Coming Events

<table>
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<th>Date</th>
<th>Event</th>
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<tr>
<td>Thursday 30th July</td>
<td>Financial Literacy Workshops</td>
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<td>Friday 31st July</td>
<td>Open Classrooms 11.45am – 1.00pm</td>
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<td></td>
<td>District Athletics Carnival</td>
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<td>Bowral’s Got Talent 6pm at Bowral High School</td>
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<td>Thursday 13th August</td>
<td>NRL Gala Day</td>
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<td>Tuesday 25th August</td>
<td>Book Parade</td>
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**Small Schools’ Stage Day**

Last Thursday, our school, along with Exeter and Avoca had our first stage day. It was a wonderful opportunity for our students to work with their peers from other schools and for our teachers to be involved in classroom observation. The day provided fantastic learning experiences for our students and teachers. We would like to thank both Avoca and Exeter schools for helping to coordinate such a great day.

**Bong Bong Athletics**

We would like to wish all of the children who are competing at the District Athletics Carnival on Friday all the very best. We will keep our fingers crossed for fine weather.

**Tree Day**

A big thank you to Mrs Dunn, Mrs Whatman and all of the children who did a great job planting our vegetable garden and mulching the gardens. It looks wonderful. We will look forward to harvesting some lovely fresh produce in spring.

**Raffle Donations Required!!**

We are seeking raffle items for the KO Angus Stud Sale. All donations welcome, eg. wine, local produce, vouchers, farm products/services, etc. Please leave donations in the labelled box on the table in the school house &/or contact Susan 0412 609 592 before Wed 19th August. Thanks!

**Uniforms**

Please find a uniform order form attached to this week’s newsletter. If you would like to order, please ensure that your order forms and payments are handed in by Wednesday 5th August.

Regards, Annie
Healthy Kids Facts – Kid’s coughs and sniffles can feel never ending! The right food can go a long way to giving your children the best chance at keeping them at bay. Carrots, green beans, oranges and strawberries are all packed with immunity-boosting phytonutrients such as Vitamin C and carotenoids, which can increase the body’s production of infection-fighting white blood cells and interferon, an antibody that blocks out viruses. Sneak in fruit and veggies wherever you can.

Try these Savoury Muffins as a great lunchbox treat:
Ingredients: 2 cups (300g) SR flour, ¾ cup (55g) grated tasty cheese, ½ cup finely diced ham, 1 diced capsicum, ¼ cup mushrooms, finely chopped, 150g butter (melted), 1 cup (250ml) milk, 1 egg, lightly beaten, 1 tbsp parsley, chopped (or any combination of veggies and herbs you have or prefer).

Method: Preheat the oven to 180 degrees C (160 degrees fan-forced). Line a 12 cup muffin tray with muffin-sized patty pans. In a bowl, place the flour, cheese, capsicum, mushrooms and ham. In a jug, combine the egg, milk and butter. Mix wet ingredients and dry ingredients until just combined. Pour into the patty pans and bake for 15-20 minutes

VP Day
Mittagong RSL Sub-Branch will be conducting a Victory in the Pacific (VP Day) Service on the Saturday, 15th August, 2015 at the RSL Club at 10.30am. This will be followed by morning tea in the Club. Everyone is invited to attend. Monica is looking for an expression of interest from any school families interested in attending this service.

COMMUNITY NEWS

FREE TICKETS – 26 STOREY TREEHOUSE!!
Due to a clash we can no longer attend this play & have on offer 5 tickets for the Friday 14th August 7pm show in Wollongong. Value of all 5 tickets is $160 – perhaps whoever grabs them could make a small donation to the P&C in return. Please call Carmel 0418 792 094.