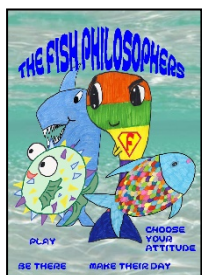




Students of the week



## Equipping, Inspiring, Belonging

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

CHOOSE YOUR  
ATTITUDE

The only thing any of us really controls in this world is our choices. When you take responsibility for how you react to what life throws in your path, you gain tremendous personal power. You Choose Your Attitude, not the other way around.

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FISH!

PLAY

Necessity may be the mother of invention, but play is certainly the father.  
– Roger von Oech

[FISHphilosophy.com](http://FISHphilosophy.com)

FISH!

## Welcome back to Term 3

### Student of the Week

#### Lower Division

Week 1 – Roman S- trying in handwriting.

#### Upper Division

Week 1 – Jack K – starting off the term with great enthusiasm.

#### Home Reading

**100 nights** – Hayden R, Roman S, Heidi S, Eden S.

**125 nights** – Noah B, Alyssa G

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Aug 7 - Life Education Van

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Sept 20- Small Schools Choir rehearsals- Forbes.

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Sept 23 - Small Schools Choir and Creative Arts Showcase. 5.30-7.30pm

Sept 27 - Last day of term 3



So that was week 1 and it was over before we barely had time to blink. It was lovely to see all of the happy smiling faces returning to school last week and the kids fell straight back into routine. Once again we have plenty of things planned for this term, you've only got to glance at the upcoming dates to realise that. Mrs Faulkner and I are taking a weeks leave later this week for a family vacation, in-laws, kids, grandkids and all...so please say a prayer for me! Miss Hanns will be relieving for me during that time so be sure to contact her if you have any issues, concerns or positive stories to share.

### **SkoolBag**

SkoolBag is our preferred communication method for routine changes, quick essential communication, and regular school events. To keep up with school events you really should use it. It is FREE of charge. You may be aware, SkoolBag released a new version of the SkoolBag app about a year ago. To ensure a smooth transition from the individual school apps to the new app, they made both apps available for a period. However the old version will be removed from the App Store from August 1 and will no longer function. Please be sure to download the new version from Google Play or the Apple App Store. I've attached some instructions to this newsletter, or really Mrs Horan will have put them somewhere in here, but if you're having problems please be sure to ask us. It's also very handy to be sure you have alerts set to on for this app- we won't 'ding' you late at night or very early in the mornings.

### **Book Week Celebrations**

Thursday August 15 has been set aside for us to acknowledge and celebrate Book Week. This year's theme is "Reading is my Superpower" and we are encouraging all of the kids to dress up as a favourite book character and to bring along a copy of that book to share. Mums and dads are encouraged to join in as well. We have lots of surprises for those who dress up with lots of preschool, kindergarten, yr 1/2, yr 3/4, yr 5/6 and grownups awards. There will be a yummy morning tea and some fun games as well. Sister Elizabeth, our very own 'Flying Nun' is preparing the kids to show off some of their balancing skills- something to be seen to be believed. The parade starts at 10.15am, Sister Elizabeth on show at 11am, morning tea 11.15 and games 11.30am. Love to see you all there.

### **Lachlan PSSA Athletics**

We have a squad of 11 athletes travelling to Parkes on Friday August 9 to compete as a part of the Forbes Small Schools team in the Lachlan District PSSA athletics trials. All of the necessary information was sent home with the athletes last week. Please be sure to read through all of it. Contact Mr Faulkner at school if you have any questions. If you are unable to make it, especially if you are in a relay, be sure to let him know in advance so a replacement runner can be found and the relay yes, doesn't miss out. Mr Faulkner and Mrs Horan will be in attendance in the sports office and Miss Hanns will also attend as Small Schools team manager. Remember to wear the purple and green representative shirts. Successful athletes, placing 1st, 2nd, 3rd in finals will be selected to compete in the Western Region athletics trials in Dubbo September 13.

### **Forbes Small Schools Choir**

Wow- the choir sounded fantastic at their first rehearsal in Forbes last term, and we can't wait for September 23 for our Small Schools Choir and Creative Arts Showcase. As well as the choir performances, each school will also perform musical, drama and visual arts items. Tickets are on sale now \$5 per adult. Students/preschoolers under free.

Please be aware that everyone that intends to attend the showcase will need a ticket to enter the showcase. Call the school to purchase and obtain your tickets, either paid for adults or free for children/students. We are restricted in audience numbers to fit into the Forbes Town Hall, so be sure to get in quick.

### **NSW Small Schools Marimba Ensemble**

Congratulations to those students who have been offered a position in the NSW small schools marimba Ensemble that will perform at the Sydney Opera House on September 5. A reminder to them and their families that positions are based on maintaining a high performance skill and continued rehearsals and that tickets go on sale for our concert this Thursday- they will sell out fast.

### **Premier's Spelling Bee**

Congratulations to both Samantha N and Halle B, who have been selected to compete in the Premier's Spelling Bee regionals finals in Dubbo on September 10. Best of luck to them both.

### **School photos**

September 11 is the date of our school photos this year. Jess and Zac from Master School Portraits will soon distribute the photo order forms. Keep an eye out for them coming home soon.

