Principal’s Report

We have excitedly hosted another kitchen garden day, with our students and helpers enthusiastically working the kitchen. As we experienced some rather warm temperatures today we stayed inside and didn’t go into the garden this afternoon, we will do some more garden maintenance next week and will propagate some colourful flowers to entice the bees into our garden. We prepared another wonderful lunchtime meal of Honey Soy Chicken. Our three groups each cooked the dish using different types of honey. The difference in taste between the three dishes was surprising. We used red gum honey, yellow box honey and creamed honey. Thank you to our helpers today, Mrs Shields and Deby and the Murphy’s for taking home our aprons, tea towels, and table cloths for washing. All of your support and assistance is greatly appreciated.

Yesterday I attended a strategic planning meeting with other schools in our area. This meeting was highly valuable in providing information and guidance for the next stage of our strategic direction planning for our school. We will send home information on a school community survey later next week.

Attached to this newsletter for our year 6 students is further information on their Narrabri High School Taster Day, this day will be held on Monday December 1st, Matty and Mia will attend an orientation day at Narrabri High for the day in preparation for year 7 next year.

Our P&C Manure drive has come to an end, thank you to all who supported the drive by helping out and purchasing manure for their gardens, this money raised is a great injection for our COLA project.

Our bins are ready to be emptied; it is the Smith’s turn on our bin roster.

Have a great week!

Rebecca Smith

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**Icy poles on Wednesday**

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50c each

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**Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 1st December</td>
<td>Year 7 2015, Orientation Taster Day</td>
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<tr>
<td>Saturday 6th December</td>
<td>Jazz up the Creek</td>
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<tr>
<td>Friday 12th December</td>
<td>Presentation Night</td>
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<tr>
<td>Wednesday 17th December</td>
<td>Students Last Day for 2014</td>
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<tr>
<td>Thursday 18 – Friday 19 Dec</td>
<td>Staff Development Days</td>
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<td>2015</td>
<td></td>
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<td>Tuesday 3rd February</td>
<td>Staff Return for Term 1 2015</td>
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<tr>
<td>Wednesday 4th February</td>
<td>Students Return for Term 1 2015</td>
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<tr>
<td>Thursday 5th February</td>
<td>First day of school for Kindergarten 2015</td>
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**Active After School Afternoon Tea will be provided by the Smith’s this week**
P&C News

I would like to thank everyone’s for their help with our manure drive, the bagging, delivering and selling at the Spring Fair. Our total sales of bagged manure was 163 bags which amounted to $815, a wonderful result, and will be a great help with a COLA project. Also a big thankyou to the families who allowed us to clean out their shearing sheds, The Woolford Family and Mr John Duncan and to the Brennan Family for letting us deplete their horse manure pile. One last thankyou to everyone who supported us in purchasing manure, I hope you are all seeing results in your garden.

Sincerely,
Renee Murphy

HONEY SOY CHICKEN

Serves 4
Preparation time: approximately 30 minutes
Cooking time: 10-15 minutes

Ingredients:
- 500g skinless chicken breast fillets, trimmed of fat
- 2 garlic cloves, crushed
- 1 tbs salt reduced tamari or salt reduced soy (see Tips)
- 1 tbs honey
- Olive oil spray
- 150g baby spinach leaves or 1 bunch Asian greens (eg. bok choy, choy sum, pac choy), leaves separated, stems thinly sliced
- 2 carrots, peeled, cut into short thin sticks
- 1/3 red capsicum, cut into thin strips
- 75g sugar snap peas, topped
- 75g snow peas, topped
- Steamed rice, hokkien noodles or rice noodles to serve.

Method:

1. Cut the chicken thinly across the grain and place into a bowl. Add the garlic, tamari or soy and honey and mix until well combined. Cover and refrigerate for 10-15 minutes if time permits.

2. Prepare vegetables (carrot, capsicum and Asian greens) Chop into 1cm strips. Top and tail snow peas and sugar snap peas.

3. Heat wok over high heat, then spray lightly with oil. Add 1/3 of the chicken and stir-fry for 1-2 minutes until sealed, then remove chicken to a clean plate. Repeat in two batches using remaining chicken.

4. Spray the wok lightly with oil and add the spinach or Asian greens, carrot and capsicum. Stir-fry for 1 minute. Add the sugar snap peas and snow peas and return all the chicken plus any juices from the plate. Stir-fry until chicken is warmed through. Remove from the heat, stir through prepared hokkien or rice noodles, otherwise serve on a bed of steamed rice.

Tips: Tamari is a naturally brewed Japanese soy sauce that is slightly thicker than regular soy, and fermented without using wheat.