

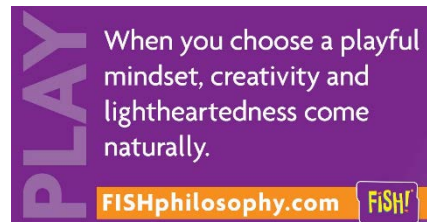
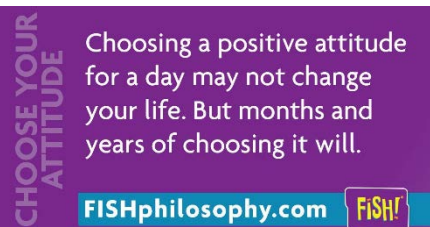


Students of the week



Equipping, Inspiring, Belonging

BPS -Equipping for the future, Inspiring to make a difference & Belonging in the present.



Hump week already

Student of the Week

Lower Division

Week 4 – Heidi S – great work in Mathematics.

Week 5 – Sarah N – patient and persistent in writing.

Upper Division

Week 4 – Holly P – great effort maintaining a positive tone around the school.

Week 5 – Zarah H – great commitment playing marimbas.

Home Reading

25 nights – Georgia P, Sarah M, Alyssa G, Hayden R, Lily C, Heidi D, Pippa M, Will M, Eli B, Chloe R, Holly P, Bridie H, Jeremy D, Lizzy S, Halle B.

Upcoming Dates for your Diary

Mar 8 - Lachlan PSSA boys open age cricket trials*

Mar 14 - Western PSSA Swimming Championships ***

Mar 21&22 - Western PSSA open age divisional rugby trials*

Mar 25 - Lachlan PSSA boys and girls open age touch football trials*

Mar 27 - Lachlan PSSA u/11 and open age rugby league trials*

Apr 2 - Western PSSA open age rugby selection trials ***

Apr 5 - 'BEDGFEST' movie night

Apr 8 - Western PSSA u/11 & open rugby league selection trials***

Apr 12 - End term 1

Apr 30 - Start term 2

May 3 - Bedgerabong PS X-Country

May 10 - Small Schools Athletics K-6. Forbes PS



District Swimming Results



Last Friday 8 students from our school travelled to Condobolin to participate in the Lachlan PSSA swimming trials.

Matilda, Noah, Mitchell, Bridie, Jack, Halle, Will and Jeremy joined up with our friends from the other Forbes Small Schools to form a team to swim for selection to represent at the Western region carnival. Swimmers from Forbes, Parkes and Condobolin were there as well. Congratulations to all of the children on their efforts and to all of the parents who

were able to attend and support the children. Our P5 relay team came second in the Peter Dobson Relay and therefore will swim in Dubbo. Congratulations to Halle B, Will M, Jeremy D and Mitchell S for their tremendous effort in this event.



STEMShare Trailer

This Thursday our school has engaged the STEMShare trailer so that we can conduct a combined workshop with the Forbes Small Schools. The StemShare trailer contains all of the elements of the STEM kits that schools are able to hire one at a time, except we get to experience all of them at once, on a modified scale. The kids will be grouped in stages and participate in activities involving - Coding, robotics, VR, and much more. Anyone interested is welcome to come and watch the kids and the activities. Sessions start at 10am and we go through until 2pm.

All students will require regular school uniform, including hats, a water bottle and recess. There will be a sausage sizzle lunch available, but if your child is fussy or a big eater you may want to pack something extra.

Thanks to Murray for offering the P&C to cook the sausages. Lunch is at 12.30pm so anyone available to help cook for the 125 kids, might be able to drop in about 11.45am to help.

Community Connections

Community Connections Playgroup runs each Thursday at school from 9.30-11.30am. Mrs Hodges is always available and prepared with exciting activities for the little ones, and occasionally Mr Faulkner likes to visit to catch up with all of his little friends as well. We'd love to see you there whenever you are available. Even if you don't have pre-schoolers, feel free to come along and share a cuppa, have a chat or just meet some other people from our local community. YES- Connections will still be on this Thursday, the STEMShare trailer will not interfere.

Crunch & Sip

Sometimes called fruit break in other schools, our Crunch & Sip program runs daily. Each morning we ask that the kids sit down to a piece or two of fresh cut fruit or vegetables. To save wastage it is recommended that the fruit or veggies are cut - that way if your child is unable to eat it all in the morning, the food can be saved for recess.

Fresh fruit and or vegetables and a drink of water has been proven to stimulate and encourage brain activity to give your child the best chance to start the day off on a positive note.

K-2 News

Wow, Week 6 is here already, which means we have now hit our halfway mark for Term 1.

Over the past couple of weeks the K-2 students have been working hard on their fine motor skills. They have been doing different activities during our L3 morning rotations like cutting, gluing, moulding play dough and playing games with pegs and counters. It can be tricky at times especially the cutting but kids are all challenging themselves.

These skills are important in helping children develop small muscles, which control the hand, fingers and thumb. Developing these muscles can assist children with their handwriting, drawing and tying their shoes.

Miss Hanns

News from the Big Class

After we were finally able to open the STEMshare film kit, we were keen to experiment and explore all that was on offer. So far the children have reported on our last newsletter, annotated a video of a recent Tootie Fruity session and published a Storm Boy activity using the film kit equipment. You can check out all three productions on our Facebook page. We are looking forward to creating more videos before the kit moves on to another school next term.

