

Together we grow



Carool

PUBLIC SCHOOL

Term 2 Week 10

30 June 2023

End of Term

As we look back on the past 10 weeks, it is wonderful to see the accomplishments and growth in each student. There have been a number of different events and activities which the students have eagerly embraced.

As we look forward to the upcoming break, we hope everyone will be able to take some time to rest, rejuvenate and recharge for Term 3.

Students return on Tuesday 18 July.

Semester 1 Student Reports

Semester 1 student reports have been sent home today. Please do not hesitate to contact the school at any time to discuss your child's progress.

Public Speaking

Next term the students will prepare and present a short speech as part of the English curriculum.

Please see the attached note for information regarding the speeches.

2023 Premier's Reading Challenge

With the holidays coming up, there is no better time to log some books for the Premier's Reading Challenge. There are thousands of different titles which can be read as part of the challenge.

Students can check their progress on the PRC website by logging in at <https://online.det.nsw.edu.au/prc/home.html> and sign in using their DoE username and password.

From there students can add to their reading log, search for books by title or author, that they wish to read and much more.



Education

UPCOMING EVENTS

JULY

Monday 17

- Staff development day
- no students

Tuesday 18

- First day of Term 3 for students
- AFL for sport

SEPTEMBER

Friday 15

- Small Schools Ball Games



NSW Department of Education

2023 NSW Premier's Reading Challenge
Start reading now!

Key dates for students in K-10:
Challenge opens Monday 27 February
Challenge closes for student entries Friday 18 August

AFL for sport

We have received Sporting Schools funding for Term 3 sport. We will be doing AFL every Tuesday for 5 weeks commencing Tuesday 18 July (first day back).

Home Reading

Congratulations on achieving the Home Reading milestone:-

100 nights

Ben



NAIDOC

NAIDOC is celebrated around Australia this year from Sunday 2 July – Sunday 9 July. The national theme this year is 'For Our Elders'.

On Tuesday, the students watched a presentation from Taronga Park Zoo. Uncle Col and the zoo's education officers shared information about some of our native Australian animals.



To celebrate NAIDOC week students enjoyed making Johnny cakes over an open fire , creating works of art and playing indigenous games

Breakfast Club Cooking

Cinnamon and Apple Scrolls

The students enjoyed cinnamon and apple scrolls for Breakfast Club last Monday. Making the scrolls could be an idea for during the holidays.

2 cups self raising flour
90 g butter
150ml milk
70 g extra butter room temperature
¼ cup brown sugar
3 tsp cinnamon
1 apple peeled, cored and cut into very small chunks
1 cup icing sugar
3 tbs hot water approx.

Instructions

Preheat oven to 210 degrees (fan-forced). Lightly grease a 20cm round cake tin and set aside.
(Alternatively, a 12-hole muffin tray could be used)

Sift flour into a bowl. Rub in the butter in using your fingertips.

Add the milk and mix to a soft dough. Knead on

floured surface until smooth.

Roll the dough out into a 5mm thick rectangle.

Place the extra butter, brown sugar and cinnamon into a bowl. Mix with a spoon until creamy and smooth.

Spread the cinnamon butter mixture onto the dough. Sprinkle over the chopped apple.

Gently roll the dough up into a tube (lengthways). Use a sharp knife to cut the roll into 10-12 pieces.

Place the pieces cut side up into the prepared cake tin (allow the rolls to touch one another as this will help them to rise).

Bake for 15 minutes or until golden brown. Allow to cool slightly in the tin.

Place the icing sugar and 2 tbs hot water into a bowl. Mix until a smooth paste forms. Use a spoon to drizzle over the buns.

Note: If the mixture is still too thick, add another tablespoon of hot water and mix for a further 10 seconds.

Serve warm or cold.

Nutrition Snippet

WAYS TO MAKE VEGIES TASTY



- **Sneak them into a saucy meal like a pasta bolognese**
- **Season sweet potatoes with herbs and spices**
- **Bring out natural sweetness by roasting**

Check out more top tips at

www.healthyhunchbox.com.au/blog/6-ways-to-make-vegies-taste-delicious/

Nutrition Snippet

SPINACH TRIANGLES



Ingredients

1 tsp olive oil
1 brown onion, finely diced
1 clove garlic, crushed
250g frozen spinach, thawed, liquid squeezed out
250g low fat ricotta
½ lemon, zested
1 egg, lightly beaten
12 sheets filo pastry
Spray olive oil

Method

Preheat oven to 180°C. Line two large oven trays with baking paper.

