BOOKWEEK
Next week is BookWeek. The theme for this year’s week is: Australia ! Story Country. We are inviting the children of Nilma PS to come dressed as either their favourite book character or in ‘Aussie’ dress. In the afternoon of Friday, 26th we will parade our dress ups and have some activities related to the celebration of books. If not in either of those two forms of dress, it is expected that school uniform will still be worn. Should be a fun day!

This year is the 70th Year of this celebration and more details can be found on the short listed books at: http://www.cbcatas.org/assets/CBCA_BOTY_Short_List_Books.pdf

THANKS
A special thanks to Oliver Turner for his inspection of a piece of the playground equipment. Oliver presented a couple of loose bolts to a staff member and spoke of how this could be fixed for the safety of everyone. We really appreciate children thinking of others as well as themselves. Good work Oliver!

MT WORTH CLUSTER CAMP
Information regarding the Year 3/4 Cluster Camp was sent home with the newsletter last week. The camp will be held on Thursday 13th October to Friday 14th October 2016. The cost for this camp will be $118.00, which will need to be paid in full by Friday 16th September. Could all expression of interest forms please be sent back to the office by TOMORROW, Friday 19th August 2016. Some parents may still have CSEF money available to pay for this camp. A deposit of $40.00 is due by TOMORROW to secure your child/s place at camp.

WARRAGUL REGIONAL TRANSITION DAY
Students attending Warragul Regional College in 2017 will be participating in a Transition Day on Wednesday 7th September. Permission forms are attached to the newsletter and must be brought back by next Friday 26th August 2016.

HEALTHY LUNCHES
It is wonderful to see many students with a healthy and substantial lunch each day. A suggestion is for each student to have two sandwiches and two pieces of fruit (cut up if needed) as well as healthy snacks. Please ensure your child brings a spoon to school if they have yoghurt or fruit cups.

DENTAL VISIT
Last Friday the F/1/2 students were visited by Elise from Pacific Smiles. Students identified and discussed healthy food options for their teeth. Students were reminded that they need to brush their teeth twice each day, once after breakfast and once before going to bed. They also learnt that they should brush their teeth for at least 3 minutes each time.

Students had the opportunity to dress up as dentists and check the oral health of some teddies. Thank you Pacific Smiles for a valuable visit.

THANK YOU TO OUR DIARY SPONSORS
**R.E.A.L STUDENTS@NILMA**

**Learner of the Week**

**Recognitions**

**Homegroup 1/F Red**

**Jai Macfarlane**

For working hard to achieve your learning goals and seeking assistance when you need help. You have become a more focused learner. Well done Jai!

**Homegroup 2/1 Green**

**Jessie McCabe**

For being a positive class member this week. You have encouraged your classmates and been very helpful in the classroom.

Thank you Jessie.

**Homegroup 4/3 Blue**

**Jade Mammolito**

For the positive attitude you show to all areas of your learning. You are always willing to challenge yourself and work well with your fellow students. You make a great role model Jade!

**Homegroup 6/5/4 Yellow**

**Zavier Allsopp**

For being a shining example of a Visible Learner in Japanese. Your voice is always the clearest when hearing students practise their Japanese pronunciation.

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**L.A.U.G.H Program**

Learning Activities Under Guidance of Home

**NIGHTLY READING**

- 50 Nights
  - Bailey Dent
  - Nataly Santo
- 75 Nights
  - Amelia Scanlon
- 100 Nights
  - Dylan Bradshaw
- 125 Nights
  - Blake Sammut
- 150 Nights
  - Kurtis Giblin
  - Harrison Kinsey

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**PLAYGROUND AWARDS**

**Winners**

- Jesse Matthews
- Anthony Santo
- Harry Kinsey
- Alex Chesterfield

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**Happy Birthday**

William McGrath

Teagan George
**HOMEGROUP HAPPENINGS!**

Dental Visit—Friday 12th August
Last Friday we had Elise come and visit us from Pacific Smiles in Warragul. She spoke to the children about the importance of cleaning your teeth and dental health. The students enjoyed becoming dentists for the session!

On Friday we had a dental visit. We watched a show about germs getting in between our teeth. We talked about what foods are good for our teeth and what foods are bad for our teeth. We were pretending to be dentists. By Thomas Buckler.

Home Group - 1/F - Ruby Red

Home Group - 2/1 - Emerald Green

Home Group - 1/F - Ruby Red

Home Group - 4/3 - Aqua Blue

Home Group - LEMON YELLOW

**KITCHEN GARDEN**

I wash my hands and line up. One by one we go into the staff room. We stand around the table. Mrs Hodge tells us what we are going to make and sends us off in our groups. I was making sausage rolls with Ashley, Matilda, Bailey, Zavier and Mrs Grass. To make the sausage rolls we used sausage mince, BBQ, tomato and sweet chilli sauce, puff pastry, sesame seeds, carrot, onion, zucchini and whisked egg. In the Leek and Broccoli Soup was vegetable stock, garlic and potato. We also used sour cream, croutons, parsley and basil for the garnish. After we ate we had to do the dishes. I think Bailey tried to carry too many glasses because he dropped one on the floor. I like doing the dishes. By Olivia

