla, Lillian, Jed, Lachlan, Maria, Chloe, Ruby, Mitchell, Logan, Danny, Renzo and Aidan. Congratulations to 2F – Keeley, Braiden, Bailey, Blair, Suvana, Nevaeh, Lincoln, Lucas, Tyler, Lilly, Maeve, Jaylah, Amelia-Rose, Annabelle, Layla, Cooper, Izzy, Liam, Patrick, Emily, Bryce, Lara, Denver, Elliott, Macy and Tahlia. In 3/4S, well done to Jed P and to Max O from 4Z who have also completed this year's Challenge - GREAT WORK!

Overdue Library Loan Notices

As the end of the term approaches, Mrs Morris is checking the library loan records for overdue items. All students have a borrowing period of two weeks before items become overdue. Unfortunately, the loan records are showing several hundred books being overdue (which of course equates to quite a significant money value). Some items are now months overdue, not just days. Notices will be going home next week – they are not a request for payment of overdue items but are a request to confirm items are no longer in a student's possession. It frequently happens that overdue items are actually laying forgotten somewhere at school or have just been overlooked in the bookshelf at home. Should your child have an overdue notice sent home, it would be greatly appreciated that it is dealt with as soon as possible.

Written by: Evie, Ella and Charlie

From: The Environmental Team

The Environmental Team, with the help of the students, staff, canteen helpers and P&C, have banned plastic straws from the canteen by using a petition for people to sign. We had nearly 200 signatures from students, teachers, parents and the principal Mrs Hunt. Plastic straws are used once, however last for hundreds of years in the environment.



Next month is 'Plastic Free July'. We would like you to bring in some of your old, clean and washed T-shirts that you do not wear anymore and send them to Miss Gray. We are making reusable shopping bags out of them so that we can avoid using plastic bags. When we have made enough reusable bags, we will be selling them for \$2 with the money going towards our gardens. T-shirt sizes should be from children's size 14 up to adult sizes, to allow enough room in the bag to carry your shopping.



**Sandwiches, Rolls, Wraps**

| | |
|--|--------|
| Vegemite | \$2.00 |
| Ham or Chicken or Cheese or Tuna | \$3.00 |
| Ham, Tomato & Cheese OR Ham, Lettuce & Cheese | \$3.50 |
| Chicken, Lettuce & Mayo OR Chicken, Lettuce & Cheese | \$3.50 |
| Salad* | \$4.00 |
| Ham & Salad* or Chicken & Salad* or Tuna & Salad* | \$4.50 |
| Each extra topping: ham, chicken, tuna, cheese, tomato, lettuce, carrot, pineapple | \$0.50 |
| Extra: for a roll OR a wrap | \$0.50 |

Salads

| | |
|--|--------|
| Salad Box* | \$5.00 |
| Salad Box* with Ham OR Chicken OR Tuna | \$5.50 |

*Salad includes lettuce, cheese, tomato, cucumber, carrot & beetroot.

Jaffles (toasted sandwich) – not available at recess

| | |
|---|--------|
| Cheese OR Ham & Cheese OR Chicken & Cheese | \$4.00 |
| Ham, Tomato & Cheese OR Ham, Pineapple & Cheese | \$4.00 |
| Spaghetti & Cheese OR Baked Beans & Cheese | \$4.00 |

Snacks

| | |
|---|--------|
| Homemade Pikelets | \$0.20 |
| Fresh Popcorn (air popped, no butter or salt) | \$0.50 |
| Raisin Toast | \$0.50 |
| Mamee Noodles – Chicken, BBQ | \$0.80 |
| Fresh Fruit – items vary and are subject to availability | \$1.00 |
| Slinky Apple | \$1.00 |
| Thompsons Choc Chip Biscuit or Anzac Cookie | \$1.00 |
| Red Rock Deli Chips – Honey Soy Chicken, Sea Salt | \$1.50 |
| JJs – Chicken, Pizza | \$1.50 |
| Cheese UFO – melted cheese on an English muffin | \$1.20 |
| Mini Pizza UFO – tomato paste, ham & melted cheese on an English muffin | \$1.50 |
| Cheese & Spaghetti UFO – cheese & tin spaghetti on an English muffin | \$1.50 |
| Thompsons Finger Bun OR Choc Chip Muffin | \$1.70 |

Sandwich

| |
|--------|
| \$2.00 |
| \$3.00 |
| \$3.50 |
| \$3.50 |
| \$4.00 |
| \$4.50 |
| \$0.50 |
| \$0.50 |

