



Rand Public School

NEWSLETTER

Cowal Street, RAND NSW 2642

Ph: 02 6029 5228 Fax: 02 6029 5301 Email: rand-p.school@det.nsw.edu.au

Website: www.rand-p.schools.nsw.edu.au

Week 6, Term 4

15th November 2012

Reminders

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

Principal's Message

Deadlies

Congratulations to Noah and Georgia who have been nominated for the "Proud and Deadly" Aboriginal student awards. Both students will receive encouragement awards. Georgia for progress in reading and Noah for progress in writing. We would have liked to have nominated more children, however schools are limited to the number they can nominate.

Tracey Southam
Principal

Notes Due in:

- Life Education
- Year 4 Extension Day

Dates to Remember:

- Cooking tomorrow

News Roster

Week 7

Monday—Kate, Abbey

Wednesday—Harry,
Jack

Thursday—Rory, Chloe

Calendar

- ◇ Wed 21st Nov—SRC Mufti Day—come dressed as a character from a TV show or just dress up. Gold coin donation please.
- ◇ 22nd Nov—Year 4 Extension Day at Corowa High School
- ◇ Fri 23rd Nov—Last cooking day
- ◇ Fri 30th Nov—Assembly—last one for 2012
- ◇ Week 9 (Dec 3rd—7th) last week for homework
- ◇ Wed 5th Dec—SRC Hot Dog Day—more information to come

Life Education

A reminder the Life Education Van will be visiting our school on Monday 26th November 2012. *Please return the permission note included in this Newsletter and payment (\$8.00) by Thursday 22nd November.*

Cooking

This week students will be making Asian vegetable and noodle omelettes.

Please remember **all** students are to pay \$2.00 each week for cooking. We have been using some lovely fruit and vegetables from our garden all term, such as cabbage, broccoli, celery, spinach, oranges, strawberries, onions, beetroot, carrot, lettuce, mint, spring onions and broad beans. We are currently letting some vegies go to seed so we can collect the seeds to use next year.

SRC Mufti Day

The SRC will be holding a Mufti Day on Wednesday 21st November. Students are asked to come dressed as a character from a TV show. Please bring a gold coin donation.

Surveys

A reminder—please complete surveys which were sent home recently and return to school by tomorrow—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 (there is a box in the office).

Cricket Competition

Last Friday we had a cricket skills competition. Children were in K-2, 3/4 and 5/6 groups. We discussed the rules and skills (eg longest bowl, throw, hit, number of times bouncing ball off the flat of the bat etc). We had a fun afternoon. Congratulations Abbey, Blake and Rose who won most categories in their age groups. They each received a \$10 gift voucher for their efforts.

P&C Meeting

The next P&C Meeting will be held on Monday 26th November commencing at 3.15pm.

Bookwork Award

Students selected Rose as “she is always neat in every book”. Students also selected Jack as “I thought it was the best writing he had ever done, it was neat”.

Student of the Week

Chloe was selected Student of the Week for “working hard to improve her reading and writing”.

What I like doing at home: Helping Mum

I am really good at: All sorts of things

Something I would really like to do or try:
Not sure

I feel happy when: I'm helping people

Cricket Competition



School Play—Costumes

Children will need the following clothes for our Presentation Night play. We will try to make as much as possible in class and will try and organise costumes if you do not have these items.

All children will need sandals, tunic/dress made from plain fabric, rope belt, shawls or capes (think Middle Eastern/"Aladdin" type clothing).

If you are able to help with any items, please let us know. We also need a wooden salad bowl and lots of 'precious jewels and gold'. Our play is set in the Middle East and on an island. Please don't buy expensive items.

Jazmine, Joshua, Liam, Shayler	Poor man's children
Chloe, Jack	Shop Keepers
Harry	Potter
Abbey, Rory	Worker in pottery
Kate	Narrator
Blake	Captain of the boat (naval clothes)
Adrian, Noah	Crew of the boat (naval clothes)
Mitchell	Rich man
Corey	Island Chief
Kali, Stevie	Islander
Georgia	Poor man's wife
Rose	Poor man

Asian Vegetable and Noodle Omelettes

Ingredients

100g dried rice vermicelli noodles	2cm piece fresh ginger, peeled, finely grated
8 eggs	Stir-fry vegetables
2 green onions, finely chopped	1 tablespoon oyster sauce
1½ tablespoons vegetable oil	2 teasp sesame oil
2 cloves garlic, crushed	1 tablespoon soy sauce

Method

1. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 4—5 minutes or until tender. Drain.
2. Whisk eggs and onion in a bowl.
3. Heat 2 teaspoons vegetable oil in a wok over high heat. Swirl to coat. Add garlic and ginger. Stir-fry for 1 minute.
4. Add vegetable mix, oyster sauce and sesame oil. Stir-fry for 2—3 minutes or until vegetables are just tender. Transfer to a bowl. Add noodles. Toss to combine.
5. Heat 1 teaspoon remaining vegetable oil in a 20cm non-stick frying pan over medium heat. Add one quarter of the egg mix. Swirl to coat. Cook for 30 seconds or until just set.
6. Top 1 half of omelette with one quarter of the vegetable mix. Cook for 1 minute or until egg has set. Fold over to enclose filling. Slide onto a plate. Cover to keep warm.
7. Repeat with remaining oil, egg mixture and vegetable mix to make four omelettes. Serve drizzled with soy sauce.

After-dinner Choc-ices

Ingredients

700ml vanilla ice-cream	200g good-quality dark chocolate	25g milk chocolate
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Method

1. Cover a large, flat baking tray with foil. Place small scoops of ice-cream on the tray and freeze until hard.
2. Meld chocolates in separate bowls over pans of simmering water. Once melted, set aside to cool.
3. Transfer ice-cream scoops to a wire rack over a baking tray and spoon the dark chocolate over each scoop (it should harden immediately).
4. Garnish each with a little of the milk chocolate. Freeze until firm before serving.

Term Calendar

Date	Event
Friday 16th November	Deadlies—Murray High—11.00am Surveys Due
Wednesday 21st November	SRC Mufti Day
Thurs 22nd November	Year 4 Extension Day—Corowa High School
Friday 23rd November	Principals Network Meeting Last Cooking Day for 2012
Monday 26th November	Life Education P&C Meeting—3.15pm
Thurs 29th November	Principals Essential Training
Fri 30th November	Assembly—2.40pm

Please return, with payment, by Thursday 22nd November 2012.

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—Permission Note

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