Attendance Report.

Attendance last week was 81%. So far this term attendance is 91.6%, a fantastic effort considering the weather of the past two weeks!

Homework.

Last week 36% of students completed their homework.

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Upcoming Dates
- Thursday 7th - Chess Tournament
- Friday 8th —P & C meeting 2pm
- Wednesday 13th - Fun Swim Carnival.
PSSA Swimming Carnival
On the 6th February, Renny and Zali represented Millbank at the Small Schools Swim Carnival in Kempsey. Renny came 3rd in freestyle, Zali came 2nd in butterfly and 3rd in breaststroke. This enabled them to proceed on to the next level, the district carnival on 22nd February.

Millbank Veggie Vampires.
Every day at 10 am Millbank students enjoy crunch ‘n sip. They are given a range of raw vegetables to choose from and eat. This is to encourage vegetable consumption as surveys show that Australian children eat enough fruit but not enough vegetables.

Technology
All the school computers have just been migrated over to the new server. This will standardise and speed up programs and running times. Now the operators need to adjust and relearn how to log on.
**Upriver Fun Swimming Carnival.**

The Fun Swimming Carnival will be held at Kempsey Pool on Wednesday, 13th February. Pool entry is $3 for all swimmers and $1 for spectators. Students are to bring a packed lunch, lots of water to drink, a hat, a rash shirt and sunscreen. Parents are to arrange their own transport to be at the pool by 9.30am. If there are any problems with transport, please contact the school.

**Chess Tournament**

On Thursday, Arthur and 4 students, Zali, Aaliyah, Annie and Bailin are attending a chess tournament at East Kempsey School. They have been doing a lot of practice.

**P & C Meeting.**

The next P & C is on this Friday, 8th March at 2pm. Apologies for the change of time but please try to attend.
The Importance of Breakfast

After 8-12 hours of overnight fasting, children need breakfast to refuel for the day ahead;
Eating breakfast improves children’s concentration and performance while at school;
Children have more energy for physical activity if they consume breakfast in the morning;
Eating breakfast can also assist with weight control.

Quick & Easy Breakfast Ideas

- Bowl of cereal with reduced fat milk
- Wholemeal toast with creamed cheese, vegemite or peanut butter
- A wholemeal bagel with peanut butter, honey and sliced banana
- Yoghurt, honey, toasted almonds & fresh or tinned fruit
- Fruit smoothie with 2 cups fruit, ½ cup orange juice
  ½ cup water, ½ cup yoghurt, and 1 teaspoon honey.

Healthy Breakfast Recipe

Apple Cinnamon Oat Bran Muffins

**Ingredients**

- ½ cup oat bran
- 1 cup whole-wheat flour
- ¾ cup ground flaxseed
- 1 teaspoon baking soda
- 1 ½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 1 egg, beaten
- 4 tablespoons canola oil
- ¾ cup sugar
- 1/3 cup applesauce
- ¼ cup chopped pecans

**Directions**

1. Preheat oven to 180 degrees Celsius.
2. In a large bowl, whisk together bran, flour, flaxseed, baking soda, baking powder, cinnamon and nutmeg.
3. In a separate bowl, whisk together egg and oil until smooth. Stir in apple sauce and sugar. Combine mixtures and fold in pecans.
4. Spoon batter into paper-lined muffin cups. Bake for 20 to 25 minutes or until tops spring back when lightly touched. Cool on a wire rack and serve.