


Please be aware that sometimes, due to unforeseen circumstances, these dates can change.

Important Dates Term 2 2018

8 June	Basin Cross Country	<p>Term Dates</p> <p>Term 2 30/04/18 – 06/07/18</p> <p>Term 3 23/07/18 – 28/09/18</p> <p>Term 4 15/10/18 – 18/12/18</p>
13 June	Winter Sports Start	
15 June	Northern Cross Country	
20 June	BoT Meeting	
22 June	Southland Cross Country	
25 June	Arts/ Music Week Begins	
4 July	Digital Day	

 Like us on Facebook to keep up with important dates and event photos.

Netball Roster for Winter Sport (Wednesdays 1.45pm-2.45pm)				Rippa Rugby Roster for Winter Sport (Wednesdays 1.45pm-2.45pm)			
13 June	Rachael Horrell	25 July	Rachael Horrell	13 June	Tim Salter	25 July	Tracey/Paul
20 June	Alisa Speight	1 August	Alisa Speight	20 June	Matt Canton	1 August	Robert Kempthorne
27 June	Sharleen Whyte	8 August	Sharleen Whyte	27 June	Matt Macdonald	8 August	Nick Barnes
4 July	Sue Harbutt	15 August	Sue Harbutt	4 July	Rick Whyte	15 August	Kris Harrison

Thank you very much to these parents who have offered to help us out with our winter sports skills programme. You get two groups of ten children – half an hour each group, each day. Please feel free to swap if the dates don't suit you. If your name isn't on the roster, and you'd love to help out – please let me know.

Good Luck to all competing in Te Anau Basin Cross Country tomorrow!

All children to be collected at 11.30am to go to Willans farm - let us know if you need help with transport. Races begin at 12.15pm.

Seaside Muffins

Botanical name: Oceanious Bountifulous

Where to grow: Lunch boxes, afternoon tea

Fundamentals for good growth:

- 1 x 210g tin salmon
- 1 onion
- 1 carrot
- 2 sheets sushi Nori seaweed
- 250g courgette, spinach and/or broccoli (we just used a few leaves of silverbeet)
- 1 heaped cup self-raising flour (or use gluten free)
- 1 cup tasty cheese, grated
- 5 eggs (or 4 big ones)
- ¼ - ½ cup cold-pressed oil of choice

How to grow:

Finely cut onion and silver beet (or other veg), grate carrot. Snip seaweed into tiny pieces. Place all in a bowl with salmon, reserving 1/3 of the seaweed for later. In a separate bowl mix eggs and oil together. Mix flour in with veg/salmon mixture and then add the egg/oil; mix together until combined but not overmixed. Place in greased muffin tins and sprinkle remaining seaweed on the tops. Bake approx. 15 mins at 180°C until they spring back when pressed.

Origins: *Ruddenklau family*

Please send your healthy eating recipes to: sally.macmillan@gmail.com

