Ms Reid’s Message

We hope all the dads, grandads and families had a happy and relaxed Father’s Day on Sunday. The students were very excited to cook a treat, and create a special card for the special man in their lives. Thankyou to the P&C for organising the Father’s Day Raffle. It was drawn on Friday at school and congratulations to the prize winners: Mrs Sonja Hook – 1st prize of a $20 Bunnings Gift Voucher
Mrs Sonia Blyton – 2nd prize of a drink from the Somerton Hotel.

Parent Information Afternoon

Wednesday 16th September @ 2:00pm
A reminder that the workshop is being held at school on Wednesday 16th September @ 2:00pm. All parents and friends are welcomed to come and learn about the literacy and numeracy programs being taught to the students. A créche will be operating so that the adults can be involved and have a cuppa and chat whilst being involved in the activities.

Focus Week: RESPONSIBILITY-making responsible decisions
We encourage the students to act responsible in all situations - at home and at school. The key to being responsible is to think first, make the correct decision and then act.

Tennis Coaching
This is the last week of tennis coaching for the students. Mr Louis is holding a small tennis competition on Friday to complete the tennis coaching clinic. The students have learned many skills and have really enjoyed the experience of working with Mr Louis. We would like to thank Mr Louis for his time, effort and patience whilst coaching the students.

Kindergarten

Enrolments are now being taken for students who are starting Kindergarten in 2016. An orientation program will be conducted in Term 4, where the students will come to school and be involved in activities to help them become familiar with our school and teachers in preparation for the commencement of their first year of school at Somerton Public School. Please contact the school for an information pack.

Assembly Awards

Congratulations to the following students for receiving a White Merit Award @ Assembly this week:

Nicholas Hook & Shannon Colley

Terrific Award:
Nicholas Hook – being a pleasant co-operative student.

Superstar Award:
Benny Markwick – improvement in class participation.

Woolworths Earn & Learn

Please send in all your earn & learn stickers before the end of term. Sticker sheets need to be returned to Woolworths by Friday 2nd October, so the school will need all stickers in by the last day of term 3. So far we have 1320 stickers, so keep them coming in as the more stickers the more resources we can order. Thank you.

Why not visit our Website:
http://www.somerton-p.schools.nsw.edu.au
## TERM 3 2015 DATES:

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**First Day Term 4: Tuesday 6th October 2015**

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**Nutrition Snippet**

**The simplest way**

...to make a healthy Red Bean dip.

**Ingredients**

- 1 can of Kidney Beans
- ½ cup reduced-fat natural yoghurt
- 1 tablespoon olive oil
- Pinch salt and pepper
- 1 teaspoon cumin
- 1 tablespoon diced spring onions (optional)
- ½ cup diced avocado (optional)
- Vegie sticks to serve

**Method**

Rinse and drain kidney beans || Place beans, along with yoghurt, olive oil, salt, pepper and cumin into a food processor and blitz until smooth || Spoon into a bowl, and top with spring onions and avocado, if desired || Serve with vegie sticks...delish!

For more information visit [www.eattobeatit.com.au](http://www.eattobeatit.com.au) or join us at [facebook.com/eattobeatit](http://facebook.com/eattobeatit)