



Fit Kidz Club – Athletics Phase 2

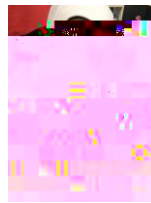
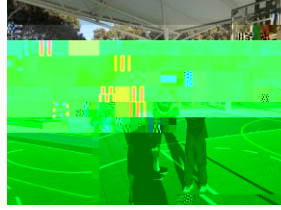
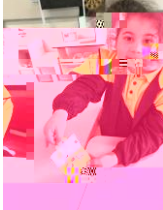
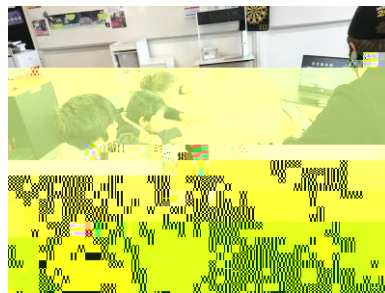
On this day, children will learn the skills required to compete in hurdles and sprinting.

Fit Kidz Club – Grand Finale

On this day, children will demonstrate the skills they have learned over the last few weeks with a day of competition.

Last Day of School

On this day, we will have a little end of term party to celebrate the last day of Term.



Muesli Cookies

Ingredients:

- 3 cups homemade toasted muesli
- 1/2 cup (75g) plain flour
- 100g butter, melted, cooled
- 1/3 cup honey
- 1 egg, lightly beaten

Method:

1. Preheat the oven to 170 degreed Celsius. Line two baking trays with baking paper.
2. Combine muesli and flour in a bowl. Whisk egg, butter and honey together.
3. Add egg mixture to oats mixture and mix well. Set aside for 15 minutes. Then, make little balls and flatten onto baking tray.
4. Bake for 10 minutes and there you have it...Delicious Muesli Cookies.

