



The Vaucluse Weekly

Friday 12 May , 2017 Term 2 Weeks 3

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Term 2 Week 6	Reconciliation Week	29 May – 02 June
Term 2 Week 8	Queens Birthday Public Holiday	Monday 12 June
Term 3 Week 6	Book Week	21 August—25 August



Some of our *happy campers* warming things up ready for the
 Damper Bread at
 The Great Aussie Bush Camp this week.

The Principal's Report

Dear Parents

It has been a very big week at Vaocluse Public School. NAPLAN testing has taken place for Year 3 and Year 5. Our teachers have been quietly preparing our students for the testing with a minimum of fuss. At Vaocluse PS we try to keep the lead up and the testing week very low key. NAPLAN tests our students on their basic skills. The data provided by NAPLAN is extremely valuable to us. It provides rich data that informs our teaching and learning programs. Year 5 data also tells us about how much value has been added to each student's learning since Year 3. It is in our student's very best interest that they feel calm and relaxed and we get a true picture of where their skills are at. Thank you to all those parents who have supported their children through this process. The staff also appreciate your positive feedback in regards to the management of NAPLAN at our school.

On Wednesday morning at 7am we waved off the very happy Year 4 campers. A team consisting of Philippa Allen, Ella Vial, Tom Styles and Jessica Timbs accompanied them. We have had several daily reports and photos. They are all clearly having a wonderful time. The Great Aussie Bush Camp is a wonderful opportunity for a first venture out of the nest. By day two our students really relish the feeling of independence that comes from being at camp. By the end of the camp experience our students look back on their three days away and have tangible evidence of their success and many opportunities to build resilience. To undertake a camp experience is a very large responsibility. Staff are asked to take on long hours (there is often not a lot of sleep), 24 hour vigilance of their students and time away from their own families that often requires partners to take on a larger load and much complex organisation. There is also the cost to parents. The Department of Education does not provide any funding for school camps and the cost is always significant. We think it is very worthwhile. Our students gain so much from the experience. Thank you for continuing to support the camp experience.

There has been a great deal of activity in our staff car park at the Cambridge Avenue entrance to the school this term. We have an increased number of taxis for students in the Support Unit. We also have a number of parents whose children use wheelchairs using the car park. The building contractors installing the lift use the car park for deliveries also. Consequently there is very little room for additional cars. We have had a number of parents use the car park and this has created all sorts of challenges which impact on the safety of our students. Can we request again that parents do not use the car park under any circumstances. We have had some very unpleasant exchanges which have been quite awful and not in the spirit of our school when parents have used the car park in an unauthorised way. We would very much appreciate everyone's support with this problem. Thank you to those parents who do consider all the students in our school and park and walk.

This morning we had our Mothers' Day festivities at Vaocluse PS. The day started with the most delightful concert. It included presentations from all classes and wonderful dance items from the school's Before School and Curriculum dance program. Mums and Loved Ones then visited the classrooms to receive their portraits. Our special guests were then treated to a beautiful morning tea. The scones were baked by our students and Camille in the Stephanie Alexander Kitchen during the week. After recess our students had the opportunity to shop and purchase gifts for their Loved Ones. Many parents supported this stall by sending in numerous presents so that there were enough gifts for everyone in our school to purchase a present. We really appreciated all those parents who went home yesterday and purchased extra gifts to send into school today. It was a day to celebrate love in all its shapes and forms. Thank you to all those Loved Ones who came and were part of an enthusiastic audience. We will be thinking of you on Sunday.

Happy Mothers' Day

Maureen Hallahan









Two very
happy campers
concentrating on making
the perfect breakfast.



Mr Styles
loves
trees.....
He is also
missing
Mrs Styles.





Miss Allen
and our Year 4 campers are right on target .
Another great nights sleep was had by all and
everyone was ready for another action packed day
today.
We look forward to hearing all your camp stories.





