



What's on @ TOPS

NEXT WEEK:

Normal Classes

Normal Classes
NAPLAN

Normal Classes
NAPLAN

Normal Classes
NAPLAN

Normal Classes
Fruit club/lunch orders

MON

TUES

WED

THURS

FRI

SAT

SUN

WEEK 5 TERM 2

camp

camp

camp

camp

camp

MON

TUES

WED

THURS

FRI

SAT

SUN

Week 3 Term 2

W / E — 8TH MAY

This is my last newsletter so I would like to take the opportunity to say a big thank you to all of our school families and the Tibooburra community as a whole.

Brian, myself and the boys have really enjoyed our time out west. We have loved being involved with such a supportive small community and are really appreciate of the care and support you have shown our family over the past 2 and a half years. Teaching at our school I describe to others as teaching a family grouping. All the families work so closely with the school and the teachers and staff know each other so well. I am going to miss that style of teaching.

Next week I will still be in Tibooburra on Monday and Tuesday packing up the house. If you have anything you need to discuss with me, please come and see me.

I wish everyone the best for the remainder of the year and into the future.
Penny Chow

School Photos

Next Monday 11th May at 8:30am. Kim Piddington is taking the shots this year and then the school will organise a group order through Snapfish or something equivalent.

Assembly Talks

Will start this week. Please ensure when it is your child's week that they are prepared. If they are having trouble with this task the staff are willing to help if they are approached with enough time.

Community Meeting
Monday 11th May at 3:15pm there will be a **community meeting to discuss the possible staffing arrangements when I leave. This meeting will take place at the school. Trish Webb, Director of Public Schools Far West Network and Mike Tom, Team Leader of Distance and Rural Education will be coming to Tibooburra for this meeting. There are a number of possibilities and we welcome your input at this meeting, to get the best result for our community.**

Cross Country

Thank you to Aimee, Deb and Les for helping us at check points on the day. The students tried really hard and had a great time.

NAPLAN

Reminder that our year 5 students will be participating in the NAPLAN testing next Tuesday, Wednesday and Thursday. We will also be having some visiting Broken Hill SOTA students joining us throughout the week as well.

Healthy Bodies Need Healthy Drinks

On Tuesday the Maari Ma nutrition team ran activities for the 10 students at TOPS.

We discussed the importance of adequate fluid intake. The children learnt that milk and water are the best drinks for children and adults alike. Ask them how many teaspoons of sugar are in 600mL of soft drink! The children made four healthy fruit smoothies using the blender bike.

The recipes have been included for your family to enjoy at home.

Avocado and Banana Flip

Ingredients

- 1 banana, sliced
- ½ avocado, peeled
- 2 teaspoons honey
- ¼ teaspoon vanilla extract
- 2 cups low fat milk

Steps

Blend banana, avocado and honey until smooth
Add vanilla and milk, blend for 30 seconds



Peach and Muesli Smoothie

Ingredients

- 1 400g can peaches
- ¼ cup rolled oats
- ½ banana
- ¾ cup low fat milk
- 1 teaspoon honey

Steps

Blend peaches, oats, banana, and milk
Drizzle with honey and serve

Fruity Yogurt Smoothie

Ingredients

- 400g yogurt
- 1 cup low fat milk
- 1 cup strawberries, chopped

Steps

Blend ingredients together until smooth



Peanut Butter and Milo Smoothie

Ingredients

- 3 teaspoons peanut butter
- 4 teaspoons Milo
- ½ banana
- 1 cup low fat milk

Steps

Blend ingredients together until smooth

Cross Country

