**Lachlan PSSA Athletics Carnival**

After two consecutive years of sunny and warm(ish) weather, the usual bleak and blustery conditions of the annual carnival at Parkes returned!

Austin, Jeordy, Aaron and Melody all performed to the absolute best of their ability at the Lachlan PSSA Athletics Carnival, in Parkes, on Friday 1st August.

**Aaron**
- 2nd 13 Years Boys 100m
- 2nd 13 Years Boys 200m

**Jeordy**
- 1st Junior Boys Shot Put

Congratulations to our PP6 relay team for gaining first place in their race. Aaron, Austin, Jeordy and Melody are now training hard for the Western PSSA Athletics Carnival on Friday 29th August and we wish them the very best of luck!

Again, we thank Maree Hodges for her extremely generous sporting spirit while coaching students for the relay.

**Bedgerabong Show**

Students have submitted entries in the Needlework, Printing, Painting, Recycled Materials, Handwritten Acrostic Poem & Vegetable exhibits of the Bedgerabong Show; we hope you are able to visit the Bedgerabong showgrounds this Saturday to have a look at their wonderful work.

Thanks again to Mrs Sharon Mickan, who guided students to complete their creative needlework entries.

**Kitchen Garden Program**

Thursdays are special days when students enjoy cooking; this week, students were divided into two groups.

Madison, Karla and Lacey accurately chopped capsicum, bacon and onion into small cubes and carefully added flour, eggs, milk and grated cheese; this mixture was then divided into sixteen and baked in the oven to create tasty little Pizza Muffins for recess.

For lunch, Aaron, Austin, Jeordy and Melody prepared hamburger patties using minced beef, grated onions, carrot, zucchini and thyme. Fresh hamburger buns were served piled high with this patty, cheese, beetroot, tomato and a delectable fresh coleslaw made with cabbage, carrot, capsicum and a delicious creamy dressing.

Mmmm, yes, Thursday’s are great days!

**Weekly Assembly**

**STUDENTS OF THE WEEK**

**Austin Fay** - Independent work & leadership
Depression, Anxiety, Mental Health
THERE IS A CURE
HELP SOME ONE CLOSE TO YOU
BY ATTENDING

DEPRESSION AWARENESS DAY

WARREN SPORTING COMPLEX

SUNDAY AUGUST 24TH 2014
10.30AM

4 GREAT GUEST SPEAKERS

Sportsman, Julian Huxley
Black Dog Institute Rep, Nic Newling
Psychiatrist, Professor Chris Tennant and
Psychologist, Dr. Tonelle Handley

FREE EVENT LUNCH PROVIDED

YOU COULD SAVE A LIFE

Please contact 0419604957 or
0419289498 for catering purposes or further information

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