PSSA STATE ATHLETICS

Premer Public School House Captain; Charlie Harrison travelled to the state carnival to compete in Discus after his outstanding win at regionals by a clear seven metres from his competitors. Charlie went on to throw a personal best at Homebush and improved this throw by a massive 3.4 metres. The wind needed to blow his way as he narrowly missed out on Nationals by a mere 3 cm.

Everyone is extremely proud of Charlie’s achievements and his desire to succeed and would like to congratulate him for his tremendous accomplishment. Well done Charlie.

SPORTING SCHOOLS

With our tennis Hotshots program completed last term we have a new sports coaching recruit from Gunnedah in Maryanne Perkins.

Maryanne took our the two classes in a fun workout with sprint drills, core strength exercises, some fun games and yoga.

The students enjoyed the workout and learnt about the importance of eating healthy foods and drinking water regularly to fuel our bodies.
COOKING WITH CASEY
Corn & Zucchini Fritters
from taste.com.au

- 310g tin corn kernels, drained
- 150g zucchini, grated
- 2 eggs, lightly beaten
- 1/3 cup milk
- 1 cup self-raising flour
- 1/2 teaspoon ground cumin
- salt and cracked black pepper
- chopped tomato, to serve
- chopped avocado, to serve
- coriander leaves, to serve

Step 1: Whisk together the corn, zucchini, eggs and milk. Gradually stir in the sifted flour and cumin, salt and pepper.

Step 2: Heat a little oil in a non-stick frying pan over medium heat. Using a tablespoon, place heaped spoonfuls of the mixture in the pan and cook in batches. Using a spatula, turn them once, until golden and cooked through. Drain on paper towel, cover and keep warm as you cook remaining fritters.

Step 3: Serve the cakes with chopped tomato, avocado, coriander leaves and sweet chilli sauce.

Oriental Fried Noodle Salad
from taste.com.au

Ingredients:
- 100g (2/3 cup) slivered almonds
- 1 Chinese cabbage, halved, finely shredded
- 6 green shallots, ends trimmed, thinly sliced diagonally
- 1 x 100g pkt Chang's Fried Noodles

Dressing:
- 60ml (1/4 cup) white vinegar
- 50g (1/4 cup) caster sugar
- 2 tablespoons Chang's Soy Sauce
- 2 teaspoons Chang's Sesame Oil
- 60ml (1/4 cup) peanut oil

Step 1: Place the almonds in a small non-stick frying pan over medium heat. Cook, stirring occasionally, for 5 minutes or until toasted. Remove from heat and set aside for 5 minutes to cool.

Step 2: To make the dressing, combine the vinegar, sugar, soy sauce, sesame oil and peanut oil in a small bowl. Stir until sugar dissolves.

Step 3: Place the almonds, cabbage, green shallot and noodles in a large serving bowl. Drizzle with dressing and gently toss until combined. Serve immediately.
NEWS, VIEWS & LOST SHOES

Pre-school Orientation Dates: 28th October; 25th November.

Pre-school—Tuesdays & Thursdays—9.00am–3.00pm
If you know of any child that would like to access the Pre-school Service, contact the school.

⇒ 23rd Oct Jacob—Sport in curriculum training  ⇒ 25th November Tuckshop
⇒ 26th Oct Casey—Managing Ipads training  ⇒ 25th November Orientation Day
⇒ 28th Oct Tuckshop  ⇒ 30th November Years 3–6 Sydney Excursion
⇒ 28th Oct Orientation Day  ⇒ 10th December Presentation Night
⇒ 10th Nov P&C Meeting 7.30pm  ⇒ 16th December Last Day Term.
⇒ 13th Nov School Social
⇒ 20th November Art Show

Premer Place Without a Postcard Art Show
Community Members are invited to view the student’s Art Work in our School Hall on Friday 20th November 3.30 pm to 6.00 pm. Afternoon tea provided by the P&C.

There are new sections of floral and wire art as well as family sculpture project to be viewed in the school grounds. The hall will be open on Monday for viewing if you cannot make it on Friday.

School Social at the Premer Hall
13th November 7-8.30pm.

All community members are welcome!

Come and watch as the students show their versatility and perform a variety of dances that include some old fashioned folk dances, old time bush dances and the modern dances of our present day.

Please be involved, you will have the time of your life!
Attendance and absences

Parents of children from Kindergarten to Year 12 have a responsibility to make sure their children attend school every day. On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- Being sick, or having an infectious disease
- Having an unavoidable medical appointment
- Being required to attend a recognised religious holiday
- Exceptional or urgent family circumstances e.g. attending a funeral

Parents are required to provide an explanation for absences to the school within 7 days from the first day of any period of absence. Parents can contact the school by telephone, written note, text message or email. Where an explanation has not been received within the 7 day timeframe, the school will record the absence as unjustified on your child's record.

Family Holidays and Travel

Families are encouraged to travel or holiday during school holidays. If this is not possible, speak to your child's school principal when planning the holiday about an Application for Extended Leave, or eligibility to enrol in Distance Education. Absences relating to travel will be marked as leave on the roll and contribute to your child's total absences for the year.

Lions Club Garage/Boot Sale Sunday

1st Nov 2015, 11-00am to 3.00 pm
Premer Sports Ground
$10.00 site booking fee
Fun Day, Sausage sizzle.
Contact Jackie 0429 476 217 or Judy 0267 442 125 to book a site.

TAMBAR SPRINGS PROGRESS ASSOCIATION
“Christmas” MARKET
Saturday, 31st October 2015
10am until 2pm ANZAC Park

Stalls – BBQ, plants & local produce, woodwork, home cooking & crafts, recycled art statues, handmade items, jewelry, books & bookmarks, homemade jams/jellies/pickles/cakes, handmade soaps, birds.

Stall/table bookings to Bec Bavister mob.0410302732.
PHOTOBOARD
Term 4—Week 1

Achievement Award: Lydia Aulton being a supportive role model in tennis coaching and assisting with computer work.

Courtesy Award: Georgie Harrison
Bookwork Award: Hanna Collins

Merit Awards
Alisha Rankin—running the maths test.
Georgie Harrison—good problem formulation in maths and good portrait of Lydia.
Joshua Rankin—writing skills.
Ella Rankin—interpreting graphs.
Jack Gould—skip counting by 5’s.

Term 4—Week 2

Achievement Award: Jimmy Irons for selecting appropriate mathematical strategies.

Courtesy Award: Ella Rankin
Bookwork Award: Libby Nolan

Merit Awards
Parker Collins—working hard during reading groups.
Jack Gould—use of technical language during science.
Charlie Traill—great work on angles.
Charlie Traill—helping Libby when she fell out of the sandpit.
Harriet Nolan—for remembering her spelling rules and writing a thoughtful letter.
Abigail Nolan—trying hard in sport and being diplomatic and mature with peers.

Cooking with Casey—change of menu

Monday, Week 5 will be lasagne cups and salad.

Applying for year 7 entry to selective high schools in 2017

Information Booklets have been sent home to relevant families today—applications are online between 13th Oct and 16 November 2015. Please return your intention to apply form to the school if you are intending to submit an application for your child.