



# 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

14th November 2013

### Reminders

- Cooking IOU's
- \$2.00 for cooking tomorrow—all students

### Notes Due in:

- Surveys
- Shine Yr 5/6 Girls

### Dates to Remember:

- P&C Meeting—25th November—3.15pm

### Principal's Message

Dear Parents,

Thank you Mrs Williams and Mrs Rose for your commitment over the past two weeks to spend many evening hours at Burrumbuttock PS, or at home, learning more about the Board of Studies English Syllabus which will be implemented in 2014.

Time was spent discussing with colleagues how to program for the new syllabus and how this will look in the classroom. We will still have reading groups, spelling groups, grammar, writing, and talking and listening. However children will also be required to think imaginatively, critically, creatively and interpretively. They will also need to express themselves with others and their world. They will reflect on their learning through their study of English.

All of these requirements will be underpinned by a central concept that children will focus on throughout their study of English. Concepts can include values, characterisation, bias, love, hate or contrasts to name a few. English will not only be about learning content and skills, it will be ensuring children, as 21st Century learners, have transferable knowledge that they can apply to other subjects and experiences in life.

Tracey Southam  
Principal

### Remembrance Day

Thank you to all the families that sent in flowers to make a bouquet for Remembrance Day. Students spent time in class doing activities and discussing the meaning of the day before walking down to the Cenotaph for the 11am service.

### Cooking

Thank you Rebecca for cooking with the students last week.

The children are making Creamy Chicken Pasta Bake tomorrow with Linda.

**Please remember your \$2.00 (all students).**

### For Sale by Tender

The school has replaced its existing oven with a fan forced model that suits the needs and time frame of Friday cooking ie being able to cook on two shelves. Children and mums, were finding the previous oven very frustrating when the lovely food they prepared was not getting cooked properly. Also children are more confident to cook more elaborate meals. The oven is for sale and is in perfect working condition, it is just a little slow. If you would like to have a look at the oven please ask one of the staff.

## P&C Reminder

Please remember that in order to be able to vote at a P&C meeting you must have paid your \$5 membership fee. Payments can be made to Olivia, who is our P&C Treasurer.

## Student of the Week

Livinia was selected Student of the Week for striving to improve her letter formation and handwriting.

**Something that is very important to me is:** my family

**Because:** they love me

**I learn best when:** I'm sitting quietly

**Outside of school I am learning to:** play netball

**This year I have learnt:** to train my pet dog Maggie to sit and stay.

## Bookwork Award

Students selected Chloe this week as "it was very good and neat", "she has been writing neatly for a long time", "lots of writing" and "the letters were formed perfectly".



## Book Club

Issue 8 Scholastic Book Club brochures are being sent home today. Orders, with payment, are due back at school by Monday 25th November.

We have purchased some great resources for our school and library with the rewards points we receive when you place book club orders. Thank you.



## Remembrance Day

## School Attendance

**It is essential to establish a regular routine each morning and arriving at school on time is an important part of your child's morning routine.**

It is important to be at school on time because:

- It sets up good habits for the future
- It provides social benefits – good play time and discussion among friends
- The school day usually begins with the teacher giving out information to students. Eg any changes to school routines, coming events etc.
- It is an opportunity for important teacher pupil interaction before school.

**Missing School Leaves gaps in your education**



## Dance Lessons

# Creamy Chicken Pasta Bake

## **Ingredients**

250g dried maccheroni pasta (or macaroni)  
4 cooked chicken drumsticks (or any cooked chicken)  
100g baby spinach leaves  
300ml light thickened cream  
3/4 cup semi-dried tomatoes  
1 1/2 cups grated parmesan cheese  
1 cup grated mozzarella cheese

## **Method**

1. Preheat oven to 200°C. Lightly grease a 5cm-deep, 20cm x 28cm (base), 8-cup capacity baking dish.
2. Cook pasta in a large saucepan of boiling, salted water for 10 minutes or until tender.
3. Meanwhile, remove chicken meat from the bone. Thinly shred meat. Discard bones.
4. Drain pasta and return to saucepan. Add chicken, spinach, cream, tomatoes and 1 cup parmesan. Toss until well combined. Season with salt and pepper.
5. Spoon mixture into prepared dish. Top with mozzarella and remaining parmesan. Bake for 20 to 25 minutes or until golden. Spoon pasta bake onto serving plates. Serve.





# Term Calendar

Date	Event
Tues 19th—Thurs 21st Nov	How to Learn—Mrs Southam, Mrs Rose & Mrs Williams
Thursday 21st November	Shine—Year 5/6 girls
Monday 25th November	P&C Meeting—3.15pm
Tuesday 26th November	Creative Catchment Kids—CSU—Thurgoona (Yr 6)
Friday 29th November	Assembly



Nutrition Snippet

## The simplest way

to set a healthy example for our kids.

Did you know that in NSW **9 out of 10** parents are not eating the recommended daily amount of veg and **half** are not eating the recommend daily amount of fruit?



What you eat influences what your children eat; this is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:

- Coronary heart disease
- Some forms of cancer
- Obesity and being overweight
- Constipation
- High blood pressure and cholesterol levels
- Diabetes

By **eating more fruit and veg now** you'll be a healthy role model for your kids and help protect their health in the future.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

