**Coming Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 13(^{rd}) August</td>
<td>NRL Gala Day</td>
</tr>
<tr>
<td>Friday 21(^{st}) August</td>
<td>KO Angus Bull Sale</td>
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<tr>
<td>Tuesday 25(^{th}) August</td>
<td>Book Parade 2 pm</td>
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<tr>
<td>Friday 28(^{th}) August</td>
<td>Author Visit at Robertson Public School</td>
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<tr>
<td>Wednesday 2(^{nd}) – Friday 4(^{th}) September</td>
<td>Library closed for stocktake</td>
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<tr>
<td>Friday 4(^{th}) September</td>
<td>Cricket Gala Day at Robertson</td>
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**Congratulations Mrs Dunn**

Earlier this term the P and C nominated Mrs Dunn for an ASG National Excellence in Teaching Award. Mrs Dunn was nominated for her outstanding teaching initiatives and will be considered for a State Award. We wish her all the best and congratulate her on this wonderful achievement.

**Healthy Kids-The Importance of Fibre**

Fibre is fuel that keeps our digestive system operating as it should. The Gut Foundation describes our digestive system as “the engine room of our body”. If it’s clogged up we don’t absorb nutrients well and can end up feeling sluggish and low in vitality.

Three major types of fibre are soluble, insoluble and resistant starch. Here are just some of the foods within these categories; oats, muesli, barley, vegetables, lentils, beans, fruit (preferably unpeeled), nuts, seeds, wholegrain cereals, brown rice/pasta, quinoa, millet, wholemeal/rye breads, bulgar wheat, legumes such as chickpeas and lentils, unripe banana and potatoes.

**NRL Gala Day**

Tomorrow we will be participating in the Small School’s NRL Footy Gala Day at Exeter Oval. This will include the children in Kindergarten to Year 6.

The idea of the day is non-competitive. The children will play in a round robin draw run by the NRL Development Officers and attend a coaching clinic.

Exeter Public School will be providing a canteen. However, it is always a good idea for the children to bring plenty of food for morning tea and lunch.

The children should also bring a hat, water bottle and plenty of warm clothes.

**KO Angus – Help Needed!**

This is a friendly reminder to complete the form attached to last week’s newsletter re helping / contributing to this important fundraiser. Please return to ‘P&C Correspondence’ box in the office or call if it’s easier – 0418 792 094.

Many thanks to those who have already done so.

Annie & Carmel

**Japanese Students**

Next Wednesday two Japanese exchange students will be visiting our school. We hope that this will give our students the opportunity to ask the students some questions about Japan and the Japanese way of life. We will be providing an “Aussie” morning tea of lamingtons, vegemite pin wheels and watermelon.

**Newsletter Attachments**

- Cricket Gala Day Request for Help
- Tell Them From Me Survey Note
- Author Visit Note
- Hall Fundraiser Flyer
- High Fibre Mini Choc Chip Muffins Recipe
COMMUNITY NEWS

**Mittagong Blue Light Disco**
Venue: Mittagong RSL  
Date: Saturday 29th August  
Times: 4pm to 6.30 pm  
Cost: $5.00 per child 4 – 14 years  
Parents and children under 4 free.

**Hall Fundraiser**
The Hall is holding a fundraising dinner on Saturday 5th September.  
It would be great if we could support this community event and organise a school group to attend. Please call Charlotte on 48882366 if you can join in.

**The Southern Highlands Challenge**
Trail Running Event  
Sunday, August 30  
Wingello State Forest  
1 km, 7 km, 24 km and 49 km  
There is an event for everyone in the family and food, drink and family activities for runners and spectators.

Medals for finishers, age awards and a prize for the school that has the most entrants per enrolment.

Visit: www.southernhighlandschallenge.com or For more information contact SHC local liaison Linda Christison lkcdigitalmedia@gmail.com

Accept the Challenge!