Kale Harvest

This week has seen a very healthy kale harvest in the school kitchen garden. Kale comes from the cabbage family and contains vitamin A, C, K, omega 3 acids, folate and protein.

Baked Kale Chips Recipe

**Ingredients:**
- 1 bunch of Kale
- 1 teaspoon salt
- 1 tablespoon olive oil

**Directions:**
1. Preheat oven to 175 degrees
   - Line a tray with baking paper.
2. Carefully remove the leaves from the thick stem and tear into bite size pieces.
   - Wash and thoroughly dry. Drizzle kale with olive oil and sprinkle with salt
3. Bake until the edges brown, 10-15mins

2015 Student Leaders

Preparations for 2015 student leaders has begun. This week we have received a number of nominations for Leader Positions. Speeches will take place on Monday, which will then be followed by voting for Years 2-6. This year we will be having interviews following the voting to decide on who will be captains. Captains will be announced at Presentation Night. All year 5 students will be participating in Leadership training each day during week 9 and 10 as they will be playing an important role in maintaining a great school culture and school pride amongst our students.

Intensive Swimming Program

Inverell Public School Intensive Swimming Program will commence on Monday 1st December and conclude Friday 12th December. The ten day program will involve all students from Year 2 - 6. There will be no charge for instruction, however entry to the pool will be $2 each day, season ticket or $20 to the class teacher. The children will walk to and from the pool. The session times will be:

- 9:30am: 4W
- 10:30am: 3/4L

The children in the first session will assemble in the hall at 9am each morning. The second group will leave school at 10am.

These children should wear their swimming costume to school and bring school uniform (to change into after the lesson), a towel, a plastic bag for wet gear, a blouse or shirt, hat and SPF 15+ water resistant sunscreen.

UP AND COMING

- 24/11 Student Leader Speeches
- 25/11 Scripture Christmas Concert
- 26/11 Shine and Strength Program
- 1/12 Swimming School begins
- 9/12 Presentation Night
- 15/12 Year Six Farewell
- 17/12 Last Day of School-- students
- 18,19/12 Staff Development

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Inverell Public School

“Living and Learning Together”

Wood St, Inverell, NSW, 2360
Phone: 02 6722 3072 Fax: 02 6722 4324

Week 7, Term 4, Thursday 20th November 2014
**Canteen Roster**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday 24/11</th>
<th>Tuesday 25/11</th>
<th>Wednesday 26/11</th>
<th>Thursday 27/11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>Help Needed</td>
<td>Help Needed</td>
<td>Help Needed</td>
<td>Sarah Tarrant</td>
</tr>
</tbody>
</table>

**Infants Healthy Lunchbox Awards**

Ms Whitton and Mrs Morris have introduced a “Healthy Lunchbox” award which will be given out at the Infants Assemblies. Parents can help their child win this award by ensuring their children always have a healthy lunchbox which does not contain packaged and processed foods.

A salad sandwich and a piece of fruit is not only healthy it's inexpensive.

**Bottle Tops**

Mrs Beattie desperately needs **plastic bottle tops** any colour any size! for a recycled art project. Canteen vouchers will be awarded to the student who collects the most plastic tops!

**Ips Is A Sunsafe School**

Just a reminder that Inverell Public School is a “Sun Safe School”. We endorse the no hat only shade play policy and do not allow caps to be worn to school. Broad brimmed hats are a part of our uniform and give better sun protection for your child’s face. Students who do not bring a hat to school are unable to participate in sport.

Bucket hats are available from the front office for $5.00 each.

**Seven Road Safety Tips -** For families and children:

1. **Stop! Look! Listen! Think! Every time you cross the road**
2. Use a safe place to cross the road
3. Always buckle up in your seatbelt
4. Get in and out of the car on the footpath side
5. Wait until the bus has gone, then use a safe place to cross the road
6. Always wear your helmet when you ride, scooter or skate
7. Ride your bike away from busy roads

**Summer Holidays!**

**5th January to 23rd January 2015**

**Holiday Fun at Vacation Care!**

Vacation Care is a fun, relaxed, holiday environment where the focus is on your child’s enjoyment.

Enrolment forms, program & newsletter available from IDFS office, 30-34 Campbell St.

Ph: 6722 4038.

Please note enrolment forms need to be returned by Wednesday, 17th December 2014.

**Healthy Lunchboxes**

School lunchboxes can heat up in the summer months. When this happens foods that should be kept cool such as meat, eggs, fish and dairy can become unsafe to eat. To keep foods cooler for longer include a frozen water bottle in the lunchbox.

Some foods that can be stored in a lunchbox without cooling are:

- Bread rolls, fruit buns, muffins, pikelets, whole fruit, canned or commercially sealed fruit, dried fruit, nuts and seeds
- Tinned baked beans & spaghetti
- Some salad vegetables like carrot, beans, snow peas, celery sticks and cherry tomatoes.

Water! For more tips visit:

www.goodforkids.nsw.gov.au