



# Rand Public School

## NEWSLETTER

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Week 5, Term 4

8th November 2012

### Dates to Remember:

- Cooking tomorrow

### Notes Due in:

- Life Education

### Principal's Message

Last Monday was an extremely informative day learning about the NSW Board of Studies Syllabi which have been developed from the National Curriculum. Staff looked at 13 cross-curriculum areas that will be integrated into teaching. Some of these areas address many 21st century skills such as personal and social competence, intercultural understanding and information communication technologies.

We looked at how to best equip all students to learn and how to program for success. There are four online modules staff will need to work through next year in order to have an excellent understanding of the new curriculum. This will be a very involved process. Some modules will take between 10 and 20 hours to complete.

I look forward to keeping you all informed about each module and where we are up to as the year progresses. There are many informative resources I'd like to share at P&C meetings.

We are really excited as a whole staff to embark on these changes and engage in the opportunities they will present to staff.

Tracey Southam  
Principal

### Reminders

- \$2.00 for cooking
- Absence Notes Please
- Return Surveys

### Kindergarten Orientation

This week our Kindy orientation finished and we look forward to seeing our new Kinders in 2013.

Thank you Mrs Rose for organising the orientation and planning lots of the interesting and challenging activities for this program.

### Remembrance Day

We will be holding a Remembrance Day Service at school this Friday at 10.50am.

A community Remembrance Day Service will be held at the cenotaph on Sunday 11th November. If you wish to attend, please be there by 10.45am.

### Congratulations Mr Storey

Mr Storey competed in the 10km Fun Run at Burrumbuttock on Sunday and came first! Well done Mr Storey. He completed the course in a blistering 38 minutes, a good four minutes ahead of 2nd place!

### Presentation Night Organisation

We have begun practice for our presentation night items. Children may record reading poems, songs and the play in their Home Reading logs.

### News Roster

#### Week 6

Monday—Kate, Abbey

Wednesday—Harry,  
Jack

Thursday—Rory, Chloe

**Life Education**

The Life Education Van will be visiting our school on Monday 26th November 2012. Walbundrie will join us for Literacy and Numeracy and sport, therefore there will be no sport on the Friday. Mrs Southam, Mrs Rose and Mrs Stoll will take a group each for the day to focus on specific Literacy and Numeracy appropriate for each stage. Children will also do sport with their peers. Please return the permission note attached and payment (\$8.00) by Thursday 22nd November.

**CWA**

Many thanks Dawn Hall for presenting certificates to students, for their participation in the CWA Country of Study Day, at our assembly last Friday.

On behalf of the CWA, Dawn also presented us with a cheque to purchase books for the Library. Thank you very much!

Next years country is Morocco—we will use the cheque to purchase books about this country.

**Cooking**

This week students will be making Cabbage Rolls. Please remember **all** students are to pay \$2.00 each week for cooking.

**Surveys**

A reminder—please complete surveys which were sent home recently and return to school by Friday 16th November.

**Presentation Night Raffle**

A reminder that the P&C are collecting non perishable food for their Presentation Night raffle. If you can spare a can or packet of something, please send it to school with your child.

Thank you to those families who have already contributed. Your support is greatly appreciated.

**Bookwork Award**

Students selected Kate as “she did a lot of neat writing and she is always neat”.

**Student of the Week**

Mitchell was selected Student of the Week for “being a responsible and thoughtful student who has been working well in class”.

**What I like doing at home:** riding my motor bike

**I am really good at:** fixing up Dad's ute

**Something I would really like to do or try:** truck racing!

**I feel happy when:** I'm at school.



**LIFE EDUCATION**

The Life Education Van will be visiting Rand on Monday 26th November 2012. K-2 will be discussing body workings, safe use and storage of medicines, peer pressure and coping strategies, safety and decision making. Year 3/4 will look at friendships, resilience, expressing emotions, coping strategies, healthy food choices and active lifestyles. Year 5/6 will discuss the consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use. The programs address many of the components and objectives within the NSW PD/H/PE curriculum. Please complete the permission note below and return with payment by Thursday 22nd November 2012.

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**LIFE EDUCATION PROGRAM**

I give permission for \_\_\_\_\_ to attend the Life Education program to be held on Monday 26th November 2012 at Rand Public School.

I enclose \$\_\_\_\_\_ (\$8.00 per child).