Hot Food – not available at recess

| | |
|--|--------|
| Chicken Nuggets (each) | \$0.60 |
| Thompsons Garlic Bread - full loaf | \$1.50 |
| Mini Hot Dog – half a hot dog | \$1.50 |
| Hot Dog – bread roll, frankfurt & tomato sauce OR BBQ sauce | \$3.00 |
| Rice Tub | \$2.00 |
| Thompsons Lite Sausage Roll OR Lite Party Pie | \$2.00 |
| Thompsons Lite Meat Pie | \$3.00 |
| McCain Pizza Singles – ham & pineapple OR cheese & bacon | \$3.00 |
| Cheeseburger – meat, cheese & tomato sauce OR BBQ sauce | \$3.50 |
| Hamburger – meat, lettuce, tomato, beetroot, & tomato sauce OR BBQ sauce | \$4.00 |
| Chicken Burger – chicken, lettuce & mayonnaise | \$4.00 |
| Enrico's Macaroni & Cheese | \$4.00 |
| Enrico's Spaghetti Bolognese | \$4.00 |
| Enrico's Lasagne | \$4.00 |
| Enrico's Mexican Nachos | \$4.00 |
| Fried Rice | \$4.00 |

Extras

| | |
|------------------------------------|--------|
| Sauces – tomato, BBQ, sweet & sour | \$0.40 |
| Lunch Bags | \$0.20 |

Ice Blocks – not available at recess

| | |
|---|--------|
| Quelch Fruit Stick – apple, mango, tropical, orange, blackcurrant | \$0.50 |
| Ice Mony – chocolate, watermelon | \$0.80 |
| Frozen Bevco Juice Cup – apple/blackcurrant, orange | \$0.80 |
| Vanilla Ice Cream Cup (98% fat free) | \$1.50 |

Drinks

| | |
|--|--------|
| Bottled water 600ml | \$1.50 |
| Focus flavoured water 250ml – fruit tingle, lemonade, raspberry | \$2.50 |
| Sparkling Fruit Juice Bombs 250ml – apple/raspberry, apple/blackcurrant, grape, watermelon | \$2.50 |
| Mooove Flavoured Milk 300ml – chocolate, strawberry | \$2.50 |
| Berri Juice Pop Top 250ml – apple, orange, apple/blackcurrant | \$2.50 |

Everyday Choice

Occasional Foods

Nulkaba School Canteen

- ☆ Place your order online using www.quickcliq.com.au. Online ordering is more accurate and easier for our busy volunteers to process. Online ordering gives parents peace of mind that your child's canteen order is received and processed correctly.
- ☆ For orders submitted to the canteen please write all lunch and recess orders on separate paper bags, including student's name, class, items, prices and total payment. No envelopes, snap lock bags or scrap paper will be accepted.
- ☆ Please provide your own lunch bag with correct money. Paper bags are available from the canteen for 20c per bag or reusable lunch order bags are available for \$10 each – durable, wipe clean, clear zipper pocket for money and order – say goodbye to paper bags!
- ☆ The canteen does not give credit. Any orders without sufficient money will be returned to the student, or similar lower priced items will be substituted at the Canteen Manager's discretion.
- ☆ Orders should be placed in the lunchbox outside the canteen by 9.10am each morning. Late orders should be handed directly to the canteen volunteers. Any late orders may be adjusted depending on availability and time.
- ☆ Unfortunately due to Health & Safety Requirements we can't heat, cook or serve food bought in from home.
- ☆ If your child forgets their lunch they should get a signed note from their teacher and the canteen can supply a sandwich that must be paid for the following day.
- ☆ We rely on volunteers to keep our canteen open every day. If you could help in the canteen regularly or casually please contact Linda on 0400413313. We'd really appreciate your help (and your kids will love it)!
- ☆ Our canteen is operated by the P&C and is overseen by the P&C's Canteen Committee. It aims to provide both a healthy canteen available to the students daily, and to at least cover its costs. Any profits are used to aid the school through the P&C.
- ☆ If you have any ideas or suggestions on how to improve our canteen please contact the P&C's Canteen Coordinator Kristie on 0435953751.



Canteen Manager: Linda Balazic – 0400413313
P&C Canteen Coordinator: Kristie Maguire - 0435953751



Nulkaba School Canteen Menu Update



To ensure our school canteen covers its costs and remains viable we have had to make some small price changes to a number of items, effective from Week 1 in Term 3 (Tuesday 24 July 2018).

Every effort has been made to ensure all items remain affordable and are price competitive. Our aim is to provide a healthy canteen that is available to students daily and to at least cover our costs.

Over the last couple of years, thanks to the commitment of a dedicated Canteen Committee and our generous volunteers, our canteen has managed to turn over a small profit. This money has funded the replacement and updating of our canteen equipment and is also put towards school improvements.

