



MOULAMEIN PUBLIC SCHOOL

2017 Term 4 Week 4 Newsletter

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Upcoming Events

Week 3

Parent Survey

6th-8th November

Year 3-4 Excursion

Week 9

Swim Scheme

Principal's Message

I can't believe how quick the term is going and we are almost half-way through Term 4! The students in Year 3 and Year 4 are very excited about their excursion to the Sport and Recreational Camp next week.

Borambola Sport & Recreation Camp



Sport and Recreational Camps have been supporting the NSW community for over 60 years, with a strong heritage in individual and team building. Schools have been accessing these camps across the state to help students:

- Improve sports skills, strength and performance
- Inspire personal growth and focus
- Build resilience
- Encourage teamwork and cohesion
- Instil confidence and trust
- Enhances morale
- Create a sense of accomplishment
- Promote problem-solving and decision-making
- Boost communication and leadership.

Welcome 2018 Kindergarten Students

This Thursday we welcome our new Kindergarten students for their first transition visit 9.00-11.30. These transition dates are November 2nd, 16th & 23rd. Our current students are really looking forward to little visitors and also excited about their first transition.

Often this is also the first time students have to be involved in the breakfast, lunch and dinner preparation and clean-up. With busy day and night activities, students usually fall



asleep pretty quickly at night, ready for the next day.

Camp Fire Activities at Borambola



Accommodation at Borambola

I have been fortunate enough to take students on many camps at different facilities across the state and enjoyed and valued each visit. I have seen students challenge themselves, attack fears, encourage others to try new things. I know with the encouragement of my Year 5/6 class from Hillston Central School once, I climbed the highest outdoor tower available at Boramabla. With jelly legs, kids voicing encouragement, heart thumping and not looking down.... I did make it!

At Berry Sport and Recreation Camp, I was so determined to reach the top of the indoor climbing wall before my much younger male colleague, I could barely move my fingers the next day! So the challenge is on Miss Fay! What will your students have you do to challenge yourself? I hope to have photos for you next week!



Borambola Climbing Tower

Have a great time Year 3 and 4 and we look forward to sharing some of your memories with the community when you get back!

Sometimes Sport and Recreation Camps across NSW offer school holiday activities for families. This may be an option for you and your family. Coast camps offer great surf and beach activities for rural families.

If you would like to see more photos of Borambola please visit this website:

<https://sportandrecreation.nsw.gov.au/facilities/borambola/tour>

Parent and Carer Survey

Last week, students were given a survey for parents to complete. This provides **valuable** and important information that will be used for our new 2018-2020 School Plan. In this plan, we will choose three goals, known as strategic directions. Our three goals will be about improving our school, establishing the process and the expected outcomes and achievements. The new school plan will be in draft form until the end of the year and then finalised and published at the start of 2018. For students who return their school survey, Colleen has a little surprise for doing so in the office. **Please return your survey by Friday, this week!** This is your opportunity to have your say in our future directions. Thank you to parents who have returned their survey.



Healthy Lunch Ideas

A healthy lunch keeps active kids alert and focused and gives them the nutrition they need every day. New published research suggests that students often feel sluggish and tired after eating recess and lunch due to the high amount of sugar contained in their lunch boxes.



The six key parts to a healthy lunchbox include:

- fresh fruit
- fresh crunchy vegetables
- milk, yoghurt or cheese (you can use reduced-fat options for children over the age of two years). For children who cannot tolerate milk products, offer appropriate alternatives like calcium fortified soy or rice drink or soy yoghurt
- a meat or meat alternative food like some lean meat (e.g. chicken strips) or hard-boiled egg .
- a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)
- water.

Keeping Food Safe

Food is usually stored in lunchboxes for several hours and it is important to keep the lunchbox cool so that the food stays fresh. Some tips to help keep lunchboxes safe include:

- Choose an insulated lunch box or one with a freezer pack.
- Pack a wrapped frozen water bottle or freezer brick next to foods that should be kept cold (for example cheeses, yoghurts, meats and salads).

