Hi everyone!

Congratulations to our four students who recently competed in the Zone Cross Country. What a great effort by these students. Faith Pittman came in 8th to be second reserve for the regionals, Hayley Mazlin 12th, Harmony Mackay 20th and Piper Stevenson 36th in their age divisions.

The Infants Class will be heading off to Windara for the ‘Teddy Bears Picnic’ this Thursday leaving school at 9.30am and returning at 12.30pm. Students will need to bring along lunch, a rug to sit on and their favourite teddy bear. Windara will supply a cup-cake, juice and a plant to plant.

A reminder that permission notes need to be returned for the visiting performance at Leeville Public School by Friday 13th June. This year’s performance is “Journey to the Centre of the Earth”.

## Principal’s Message

### Up & Coming Events

- Every Wednesday
  - Student banking
  - Kinder 2013 Orientation
- Every Tuesday
  - Teddy Bears Picnic
  - Queen’s Birthday
  - NAIDOC
  - Bike-a-thon

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### Canteen Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Worker</th>
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<tbody>
<tr>
<td>June 4th</td>
<td>Kylie Ormsby</td>
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Congratulations to the students below who are the award winners from last week.

Kerry Harper
Principal
Rappville Public School P & C News

Lunch bags have been sent home today for tomorrow's canteen. Silent baker donations are always welcome on canteen day.

The next P&C meeting will be held next Wednesday 11th June.

**Chicken, tomato and chickpea casserole**

- 2 tablespoons plain flour
- 1.2kg chicken pieces (such as drumsticks and thigh pieces)
- 1 1/2 tablespoons olive oil
- 4 garlic cloves, finely chopped
- 10 fresh sage leaves
- 3 sprigs fresh thyme
- 1 sprig fresh rosemary
- 2 x 7cm-long strips lemon rind, white pith removed
- 80ml (1/3 cup) white wine
- 1 x 800g can diced Italian tomatoes
- 125ml (1/2 cup) salt-reduced chicken stock
- 1 x 425g can chickpeas, drained, rinsed
- 2 tablespoons chopped fresh continental parsley
- Crusty bread, to serve

**Method**

**Step 1**

Preheat oven to 150°C. Place the flour in a large bowl. Season with salt and pepper. Add the chicken and toss to coat. Shake off any excess.

**Step 2**

Heat the oil in a non-stick frying pan over medium-high heat. Add half the chicken pieces and cook for 2-3 minutes each side or until golden. Transfer to a plate lined with paper towel. Repeat with the remaining chicken. Transfer the chicken to a 3.5L (14-cup) capacity ovenproof dish.

**Step 3**

Place the frying pan over medium-high heat. Add the garlic, sage, thyme, rosemary and lemon rind and cook for 30 seconds or until aromatic. Add the wine and cook for 1 minute. Add the tomato and stock and bring to a simmer.

**Step 4**

Pour the tomato mixture over the chicken. Cover and bake in oven for 1 1/2 hours or until the chicken is tender. Add the chickpeas to the dish and bake for a further 15 minutes.

**Step 5**

Stir in the parsley. Divide the casserole among serving dishes and serve with crusty bread.
On Wednesday 28th May the students visited the wetlands on Collis’ farm. We were collecting aquatic animals and tested the water to check the health of the water. Christine from Dorrroughby Environmental Centre came out to help us. We found that our local wetland was reasonably healthy.
Parent tips

Primary and High school

Too sick for school?
As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety's sake, if your child seems unwell you should always keep them home from school and seek medical advice.
School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

Primary school
Mental maths strategies
We teach children a range of different strategies to add and subtract numbers. By showing them several methods for solving maths questions, we’re helping them to look for patterns. All this builds a good sense of “number” which means they understand the relationships between different numbers and why different ways to add and subtract work well. The goal is that your child will understand many ways to approach a maths problem and will be able to choose a way that makes the most sense to them. School A to Z has a lot of resources, including help sheets on mental maths strategies, here : www.bit.ly/JkiUsY

Does speaking another language at home confuse children?
Are your children fortunate enough to be growing up in a home where two or more languages are spoken? Many parents worry that bilingualism can cause confusion and even delays in learning for their children, but according the Raising Children Network, that’s not the case at all. A good knowledge of your native language can actually help your child with learning English. Bilingual children who are read books and spoken to in their in their native language find it easier to learn to read and write in English when they get to school. More information is at www.bit.ly/1m0agnk

High School

Teenager’s seeking more independence
Knowing how much freedom and responsibility to give your teenager is difficult, especially if they’re your eldest or only child. To become capable adults, teenagers need to learn to make good decisions on their own and have opportunities to show you they can. The Raising Children Network website has a wealth of expert information and guidance for parents of teens and younger children. If your child is testing the boundaries and pushing for more independence, you may find the article ‘Shifting responsibility to your child’ worth reading. Go to www. bit.ly/1jCxKhe

Study help for high school
It’s often quite difficult parents to assist their children with their high school homework and study. Even if we have professional experience in the subject area, children tend to find it difficult to take parental advice when it comes to school. (Don’t feel bad, teachers’ own children do exactly the same thing .) www.khanacademy.org is an excellent, not-for-profit website which may help your child study and revise tricky concepts in science, maths and the humanities.
Pie Drive 2014

We are holding a Pie Drive as a fundraiser for our school. The pies are from King’s Pies.

Orders must be returned with payment to the School Office no later than Friday 13th June 2014 for pickup from the school on Friday 20th June 2014.

Your ongoing support is greatly appreciated and allows us to assist with funding extra activities, sports and excursions for our children.

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NAME:

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Grand total