Carrigan and all the students involved in the skipping team for their persistence in continually trying to improve and the confidence they have in keeping and developing new skills.

AFL CLINIC

Last Thursday was the first week of our AFL clinics. From the feedback I received from the students it sounded like everyone had a great time. These clinics will continue for the remainder of the term, weather permitting.

VIETNAM VETERANS MARCH

Thank you very much to our School Captains, Hanna and Cate who gave up their afternoon last Tuesday to represent the school and community at the Vietnam Veterans March. It is important that as a school we continue to support community events and functions such as this. Cate and Hanna were excellent representatives and role models for our school and I would like to also thank their families for allowing them to attend the ceremony.

ABORIGINAL LANGUAGE

Through consultation with language experts at Muurhay Aboriginal Language and Culture Co-operative we have developed Gumbayngirr words and translations that we would like to use as signage in our school. A copy of these words is available at the

CURRENT EVENTS

This is another very busy week for students at Gillwinga. On Monday we had a number of staff and students attend an Aboriginal dance workshop at Grafton Public School and three staff also attended a professional development course at Palmers Island Public School aimed at improving students' writing. Our band and choir will perform at the Small Schools Big Impact concert being held at the Saraton Theatre tonight, all parents/carers and community members are invited to attend. The concert begins at 6.30pm and the cost is $3.00. Please come along and support our students.

FRUIT AND VEGETABLE PROMOTION

Students are reminded that the canteen is currently running a fruit and vegetable promotion. By purchasing a piece of fruit or vegetable (salad included) students can go into the draw for a football or netball at the end of the term. Students also have the opportunity to collect a series of pencils, there are seven pencils in total to collect.

JUMP ROPE FOR HEART

Congratulations to Mrs Carrigan and the Skipping team on a successful tour last week. The feedback from the schools visited has been very positive and demonstrates what great students we have at our school. Thank you to Mrs
front office. If you would like to provide any feedback, please do so by Tuesday September 1st.

NAPLAN

Students from Years 3 and 5 have now received their NAPLAN results. If you have any questions please feel free to make an appointment to see your classroom teacher.

YOU CAN DO IT

Over the last couple of weeks we have included information concerning the You Can Do It parent portal. We would be very interested to get some feedback from parents who have had an opportunity to have a look at the website. If anyone is interested in finding out how to access the parent portal please contact Mr Simpson for the details.

We have now began our focus on the key to success of Persistence. Students will be receiving lessons on this important skill.

People who are Persistent keep on trying when things get hard or when things are not really fun. They realise that success is a result of effort and they believe the harder they work the better they will get. Persistent people know that to give up is to fail.

THOUGHT FOR THE WEEK

“Failure will never overtake me if my determination to succeed is strong enough” Og Mandino
SCHOOL BACKPACKS

The office has a sample backpack for viewing. This backpack is designed to be long lasting to withstand the rigours of school life. The back and shoulder straps are well padded for extra comfort and the bag is endorsed by expert chiropractors. It has a lifetime warranty on zippers. If you would like to purchase one of these bags, please see the front office. Cost of the bags are $40 each.

SCHOOL SUNGLASSES

Gillwinga would like to follow recommendations set by health professionals across Australia on children wearing sunglasses at school during sport or school breaks. We would like to place an order for sunglasses but will need 21 prepaid orders from parents/carers before we are able to make this happen. Sample glasses are available to view at the front office. These glasses come in 3 different sizes to cater for all students. They have a section to write the student’s name on so any lost glasses can be returned. The cost of a pair of glasses will be $14.00. Please come into the front office to have a look at the samples and place your prepaid orders.

CANTEEN ROSTER

Monday 31st Aug: Kylie Kelly; Tues 1st Sept: Mandy Lindley

SCHOOL BANKING

Don’t forget school banking each Monday morning. You can earn some fantastic rewards for banking each week! The school also receives a commission from the Commonwealth Bank depending on the amount and numbers of students banking each week.

COMMUNITY NEWS

Brothers Cricket Club will be conducting a sign on day on Saturday 5 September at Ellem Oval nets. Sign on will be from 11am onwards. If you would like more information or a registration form sent to you prior to this date please contact Lynn Rudder on 0427676614.
Clarence Valley Community of Small Schools

Proudly presents

The

BIG IMPACT Concert

Wednesday 26 August, 2015

The Saraton Theatre
Prince Street
Grafton

6:30pm start

Chatsworth Island P.S.
Copmanhurst P.S.
Coutts Crossing P.S.
Cowper P.S.
Gillwinga P.S.
Harwood Island P.S.

Iluka P.S.
Lawrence P.S.
Nymboida P.S.
Tucabia P.S.
Ulmarr P.S.
Wooli P.S.

$3.00 per seat
Tickets on sale at the Saraton Theatre

For more information call Ben Hill on 66477354
“Makeover of the season” - add chunky cooked apple and roasted pumpkin to a sausage on a roll.

