Janette Mullane for coordinating the children’s program and Debbie Burridge for her usual behind the scenes effort to help make this event the success that it was.

My highlight was of course when everybody sang happy birthday to me for my 30th birthday on the first night of seminar…….thanks everyone, I felt very special☺.

I would like to formally thank our outgoing P&C President Gail Hopkinson and School Councillors Rachel Maslen, Rachael Percy and Mem Beard. Your contribution to the school is greatly appreciated by the community and is an important component of the successful functioning of the school. This means that we also welcome new members to the roles; Sara Meecham as P&C President, Joyce McKay as the Home Tutor Representative, Astrid Horak as the Parent Representative and Emma Kiffin-Peterson as the Community representative for School Council.

It is pleasing to see such a positive vibe in the Carnarvon SOTA community. Teacher visits and Centra lessons are in full swing with fantastic programs and high quality student work is arriving regularly at the school. We are now turning our sights to the next big event of the year- Sports Camp in Term Two. Stay tuned for more information.

That wraps up my report for this newsletter. Remember- communication is the key to the success of our students’ learning, so please contact your child’s teacher if you have any questions and of course, my door is always open to discuss any aspects I can help with.

Until next time,

Jim Peletier
CSOTA Principal
DATES TO REMEMBER

- ANZAC Assembly: Thursday 9th April
- Last day of Term One: Thursday 9th April
- First Day of Term Two (students): Wednesday 29th April
- Sports Camp and NAPLAN Testing: Week 3, Term 2 (11th May - 15th May)

Merit Awards

ECE: Ashley
Junior: Lucy
Middle: Jaspa
Senior: Tessa

Principal's Award: Mac

CONGRATULATIONS!

Try these for healthy lunches and snacks:

- Chicken and Salad Wraps - quick and easy to eat
- Vegetable soup, any combination served with whole bread roll, toasts or garlic crouton bites.
- Fruit Smoothies - made with reduced fat milk
- Chicken curry served with stir fried vegies and rice
- Fried Rice with vegies
- Chicken stir-fry - with vegies and noodles
- Vegetable Pasta

from 'Can Team' Vol. 12, Issue 3, August 2007
School Canteen Association

Try this delicious recipe:

**Ham & Cheese Muffins**

Makes 12 muffins

**Ingredients**

- 2 cups grated low-fat cheese
- 1 cup self-raising flour
- ½ cup wholemeal self-raising flour
- 2 slices of low-fat ham finely chopped
- 1 egg, lightly beaten
- 1 cup low-fat milk

**Method**

1. Preheat oven to 200°C
2. Mix grated cheese, flours and ham in a large bowl
3. In a separate bowl combine lightly beaten egg and low-fat milk
4. Add egg and milk mixture to dry ingredients and fold in very gently - do not over mix
5. Spoon into greased muffin pan and bake for approximately 12 minutes
6. Serve warm

**Variation**

Try adding grated carrot, corn kernels, parsley or chives

Do you have a recipe to share? Send in your healthy recipes or tips to the chief judge (i.e. me!) and you could be famous in print (i.e. our newsletter!) Win the ‘Happy Capsicum Award’

Debbie Burridge

Our current skill for life is Respect