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Newsletter

Weekly Awards!

Congratulations to the following students this week:-

Ruby Stafford for constructing long, complex sentences in writing.

Rhys Ryan for improvement in organisational skills and beginning his work quickly.

P & C NEWS

Dear parents

Thanks to all parents who attended the P&C meeting on Monday.

It was a productive meeting and we decided to subsidise the Life Education van and the bus to the Writers' Festival as well as subsidizing the school shirts and jackets to keep it affordable.

We are hoping to have two fundraising activities in Term 4: an IGA barbecue and a Saturday markets street stall/cake stall.

Thank you for your continued support.

David Hausen

Term 2 Dates

Tuesday 11th August - Science Day at Barkers Vale PS

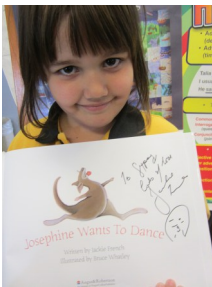
Friday 14th August - Mobile Library and Tuckshop

Wednesday 19th August - Life Education Van

KEEP!!

Yesterday KEEP was at Kyogle Public School which was different to the high school. We were introduced to PIP (Personal Interest Project). We are allowed to choose our topic and I am planning to do video making. I will use my video camera that I was given for Christmas. Lots of people are doing photography and cooking. We worked in the computer room and had lots of fun. At recess I played handball with other KEEP students and in the afternoon we played ping pong.
By Oliver

Signed library book at Writers Festival



Gardening



Education Week

Community News

FOR SALE BY TENDER

HUSQVARNA LTH130 RIDE ON MOWER
CONTACT RUKENVALE PUBLIC SCHOOL ON 6636 4151
FOR MORE INFORMATION



KYOGLE COMPETITION STARTS OCTOBER 7TH
NEW: JUNIOR COMPETITION!!!

ONLINE registrations now open! or sign on NEW PARK Kyogle
2nd, 9th and 16th September.

HELPERS NEEDED: Junior Comp Volunteers & Referee's
without these, comp will not run.

Contact: Jade 0434419289, Kirsty 0468681208 or Mat 04796908111

Let's Go Green' Guacamole Snack Cup

Serves 12

A quick and easy snack option for
kids that is green all over! Make
sure you go for crackers or
breadsticks that are low in kilojoules, saturated fat
and sodium.

Ingredients:

- 4 ripe avocados
- 1 spring onion (eschallots or scallions), finely sliced
- 3-4 tbsp lemon juice (to taste)
- 3 celery stalks, cut into sticks
- 1 small green capsicum, cut into sticks
- 8-12 crackers (depending on their size)

Method:

Scoop out avocados and place into a bowl.

Fork mash the avocados.

Mix in the spring onion and lemon juice.

Put 2-3 teaspoons of guacamole into a cup and add
vegies sticks, crackers and a spoon. You may find it
easier to break crackers in half to fit into the cup.

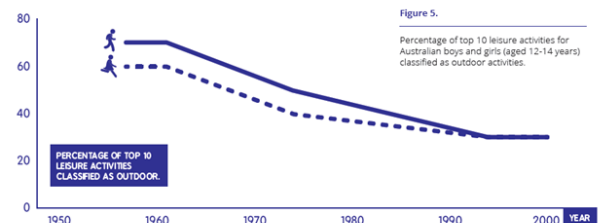
Hints

You can even use this recipe for life after Fruit & Veg
Month. Vary the 'sticks' to use different coloured
vegies or even use the guacamole as part of another
recipe. Try adding extra chopped or grated veges to
the guacamole too, e.g. chopped tomatoes, grated car-
rot, finely chopped cooked green peas, or fresh herbs.
Look for crackers, savoury biscuits or breadsticks
that have less than 600 kJ per serve, less than 3 g sat-
urated fat per serve and less than 200 mg per serve.



Seeing Daylight

Why is short-sightedness ("myopia") becoming so common in many countries? 30 - 40% and rising in the US, Europe and Australia? Too much reading? Too much screen time? It would appear that myopia, once rare in human beings, is the result of too much artificial light and not enough natural daylight, which is a thousand times stronger and has more blue and green wavelengths. Children who spend more time outdoors have sharper eyesight than those who play indoors, research from Queensland, Taiwan and Denmark have all revealed, and the mechanism is that artificial light weakens the eyeball's focussing mechanism. The answer: get your children outdoors for an hour a day, which is enough to improve eyesight in the growing years.



Come On Kyogle

Get Healthy for Healthier Kids!

1 in 20 children are born with a birth defect or genetic disease.

Who You're Helping

100% of all funds raised through FIT in your Jeans for Genes helps the researchers at Children's Medical Research Institute find cures and treatments for childhood disease faster. Your generosity can help these children.

What You Can Do

You can help by participating in a **Low Impact Exercise Class** to start you on your journey to a healthier life, and make a gold coin donation to CMRI

Kyogle Showgrounds
9am Saturday 8th August
All Ages Welcome

I am supporting Fit in your Jeans for Genes because it's time to make a difference. **To get Healthy for Healthier Kids.**

Sharron 0432 412 058