- Perishable foods such as dairy products, eggs and sliced meats should be kept cool, and eaten within about four hours of preparation. Don't pack these foods if just cooked. First cool in the refrigerator overnight.
- If making lunches ahead of time, keep them in the fridge until leaving for school or freeze them in advance.
- If you include leftover meals such as meats, pasta and rice dishes, make sure you pack a frozen ice block in the lunch box.

So with this in mind, I thought I would put a healthy recipe in the WONGI this week. Chickpeas are the latest fad in the Wilson house! At my last school, I learnt how to use Chickpeas in many ways, due to working with some gorgeous Turkish teachers and community members who loved to cook, eat and share their recipes. I use them in lots of recipes now (I just don't tell the boys).

Chickpea Oat Crackers



Ingredients

- 400g can chickpeas
- 1 Cup rolled oats
- 2 cloves garlic
- 1 Tbsp lemon juice
- Salt
- 1/4 Cup olive oil

Instructions

1. Rinse and drain the chickpeas
2. Place in a food processor, blend until they are smooth, form a ball and have a texture a little like playdough
3. Add the rolled oats, continue to blend until the oats are finely chopped into the chickpeas
4. Add garlic, lemon juice and salt for seasoning
5. Begin blitzing in the food processor, gradually add the olive oil, continue blitzing/blending until everything comes together as a ball
6. Line a baking tray with baking paper, place the dough on top, press the dough with your hands to start flattening it
7. Place a second piece of baking paper on top of the dough, using a rolling pin, roll until it is evenly spread over the baking tray and approximately 5mm thick
8. Score the dough into cracker shaped pieces, I use a pizza roller to do it, but you can use a knife
9. Using a fork, prick the centre of each cracker, it helps the crackers to bake evenly
10. Bake at 180 degrees for 40-50mins until golden
11. Leave to cool

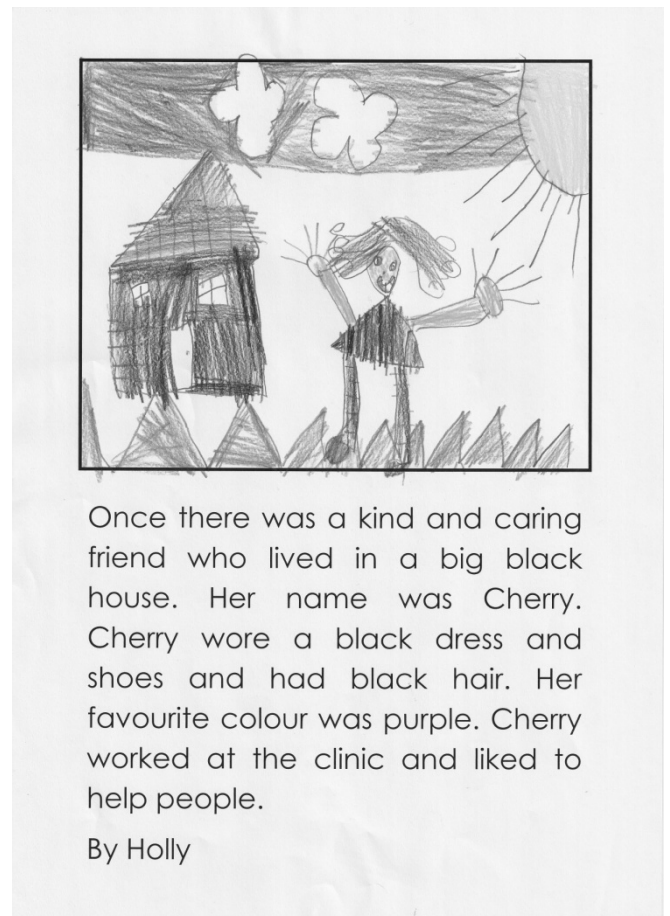
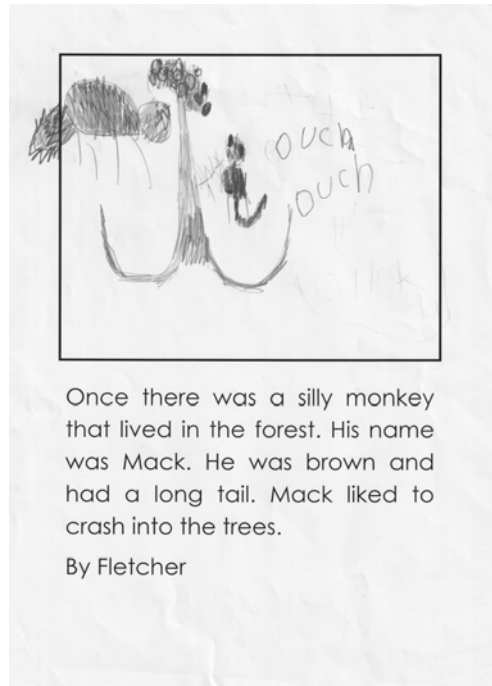
This recipe is from a blog I follow: Kids lick the Bowl! You can watch a video of this recipe too through the blog if you are a visual learner. It resembles gingerbread before you cook it.

