Playgroup

Playgroup has started at Niangala!

In conjunction with Gubi Gabun the group offers fun crafts and activities including painting, play dough, reading, music, riding bikes and playing with toys for children of all ages. It’s a great chance for parents/carers to meet new people.

Playgroup runs from 9.30am - 11.30am every second Thursday, and is led by the parents involved.

For more information please contact the school on 02 6769 2254.
Niangala students had a great day on Wednesday along with their friends from Nowendoc Public School with Healthy Harold coming to visit. As part of the Life Education Program, the children talked about cyber safety including:

- Safe and respectful behaviour online
- How to build positive relationships online and offline
- Responsible behaviours when using communication technology
- Strategies for keeping personal information safe online
- Strategies to deal with face to face and cyberbullying

The children also explored healthy eating including looking at how much sugar is in popular drinks, discussing what a healthy school lunch should consist of, and then making and eating some yummy snack foods.

The Life Education website is a great resource for parents and carers with ideas on how to help kids make safer and healthier choices. There are useful articles on dealing with issues such as new school nerves, stress and anxiety in children, bullying, cyber safety, dental and nutritional tips and much more — visit www.lifeeducation.org.au.

Congratulations to Sophie who was inducted as 2015 School Captain at a special assembly last Friday. Special guest was Mrs Sue Brown, Director Public Schools NSW, Northern Tablelands. Following the assembly everyone enjoyed morning tea in the library.

In the kitchen...

This week in the kitchen with Jenni Chiswell, Niangala students enjoyed making and tasting spinach ricotta rolls using spinach from our vegie patch.

**Spinach ricotta rolls**

- Fresh spinach, 2 eggs, 250g ricotta cheese, one onion, puff pastry

1. Preheat oven to 200C
2. Finely chop spinach and put in a large pot with a little water. Cover pot and bring to boiling point. Drain spinach and squeeze out water.
3. Crack eggs in bowl, mix in ricotta, chopped onion and any seasoning (salt, pepper or herbs), add spinach.
4. Cut a sheet of puff pastry in half. Spoon spinach mixture down the length of pastry.
5. Roll over pastry and seal using water. Cut into four rolls.
6. Brush with milk and sprinkle with sesame seeds
7. Bake for 20 minutes.

**Calendar Term 1 2015**

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**NEWSLETTER**

Niangala School is very happy to share the school newsletter with members of the community. If you prefer to receive your newsletter by email, or you know of others who would like to receive the newsletter, or you no longer wish to receive the newsletter please let us know by phoning the school 6769 2254.