From the Principal

It’s surprising what a change a couple of weeks can bring in the weather. We hope everyone had a good break from their routines, the children certainly seem calm and peaceful here for their holiday time.

First things first – just giving a reminder that we have NO CANTER from this term onwards. We did not receive any interest on anyone taking on this little business so until other notice this will be the situation for this Term. Of course, if anyone knows of anyone who may be interested in running the canteen, please ask them to call up to school.

Coraki Cross Country

We always thought Mrs Maleckar had special weather powers, and yet again she used them on the last Wednesday of Term to give us such good weather to run the local Cross Country Run. The results from the day were –

8/9 Girls
Chloe Stewart         Amber Pollock
Jessica Lindsay      Hayley Spencer
Chelseii McElligott  Jade Brien     Eliza Thurgate

10 Girls
Jasmine Deas

Next Wednesday the Mid – Richmond Cross Country Carnival is being held here at school with some of these children competing at this level. Let’s hope Mrs Maleckar can use some of her weather magic again.

ANZAC Ceremony

We are holding a school ceremony here this Friday, starting at 9:20. All parents are welcome of course.

We are asking everyone to come to the Coraki Community Ceremony this Saturday. Children are asked to assemble down at the Coraki Hotel corner at 9:40. Let’s hope we can get a good role up for this centenary event with children in full school uniform please. Hope to see you there. We are wanting to lay a fresh flower wreath so if anyone has any flowers in their gardens at the moment we would really appreciate they could be brought to school on Friday so the children can create a wreath or garland ready for Saturday.
Chat time……
Please feel free to contact the office to arrange a suitable time to chat about any concerns or questions you may have, or if more convenient please email me at: jane.cottee@det.nsw.edu.au

Performances coming to school
There are a couple of visiting performances coming to school over the next few weeks. This is bad timing, to have all coming at once, but it could not be avoided at this time!
Because of this the school is subsidizing a large part of the cost for these events. We are asking for $10.00 per child to cover both shows which are – “The Magic Words” which gives a message around friendships, values, manners and bullying. It is presented by Brainstorm Productions who were here last year for a performance that the children loved. This show is MONDAY May 4th [2pm]
The second performance is “Cool Capoiera” which is a show based on Capoiera Dancers from South America. This dance style had its roots in slavery and is an energetic mix or athletics and martial arts. We are sure the children will love it. This show is Thursday April 30th [2pm].
The $ 10.00 per child covers both performances and needs to be brought to school by Thursday April 30th please.

School Cricket Team News
Mrs Maleckar has the school selected Cricket team in Kyogle on Tuesday April 28th. Notes and arrangements have gone out last Term. We hope they have a good game and thank them for representing our school.

There is a lot happening again this Term so please enjoy the ride with us as it unfolds…

General News
Included in this weeks newsletter is the envelopes for your school photos. All money needs to be placed in the envelope, before the photo day on Monday 11th May, and given to the front Office.
Family group envelopes are available from the Front Office. If these are not received the photos will not be ordered.

Scholastic Book Club
Brochures for the Book Club are also included in this weeks newsletter. These orders need to be in by Friday 8th May to the front office.

Stage 2 & 3 Brisbane Excursion
Please continue to make regular payments towards this excursion. The excursion date is 9th, 10th & 11th September.

Payment Methods
Don’t forget we have EFTPOS for your convenience. All payments for excursions performance etc is to be in before the day of the event and may be paid off in a lay by system.
Love those Legumes!!

What are legumes?
Apart from nutritious AND delicious! They are:
- Dried or canned peas, beans and lentils.
- High in protein and fibre, and low in fat and cholesterol.
- Best for the land as they produce a higher yield of many nutrients than foods of animal origin.
- Cheap and very flexible in recipes.
- Good for freezing before and after cooking, and when made up into recipes.
- Are great meat extenders in any stew or mince dishes, as well as adding texture and mild flavour.

Buying and storing legumes
Legumes are quite hardy and will store for a year in well-sealed containers.
- Look for uniform size, strong colour and a plump smooth appearance.
- There are many varieties available in cans, which means they require only minimal preparation.

Mexican Enrollada
(Serves 6)
1 tbsp oil
1 large onion, chopped
1 med red capsicum, chopped
35 g packet salt reduced taco seasoning mix
810 gr can crushed tomatoes
750 gr can red kidney beans, rinsed and drained.
1 packet pita bread, halved
1. Saute onion and capsicum in oil until soft
2. add taco mix and cook 1 minute
3. stir through tomatoes, beans and heat through
4. Roll bean mixture into halved pita breads with chopped fresh tomato and grated cheese.

School Banking
Rewarding regular savers with a chance to win
The School Banking program can help put your child on the path to good savings habits. And, in a first for School Banking, it might even put them on a path to Disneyland, where they can ride Space Mountain, meet Mickey Mouse and other Disney characters, plus much more!

How to enter
Every student who makes 25 or more School Banking deposits during 2015 will automatically go into the draw to win a trip to California’s Disneyland for up to two adults and two children.

The Grand Prize
- Return economy airfares to Los Angeles, California from Sydney, Melbourne, or Brisbane. In the event the winner resides outside of these cities, return domestic airfares will also be provided.
- Five nights accommodation at Disney’s Paradise Pier Hotel
- Return private airport to hotel transfers
- A three day Theme Park Hopper ticket (includes same day admission to both Disneyland Park and California Adventure Park)
- A Disney Family Breakfast Dining Experience AUD$2,000 spending money.
Here are some of our Champions and runners from the Cross Country last term. What a great day it turned out to be………………… Mrs Maleckar has the weather at the end of her phone it seems! Congratulations to everyone who competed on the day, we look forward to next Wednesday for the Mid Richmond Cross country!