PRINCIPAL’S REPORT

Dear Families,

Medlow were very involved in Community events last week. On Monday we participated in the Royal Far West Bike Ride, on Wednesday the school leaders and myself attended the peer support camp and on Friday we made a contribution to the clean-up Australia effort. I was very proud of all our students.

ENDURANCE RIDE AT RESERVE - SATURDAY AND SUNDAY

A huge thank you to the parents and our special friends and grandparents who have volunteered to help on the week-end. Just a quick reminder of rostered times.
Sylvia – Sunday 6am
Mark and Amanda and Dave Ryan – Sunday 12noon (I have moved this time up a little as ride organisers hope to be finished around 1pm with a few stragglers a bit later)
A quick reminder to parents who are cooking - it would be appreciated if you could either drop your goodies at the school on Friday or to the reserve around 9.30 on Saturday morning.
Julie.

ASSEMBLY

This Wednesday we are getting a visit from the National Serviceman’s Association from Kempsey. We will hold a school assembly for them at 11.30am. It will give our choir a chance to perform in front of an audience.

UPCOMING EVENTS

MARCH
8 P & C Meeting
9 National Servicemens Visit
11 Scripture
12/13 Horse Endurance Ride at Reserve
18 Book club Orders due
24 Easter Hat Parade and Picnic
25-28 Easter Break

APRIL
8 Bike Excursion

TERM DATES

Last day of term 1 is Friday, 8th April
First day of Term 2 is Wednesday, 27th April
Last day of Term 2 is Friday, 1st June

Good Learning Behaviours

- We use our learning time wisely.
- Go to bed early.
**SCHOOL PARLIAMENT**

Anna and Bree ran the meeting and the students were able to discuss and make decisions on important issues.

1. **Peer support camp** – Bree used the metaphor of the geese flying in V formation as to the true meaning of peer support. Check it out on you tube!
2. **Poppers** – students voted to continue to allow poppers to be packed for school lunches. However, if there is one empty popper left anywhere in the school grounds they have agreed to ban them.
3. **Pen licences** – Bree suggested that we all trial using a pen for one week. We are working very hard on our handwriting and using a pen will give us a new experience.

**BOOK CLUB ORDERS**

Book Club order forms are attached to todays Newsletter. Orders are due back at school by Friday 18th March.

**STUDENT REPORTS ON LAST WEEKS ACTIVITIES**

**Peer support**

Anna – On Wednesday Bree and I went on a peer support camp to Scotts Head with the Eungai kids. We played handball and 44 homes and we learnt how to be a great supportive leader. It was fun. Thanks Miss Landers for taking us there.

Bree – We did lots of fun things like surfing, crabbing at night time with Uncle Ritchie, trying to get across the fake lava and playing volley ball with the giant beach ball. It was a great leadership camp. Thanks to David Hall, Mrs Davies and Uncle Ritchie.

**Bike Ride with the Royal Far West**

Willow – On Monday we rode from the tennis courts for approximately one and half kilometres towards Macksville. We watched the bike riders go past. We rode back in to town with them and stopped at the pub. Mum gave all the kids a popper and then everyone joined in for a photo. We then had a picnic at the tennis sheds. It was great fun. Thanks Jane for organising it all.

Amali – I really enjoyed riding on the road and we were good at keeping in line and together. It was so exhilarating - I wanted to keep riding to Macksville! It was such a great feeling when they all cheered us in to the pub. I felt like a champion cyclist! I am really looking forward to the bike excursion at the end of term.

Taryn – we had an awesome bike excursion on Monday. We did a safety check at the tennis courts and then we went riding. We had decorated our bikes and helmets with streamers so we looked really cool riding with the peleton. Thanks to the Royal Far West for giving us the opportunity to ride.

**Clean up Australia** – Tiahn – On Friday we cleaned up Australia. We collected a lot of rubbish. When we got back to school we tipped it all out. Then we washed our hands with lots of soap.

Wren – We went up to the nearest park and the bridge. We found lots of cans and a couple of glass bottles. We even found a whole bar of chocolate. We got about 3 full bags. I am glad we cleaned up because it makes our town a lot cleaner.

All the best to everyone for a great week.

Regards
Sarah Landers
Relieving Principal
I had a beautiful phone call the last time I did cooking with the girls. The call was from Tiahn and she was so excited that everyone loved what she had “cooked” with Bree and I.

This week Wren and Anna are going to make use of some of the leftovers from the mini quiches we made a couple of weeks ago. We are making hummus with sweet potato dip, French onion dip served with pita bread dippers made from the left over pita bread. Yum, I am looking forward to morning tea tomorrow as I will be here tomorrow.

**Sweet Potato Hummus (gluten free)**

1 cup mashed, cooked sweet potato (about 1 medium sized potato; you can either bake it or steam it before preparing the hummus), 1 ¾ cups cooked chickpeas (or 1 15-ounce can chickpeas, rinsed and drained well), ¼ cup tahini, 2 tablespoons freshly squeezed lemon juice, 1 clove garlic, roughly chopped, ½ teaspoon salt, ½ cup water

1. Place all ingredients except for the water in a food processor. Pulse a few times to break the chickpeas down.
2. Run the motor of the food processor and drizzle the water in in a thin stream. Continue processing for 2-3 minutes, or until the hummus is completely smooth. Leftover hummus will keep in an airtight container in the fridge for up to five days.

Watering the vegey garden and bathing the guinnea pigs.

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Clean-up Australia Day at Emily Pass Park and along the road.