



# Rand Public School

## NEWSLETTER



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Week 7, Term 4

21st November 2013

### Reminders

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

### Principal's Message

Dear Parents,

This week Mrs Rose, Mrs Williams and myself completed the final two days of teacher professional development about the HOW2Learn program. I am always impressed by how staff at Rand PS put students first in their conversations about improving teacher practice. Our discussions always turned to this student or that student when it came to applying a particular strategy or activity to improve teaching and learning. Thank you ladies!

Over the two days we looked further into strategies to improve student's memory and what highly effective teachers do in the classroom to optimise learning and have a lasting effect on students. We also had the opportunity to present to the other 15 schools at Mulwala what we had been doing at Rand Public School.

We looked at worthwhile learning habits to develop in children and how to keep improving the powerful learning culture our school is starting to develop. I feel these two days gave us the opportunity to develop a rich and deep understanding of what is truly worthwhile to learn.

We are full of great ideas for 2014 that will enhance the learning needs of students and this will be a focus of our Staff Development Days at the end of the term

Tracey Southam

### Notes Due in:

- Surveys

### Thank You Lois

Children in K-2 are pretending to be Historians this term as they learn about families today and in the past. They have been using photographs to gather information about how families and women's roles have changed over the centuries. They have also been noticing how children's toys have changed. On Monday Lois came in to talk about her childhood and what school was like when she was a little girl. Infant's children listened attentively and asked Lois questions to gain information. They certainly showed great empathy towards her! After she left they

recorded her answers and we discussed how sharing stories and talking personally to a person about their life is another way Historians gather information about the past. Thank you Lois for all the great information you gave – our students were certainly impressed by your willingness to share so much and they could definitely relate some aspects of your life to theirs today.

### P&C Meeting

The next P&C Meeting will be held on Monday 25th November commencing at 3.15pm.

Please forward agenda items to Tracey or James or record on the

### Dates to Remember:

- P&C Meeting—25th November—3.15pm

board prior to the commencement of the meeting. Agenda items: voting on last meetings motions, working bee for tidying garden (2014), clean up pre-school room (sometime this year if possible), fixed equipment.  
All Welcome.

### Head lice

Please remain vigilant when checking your child's hair for head lice and remember to re-treat as per instructions on lice treatment bottle.

### Shine

Thank you Cathy and Kirsty for providing transport to Culcairn for our Year 5/6 girls attending the Shine program.

Rural Carelink is sponsoring the "Shine" self-esteem course. Shine focuses on the unconditional worth of each person. Each girl is encouraged to develop an understanding of her own personal worth, strength and purpose and realise the potential within her to fulfil her desires.

### Reminder

School Satisfaction Surveys are due tomorrow (Friday 22nd November). Please complete the survey and put in the box in Mrs Morey's office.

### Deadlies

Kate and Rose will be attending the Deadlies Award Ceremony. Rose is receiving an award for leadership and Kate for academic achievement and outstanding NAPLAN results. Congratulations girls.

### Attendance

Please bring absence notes in within a week of your child's absence, even if it is only for part of the day. Notes must clearly state the reason or it cannot be accepted as a justified absence (ie instead of 'sick', write 'headache' etc.)

### Cooking

Thank you Kirsty for cooking with the students last week.

The children are making Bacon and Vegetable Slice and Pink Fairy Fizz tomorrow with Kirsty.

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

### Student of the Week

Abbey was selected Student of the Week for striving to do her best in all subjects.

**Something that is very important to me is:** God

**Because:** He is always there to help me and make me confident

**I learn best when:** I'm with my friends working together

**Outside of school I am learning to:** build my own cubbyhouse

**This year I have learnt:** running writing.

### Bookwork Award

Students selected Lachlan this week as "he is very neat", "he is improving".

### Book Club

A reminder orders, with payment, are due back at school by Monday 25th November.