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian

# Term Calendar

Date	Event
Friday 9th November	Cooking—\$2.00 per student Cricket Clinic
Tuesday 13th November	Mrs Morey—SASS Meeting—Albury
Friday 16th November	Deadlies—Murray High—11.00am Surveys Due
Thurs 22nd November	Year 4 Extension Day—Corowa High School
Friday 23rd November	Principals Network Meeting

## Cabbage Rolls

### Ingredients

1 tablespoon olive oil	2 tablespoons tomato paste
1 small brown onion, finely chopped	400g can diced tomatoes
1 small carrot, finely chopped	100g chargrilled red capsicum, finely chopped
2 cloves garlic, crushed	12 large savoy cabbage leaves, bases trimmed
400g beef mince	

### Method

1. Heat oil in a large, heavy-based saucepan over medium-high heat.
2. Add onion, carrot and garlic. Cook, stirring for 5 minutes or until tender.
3. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned.
4. Add tomato paste and tomatoes. Bring to the boil, stirring. Reduce heat to low. Simmer, stirring occasionally, for 40 minutes or until sauce thickens.
5. Stir in capsicum. Remove from heat. Allow to cool for 20 minutes.
6. Meanwhile, bring a large saucepan of salted water to the boil. Add 4 cabbage leaves to pan. Cook for 1 minute or until softened. Refresh in a bowl of cold water. Drain and pat dry with paper towel. Repeat with remaining leaves.
7. Place 1 cabbage leaf on a flat surface. Place 1/4 cup mince mixture at stem end of leaf. Fold edges in and roll up firmly to enclose filling. Repeat with remaining leaves and mince.
8. Place a large bamboo steamer over a wok or large saucepan of simmering water. Place cabbage parcels, seam side down, in steamer. Cover with lid. Steam for 3—5 minutes or until cabbage is tender.
9. Serve.

## Canberra Excursion

On Monday the 29<sup>th</sup> October Year 5 and 6 (Georgia, Kali, Corey and I) went to Canberra. It was a four hour trip and we stopped at the Dog on the Tucker Box to have recess. After recess we watched a "Scooby Doo 2" DVD (on the bus) and it was funny.

When we got to Canberra we went to the CSIRO. It is a science discovery and invention building. The first thing we did was listen to our guide tell us about some of the things they invented like wifi, the plastic that makes money instead of paper and lots more. He also showed us something they recently did for the people in South Africa. There were a lot of interactive things we did and he taught us a lot about stick insects.

After that we had lunch at a park, then we went to a building where we learnt about how Canberra was made. Then we went and checked in at our motel at the Gold Creek Lodge.

Kali, Georgia and I were all in a room of our own. Soon it was tea and all the girls sat together and we had pasta and chips.

Then we went to the twilight tour at the Botanic Gardens. We were put into four groups and I was with a few people I knew. We walked around the rain forest floor and saw a sleeping bird that looked like a ball of fluff. Other groups saw things like possums, water dragons and a few more.

On Tuesday we went to old Parliament House and were put in two groups. Georgia was in my group and we got to do some questions on a few interactive boards. Then we got but back into one group and we were in the old Senate room. We talked about the Governor General and one of the boys and I got to dress up. He was the first Australian Governor General and I was the first female Governor General. It was really funny.

Then we went to another part of the building and watched a slide show about how all of the years of different situations has led up to today's voting polls.

Then we got a group colour and went to a room. My colour had to do a cross word on voting. It was pretty easy once we watched the video. After that we went into another room and did a vote for Peach, Banana, Orange or Apple. When we finished voting we learned how to tally it up and then we saw who won...Peach.

Then we had some pizza for lunch and talked in the garden. On our way to the National Australian Museum we went pass some of the Embassy's. The American one had lots of security guards around it and lots of cameras.

Then we went to the National Australian Museum. It was really cool out the front and there were not many people there. When we went in we got put into heaps of groups and mine had five people in it including Kali. We saw Pharlap's heart, a really big wind mill and lots of dead animals in jars.

Next thing we did was go to Questacon. There was a robot there and you got to ask it questions. There were also lots of interactive things like holding onto a bar over a 2 story slide and letting go. There was also a shop where everyone bought something cool.

After that we went back to the motel to get ready for tea. We had schnitzel, gravy and salad. Then we went to the Australian Institute of Sport. First we went and saw the gymnastics room, volleyball room, gym and the swimming room. Then we went to another room where we could do all these interactive sports like running, bike riding, skiing, soccer, football and lots more.

On Wednesday we packed the bus and went to Parliament House. First we did a play of how people in the House of Representatives would work and some people got to dress up too. After that we saw people talk in both the House of Representatives and the Senate. Then we had some lunch and meet our federal representative Susan Ley. She did a quick talk with us and left for question time. She even use to live in Tallangatta.

After that we went home on the bus and talked about what our favourite thing was. I had so much fun and would love to do it again.

By Rose J