Heat olive oil in a small fry pan over medium heat. Add the onion and garlic and cook stirring occasionally until the onion softens. Transfer to a bowl and set aside to cool.

Add the spinach, ricotta, lemon zest and egg to the onion mixture and combine.

Keep pastry sheets you're not working with covered with a damp tea towel, so they don't dry out. Place 1 sheet of pastry on a clean surface and spray with oil spray. Top with another sheet of pastry. Spray. Top with a third sheet of pastry and spray.

With the long sides facing you, cut pastry into 5 vertical strips. Put 1 tablespoon of the spinach mix in the corner of a strip and fold diagonally to form a triangle. Repeat with remaining pastry and mix.

Arrange on the oven trays and spray with oil. Bake for 20-25 minutes or until golden.

healthyhunchbox.com.au

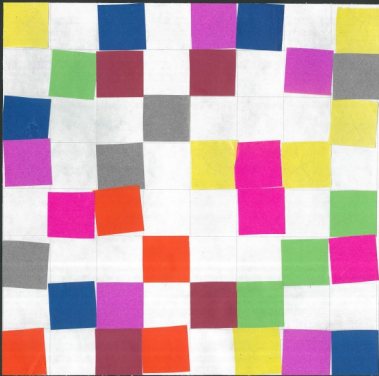


Cancer Council
Healthy Lunch Box

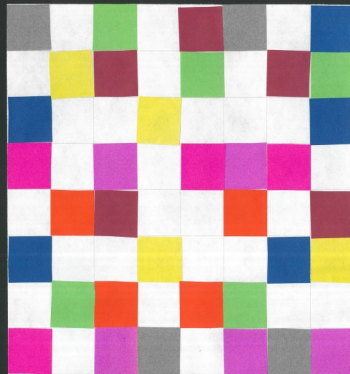
ART

The students have been investigating the works of Ellsworth Kelly – an American abstract artist. They have created their own versions of three of his works – Colours for a large wall, Spectrum and Meschers.

Harlen



Ben



Oliver



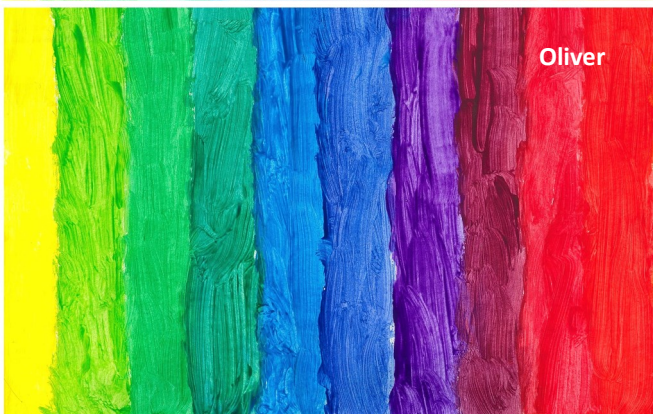
Ben



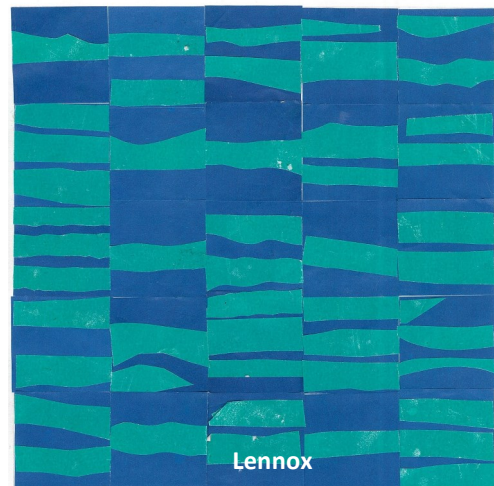
Harlen



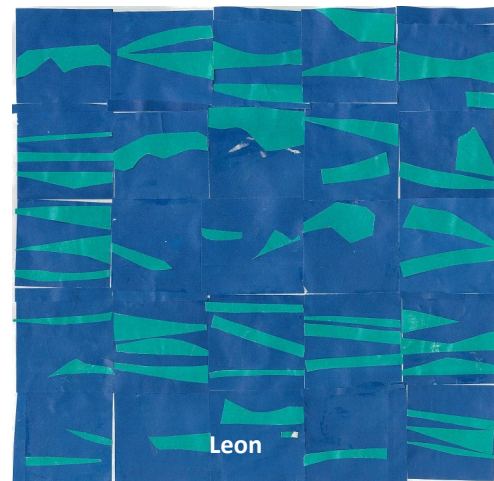
Oliver



Lennox



Leon



Oliver