Noticeable changes to the 2018 NPS Canteen Menu include:

1. Cheese & Bacon rolls and Lite Potato Pies have been removed due to poor sales.
2. Slight increase in prices for the following items (to reflect supplier price increase):
 - Nuggets 60c
 - Mini Hot Dog \$1.50 & regular Hot Dog \$3.00
 - Mamee Noodles 80c
 - JJs and Red Rock Deli Chips \$1.50
 - Ice Mony & Bevco Frozen Fruit Juice Cup 80c
 - Vanilla Ice Cream Cups \$1.50
 - Sauces 40c
3. Garlic Bread is now only available in a smaller full loaf with 5 larger slices for \$1.50 (note: this is so the Garlic Bread complies with the new Healthy School Canteen requirements).
4. All meat and salad sandwiches have decreased in price by 50c.
5. Moove 300ml flavoured milks and Berri 250ml pop top juices have decreased by 50c to \$2.50 due to a supplier price reduction.
6. Focus waters have decreased in size from 350ml to 250ml with less sugar (the price remains the same as the supplier price has not decreased).

By the end of 2019 the NPS Canteen must comply with the new NSW Healthy School Canteen Strategy. The Strategy sets new criteria that all canteen food items must comply with. Those items that meet the criteria are categorised as 'everyday' or 'occasional' foods. At least $\frac{3}{4}$ of the menu must consist of 'everyday' food items.

The NPS canteen is slowly transitioning to this new Healthy School Canteen Strategy, and as such has introduced a number of new 'everyday' food items including:

- Raisin toast
- Tuna for sandwiches and salads
- Enrico's Macaroni & Cheese
- Toasted jaffles
- Sparkling fruit juice bombs

For the remainder of 2018 we will continue to sell a number of non-conforming items, however, these items will be removed from the menu in 2019 (e.g. hot dogs, mamee noodles, choc chip and anzac biscuits, finger buns, JJs and focus water).

More information on the NSW Healthy School Canteen Strategy can be found at <https://healthyschoolcanteens.nsw.gov.au/>

The revised NPS Canteen menu with price list is attached.

July Holiday Activities at your Library

Tickets on sale mid-June. Bookings essential, as numbers strictly limited

BASKETWEAVING WORKSHOP – ages 10+

| | | | | |
|-----------|---------|---------------------|---------------|--------|
| Monday | July 9 | Cessnock Library | 11.00 - 12.30 | \$5.00 |
| Wednesday | July 11 | Kurri Kurri Library | 11.00 - 12.30 | \$5.00 |

Come and learn this beautiful craft. All materials provided – run by Kilipynpiyn.

HOGWARTS ESCAPE ROOM – ages 12+

| | | | | |
|----------|---------|---------------------|-------------|------|
| Tuesday | July 10 | Kurri Kurri Library | 4.00 - 7.00 | FREE |
| Tuesday | July 17 | Kurri Kurri Library | 4.00 - 7.00 | FREE |
| Thursday | July 12 | Cessnock Library | 4.00 - 7.00 | FREE |
| Thursday | July 19 | Cessnock Library | 4.00 - 7.00 | FREE |

Back by popular demand – this time you are locked in the Divination Classroom – find the horcruxes to escape!

NAIDOC STORYTIME – ages 2-6

| | | | | |
|-----------|---------|---------------------|---------------|------|
| Tuesday | July 10 | Cessnock Library | 10.00 - 10.45 | FREE |
| Wednesday | July 11 | Kurri Kurri Library | 10.00 - 10.45 | FREE |

Special NAIDOC week storytime and art activities.

LEGO COMPETITION –ages 5+

| | | | | |
|----------|---------|---------------------|---------------|------|
| Thursday | July 12 | Cessnock Library | 10.00 - 11.00 | FREE |
| Friday | July 13 | Kurri Kurri Library | 10.00 - 11.00 | FREE |

Fill out an entry form to take part in the great annual Cessnock Library competition, and build a masterpiece!

KIDS CAN KNIT! – ages 6+

| | | | | |
|-----------|---------|---------------------|-------------|------|
| Monday | July 16 | Cessnock Library | 1.00 - 2.00 | FREE |
| Wednesday | July 18 | Kurri Kurri Library | 1.00 - 2.00 | FREE |

Have a go at this fun, productive and relaxing craft in this special beginner's workshop –this could be the beginning of a very long scarf!

MAKERSPACE – CARDBOARD AUTOMATA – ages 8+

| | | | | |
|-----------|---------|---------------------|-------------|------|
| Monday | July 16 | Cessnock Library | 3.00 - 4.00 | FREE |
| Wednesday | July 18 | Kurri Kurri Library | 3.00 - 4.00 | FREE |

Build your own mechanical sculpture out of simple everyday materials – for all those kids who love to tinker.