### School Attendance

#### Justified—Whole Day and Part Day

- Misadventure or unforeseen event eg flood or fire
- Domestic necessity such as a serious illness of an immediate family member
- Student illness, particularly transmittable eg flu, chicken-pox etc.
- Injury requiring medical attention
- Medical or specialist appointments
- Death/funeral of close friend or relative
- A religious ceremony

#### Unjustified—Whole Day and Part Day

- Student staying home for their birthday
- A shopping day in Albury/Melbourne etc.
- A hair appointment
- Student's uniform not being clean
- Not wanting to participate in sport/carnival or other school activity
- Not attending a school excursion and not attending school on that day
- Repeated—slept in
- Repeated—car trouble
- Repeated—alarm not going off
- Repeated—a bad morning

Missing School Leaves gaps in your child's education.



# Bacon & Vegetable Slice

## **Ingredients**

Extra light olive oil, to grease  
4 bacon rashers, rind removed, diced  
1 leek, halved lengthways, thinly sliced crossways  
2 medium zucchini, grated  
2 medium carrots, peeled, grated  
105g (1¼ cup) grated tasty cheese  
150g (1 cup) self-raising flour, sifted  
5 eggs, lightly beaten  
125ml (½ cup) extra light olive oil  
2 tsp Dijon mustard  
Salt & freshly ground black pepper  
Natural yoghurt (optional), to serve  
Baby spinach leaves (optional), to serve

## **Method**

1. Grease a 19cm (base measurement) square, heatproof microwave-safe dish lightly with the oil.
2. Place bacon in a large, heatproof microwave-safe bowl. Cover with paper towel and cook on high/800watts/100%, stirring after 2 minutes, for 4 minutes. Add leek, cover with paper towel and cook on high for a further 1 minute. Set aside for 5 minutes to cool slightly.
3. Stir in the zucchini, carrots, cheese and flour, and mix well.
4. Whisk together the eggs, oil and mustard in a medium bowl. Add to the bacon and vegetable mixture, season with salt and pepper, and mix gently to combine.
5. Pour the mixture into the prepared dish. Place the dish on a microwave-safe rack or upturned saucer to elevate about 2cm above the turntable. Cook, uncovered, on medium/500watts/50% for 15 minutes or until the edges are firm and the centre is slightly wobbly.
6. Preheat grill on medium-high. Place the dish under the preheated grill for 4-5 minutes or until top is golden and centre is firm to touch.
7. Cut into pieces and serve warm with a dollop of yoghurt, sprinkled with pepper, and spinach leaves, if using.

# Pink Fairy Fizz

## **Ingredients**

1kg seedless watermelon, peeled, chopped  
250g punnet strawberries, hulled, chopped  
1 cup frozen raspberry sorbet  
1 litre lemonade, chilled

## **Method**

1. Place half the watermelon, half the strawberries and half the sorbet in a blender. Blend until smooth. Transfer to a large jug. Repeat with remaining watermelon, strawberries and sorbet.
2. To serve, half-fill paper cups with fruit mixture. Top with lemonade. Serve.

## Term Calendar

Date	Event
Monday 25th November	P&C Meeting—3.15pm
Tuesday 26th November	Creative Catchment Kids—CSU—Thurgoona (Yr 6)
Friday 29th November	Assembly
Tuesday 3rd December	SRC Work Dress-up—Gold Coin Donation
Friday 6th December	Shine—Yr 5/6 Girls—Culcairn PS



Nutrition Snippet

# The simplest way

to see if you're eating enough fruit & veg.

Take the Fruit & Veg Challenge!  
Write down everything you ate and drank yesterday and see if you got the **2 serves of fruit** and **5 serves of veg** you need:



Here is an example:

*Drinks:* 2 cups of tea, 2 x 125ml glasses of OJ, 3 glasses of water

*Snacks:* 1 tub yoghurt, 1 banana, 2 biscuits

*Breakfast:* 2 slices toast with butter and jam

*Lunch:* 1 medium potato with tuna and cheese, 1 apple

*Dinner:* Macaroni cheese, ½ cup peas, 2 slices garlic bread

This person ate 3 serves of fruit (juice only counts as one serve) but only 3 serves of veg. If you're eating less fruit or veg than you need, have a think now about how you can eat more.

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

