Kindergarten
Our Kindergarten students have settled well into the routines of big school and look so pristine in their new uniforms. Thank you to the Wallaby students who are being great buddies and role models.

Parent Information Sessions
Parent information sessions will be held in the school library next Wednesday 10\textsuperscript{th} February commencing at 1:30pm with Mr Walsh and the Koalas class, 2:00pm Miss Hedley for the Bilbies class and 2:30pm for Miss Cunningham for the Wallabies class. This is a general information session, anything you want to know relevant to your own child please make an appointment to see your child’s class teacher.

Swimming Carnival Update
The Singleton Small Schools swimming carnival will be held next Friday 12\textsuperscript{th} February at the Singleton Gym & Swim. Parent helpers will be required throughout the day. The zone carnival will be held on Thursday 18\textsuperscript{th} February at the Singleton Gym & Swim.
We have just been advised that the Singleton Gym & Swim are undergoing renovations so the following will apply:
- Entry to the pool will be via the back of the bowling centre.
- Hot food WILL NOT be available. Only drinks and packets of chips etc. will be sold.
- Car parking remains the same.
**UHPSSA Cricket Trials**

Students who were interested in playing cricket were given a permission note for a UHPPSA cricket trial day. It is being held in Singleton at Rose Point Park on Wednesday 17th February. It is completely up to you if you wish for your child to participate in the trials but as it is an Upper Hunter team it is expected that you know the rules, play socially & have your own equipment.

The UHPSSA will run trials for most sports throughout the year. If you think your child would be eligible to attend these trials please let us know and we can send permission notes home.

**Cross Country**

The Cross Country will be held on Tuesday 16th March at Fernance’s property on Cessnock Road Broke. Private transport will be required. Students will need to be picked up from school by 1:15pm for a 1:30pm start.

**P&C News**

The P&C AGM will be held this afternoon in the Koala’s classroom at 3.10pm. Everyone is welcome and encouraged to attend.

**Canteen Menu**

Students have been given a revised canteen menu. Sorry about the confusion but the canteen will no longer be selling ice cream tubs.

**P&C Family Fun Night**

Broke Public School P&C Association are excited to invite all school families to attend our Family Fun Night!

Bring a picnic blanket, some change for the BBQ and enjoy a relaxing evening getting to know new parents, or spending time with old friends!

**NO ENTRY FEE**

Please bring money for Canteen. Children will be refused entry without an adult. Event only for Broke PS students and their families.
Tennis in Broke
If anyone is interested in their child/children playing tennis in Broke on a Saturday morning please contact Chris Herden: 49921753 cherden2@myune.edu.au

Registration is now open for the 2016 rugby season and the club would like to invite all interested players to register online or attend one of our registration days at the Cook Park club house canteen.

New players to the club will need to provide birth certificates at registration and fees for all player registrations must be received by the club before commencing training.

Fees; 1st child $100, 2nd child $80, 3rd child $70 (which includes socks and shorts)

Registration Days
Tues 9th Feb 4-6pm, Sat 13th Feb 10am -12pm, Thurs 25th Feb 4-6pm.

To register online or for more information, please head to the club website; http://www.singletonjuniorrugbyleague.leaguenet.com.au or email the club secretary on singeltonjrl@yahoo.com.au
**Good for Kids good for life**

**PACKING A HEALTHY LUNCHBOX**

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child’s lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 95% juice.
- Swap sugary snacks, such as cakes or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.

**Good for Kids good for life**

**IN YOUR BACKYARD**

Children love to play and the backyard, courtyard or local park are great places to learn, explore, make up games and have fun. Backyard games don’t have to be complicated or expensive - a bit of chalk, a ball or a skipping rope can all get a game underway.

Try these games this weekend:

- Hide and seek
- Skipping
- Hop Scotch
- Throwing and catching games like piggy in the middle
- Chasing games like tag & stuck in the mud
- Racquet games against a wall
- Backyard cricket
- Running & jumping

Adapted from Healthy Kids ‘In Your Backyard’ Resource

**Good for Kids good for life**

**BENEFITS OF TEAM SPORTS**

Participation in team sports is a great way to increase your child’s physical activity, but did you know there are a number of other benefits to team sports, including:

- Teaching children skills in teamwork
- Increasing communication skills
- Helping children gain confidence through interaction with other kids
- Teaching children it is ok to lose sometimes
- Making new friends
- And most importantly having fun!

There are many different team sports to choose from such as soccer, netball, touch football and hockey. Why not see what team sports are available at your school or in the community for your child to participate in?

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**Good for Kids good for life**

**RECIPE: ZUCCHINI SLICE**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>Zucchini, sliced</td>
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<tr>
<td>Cheese, grated</td>
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<tr>
<td>Eggs</td>
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<tr>
<td>Grated cheese, 1/2</td>
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<tr>
<td>Butternut squash</td>
<td>3</td>
</tr>
<tr>
<td>Wholemeal flour</td>
<td>1/3 cup</td>
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<tr>
<td>Salt</td>
<td>1 tsp</td>
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<tr>
<td>Tapioca flour</td>
<td>1/4 cup</td>
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<tr>
<td>Chinese Sausage</td>
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<tr>
<td>Paprika</td>
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**METHOD**

1. Preheat the oven to 180°C. Grease a 25cm x 35cm baking tin and line with baking paper.
2. Combine the zucchini, eggs, tapioca, grated cheese, cheese, brown sugar and flour in a large bowl.
3. Mix in the zucchini, egg and flour until combined and add to the vegetable mixture, stir to combine.
4. Pour the mixture into the lined baking tin and cook for 45 minutes until golden and firm to touch.
5. Serve with a garnish of grated cheese.

**Good for Kids good for life**

**SCREEN FREE QUIET TIME**

Some families have a daily quiet time where everyone takes a break. Do you children watch movies during their quiet time?

Why not try some of these activities instead to reduce the amount of screen time they are exposed to during the day and to keep their minds active:

- Reading books
- Arts and crafts
- Puzzles
- Card games
- Listening to some relaxing music
- Spending time in the garden

Adapted from Muswellbrook Local Health District’s Quiet Minis

**Good for Kids good for life**

**START THE DAY RIGHT WITH BREAKFAST**

We’ve all heard that breakfast is the most important meal of the day and it’s true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereals such as Weetbix, Cheerios and Sultana bran
- Untoasted muesli topped with low-fat yoghurt
- Wholegrain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies

If you’re short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.

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