Do you have a favourite healthy recipe for school lunchboxes?

Email it to the school or drop it off to the front office and we can share it with our school community, encouraging healthy eating!

Kinder/Year 1 Narrative Writing

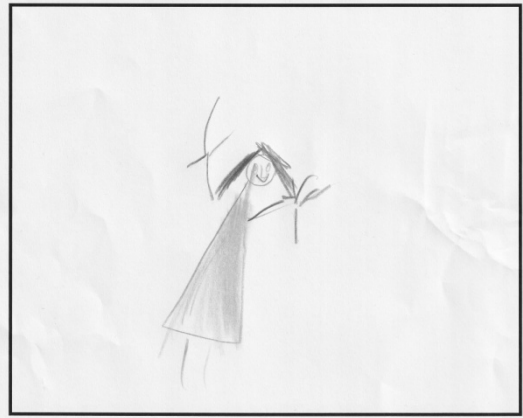
Here is the next instalment of descriptive writing from the Kinder and Year 1 students.





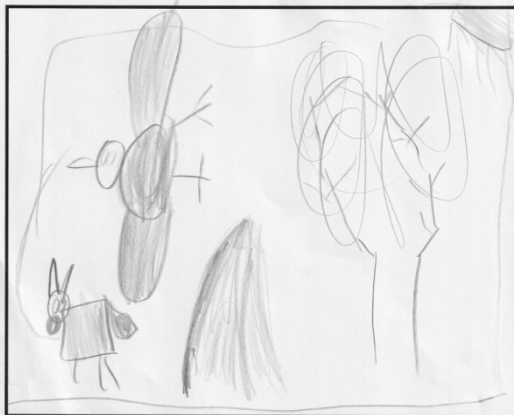
Once there was a friendly cat that lived on a farm. Her name was Susie. She had orange and red stripes and a big tail. Susie liked to help her friends.

By Hope



Once there was a mean girl that lived in the country. Her name was Spotty. She had pink hair and white skin. Spotty liked to say mean stuff to people all the time.

By Millie



Once there was a sneaky fox that lived in a cave. Her name was Zoe. She had a soft tail, was yellow and orange and she had sharp claws. Zoe liked to sneak up and fight animals.

By Makenna



Once there was a friendly fox that lived in a hole. His name was Seth. He had a white and brown tail and he had four legs. Seth liked to make people happy so they felt better.

By Phoenix



Once there was a sneaky cat that lived in a tree. Her name was Tiger. She had a fluffy red tail and sharp claws. Tiger liked to sneak up on people and jump on them.

By Seth



Once there was a mean old fox that lived in the forest. Her name was Hope. Her fur was red and her ears were big. Hope liked to chase people and she liked to bite them.

By Tarlia

Wanted

A variety of small cardboard boxes and cylinders for use in 3D Construction Activities. A container will be left at the front office for you to drop your boxes into.

Thank you in anticipation of your help.



Important Dates

- Moulamein P.S.
Annual Presentation
- 12th December
- Moulamein P.S. year 6 Graduation Dinner
- 13th December
- Last day of school
15th December

Jennie Wilson

Principal