Recipe on back page

Inside: Fresh veggie soup recipes + Apples + seasonal buying guide + more
Go to www.freshforkids.com.au for more fabulous fresh fruit and vegetable recipes and ideas
**Eat Well**

A nourishing quick-fix on cold days, fresh veggie soups are hearty, colourful and full of flavour. Soups are an easy way of loading kids up with their daily fresh veggie requirement. Let the pot simmer away with these easy soup recipes.

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**Veggie & Chicken Meatball Soup**

**Preparation 30 mins | Cooking 65 mins | Serves 4**

- 300g chicken mince
- ¾ cup fresh wholegrain breadcrumbs
- ¼ cup flat-leaf parsley, chopped
- 1 free-range egg
- 2 tbs olive oil
- 1 brown onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 sticks celery, chopped
- 2 carrots, chopped
- 1 large potato, peeled and diced
- 5 cups chicken stock
- 1 cup finely shredded Savoy cabbage
- 2 tbs grated parmesan, to serve

**Step 1** To make the meatballs, combine chicken, breadcrumbs, half of the parsley and egg in a bowl. Season with salt and pepper. Shape mixture into 20 small balls (about the size of a 50c piece). Place onto a plate, cover and refrigerate.

**Step 2** Meanwhile, heat oil in a large pan over medium heat. Add onion and cook, stirring often, for 3 minutes until just tender. Add garlic, celery, carrots and potato. Cook, stirring often, for 5 minutes.

**Step 3** Add stock and cabbage, cover and bring to the boil. Reduce heat, cover and simmer over medium-low heat for 45 minutes. Add chicken meatballs and remaining parsley and simmer for 8-10 minutes until chicken meatballs are just cooked through. Season with salt and pepper, sprinkle with parmesan and serve.

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**Bowled over with veggie soups**

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**Creamy Carrot, Kumara & Bacon Soup**

**Preparation 25 mins | Cooking 50 minutes | Serves 4**

- 1 tbs olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 175g rindless shortcut bacon rashers, roughly chopped
- 600g kumara (orange sweet potato), peeled and diced
- 600g carrots, peeled and diced
- 5 cups chicken stock
- Reduced fat tasty cheese and thick wholegrain toast, to serve

**Step 1** Heat oil in a large saucepan over medium heat. Add onion, garlic and bacon and cook, stirring often, for 5 minutes. Add kumara and carrots and cook, stirring often, for 10 minutes.

**Step 2** Add stock, cover and bring to the boil. Reduce heat to medium-low, partially cover and simmer, stirring occasionally, for 25-30 minutes or until vegetables are tender.

**Step 3** Blend or process soup until smooth. Heat soup over medium-low heat until hot. Season with salt and pepper to taste. Ladle into mugs or large cups, sprinkle with cheese (and some extra crisp bacon if liked) and serve with toast.

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**Why is Kumara good for kids?**

- Provides slowly digested carbohydrate, making it a useful vegetable for those with diabetes.
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.
Crunch into Aussie apples

Although you can buy apples all year round, nothing is nicer than the crisp new season apples now available at your local greengrocer.

With so many Australian-grown apple varieties on offer, each varying in colour, crunch and taste, and some more suited than others for cooking, this brief guide will help you select the best.

Best apples for cooking...

**Granny Smith**

The glossy green skinned apple has crisp, firm white flesh that’s deliciously aromatic and juicy. The Granny Smith is a traditional favourite and a good all-rounder for cooking.

**Golden Delicious**

An excellent apple for cooking, the Golden Delicious keeps its shape and develops a beautiful golden translucence when cooked.

Snap up new apple varieties...

**Jazz**

The subtly sweet Jazz apple has a refreshing crunchy dense white flesh. Although small to medium in size, it is big on flavour. This variety doesn’t bruise easily so it’s the perfect ‘on the go snack’.

**Kanzi**

This apple has glossy colourful reddish pink skin and quite juicy crunchy flesh with a spritzy tart flavour.

**Pink Lady**

Deliciously juicy and sweet with crisp, dense flesh, the Pink Lady is a fine eating apple that is rapidly growing in popularity.

**Royal Gala**

A crisp smallish-sized apple, Royal Gala’s skin is creamy white overlaid with a pink blush and reddish-orange stripes. It’s sweet, juicy and crunchy and makes a great snack food for kids.

**Greenstar**

The Greenstar has a fresh intense taste, crisp white flesh and outstanding crunch. Owing to its high vitamin C content, this variety tends not to discolor once cut making it perfect to chop and toss into fresh fruit salads for the lunchbox.

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**Apple & sultana tarts**

Preparation 30 mins + cooling time | Cooking 60 mins | Makes 10

1.5 kg Granny Smith apples, peeled, cored and chopped

1/2 cup caster sugar

1/2 tsp ground cinnamon

1/4 cup sultanas

10 sheets fresh filo pastry

125g butter, melted, for brushing

Icing sugar, for dusting

Vanilla ice-cream or whipped cream, to serve

**Step 1**

Combine apples, sugar and cinnamon in a large saucepan, cover and bring to the boil over medium-high heat, stirring occasionally. Reduce heat to low and simmer, stirring occasionally, for 20-25 minutes until very tender. Stir in sultanas. Remove from heat and set aside to cool for 30 minutes.

