



Safe, Respectful Achievers

# TOORAWEE NAH PUBLIC SCHOOL NEWSLETTER - 16.10.2019



## School News Week 1 Term 4

### NEWS

#### Fanny Lumsden

I would like to thank the P&C for their organisation of the Fanny Lumsden Concert. This event was the major fundraiser for the school and will assist the school in ensuring that we have the funds to employ a second teacher for 2020. The Concert Event and Market Day was an organisational feat for such a small but willing band of workers. It is amazing to boast that our school had all families including grandparents actively supporting the organisation of this day - a tribute to the strong community and family support that our wonderful school is afforded. The Lions Club and Tooraweenah CWA were also integral in the running of the day. The community spirit of Tooraweenah never ceases to amaze, with community members, patrons, and also putting up their hand up to help organise and run this fundraiser. Thank you to all who helped out and to all who attended in support of our school.



## Happy Packs from Westmead Public School

Last Term some wonderful teachers with rural ties from Westmead Public School got together and decided that they would like to help some small communities impacted by drought.

The result was an idea to create Happy Packs for our students and their school of over 1600 children strongly supported this cause.

What an amazing gesture from Westmead Public School, to send our school students each a personalized Happy Pack with a letter, games and stationary items.

Students were blown away by the gesture and have been busily drafting return letters to the students. We are thankful for the support of our city friends including teachers Jodie Pearce, Meghan Hughes and Kylie Campbell.



## Mark Pitts – Arthur Butler Session

On Tuesday afternoon, Mark Pitts presented a session to students K-6 about an important historical time in Tooraweenah's History. The advent of Butler Air Transport and the story of Arthur Butler in Tooraweenah was investigated through a short documentary film. Students toured the Terminal Building at the Tooraweenah Aerodrome where they looked at photographs, artifacts and even some costumes of the day. It is a fascinating part of Tooraweenah's history.



## EVENTS COMING UP

### Years 5/6 Personal Development Session

Years 5 and 6 will be participating in Personal Development lessons next Wednesday through Western NSW Health. Please complete the permission notes and return to school by next Monday for students in those grades.

### P&C Meeting 8<sup>th</sup> November

There will be a P&C Meeting on Friday 8<sup>th</sup> November at 3:30pm which will include a wrap up of the Fanny Lumsden Concert, and other fundraising efforts from the past few weeks.

### Tell Them From Me **Parent** Survey

The Tell Them From Me Parent Survey is now available for parents until Friday 25<sup>th</sup> October. I would like to encourage all parents to complete the online survey, which can be found at the following address:

<http://nsw.tellthemfromme.com/tps2831>

### Pub BBQs

The Tooraweenah P&C will be fundraising at the Pub BBQs during October. Thank you to all who have volunteered and provided food for the month.

### Tooraweenah Show Roster

Another fundraising opportunity for the Tooraweenah Show. See roster below for times. If you can help and are not yet on the roster, please contact Sonia or Cherie.

8am - 10am	Sonia & Cherie
10am -12pm	Sonia & Karen
12pm - 2pm	Nadine & Karen
2pm - 4pm	Ashley & Shannon
4pm to close	Shannon + ??????

*Karen Smith*

Relieving Principal

## Notices

### School Polo Shirts

A reminder that school uniforms can be purchased from the school at any time.

- Sky blue polo shirts \$20
- Navy blue sports shirts \$30
- School Hats \$14
- School jumpers \$28 and jackets \$50 (limited sizes)

October BBQ's @ Mountain View

#### 5th October- Long Weekend

Bbq Cook	Michael Brown	Hot Dish 1	Cherie
Helper 1	Shannon	Hot Dish 2	Shannon
Helper 2	Cherie	Dessert 1	Shannon
Helper 3	Brooke	Dessert 2	Ash
Eggs	Donated by Nadines Mum (left over from fanny)		

#### 12th October -Pony Club

Bbq Cook	Starry	Hot Dish 1	Nadine
Helper 1	Ash	Hot Dish 2	Karen
Helper 2	Karen	Dessert 1	Jamee
Helper 3	Craig	Dessert 2	Ash
Eggs	Ash 1 Doz		
	Nadine 1 Doz		

#### 19th October- Show Weekend

Bbq Cook	Cherie	Hot Dish 1	Jenny
Helper 1	Nadine	Hot Dish 2	Karen
Helper 2	Karen	Hot Dish 3	Sonia
Helper 3	Sonia	Dessert 1	Jenny
Eggs	Cherie 1 Doz	Dessert 2	Shannon
	Shannon 1 Doz	Dessert 3	Sonia

#### 26th October

Bbq Cook	Ben	Hot Dish 1	Jamee
Helper 1	Jamee	Hot Dish 2	Shannon
Helper 2	Shannon	Dessert 1	Jamee
Helper 3	Michael Brown	Dessert 2	Cherie
Eggs	Shannon 1 Doz		
	Cherie 1 Doz		

## Canteen News

Fish fingers will be available until sold out - 3 fish fingers for \$1.50

As most of you already know this term our Canteen needs to pass a Menu Check to be able to continue to operate in 2020. I have met with the healthy canteens officer and we have come up with a list of foods suitable for recess that parents can buy or cook that comply with the healthy canteens criteria.