LET'S DANCE! STORYTIME – ages 2-6

| | | | | |
|-----------|---------|---------------------|---------------|------|
| Tuesday | July 17 | Cessnock Library | 10.00 - 10.45 | FREE |
| Wednesday | July 18 | Kurri Kurri Library | 10.00 - 10.45 | FREE |

Dance your way through this special holiday story time – make your own set of dancing ribbons!

JD HOWLETT MAGIC and JUGGLING WORKSHOP- ages 6+

| | | | | |
|----------|---------|---------------------|---------------|--------|
| Thursday | July 19 | Kurri Kurri Library | 10.00 - 11.00 | \$7.00 |
| Thursday | July 19 | Cessnock Library | 2.00 - 3.00 | \$7.00 |

Learn the tricks of the trade with the wonderful JD Howlett in this special hands-on magic workshop.

CARTOONING WITH MATT LIN – ages 7+

| | | | | |
|--------|---------|---------------------|---------------|--------|
| Friday | July 20 | Kurri Kurri Library | 11.00 - 12.00 | \$5.00 |
| Friday | July 20 | Cessnock Library | 2.00 - 3.00 | \$5.00 |

Brush up your cartooning skills and learn some tips and tricks from Sydney artist Matt Linn.

Please ring Cessnock Library 49 934399 or Kurri Kurri Library 49 371638 to enquire.

Sandy Ryan

Childrens Services Officer

49 934384

Email: Sandra.Ryan@cessnock.nsw.gov.au

Good for Kids good for life

RECIPE: BROCCOLI & SPINACH FRITTATA



| INGREDIENTS | QUANTITY |
|------------------------------------|----------|
| OLIVE OIL COOKING SPRAY | - |
| BROCCOLI, CUT INTO SMALL FLORETS | 1 CUP |
| SPRING ONIONS (SHALLOTS), CHOPPED | 2 |
| SPINACH LEAVES, READY-TO-EAT | 1/4 CUP |
| EGGS | 4 |
| REDUCED FAT CHEDDAR CHEESE, GRATED | 50G |

METHOD:

1. PREHEAT OVEN TO 180°C AND GREASE A MUFFIN TRAY WITH COOKING SPRAY. LINE THE BASES WITH SOME BAKING PAPER.
2. STEAM, MICROWAVE OR BOIL BROCCOLI UNTIL TENDER; DRAIN AND COOL SLIGHTLY.
3. SPRAY A NON-STICK PAN WITH COOKING SPRAY AND SAUTE ONIONS OVER MEDIUM HEAT FOR TWO MINUTES.
4. MIX EGGS AND GRATED CHEESE TOGETHER. STIR THROUGH ONIONS, COOLED BROCCOLI AND SPINACH LEAVES.
5. SPOON FRITTATA MIXTURE EVENLY BETWEEN THE MUFFIN TINS AND BAKE FOR 30 MINUTES, OR UNTIL SET AND GOLDEN ON TOP.
6. STAND IN THE TIN FOR FIVE MINUTES BEFORE REMOVING. SERVE WARM.

Adapted from: National Heart Foundation of Australia



Health
Hunter New England
Local Health District

Phone 4924 6499



Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat.

Here are our top tips:



Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.



NAIDOC

Art workshops for young people and their families

Three consecutive Saturdays
16, 23 and 30 June 10am-2pm
Cessnock Youth Centre

In keeping with this year's theme 'Because of her, we can' these workshops will be facilitated by local Wonnarua Women, Lesley Salem and Madeline Jackman. The finished artworks will be exhibited at the Visitor Information Centre as part of the NAIDOC Week Art Trail. For bookings, please phone Kate on 49934355. Each family will be able to keep their finished artworks after the exhibition and will also receive a copy of Lesley Salem's book 'The Symbolism Iconography and Language of Eastern NSW Aboriginal Art'.

Artwork by Uncle Les Elvin 2015



Barkuma's NAIDOC Family Fun Day



BECAUSE OF HER,
We Can!
8-15 JULY 2018

Come join the fun at our
NEW Location!!
Binarri Jinama-Gu
1075 Old Maitland Road
Sawyers Gully

10th July 2018

10am till 2pm

Bushtucker
Sausage Sizzle

FREE Craft
& Activities

Service Provider
Information

Lots of Fun &
Entertainment

Please note: You cannot get to Binarri Jinama-Gu from the Hunter Expressway. You need to exit at Kurri Kurri.



Call Barkuma for more
info 4937 1094

76 Lang Street, Kurri Kurri 2327
www.barkuma.org.au

