**PRINCIPAL’S REPORT**

### Bike Week

Week ten is our final week for the term. All students are invited to bring their push bikes/bicycles to school on Monday for Bike Week activities. Every student must also have a safe helmet. Bikes will be stored at school and need to be picked up on Friday, 18th September.

![Bike Image]

### Senior Class Excursion

We need to finalise numbers for this excursion by end of next week so could you please return permission notes by Thursday.

### Holidays

I wish everyone a safe and happy holiday after a wonderful Term 3 at Manildra Public School.

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**CAPTAIN & VICE CAPTAIN’S REPORT**

Hello everyone,

Last Thursday, Y6 debating team had a debate at Millthorpe PS. Our topic, ‘Misbehaving pop stars should be banned from performing in Australia if they misbehave’. We were the negative & we came a really close second. We all did an exceptional job. Last weekend we had the show. We’re sure that everyone had a really great time. Our school had a stall.

Mrs Stanford was running it with help from a few senior girls. Tonight we will be having a 30 years celebration for Di at the Bowling Club. We had Mrs Starr & Miss Mullins this week as Mrs Stanford was sick. We have been making some really nice origami flowers that we have stuck onto the windows in the library. We hope every one has a great weekend.

From Brooke & Lily

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**What’s Happening**

- 11 Sept. - Di’s celebrations - 6pm Bowling Club
- 18 Sept - Last day of Term 3
- 6 Oct - First day of Term 4 for staff & students
- 8 Oct - An Aboriginal for a Day Program by Cultural infusion

Please send all community notices to Manildra Public School by 10am Thursdays. Email to: t.press2@bth.catholic.edu.au
Challenge: to eat 2 fruits and 4 vegies every day for a week

Thankyou to everyone for supporting us in our Gutsy Challenge over the past week. The students had a great time, not only eating lots of fruit and vegies but some of them being new to their experiences. Hopefully, it has perhaps helped the students to realize how important fruit and vegetables are to their health both now in providing the right types of nutrients for your body, but also in the future in helping to prevent diseases and illnesses such as cancer. Hopefully, the students will continue to eat this amount of fruit and vegies for a long time coming.

Of course, we also raised money to go towards research into gastro-intestinal cancers. If you were able to sponsor one of our students, thankyou. The students will now be collecting the money so they can process it online or at school. Please try to get this money in as soon as possible so we can send it away.

Ingredients
- olive or canola oil spray
- 4 ripe bananas, peeled
- 1/4 cup sugar
- 1/2 cup low-fat milk
- 2 eggs
- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1 tsp ground cinnamon
- 1 cup frozen blueberries

1. Preheat oven to 220ºC (200ºC fan forced). Spray a 20 x 10cm loaf tin with oil; line base and sides with non-stick baking paper.

2. Reserve one whole banana for presentation and mash remaining 3 bananas in a large bowl (1½ cups mashed).

3. Add sugar, milk and eggs and mix with a fork until well combined.

4. Sift flours and cinnamon on top of banana mixture, returning husks from the sieve to the bowl. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries.

5. Spoon mixture into prepared loaf tin and smooth the surface. Slice remaining banana thinly and overlap slices through the centre of the loaf.

6. Bake for 35-40 minutes then cover with foil and bake for a further 20 minutes. Centre of loaf will remain moist but not wet when tested with a skewer. Allow to cool in tin for 5 minutes then turn onto a wire rack. Cut into 1cm slices and toast before serving, if desired.
Class News

Senior  We have been working hard on mastering fractions and decimals in maths. We have been learning about the refugee crisis in Syria, and seeing the problem from different points of view. We have all had a few laughs reading a few of Andy Griffiths ‘Just Tricking ’ stories, and they have enjoyed writing and illustrating their own children’s book. The senior class are starting to get their ideas together for their Manildra imovie creation, and we have started to learn how this creative app works. We have also made some gorgeous paper flowers to brighten up the library for Spring!

Infants Class  The class have been having lots of fun with fractions this week. Learning that to be divided into fractions, each part must be equal. We have cut up bread, and berry pancakes into halves, quarters and eighths. Adding berries to the pancake mixture tied in beautifully with our Gutsy Challenge, giving us a serve of fruit. We have also shared fresh coconut, red capsicum, oranges, celery, carrots, pears and more.

Student Achievement Awards

To Georgia
For The thought and care that goes into everything she attempts.

To Jack
For Working very hard in writing

To R
For Enjoyment & excellence in Art

To Phoenix
For Always being kind, considerate & thoughtful

To Bailee
For Being a computer expert

To Christalin
For Beautiful acts of kindness

Principal’s Award
Manildra Public School

Nutrimetics Shower Gels

Manildra Public School are selling boxes of Botanicals Shower Gel. A box of 5 Fragrances for only $30 (save $30) Check them out at Studio 1991 or Lisa Gosper.

Manildra Community News & Information

AMUSU THEATRE

Black or White

Rated M
116 mins

Starring: Kevin Costner, Octavia Spencer, Gillian Jacobs
A grieving widower is drawn into a custody battle over his granddaughter, whom he helped raise her entire life.

September Matinees

Next Screening

Sunday 13th September @ 1.30pm

Cumnock Little A’s

Meet & Greet

Friday 11th September @ 4pm.

First day of the Season
Friday, 9th October @ 5pm
Location: Cumnock Oval

Contact: Nigel Strahan on 0401 351 771

Movie by Moonlight

Friday 30 October @ Pioneer Oval

Jumping Castle | Face Painting | Photo Booth
Popcorn | Food | Drinks | Ice Cream | Coffee

Watch family friendly movie
“Big Hero 6” on the big screen and enjoy a great evening of family fun.

Gates open 5pm
Movie starts 7.30pm

Tickets paid at the gate
Under 5 years - Free
5–10 years - $5
Adults (16+) - $10
Family of four - $30
Family of five - $35
Alcohol Free Event
BYO chair/blanket

All events to be held at Heatspase Dubbo to provide mental health services for 3 to 12 year olds.

Community Health

Dr. Vikki Wymer consults every Tuesday & Friday between 9.00am & 1.00pm. Phone 6364 5901 for an appointment

Dr Dharshini Jeyallangam

I have great pleasure in joining as General Practitioner with the Manildra community from Monday 31st August 2015.

Patients can make an appointment on arrival on Monday between 9.00am and 2.00pm or call 63645345. I look forward to working on Thursdays in the future.

Some of the services that are now associated with the Centre includes:

- Childhood, Yellow & Q Fever Immunisations
- Flu Vaccination Clinics with Registered Nurse
- Travel Vaccinations & Advice
- Skin cancer checks/removal & Mole Removal
- Care plans
- Antenatal Care
- Men’s / Women’s / Children’s Health

Molong Medical Practice

Skin Cancer & GP clinic

Dr S M Badruddoja MBBS (Dr Sheikh) will consult each WEDNESDAY from 26th August 2015 @ the Manildra Health Centre
9.00am—12.30pm
1.30pm—4.30pm
For appointments please ring Molong on 63668579 or drop in on the day.

Tennis Comp. to start 6th October. Interested people to phone Anthony 0428638605 or Kelly on 0427510202

Community Notes

St Josephs Catholic School
Close for any additions
10.00am Thursdays
t.press2@bth.catholic.edu.au

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