Dear Families,

MID NORTH COAST ATHLETICS CARNIVAL

The Medlow Athletics team enjoyed competing in glorious sunshine at Coffs Harbour on Friday. Lauren was very competitive in her throwing events and really appreciated the experience of performing at that higher level. Lucie ran in the 13 years 100m and came second. Lucie’s form is improving all the time. The relay team had a long and nervous wait for their event. They ran a great race of 1.02 to come first in the Small Schools Relay. Congratulations everyone for not only your efforts on the day but your commitment to training at school and at home. It is with great satisfaction to know that you have personally prepared yourself and competed with purpose and effort. It is also rewarding to be part of a team and to show a responsibility to each other. The relay team has worked through many scenarios in terms of which team member runs which leg. They certainly got it right on Friday with a great combination of Amelia first, Lucie second, Lehman third and Jamie to take them across the line.

EXCURSIONS

There are lots of exciting events coming up for the students. Mrs Trudgett has organised a fun day on Friday for book week and a great excursion next Monday to Yarriabinni Pines Picnic area.

Anna, Bree, Lauren, Amelia, Nick, Jamie and Lehman and I will be in Sydney all next week. The itinerary is just fabulous and the sleep over at Taronga Zoo will be amazing!

STAFFING

Whilst I am in Sydney, Mrs Trudgett will be teaching on Monday and Tuesday and Mr Simpson for the remainder of the week.

Please access the school website for more upcoming events and lots more great photos.
NEWSLETTER

There will be no Newsletter next week due to the excursions.

JUNIOR MASTER CHEFS

We are taking it in turns to make a cupcake/muffin with two fruits in it. Miss Landers did kiwifruit and coconut. Lehman did apple and capsicum. Bree did apricots and prunes. Nick and Alani did blood orange and lemonade fruit icing. Jamie did blueberry, banana and lemon juice.

We all get blindfolded and we have to use our taste buds and palate to work out what is in the cupcake or muffin. It is lots of fun, but sometimes tricky to identify the taste of the fruit.

The kids at Medlow are clever and creative cooks! By Wren – Year 2

GOLF PHOTOS

During sport Mr Simpson is taking small groups for golf.

Claire, Bree and Amali have achieved the elusive “hole in one.”

Medlow Public School is a proud member of the Valley 10 Community of Public Schools.
GUINEA PIGS

Last Thursday, Michelle the School Counsellor brought in two female guinea pigs. Everyone was so excited. The one with black fur and brown patches is called Eden. The other one also has black fur but a brown ring around her belly with a crown on her head (a crown is a cow lick right on top of its head). It didn’t have a name so we had a vote and now her name is Oreo. The two guinea pigs have settled into their home and we are happy to have them. Lucie, Taryn, Bree and myself are responsible for them until the end of term. Thank you to Lehman and Steve Laverty for dropping off the hutch for the guinea pigs. By Amelia - Year 6

Regards,
Sarah Landers
Relieving Principal

Carrot and Sultana Muffins

2 carrots 1 egg 1/4 cup canola oil 1/4 cup honey
1/4 cup brown sugar 1/3 cup sultanas 1/4 cup reduced fat milk
1 cup white self-raising flour 3/4 cup wholemeal self-raising flour 1 teaspoon ground cinnamon

Method
1. Preheat oven to 200°C. Brush a little oil (or place paper cases) in the muffin pan.
2. Wash the carrots and pat dry with paper towels. Grate and put in the mixing bowl.
3. Break the egg into the cup or small bowl and beat lightly with a fork.
4. Add the egg to the carrots with the oil, honey, brown sugar, sultanas and milk.
5. Mix all the ingredients with a wooden spoon.
6. Stir in the flours and cinnamon and stir into the carrot mixture until just combined.
7. Use a metal dessert spoon to spoon the mixture into the prepared muffin pans.
8. Bake until risen, cooked through and golden brown (about 20 minutes).

Recipe from the Healthy Kids website.

Tweens Disco

8 – 14 yrs
Saturday 22nd August
At EUNGAI HALL
6-9pm.
$5 per person – which includes a sausage sizzle and a popper