### **School Disco**

September 11 is also the date of our school disco. We are in the process of finalising the theme and supper arrangements. A flyer will come home shortly. We anticipate the disco will go from 6-8pm

### **Cake and Biscuit decorating**

Friday August 16 is set aside for our cake and biscuit decorating. The only preparation for the kids is from year 6 who need to consider designs, get hold of a sponge cake to decorate, bring a board for the cake, and bring any specific things to enhance their design. All of the other decorations will be provided.

Oh - we are also keen to hear from anyone that is willing and able to help with cake & biscuit decorating with the kids for the show - Friday 16th August. We will provide all of the supplies including morning tea and lunch for you. Give us a call if you can help.

### **P&C fundraising**

Please be aware of the next two fundraising event for our P&C. Donuts at the Bedgerabong Show. Contact Cheryl George if you're able to help. We are hoping that any of our school leaders not involved in showing could also support this. P&C are also conducting a Bunnings BBQ on Saturday August 31 at the Forbes store. Oh- we also have the installation of the playground upgrade to organise. If you are keen or able to support this give Murray Brown a call.

### **K-2 News**

Term 3 is here already and we have jumped straight back into school routine. Just a reminder to please ensure your child has glue for the term. We use a lot of glue in the infants classroom and run out very quickly.

This term the students in the K-2 class won't have a homework sheet to do each week, instead they are asked to complete home reading every night, along with their sight words. However, they may be asked to complete a 'task' or 'activity' at home as their homework. For the first 'task' I am asking all students to complete their recycled art project for the show. It will be due Friday 2nd August- Week 2. Please make sure they are the students own work and that they are clearly named.

As our excursion to Orange approaches we have been reading and studying the Roald Dahl classic 'The Twits'. We have been reading the book and completing different



activities based on the story and characters. This week we created a mixed media art piece of Mr Twit, which included his dirty, out-of-control beard. Firstly, he had to be coloured in, then the students painted his beard with black foam and raffia for texture. Once that was dry K-2 used plasticine to make different foods that have ended up stuck in his beard.

I love how creative the students got with this artwork.

Miss Hanns.

### News from the Big Class

Week 1, Term 3 very busy and productive week. With no time to waste, the big class jumped straight into Bedgerabong Show preparation. With the count down on the children have been busy writing, creating, drawing and cutting their way through the week - a stellar effort kids! Don't forget recycled articles are due in at the end of this week - we have in fact had some already brought in. There are quite a few students attending the Lachlan District Athletics Carnival next week. We have been encouraging the children to make sure they are as prepared as they can be for their events. Another busy term awaits us - Opera House, Spelling Bee, Athletics and Small Schools Creative Showcase, so heads up everyone and let go!



### Tootie Fruity/Garden

Our garden is exploding with greens at the moment so we took the opportunity to use loads of spinach to make delicious spinach and ricotta 'sausage rolls'. They must have been a hit as there was no left overs last week.

Spinach and ricotta sausage rolls

Ingredients - 2 tsp olive oil, 4 green shallots, trimmed, thinly sliced, 2 garlic cloves, crushed 350g chopped spinach, 350g fresh ricotta, crumbled, 40g (1/2 cup) finely grated parmesan or vegetarian hard cheese, 1 cup grated cheddar cheese, 2 tbs chopped fresh parsley, 1 lemon, rind finely grated, Good pinch Ground Nutmeg, 2 sheets frozen puff pastry, just thawed

Tomato sauce, to serve

Method - Preheat oven to 200C/180C fan forced. Line 2 baking trays with baking paper. Add all ingredients except the pastry to a large mixing bowl. Use hands to mix until well combined.

Cut each pastry sheet in half. Place the spinach mixture in a log shape along 1 long side of a piece of pastry. Roll up to enclose. Cut each roll into 4 pieces and place, seam side down, on the prepared trays. Repeat with the remaining spinach mixture and pastry. Bake for 25 minutes or until golden brown. Serve with tomato relish.

## Bedgerabong Community Notices

### Bedgerabong Church

Bedgerabong Church Services for July

28 July            9.30 am Catholic Service, 28 July            11.00 am Church of England



# How to install the SkoolBag app

instructions for parents and community

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for "SkoolBag"
4. Download the free app
5. Open the app and add your school(s)

MAKE THEIR  
DAY

Make Their Day might mean telling a friend, from your heart, how much you appreciate all he or she does for you.

[FISHphilosophy.com](http://FISHphilosophy.com)

**FiSH!**

BE THERE

Being there means listening carefully to words that are being said – without judgment or interpretation. This is not easy. It takes getting out of our own world to be present in the world of another person.

[FISHphilosophy.com](http://FISHphilosophy.com)

**FiSH!**

# FREAKY FACTS



Baby elephants suck their trunks for comfort.

Ostriches can run faster than horses, and the males can roar like lions.

## Giggle Spot

Q: What do you get if you cross a frog with a rabbit? A: A bunny ribbit.

Q: What gets wetter the more it dries? A: A towel!

Q: What did the father tomato say to the baby tomato while out for a walk? A: Ketchup!

## QUOTE OF THE WEEK

**"Teaching is only demonstrating that it is possible. Learning is making it possible for yourself!" – Paulo Coelho**



Happy Birthday to these recent and up coming party goers.

*23 Jul*

*Eden S*

*31 Jul*

*Maisie B*

*31 Jul*

*Bridie H*

*6 Aug*

*Hunter M*

*16 Aug*

*Jeremy D*

*27 Aug*

*Fletcher G*

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Mr Faulkner  
29 July 2019

2019 school term dates

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

**Term 2** 30-4-19 - 5-7-19

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

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

