

The Sir Henry Parkes Memorial

PUBLIC SCHOOL NEWSLETTER



LEARNING SAFETY RESPECT

Term 1 February 2018



SRC and House Captains

Last week elections for the SRC (Years 1 to 6) and House Captains took place. Congratulations to the following students.

SRC (Student Representative Council)

Clownfish - Nate and Lucy-Anne

Dingos - Zac and Annie

Tasmanian Devils - Jack and Poppie

Boobooks - Angus and Ellie

Galahs - Cooper and Zoe

Dugongs - Archie and Larissa

Sugar Gliders - Nate and Grace

Quokkas - Harrison and Scarlett

Kookaburras - Clayton

House Captains

Bruxner - Matt and Lucy M

Donaldson - Chris and Savannah

Goudy - Tom and Luci D

McKenzie - Coby and Milly

All of these students will receive their badge at an induction ceremony on Thursday February 15 commencing at 12pm in Bruxner Hall.

SCHOOL PHOTOS

Our school photos are being held In Term 1 this year. Our first photo day is Thursday March 1st. (Week 5) On this day the School Photographer will be taking all class photos, individual portraits, Year 6 photo and siblings photos.

The second photo day being held later this year will be all other photos—sporting, academic groups such as public speaking and catch ups.

Last week the School Photographer envelope should have come home with your child. Your child's name is printed on the envelope. We also have envelopes without names for families to take.

Please do not return this envelope UNTIL PHOTO DAY with money inside. The office will not hold monies here.

If you would like a siblings photo please come to the front office to take a siblings photo envelope.

On photo day your child should be in full summer uniform, with neat and tidy hair. Please call if you have any questions.



The BIG Vegie Crunch

This year our school will be participating in The Big Vegie Crunch.

What is The Big Vegie Crunch?

Did you know that only 5.4% of Australian children eat enough vegetables?

To encourage students to eat more vegetables, our school will be taking part in The Big Vegie Crunch (as part of Vegetable Week) on Thursday 1st March at 10 am.

Schools across NSW will be joining together to break the record for the most students crunching vegetables simultaneously.

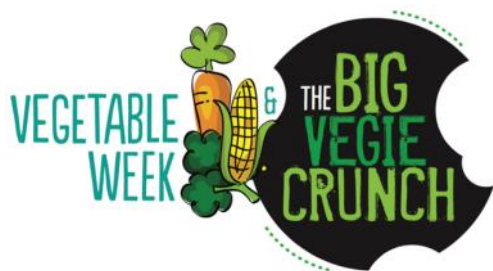
What can you do to help?

Pack a container of vegetables (not fruit) for your child to eat on the day

Keep serving up the vegetables at home!

If you require more information on what activities our school is doing over Vegetable Week, please contact the school or your child's teacher.

Miss Rowe - Vegetable Week School Coordinator



Student Data Forms 2018

Our 2018 Student Data Form came home with your child last Tuesday. We ask all families to complete a new form every year.

Completing this form and returning it immediately is critical for our records, and ensuring that we have up to date and accurate information about your child/ren.

We appreciate your prompt return of this form. If you need extras please call the front office.



Sports for Schools—Coles

As from this Wednesday 7th February - families will be able to collect vouchers to help our school provide extra sporting equipment for our students.

We will have a box in the school reception area for families to drop off vouchers. Each \$10.00 spent at Coles is a point for our school. At the end of the promotion we will be able to order brand new sporting equipment for the school.

The more vouchers—the more equipment we are eligible for. Your support is appreciated.

THIS WEEKS POSTIVE BEHAVIOUR FOR LEARNING LESSON (PBL)



LEARNING SAFETY RESPECT

This week the students participated in an introductory lesson around one of our school values – RESPECT.

All students discussed what respect looks like, sounds like and feels like and then brainstormed why it is important to show respect to all members of our school community.

This week all staff will be rewarding extra Henrys for those students who display respect towards others.

Well done once again to all students who have had a positive start to the school year. Keep up the great effort.

Regards

PBL Team

The Sir Henry Parkes Memorial

PUBLIC SCHOOL



LEARNING SAFETY RESPECT

TERM 1 School Planner and Canteen Information

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 February	12	13	14	15 SRC and house captain's Induction	16 Zone Swim Carnival
Week 4 February	19	20 Vision screening	21 Meet the Teacher BBQ	22 K-6 Assembly 12pm Dugongs item	23
Week 5	26 Parent Helper	27	28 AECG 11am	1 School photos	2
Week 6 March	5	6	7	8	9
Week 7	12	13	14	15	16

Canteen Roster

Wednesday 14th	Tammy Morris Sandi McCowen
Thursday 15th	Jayne Collier
Friday 16th	Elaine Mannion
Monday 19th	Sue Dowd
Tuesday 20th	Nicole Arnold
Wednesday 21st	Vicky Hill Sandi McCowen

Homebake

Monday 19th	Roxanne Bancroft- Stuart
Wednesday 21st	Sandi McCowen
Friday 23rd	Bec Ebborn

CANTEEN INFORMATION

MEAL DEAL

'A McHenry's Feast'

A henry's roll (lettuce, cheese & mayo and a chicken tender on a long roll) a popper and a cup of ice cream with chocolate ice magic topping & sprinkles

Other choices: Sausage roll \$3
Snack pie \$1.50

HEALTHY LUNCHBOX SUGGESTIONS

tandoori and mint yoghurt mini pockets

30/11/2016 Canteen recipes, Everyday, GREEN, Hot meals, Recipes, Sandwiches & wraps

GREEN (ACT & SA) / Everyday (NSW)

Makes 50

Ingredients:

- 1 tablespoon canola oil
- 1 large onion, diced
- 1 large zucchini, grated
- 2 tablespoons Tandoori paste
- 2kg lean chicken mince
- ¼ cup water
- 500g Greek yoghurt
- 50 x 10 inch wholemeal tortillas
- 2 cucumbers, thinly sliced

For the yoghurt:

- 1 bunch mint, chopped
- 500g Greek yoghurt

Method:

1. Heat oil in fry pan then add the onion and zucchini and cook until soft.
2. Add in the Tandoori paste and stir well, before adding the mince and stirring until cooked through.
3. Add the water and yoghurt and stir well.
4. Bring the mix to the boil, then lower the temperature and simmer for 8 minutes, stirring occasionally.
5. Meanwhile, mix the mint yoghurt ingredients together.
6. Spread the yoghurt mix on the tortillas with a few slices of cucumber, then spoon on 40g of the Tandoori mix and fold into an envelope shape.
7. Toast in the sandwich press until golden.

Tips:

- This recipe can be premade and frozen until ready to use.