I thought we could trial this for term 4 and discuss at the end of term to hear parent's thoughts. If this system doesn't suit parents, other options for next year could be for the Canteen to purchase the recess items instead of parents doing home-cooking or provide lunches only in the Canteen and kids bring their own recess from home.

Please provide recess from the following list and feel free to message me with any other ideas or options you think would be suitable to add to the list. (Attached are the approved recipes for pikelets & muffins)

- Pikelets
- Fruit Bread
- Custard Cups
- Plain Yoghurt (with or without fruit.) (Could send in large tub and it could be divided and fruit added.)
- Savoury Muffins
- Quiche
- Homemade Pizza
- Cheese & Tomato on Saos/Crackers
- Fruit Skewers
- Vegie Sticks (with or without dip).

Thanks,

**Cherie McWhirter – Canteen Manager**

<b>Week 1</b>	<b>18.10.19</b>	<b>Worker:</b>	<b>Cherie McWhirter</b>
		<b>Home Cooking</b>	<b>Shannon Brown</b>
		<b>Helper:</b>	<b>Darcy</b>

<b>Week 2</b>	<b>25.10.19</b>	<b>Worker:</b>	<b>Sonia Bonham</b>
		<b>Home Cooking</b>	<b>Karen Smith</b>
		<b>Helper:</b>	<b>Indy &amp; Lara</b>

# Fanny Lumsden Concert





## Term 4 2019

Oct	1	<b>Students and teachers return for Term 4</b> Transition	14	Mark Pitts – Arthur Butler talk and tour of the Tooraweenah Airport Terminal Building.	15	16	17	18	Toora Show P&C BBQs	19	20		
Oct	2	PBL Meeting Transition	21		22	<b>Year 5/6 Personal Development lesson Mrs Liz Bonham</b>	23	24	25	P&C BBQs	26	27	
Oct/ Nov	3	Transition	28		29		30	31	Mrs Horwood/Mrs Altmann Training	1	2	3	
Nov	4	Transition	4		5		6	7	Mrs Smith Western Plains Principal's Conference	8	9	10	
Nov	5	Last Transition Day	11		12		13	14		15	16	17	
Nov	6	PBL Meeting	18		19		20	21		22	23	24	
Nov/ Dec	7	<b>John Fleming Excursion</b>	25		26		27	28		29	30	1	
Dec	8	← <b>Swim School Week</b> →										7	8
Dec	9	Reports go home this week	9	<b>Year 6 Farewell 6pm</b>	10		11	12	<b>Presentation Night &amp; Concert 6pm</b>	13	14	15	
Dec	10		16		17	Last Day 2019	18	19		20	21	22	



**CANTEEN MENU & PRICELIST**

Term 4 2019

Lunch to be Ordered on Bags (Name & Class)

<b>HOT FOOD</b>			
6 Potato Gems(oven baked)	\$ 2.50		
Party Pies	\$ 0.65		
Chicken Nuggets	\$ 0.65		
Homemade Pizza- Cheese & Bacon	\$ 2.50		
-Chicken,Bacon & Cheese			
<b>SANDWICHES/WRAPS</b>		<b>Drinks Available</b>	
Please note if you want it Toasted			
<b>Chilli Chicken Wrap</b> - 1 Chilli Tender,	\$4.00	<b>Poppers</b> -Tropical, Apple or	\$1.50
lettuce,cheese,tomato & sweet chilli sauce		Apple and Blackcurrant	
<b>Flame Grilled Chicken Wrap</b> -Grilled	\$ 5.00	<b>Milo</b> -Cold or Warm	\$1.00
Chicken breast, lettuce, cheese, tomato		<b>Milk Poppers</b> - Chocolate or	\$1.50
and mayo.		Strawberry	
<b>Roast Chicken Wrap</b> - Chicken, lettuce,	\$4.00	<b>Chill J's</b> -Watermelon,	All \$2.00
cheese, tomato & mayo or chilli sauce		Apple/Cola, Grape &	
Cheese Sandwich	\$ 3.00	Orange & Passio	
<b>Taco Wrap</b> - Taco mince, lettuce, cheese, tomato			
	\$ 5.00		
(or any combination of the above)			
Toasted Spaghetti Sandwich	\$ 3.00		
Toasted Baked Bean Sandwich	\$ 3.00		
Toasted Cheese Sandwich	\$ 3.00		
Lasagna (homemade)	\$ 5.00		
Pasta Bolognese (homemade)	\$ 5.00		
Chicken Carbonara (homemade)	\$ 5.00		

Drinks can be ordered on Lunch bags or purchased separately during recess or lunch.

