Welcome back to Term 2

This is a shorter term of nine weeks and I am sure it will pass very quickly. All the children enjoyed their Easter Holiday break and are back into learning. We have a few activities happening this term and we look forward to a fun time.

Happy Mother’s Day to all our mums.
We hope you had a lovely day on Sunday!

Science
Mrs Curtis is back for another term of science. Term 2 sees Jack Wallings as assistant teacher for the topic of Palaeontology, fossils & DINOSAURS!
Breakfast Program is back!
Starting this Thursday and every Thursday after that we will provide a healthy hot breakfast for all the children at no cost.
Breakfasts will include Weetbix, boiled eggs, toast, bacon and milo. Thank you to Sandy for donating the eggs, Mrs Field for the bread, weetbix & milo and Mrs A for the milk & bacon.

Cross Country
The annual Cross Country will take place at Rylstone on Friday 23rd May. The children have begun training.
A permission note and further information will be sent home soon.

Term 3
Term 3 will bring some staff changes as Amanda Desreaux goes on Maternity Leave & I will go on extended Long Service Leave.
Robynne Howell will replace Amanda and Caron McDonald (currently Deputy Principal at Kandos PS) will relieve as Principal.
Both Caron & Robynne are looking forward to working at Bylong. Caron will be visiting Bylong School on Tuesday 3rd June. Parents please join us for morning tea at 11am to meet Caron.

Mobile Library
Thursday 15th May & Thursday 5th June

Premier’s Sporting Challenge
The challenge began in week one this term and we have already begun recording our activities. Children are encouraged to be active on weekends as well. A selection of sports gear will be sent home for the children to use. The challenge goes for 10 weeks.
This year Mrs A & Mrs Field are joining in the fun and will be recording their activities as well.
Hopefully we will get a gold certificate as well as the children.
Healthy Eating Tip
Fish is very good for us – with lots of protein & essential fatty acids (Omega 3) needed for proper brain function. To encourage your children to eat more fish, try making dishes such as tuna pasta, or tuna mornay.

A Salmon Pattie Recipe

Ingredients
1 tablespoon of olive oil
1 chopped onion
3 peeled potatoes (boiled and mashed)
210g can of pink salmon (drained) 2 chopped spring onions
1 cup of wholemeal breadcrumbs
10g (2 teaspoon) polyunsaturated margarine

Method
Heat ½ oil in fry pan & cook onion until soft
Add potato, salmon & spring onion
When cool, divide mixture into 6 patties & roll in breadcrumbs
Put in fridge for ½ hr
Heat margarine & remaining oil in the fry pan and cook patties until golden brown.