

Dates for the Diary**24/3/16** – Easter Hat Parade Assembly**24/3/16** – Easter Hat Parade**30/3/16** – OSSA Athletics Carnival**8/4/16** – Last Day Term 1**Dear Parents and Friends,**

Congratulations to all our students who competed in the Jack May Cup, especially our little Spring Hill Sparklers who ran for the first time in the carnival.

All our kids tried really hard and were rewarded with winning the May Cup. A terrific effort from everyone.

A huge thank you to all the parents, friends and Torrens who helped run events, cooked the bbq and supported all our students.

Thank you also to Woodward Street Meats (Jay & Nicole Parkes) for donating the sausages and to Tiptop Orange for donating the bread.

**School information being sent home**

It's very disappointing with the amount of information that goes home by either note or School Stream that parents don't have the relevant information for things happening at school. Please keep information handy to check times, venues etc.

School Times

School commences at **9am each morning** and **concludes at 3pm**.

Students who arrive late or leave early are required to have a note giving an explanation. These absences are marked as partial absences.

Dubbo Regional Swimming Carnival**Friday 4th March**

Congratulations to Jacob, Liam, Joseph, Jordan & Finley who competed in the Regional Carnival at Dubbo last Friday.

Liam competed in 50m Free, 50m Back, SNR Relay, 11yrs 50m Fly, SNR 200m IM & PP5 Relay.

Joseph competed in 50m Free, 50m Back, SNR Relay, 50m Breast stroke & PP5 relay.

Jacob competed in 50m Free and was reserve for PP5 Relay

Finley competed in PP5 Relay

Jordan competed in the PP5 Relay.

Congratulations boys on a fantastic effort!!



Colourcity Running Festival

Congratulations to Mackenzie Palazzi who came first in the 10k run in the running festival completing it in 62 minutes and 5 seconds.

Scarlett, Jorja, Mackenzie and Eliza also competed in the 2k run with Eliza backing up to competed in the 5k run.

What a great effort!!

Cleanup Australia Day

Our students did a terrific job cleaning up their playground last Friday as part of the Clean Up Australia Campaign.

Students learnt about recycling rubbish or habitat and the importance of looking after our environment.

Easter Raffle

Next week the P&C will send home raffle tickets for our Easter Raffle. Proceeds from this raffle will help with the costs of our music program.

Families are asked to donate Easter eggs for this raffle. There will be a box in the office for donations.

Athletics Training Day

Leslie & Ashleigh Hillier from Lilli Pilli P.S. travelled to Spring Hill on Saturday to run an athletics clinic. Students from Spring Hill, Mullion Crk and Spring Terrace attended the day. Students learnt new drills, relay changes and correct running techniques.

We hope to have Lesley & Ashleigh back next term.



Concert at the Church

On Sunday 20th March Spring Hill Uniting Church will be holding their annual variety concert. Spring Hill Choir will feature in this concert. Students are to be dressed in smart casual. All students attending should be at the Spring Hill Uniting Church by 1.30pm. Entry cost is \$10 for adults and children are free.



Nutrition Snippet

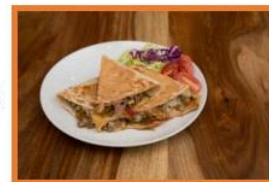
The simplest way

...to cook quesadillas.

Beef & Veggie Quesadillas

Serves: 5

Ingredients: 1 tbsp olive oil; 1 med brown onion, chopped; 1 clove garlic, diced; 200g button mushrooms, chopped; 500g beef mince; 1 large zucchini, grated; 1 large carrot, grated; 2 medium tomatoes, diced; ½ tsp ground cumin; ½ tsp ground coriander; ¼ tsp cinnamon; 10 medium tortillas; 250g reduced fat cheese, grated.



Method: Cook onion, mushrooms and garlic in frypan with olive oil until soft. Add mince and spices. Brown the mince, add zucchini, carrot and tomatoes. Cook for about five minutes. Lay a tortilla flat, layer half with cheese, a few spoons of mince and top with more cheese. Fold over. Cook in sandwich press until cheese melts and tortilla is golden crisp. Cut in half. Serve with salad. Refrigerate leftovers and add to lunch boxes.

Variation: add a tin of kidney beans for a more authentic Mexican dish and extra veg.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

