Well done to all our students for their hard work during assessment weeks. Most students came to school on time every day which made it easier to keep on track with our assessment schedule. Thank you.

Some wonderful work went into each student’s ‘Farm Design’ project which went from being one piece of cardboard to being the size of half the classroom floor. The creativity and ingenuity the students showed when completing their assignments was very encouraging and exciting to see.

Swim School will begin next week with Mingoola travelling to Tenterfield each day from 8.30am till 1pm for our swimming lessons with Jennings PS. Students are asked to ensure they have sun safe clothing to wear and to pack their school clothes into their bags to change into after swimming.

The school has 3 Apple iPads model A1395 16G, 3 Apple iPads model 2 16G and 5 Acer laptops for sale. If you are interested in purchasing one or more of these items can you please contact Belinda on 0267375224 to discuss your expression of interest and to negotiate a price. These items are being sold to raise the funds needed to update our school technology resources. There is also a 1 page Shredder for Tender. Please ring Belinda at the school to arrange a suitable time for inspection.

Our last P & C meeting for the academic year is on Thursday evening at 6pm NSW, I urge everyone to come and share and be part of the discussion for planning in 2016.

Our final Kindergarten Orientation session will be on Thursday 10th December, this is an all-day session.

Thank you to all the families who filled out the feedback forms, your time is appreciated.

Thank you
Mrs. Jackie Todd
Principal (Rl)
**Good for Kids good for life**

Staying Active in the Heat

When it’s hot outside it can be tempting to become a couch potato in order to stay cool.

Here are some tips for staying active when the weather warms up:

- Plan outdoor activities in the cooler parts of the day such as early morning or late afternoon
- Wear light-weight clothing in light colours
- Have water available at all times
- Play in the shady areas out of direct sunlight
- Include indoor activities such as twister or dancing to music.

---

**Recipe: Vietnamese Rice Paper Rolls**

**INGREDIENTS**

- 22cm round rice paper
- Lebanese cucumber
- Red capsicum
- Carrot
- Avocado
- Coriander leaves
- Mint leaves
- Unsalted peanuts (optional)
- Sweet chilli sauce
- Soy sauce
- Fresh lime juice

**QUANTITY**

- 12
- 1
- 1
- 1
- 3/4 cup
- 3/4 cup
- 86g
- 3 Tbsp.
- 1 Tbsp.
- 3 Tbsp.

**METHOD**

1. Cut the cucumber, capsicum, carrot and avocado into short thin strips and finely chop the peanuts.
2. Combine the sweet chilli sauce, soy sauce and lime and set aside as the dipping sauce.
3. Boil a rice paper roll in a bowl of warm water until soft. Place strips of the vegetables and herbs on the wrapper, about 3 cm from the edge.
4. Fold up the bottom of the wrapper, fold in sides and roll up to enclose the filling. Place on a tray and cover with damp towels. Repeat with remaining rice paper and serve with the dipping sauce.

**Tips:** You can buy rice paper rolls from Coles. If your family would prefer meat in the rolls you can use strips of beef or BBQ chicken.

---

**Health Hunter New England Local Health District**

**PHONE:** 4924 6499

---

16 Mingoola School Road Mingoola NSW 2372  mobile: 0407 172 573  website:  www.mingoola-p.schools.nsw.edu.au
ph: 0267 375 224  fax: 0267 375 201  twitter: @MingoolaPS  e-mail: mingoola-p.school@det.nsw.edu.au