Hi everyone,

Welcome back to a new Term of cooler mornings. I hope you have had a lovely Easter and holidays.

This week we are focusing on ANZAC day in our school work as it is the 100th year anniversary for Gallipoli. On Friday, students will receive a special remembrance penny for World War One during our Assembly. If you would like to purchase any of the pennies, we do have extras at a cost of $2.50.

Cross Country is next Thursday, 30th April at Corndale. More information on times and course will be distributed in the next couple of days.

In Week Four, students in Years 3 and 5 will sit the NAPLAN test from 12-14 May.

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<tr>
<th>Tuesday 12 May</th>
<th>Wednesday 13 May</th>
<th>Thursday 14 May</th>
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<tbody>
<tr>
<td>Language Conventions (spelling, grammar and punctuation)</td>
<td>Reading</td>
<td>Numeracy</td>
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<td>Writing</td>
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At the end of last Term, Books in Homes were sent home. This week the students will again have the chance to look through another set of books to order.

In the last newsletter, I mentioned early payments for excursions. Just a reminder that if you would like to start deposits for these excursions, they need to be sent in one a Tuesday in an envelope marked with the name of the excursion, child’s name and the amount of money enclosed.

Thank you to Tuntable Creek Landcare group who recently donated six books to our school so that we can identify local rainforest plants. We appreciate the work that they have done at our local creek and at school as part of our Giant Barred Frog project and education.

Upcoming Events

<table>
<thead>
<tr>
<th>April 27</th>
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<tr>
<td>Public Holiday – in lieu Anzac Day</td>
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<tr>
<th>April 30</th>
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<tr>
<td>Dunoon PSSA Cross Country @ Corndale</td>
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<table>
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<th>May 12</th>
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<td>NAPLAN</td>
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<th>May 13</th>
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<td>NAPLAN</td>
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<th>May 29</th>
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<tr>
<td>Big Scrub Schools Enrichment Day</td>
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<tr>
<td>Stage 1 – The Channon</td>
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<td>Stage 2 – Dunoon</td>
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<td>Stage 3 – Modanville</td>
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<th>June 8</th>
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<td>Public Holiday – Queen’s Birthday</td>
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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 med red capsicum, chopped
810 gr can crushed tomatoes
750 gr can red kidney beans, rinsed and drained.
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.

1 large onion, chopped
35 g packet salt reduced taco seasoning mix
1 packet pita bread, halved
**Story-time**

For Aboriginal & Torres Strait Islander families with children 0-5 years of age

**Stories, songs & craft!!!**

**Where:** The Goonellabah Library

**Upcoming dates in 2015:**
- Tuesday 28th April, 1.30-2.30pm - Storytelling & music with Mereki
- Tuesday 19th May, 1.30-2.30pm - Stories, songs & craft with Library staff
- Tuesday 9th June, 1.30-2.30pm - Stories, songs & craft with Naomi Moran

**Transport available**

For more information contact:
Zoe Dodd at the YWCA NSW Goonellabah
6625 5809 or 0425 366 979

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An experiential 10 week program for men interested in exploring their experiences of Grief and Loss

**Starts** Wednesdays 22 April-2015 6pm to 9pm

**Venue:** Men & Family Centre
1 Club Lane, Lismore

**What is grief and loss?**

How has it affected me?

Grief and loss can affect many areas of a man’s life – including death of loved ones, the loss of family, loss of health, relationships, home, employment, and the loss of the closeness, support identity, or meaning, that can go with them.

How can I deal with it? What if I don’t?

The group provides a safe and respectful environment for men to identify and explore the impact of loss and grief on their lives and to discover and share positive ways of rebuilding.

For further information and to confirm a place in the group call David at the Men and Family Centre on 02 66 226116 from Tuesday, Wednesday or Thursday, or simply leave a message on answering machine.

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David Nokes
Front of House Manager
Events Coordinator
Tuesday & Wednesday 9-2, Thursday 9-1.

www.menandfamily.org.au
Usen Learn Understand
www.useslearning.org

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**Parenting Course**

My Kids and Me is a 7 week course specifically designed for parents whose children are in Out of Home or Kinship Care. It is led by two trained and experienced facilitators. The course covers the following topics: How Did We Get Here, What’s It Like For You, Looking After Yourself, Talking and Listening, The Legal System, What’s It Like For Your Kids and Where To From Here.

Prior bookings are essential for this course.

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<tr>
<th>Dates</th>
<th>Mondays, May 11th – June 22nd</th>
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<tr>
<td>Time</td>
<td>10 am – 1 pm</td>
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<tr>
<td>Place</td>
<td>Kiandra House</td>
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<td>NABCC 19 Keen St, Lismore</td>
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<td>Cost</td>
<td>Free</td>
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For more information or to register please call: Belinda Keach 0823 2759 or 0475 817 363

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**Lismore City Council**

**Annual Community Grants Scheme 2015**

**Opens Wednesday 9am, 22 April – Closes 4pm, 18 May**

Information and electronic forms will be provided on Councils website

www.lismore.nsw.gov.au

Council will host an **Information Session**

10am – 12pm, Wednesday 22 April

Council Chambers, 43 Oliver Ave, Goonellabah

The Information Session will provide guidance on how to apply for funds and an opportunity to discuss your organisation’s or project’s eligibility.

You are encouraged to attend if your organisation is considering applying for funds.

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**Go4Fun**

**Free Healthy Lifestyle Program for kids 6.5 to 13 years**

- Helps kids reach a healthy weight
- Fun games & exercise for kids
- Build self-esteem & motivation

**CALL: 1800 780 900**

**Health Partnership NSW Local Health District**

**Register NOW for Term 2 GSAC - Goonellabah**