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Healthy Lunch Box recipe

Layered mixed potato bake.



Ingredients

Olive oil spray
2 large potatoes, peeled & thinly sliced lengthways
1 large sweet potato, peeled & thinly sliced lengthways
2 zucchinis, thinly sliced lengthways
½ cup frozen corn kernels
½ cup frozen peas
8 eggs, lightly beaten
½ cup reduced-fat milk
½ cup reduced-fat Ricotta
½ cup reduced-fat tasty cheese, grated
1 tsp fresh thyme, leaves picked

Method

Preheat oven to 180°C. Line and spray a 20cm square cake tin with olive oil.
Steam the sweet potato and potato until just tender. In the base of the cake tin, layer half of the sweet potato followed by half of the potato, then ½ cup frozen peas and ½ cup frozen corn. Top with a layer of half the zucchini. Repeat.
Mix the eggs, milk, ricotta and ¼ cup of the cheese in a jug. Pour over the vegetables. Top with remaining grated cheese and the thyme.
Bake for 25–30 minutes or until golden and set. Cool for 5 minutes before serving.

Cancer Council
Healthy Lunch Box



For more recipes visit:

healthylunchbox.com.au



"Be Safe. Be Responsible. Be Respectful and Always Do Your Best".

For Your Calendar;

MAY

Lunch Orders	Friday—orders by Thursday p.m.
Fri 4th June	Mulbring Minis
Thur 10th June	Year 6 KKHS Transition
Fri 11th June	Book Club Closes
Fri 11th June	Assembly Day
Mon 14th June	Queen's Birthday Public Holiday
Fri 18th June	Mulbring Minis
Tues 22nd June	K-3 Excursion Reptile Park
Fri 25th June	Last day term 2

NOTES COMING HOME:

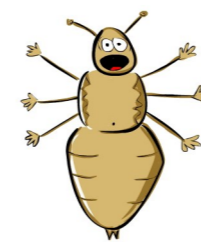
K-3 Reptile Park Permission Note

Year 6 Transition Day Note

Book Club

Absence note reminders

Head lice are out and about again, please be vigilant with checking hair. If head lice are found, please treat hair before students return to school.



Mulbring Public School

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App: Skoolbag—Mulbring Public School

MULBRING PUBLIC SCHOOL

NEWS - 1st June, 2021

The Australian Reptile Park—K-3 Excursion We are excited to announce that Year K-3 will be having an excursion to The Australian Reptile Park. This is an educational/fun day with hands-on learning opportunities for our students. We are taking a seat-belt coach, and with our increase of numbers, are unable to take parents/siblings. Mrs Pinchen, Mr O'Connor, Miss Meagher, Mrs White and Miss O'Neill will be attending. The note is coming home today.

Attendance—The Home School Liaison Officer is continuing to monitor our school attendance externally. Please remember to advise the school if your child is not attending for any reason. Contact can be made by; phone; send in a note; send a Skoolbag notification; or an email to the school.

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

education.nsw.gov.au

K, 1 Reconciliation Week

Artwork—National Reconciliation week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. The K/1 class have done a wonderful artwork which will be on display at school.



School Jackets—Last call for the jackets that are currently in 'lost property' at the office. There are two of the fleecy style jackets, both smaller sizes, neither have a name. Please contact the office if you have lost one. If these aren't claimed this week, they will go into the clothing pool.

Mulbring Minis— 10 a.m start—Fri 4th June—We are excited that Mulbring Minis is up and running again. The Minis had a great time last fortnight. It's a chance for mums, dads, carers, grandparents to come along to a playgroup, have a cuppa and for pre-school children to socialise and have great fun. Minis is on this Friday, so be sure to come along. Don't forget to tell friends/family with pre-schoolers to come along.

Sizzling starts

K-1 is starting to learn about sizzling starts. They enjoyed writing their first sizzling starts and sharing them with the class.

Alex and Greer

Crash! The lightning struck the building, it broke the window.

Kye and Sam

Bang, you got to help me out, there is a bomb in my pie! Then we ran away on a ship.

Max and Jacob

Bang, bang, bang! The sky is pitch black. Gold lightning strikes the red home.

Clancy and Eleanor

Bang said big wolf, and then he got big meat from his house.

Clay and Atticus

Crash, boom, bang! Storms hit Pop's Farm. Trees fall down on Nan's new garden shed, that was just built. Lightning hit the ground, it shook. It felt like an earthquake. It was really scary.

Kirkton and Sienna

Bang! My brother fell down on the trampoline and he hurt his ankle.

Zahlia and Addy

Bang! The building is falling from a lightning strike.

Jett and Brax

Bang, it was a big storm. The building fell crashing into our Pop's house.

Keegan

Crash! The car crashed into another car and it broke the tyres.

AWARDS PAGE

CONGRATULATIONS - WEEK 6 T2 MERIT AWARD WINNERS

Kindergarten—Greer

For: A huge effort this week, working hard to do her best

Year One—Max

For: Great improvement in reading and writing.

Year Two—Miller

For: Using a range of written and mental problem solving strategies.

Year Three—Arabella

For: Creative Sizzling Starts in her writing.

Year Four—Taj

For: Being an excellent role model both within and outside the classroom.

Year Five—Matylda

For: Always going above and beyond in her learning.

Year Six—Flynn

For: Excellent effort to improve his literacy skills.



Congratulations

Bailey W for completing the Multilit Word Attack Skills program.

Mathletics Certificates

Well done all students, keep working hard at Mathletics.

Lola, Eleanor, Jack R (away), Atticus



Is it time for a dental check-up?

Hunter New England Oral Health provides free dental care for all children under 18yrs of age

We accept the Child Dental Benefits Scheme

HNE Dental Clinic opening hours: 8:00am – 4:30pm

Call 1300 651 625 to book an appointment for your child

For more information about oral health and accessing our service, visit the HNE Kids Health webpage at www.hnekidshealth.nsw.gov.au/oralhealth



Health
Hunter New England
Local Health District