## Parent Roster Term 4 2019

<b>DATE</b>	<b>WORKER</b>	<b>HOME COOKING</b>	<b>STUDENT HELPER</b>
<b>Week 1.</b> 18/10/19	Cherie McWhirter	Shannon Brown	Darcy
<b>Week 2.</b> 25/10/19	Sonia Bonham	Karen Smith	Indy & Lara
<b>Week 3.</b> 1/11/19	Jamee Wykes	Ashley Starr	Lexi
<b>Week 4.</b> 8/11/19	Jenny McWhirter	Brooke French	Brock
<b>Week 5.</b> 15/11/19	Nadine Jenkin	Shannon Brown	Taylor & Lily
<b>Week 6.</b> 22/11/19	Sonia Bonham	Karen Smith	Tallis
<b>Week 7.</b> 29/11/19	Jamee Wykes	Brooke French	Souljah
<b>Week 8.</b> 6/12/19	No Canteen	Swim School	
<b>Week 9.</b> 13/12/19	Cherie McWhirter	Ashley Starr	Jahkaia

Please do approx 24 pieces of cooking when you are rostered to work or do home cooking

## Occasional recipe

### Fruit muffin

Makes 12 muffins (70–80g each); 1 muffin per serve.

Flavours: berry, banana, apple and cinnamon, peach and passionfruit.

#### Equipment:

Oven

Measuring cup

Whisk

1 x 12-tin muffin tray

Sieve

Mixing bowl

Mixing spoon/wooden spoon

1 tablespoon

#### Ingredients:

Cooking spray

1 cup (150g) white self-raising flour

1 cup (150g) wholemeal self-raising flour

½ cup caster sugar

2 eggs

½ cup canola oil

¾ cup reduced-fat milk (HSR ≥ 3.5 ★)

1 cup fruit (see variations below)

#### Method:

1. Preheat oven to 180°C.
2. Lightly coat muffin tray with cooking spray.
3. Sieve flour and sugar into a bowl, then make a well in the centre.
4. Lightly whisk eggs then add oil and milk.
5. Add the mixture to the dry ingredients along with the fruit. Stir until just combined. Do not over-mix at this stage.
6. Spoon into muffin tins, making 12 muffins, and bake for 20–25 minutes.
7. Serve warm or cooled at room temperature.

#### Variations:

- **Berry Muffin:** 1 cup of frozen berries, mixed or individual (e.g. raspberries, blueberries) + 1 teaspoon of vanilla extract.
- **Banana Muffin:** 1 cup mashed banana (approximately 2 large bananas).
- **Apple and Cinnamon Muffin:** 1 cup peeled, grated or finely diced apple and 1 teaspoon ground cinnamon.
- **Peach and Passionfruit Muffin:** ¾ cup diced canned peaches (in fruit juice, drained, HSR ≥ 3.5 ★) and 2 tablespoons passionfruit pulp.

Recipe tested September 2016.

## Everyday recipe

### Pancakes and pikelets

Makes 12 pancakes or 24 pikelets.

#### Equipment:

Measuring cup

Sieve

2 large bowls

Whisk

Frypan

#### Ingredients:

1 cup self-raising flour

1 cup wholemeal self-raising flour

1½ cups milk

1 egg

25g margarine

#### Method:

1. Sieve both flours into a large bowl. Make a well in centre.
2. Whisk milk and egg together in a separate bowl.
3. Add the milk and egg mixture to the flours and whisk until just combined.
4. Heat a large non-stick frypan over medium heat. Brush pan with margarine (brush between each batch of pancakes as well).
5. Pour pancake mixture into the pan to desired size of pancake.
6. Pancakes should cook for 2–3 minutes or until bubbles appear on surface.
7. Turn and cook until cooked through.
8. Transfer cooked pancakes to a plate, cover loosely with foil to keep warm.
9. Continue steps 5 to 8 until mix depleted.
10. Serve (plain or with a thin spread of jam or maple syrup).

#### Variations:

- **Apple Cinnamon:** At step 3, add 1 grated apple and 1 teaspoon cinnamon, fold through mixture.
- **Banana:** At step 3, add ½ cup mashed banana, fold through mixture.

Recipe tested September 2016.

## Everyday recipe

### Tasty savoury muffins

Makes 19 muffins.

#### Equipment:

Measuring cup  
Chopping board  
Knife  
Grater  
Sieve  
Whisk  
2 muffin trays  
Scales

#### Ingredients:

1½ cups wholemeal self-raising flour  
1½ cups white self-raising flour  
¼ bunch English spinach, chopped  
½ cup red capsicum, diced  
1 medium zucchini, grated  
¼ cup reduced-fat cheese  
¼ cup parsley, chopped  
1 cup reduced-fat milk  
1 egg  
⅓ cup canola oil  
100g reduced-fat feta cheese, crumbled

#### Method:

1. Preheat oven to 220°C.
2. Sieve both flours into a large mixing bowl then add spinach, capsicum, zucchini, reduced-fat cheese, parsley and mix together.
3. In a separate bowl, whisk the milk, egg and oil together.
4. Fold the egg mixture into the flour mixture until combined then add the crumbled feta. Do not over-mix.
5. Place an even amount into muffin tins (keeping in mind that this recipe makes 19 muffins) and bake for 20 minutes.
6. Serve warm or at room temperature.

#### Variations:

- Use any vegetables you think will taste good, especially leftovers.

#### Tip:

- This recipe is suitable for vegetarians.

Recipe tested September 2016.