Garden

Over the last fortnight we have been busy adding compost to the worms and garden beds. Potting plants into larger pots as they had outgrown their pots over the holidays. Harvesting has been exciting as we are picking carrots, button squash, goldrush zucchinis, spinach and herbs to use in the kitchen.

Last week we harvested some of the potatoes that we have been growing in straw. Some of the big class dug up garden beds while others planted seedlings and seeds. The little class mulched our new seeds and seedlings, and potted up some of the left over seedlings. They also turned our compost heap, this allows air in.

Our hot house is bulging with flowering plants so now that the heat is behind us if anyone would like some new additions to their own flower garden feel free to check out what we have for sale.

One of the garden projects this year is to make gardens in wheelbarrows. If anyone has an old unused wheelbarrow that we could have please let the school know as we would love to put it to use.

Tootie Fruity

Over the last couple of weeks we have used produce from our garden to make some sauce and relish. We have Martie Sauce and Zucchini Relish for sale from the school. There are various size bottles priced from \$4 - \$8, please check it out next time you are at school. In the coming weeks we will be making tomato chutney, corn relish and more tomato sauce.

Week 4 recipe - Quick Pork and Vegie Fried Rice 4 Serves 10 Mins Prep 15 Mins Cook

Ingredients - 580g pork fillet, sliced, 1 tbs honey, 2 tbs salt-reduced soy sauce, 2 tbs vegetable oil, 1 tsp garlic, crushed, 1 ½ cups McCain peas, corn and carrot frozen mixed vegetables, 3 baby bok choy, chopped, 250g pkt microwave brown rice, pepper

Method

Toss the pork in the honey, soy sauce and vegetable oil. Heat wok over high heat. Pour pork and liquid into a hot pan and stir fry until browned and mostly cooked, about 4 minutes. Add the garlic and stir-fry until the garlic is fragrant. Add the frozen and fresh vegetables. Cook for 3 minutes. Add the brown rice straight from the packet and stir through, cooking for a further 6 minutes, or until the pork is cooked through. Season

Week 5 - Bang Bang Chicken

Ingredients - 600g chicken breast fillets, cut into strips, 2 tsp crushed ginger, 2 garlic cloves, sliced, 1/3 cup soy sauce, 1/3 cup Chinese rice wine, 4 long green shallots, green tops cut into 3cm lengths, white part cut diagonally, 100g vermicelli rice noodles, 1 small continental cucumber, halved lengthwise, seeded, sliced diagonally, 1 large carrot, grated,

1/4 cup shallots, 1/2 cup smooth peanut butter (we omitted this), 1 tbs light soy sauce, 1 1/2 tbs kecap manis, 1 tbs rice wine vinegar, 1 tsp sesame oil, 1 small red chilli, seeded, finely chopped

Method

1. Place chicken fillets in a deep frying pan. Add ginger, garlic, soy and rice wine. Add enough water to just cover chicken and add green shallot.
2. Bring pan to a simmer over medium heat and cook for 5 minutes. Turn chicken and cook for a further 5 minutes.
3. Remove pan from heat and stand chicken in broth for 5 minutes. Remove chicken from pan, cool slightly, then shred chicken while still slightly warm.
4. For satay sauce, combine ingredients in a bowl. Add cup warm water and stir until smooth. Set aside.
5. Cook noodles according to packet instructions, then drain. Combine noodles with carrot, half the white shallots and shredded chicken. Toss gently to combine.
6. Divide chicken mixture among serving bowls and drizzle with sauce. Sprinkle with fried shallots and cucumber and remaining fresh shallots, to serve.

Bedgerabong Community Notices

Bedgerabong PA&H association

Meetings held the 3rd Thursday of every month. 7.30pm in the hall. Help needed for Annual Country fair day (Poultry Auction) Sunday 14th April and Pig Day May 7 & 8. If you are available to help for either of these events please phone Anne on

Forbes Youth Festival

We've been asked to consider supporting this event, playing marimbas. If you haven't done so already, could you respond to our recent skoolbag post to determine who will and won't be available?



BE THERE

Today, commit yourself to having a genuine conversation with at least two people. Be open and truthful, and listen fully to the person across from you.

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FISH!

MAKE THEIR DAY

If you always give people more than they expect, you will make their day every time.

FISHphilosophy.com

FISH!

FREAKY FACTS



The Great Victoria Desert, just ONE of Australia's barren areas is larger than the United Kingdom. You could lose an entire country in Australia and never know it.

There are more than 150 million sheep in Australia and only 20 million people. That's 8 sheep for every person.

Australia is the only continent without an active volcano.

Giggle Spot

Q: How much does it cost a pirate to get his ears pierced? A: About a buck an ear.

37. What did one volcano say to the other? A: I lava you!

40. How does the moon cut his hair? A: Eclipse it.

QUOTE OF THE WEEK

"You can waste your lives drawing lines. Or you can live your life crossing them." - Shonda Rhimes



Happy Birthday to these recent and up coming party goers.

*19 Feb
10 Mar*

*Chloe R
Heidi S*

*22 Feb
22 Mar*

*Kooper D
Lilly C*

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Mr Faulkner
4 March 2019



2019 school term dates

Term 1 29-1-19 - 12-4-19

Term 2 29-4-19 - 5-7-19

Term 3 22-7-19 - 27-9-19

Term 4 14-10-19 - 20-12-19