**Step 2**

Preheat oven to 200°C/180°C fan-forced. Grease 10 holes of a 1/2 cup capacity muffin pan with melted butter.

**Step 3**

Place filo sheets onto a clean work surface and cover with a damp tea-towel. Working with 1 filo sheet at a time, brush with butter then fold into quarters, brushing with butter before each fold. Gently ease into muffin pan to form a pastry case. Repeat using remaining filo. Spoon cooled apple in filo cases. Bake for 20-25 minutes until filo is golden. Cool in pan for 15 minutes. Dust with icing sugar and serve with vanilla ice-cream or whipped cream.
Hot Jacket Potatoes

Winter is the perfect time to serve up delicious and warming potatoes. A favourite with kids and so easy to prepare baked jacket potatoes can be topped with a range of health and tasty fillings like...

- Cottage cheese and diced avocado
- Warmed baked beans
- Savoury mince and grated cheddar cheese
- Diced capsicum and tomato and chopped grilled bacon.
- Mashed avocado, reduced fat sour cream and sweet chilli sauce

TO BAKE JACKET POTATOES

Pre-heat the oven to 180°C/160°C fan-forced. Individually wrap potatoes in foil and bake for one hour or until tender when tested with a skewer. Cool slightly. Open foil and cut a cross in the centre of the potatoes, gently squeeze to open and top with your chosen topping.

Apple, roast pumpkin & sausage subs

(pictured front cover)
Prep 20 mins | Cook 45 mins | Serves 6
750g Butternut or Jarrahdale pumpkin
Olive oil cooking spray
6 reduced fat pork sausages
2 long baguettes*, cut into 15cm pieces
*or use 6 small long bread rolls
Chunky apple sauce:
3 Granny Smith apples, peeled and cut into 2-3cm pieces
1 tbsp caster sugar
2 tbsp water
2 tsp lemon juice

Step 1 Preheat oven to 200°C/180°C fan-forced. Peel, deseed and cut pumpkin into 1.5 cm-thick slices. Spray both sides with oil. Season with salt and pepper. Place in a single layer on a large baking tray lined with baking paper. Roast, turning once, for 25-30 minutes until tender.

Step 2 Meanwhile, to make apple sauce, combine apples, caster sugar, water and lemon juice in a medium saucepan. Cook, uncovered and stirring often, for 20-25 minutes until golden and tender. Roughly break up apples with a wooden spoon. Set aside to cool.

Step 3 Preheat a large non-stick fry pan on medium heat. Cook sausages, turning occasionally, for 12-15 minutes until cooked through. Drain on paper towel.

Step 4 To serve, split baguettes, top each with pumpkin, sausages and apple sauce and serve.

essentials...

Top fruit in winter

Gold Kiwifruit
 Succulent gold kiwifruit is a powerhouse of beneficial nutrients. Bursting with vitamin C, these golden fleshed fruits will chase away the winter gloom. This kiwifruit has thin smooth skin and is slightly more elongated in shape than green kiwifruit. Choose firm kiwifruit, and leave at room temperature to ripen until fruit feels slightly soft to touch. The sweet golden yellow flesh can be easily scooped out with a teaspoon when the fruit is halved.

Packham Pears
Now in peak season, these juicy white-fleshed Packham pears pack a punch of flavour. Choose firm green Packham pears and leave at room temperature until they’re ripe and yield to gentle pressure around the stem. Team a Packham pear with a wedge of reduced fat tasty cheese and a few low-fat crackers for a healthy school snack.

Cara Cara Navel Oranges
New to the market, these delicious seedless oranges have attractive juicy rosy-orange flesh. Naturally sweet and picked ripe and ready to eat, these oranges are excellent for kids due to their low acidity. Chop the flesh and add to fresh winter fruit salads or quarter and serve after sport.

Visit www.freshforkids.com.au for more quick & easy recipe ideas!
Out of the Shadows and into the Light

REMEMBER WORLD SUICIDE PREVENTION DAY – 10 SEPTEMBER

Join Lifeline North Coast (Grafton) on World Suicide Prevention Day as we walk Out of the Shadows and into the Light.

Suicide is the leading cause of death for Australians under the age of 44. Lifeline believes most suicides are preventable and we all have a role to play.

Show your support to Prevent Suicide and remember those lost to suicide by joining on our walk

Date: Saturday, 5th September 2015
Time: 9am meet and walk to Market Square
Place: See Park, cnr Pound St & Garden St
RSVP: Gary 0408 659 497 or Rebecca 0414 949 135

By taking part you will be making a Difference to people's lives by raising Awareness of suicide prevention

For more information visit outoftheshadows.org.au