Quick wash your hands!!! Its kitchen garden time. We put sanitiser on and in we go. Ms Hodge says what groups we are in. I was making Leek and Broccoli Soup. In the end it was very delicious. Anyway, let’s get back to the ingredients of the Leek and Broccoli Soup; broccoli, leeks, vegetable stock, garlic, potato, parsley and basil. I put the cutlery on the table and dished up water then we had some time outside in the playground then we went back in. I had five bowls of leek and soup and there was sausage rolls as well. The day was the best cooking session of the term. By Mikayla Lott

Our focus in whole school writing is emotive texts, and this week, students were introduced to using similes (comparing unlike things) and hyperbole (exaggeration) to add more detail to their writing...

I am so hungry I could eat a horse, because dinner was late. Ryan C

Dad is watching Richmond play, and then the umpire gives GWS a free, and dad starts yelling at the tv. It was like an erupting volcano. Kiara P

I was as pleased as punch when I finally got that toy. Bailey D
Yes, it’s Newsletter time again. During this fortnight student learning for middle and senior students has been generated by the Book ‘Fabish’ by Neridah McMullin. This great picture story book explores both animal and human bravery during the Black Saturday bushfires of 2007. The main significant character being ‘Fabish’ a retired race horse. After discussion students then sought information about other animals and the special bonds they have with us and how this so often is shown in acts of bravery by animals when their owners are in danger. Junior school students continued with learning the importance of thought bubbles and how they can best use them to enhance their drawings. Thought bubbles have also been used to enable younger children to better display a deeper understanding of a text. The linked text was ‘Grandpa’s Big Adventure’, by Paul Newman Great work everyone!

Philip Bucknall  MARC Teacher/Librarian

Attached to the newsletter are family statements. Could all outstanding school fees please be paid by the end of August. If your child is attending camp, a deposit of $50.00 is due at the office by Tomorrow, Friday 19th August. All outstanding amounts owing are highlighted on the family statements. Should you have any queries, please contact the office.

Attached to the newsletter last week, were forms for the Fathers Day/Special Person Stall. This fundraising will be held on Friday 2nd September. Students may purchase as many gifts as required. All gifts are $5.00. Payment with forms are due back at the office by Friday 19th August 2016. More forms are available from the office if needed.

Nilma PS is in the process of ordering our Student diaries for 2017. If you are interested in advertising your business or company in these diaries, please contact the office by next Monday 22nd August. The cost for advertising in the diaries is $100 for the whole year.

The Breakfast Club is held on Monday and Wednesdays mornings from 8.30am-8.50am. Could parents please make sure students are at school by 8.30am, to ensure they have time to enjoy a healthy breakfast. Thank you to our ES staff and volunteers for helping with this program.

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**Your Body on Walking**

Ridiculously simple, astonishingly powerful, scientifically proven by study after study. Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting?

**BRAIN:** Just 2 hours of walking a week can reduce your risk of stroke by 30%.

**MEMORY:** 40 minutes 3 times a week protects the brain region associated with planning and memory.

**MOOD:** 30 minutes a day can reduce symptoms of depression by 30%.

**HEALTH:** Logging 3,500 steps a day lowers your risk of diabetes by 29%.

**LONGEVITY:** 75 minutes a week of brisk walking can add almost 2 years to your life.

**WEIGHT:** A daily 1-hour walk can cut your risk of obesity in half.

**HEART:** 50 to 60 minutes most days of the week drastically lowers your risk of heart disease.

**BONES:** 4 hours a week can reduce the risk of hip fractures by up to 43%.

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Lunch box ideas: Fritter Faces

Makes 10

**Ingredients:**
- 4 medium zucchini, grated
- 2/3 cup self-raising flour
- 2 eggs, lightly beaten
- 1 1/2 tablespoons roughly chopped fresh basil leaves
- 250gm reduced-fat fresh ricotta cheese, crumbled
- 2 tablespoons vegetable oil
- 1 small carrot, peeled and grated
- 1 tablespoon frozen corn kernels
- 1 small capsicum, halved lengthways, sliced

**Method:**
1. Squeeze excess liquid from zucchini. Combine zucchini, flour, egg and basil in a bowl. Add ricotta. Mix until just combined (mixture will appear quite lumpy).
2. Heat oil in a non-stick frying pan over medium heat. Spoon 1/4 cup batter into pan, spreading slightly with a spatula. Repeat to make 3 rounds. Press carrot into batter to resemble hair, corn for eyes and capsicum for a smile. Cook for 2-3 minutes until browned underneath and top just set. Turn. Cook for 1-2 minutes or until fritters are cooked through. Transfer to a plate lined with paper towel. Cool. Repeat with remaining batter, carrot, corn and capsicum. Cooked fritters can be frozen for up to 2 months.
# NILMA PRIMARY SCHOOL CALENDAR

## AUGUST 2016

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