SAKG nurturing from garden to table

Garden

Our students have come back from holiday seeing all their hard work with Rudi in the garden last term rewarded with fruit-laden trees, a burst of ready to eat greenery, and passion fruit dropping from the vine in quantities never seen before. In fact, for some of our citrus trees this is the very first time they've born fruit!

Chooks

But, what really set the tongues wagging from K to 6 is our new laying hens.

Thanks to the funding SAKG receives from parents and the P&C we were able to retire our lovely old hens (Catniss and Nugget) to a farm in Gladstone QLD, where they will help raise hatchlings, and purchase 6 new hens.

After spending a few hours in the holidays cleaning out the chook pen, disinfecting and de-lousing in readiness for the new girls, we received an hour-long lesson in looking after our new additions - it seems some of our practices (like dropping food into the bark area) causes bacteria and other nasties.

We are already getting eggs each day for the kitchen and that number will increase as the hens mature.

Kitchen

This term the kitchen will enjoy the broccoli, kale, carrots, onions, beans, asian greens, cabbage, eggs and much, much more from the garden. Next week is the annual scone bake-off for mother's day - volunteers in the kitchen are needed!

Our lovely chef Camille has worked hard to give the students a variety of cooking-style experiences and flavours. It's a real pleasure to volunteer with the classes and see first-hand the children's interest and enthusiasm.

Working in a group, giving and sharing responsibilities and food awareness is valuable education in itself. But it's the subtly acquired competencies from following a recipe, measuring, heat, texture, tool use and dining together that really propels their growth and maturity.

Opportunity

The garden is available to EVERYONE to enjoy, so please take your children to say hello to the chickens and learn where our veggies come from. Teach the children what a weed is and what has to stay in the ground and generally enjoy the ever-changing landscape.

The garden is not a place suitable for unsupervised play, however, so if you see small children in the garden at any time without an adult please either take responsibility for them or lead them safely out of the garden. This is especially important at after-school pick up.

Camille and the teachers are incredibly busy supervising and assisting the students during cooking classes and they rely on volunteer help - especially for the year 3 and 4 classes. Please have a look at the roster on the kitchen door and put your name down where you can.

If you're a parent in K - 2 volunteering in the kitchen or garden is also a nice way to not only see how your contribution enriches the school as a whole, but what your child will experience in years to come.

Coming up

- Garden working bee, date TBC
- Call for donations of bags of manure/compost

Parent and student SAKG survey

If you have any questions or would like to volunteer your time please email us at kitchengarden.vps@gmail.com



SENIOR CHOIR HAS LANDED!

**MONDAY LUNCH
3M CLASSROOM**

MISS MORGAN & MR GUZOWSKI



Dear parents

If you have children who are interested in music lessons , please be advised that there are some good time slots available for piano Tuesdays after school.

There are also places available for drum lessons with renowned drummer and tutor Andy Byrnes ,Thursday afternoon, after to school.

Lessons at Big Note take place in the K-2 section of Vaucluse Public School ,
Monday to Thursday after school.

Please contact **Chris Wilson** for info:

mobile phone-**0425 291 877**

or bignotemusicschool@gmail.com

Cheers

Chris Wilson





Asian greens samosa

(with lemon and soy dipping sauce)

Equipment

- Measuring cups and spoons
- Frying pan
- Mortar and pestle
- Mixing bowls
- Chopping boards
- Chef knives
- Grease proof paper
- Pastry brush

Ingredients

- 1 carrot, shredded
- 2 spring onions, finely sliced
- 1 garlic clove, crushed
- 1 tsp fresh ginger, crushed
- 1 cup baby spinach
- 2 cups Asian greens (bok choy, pak choi, etc....)
- 1 tbsp soy sauce
- 1 tsp corn flour
- 1 tsp sesame oil
- ground pepper
- spring roll pastry
- olive oil

For the Lemon soy dipping sauce

- 1 1/2 tbsp lime juice
- 1 1/2 tbsp lemon juice
- 2 tbsp soy sauce

From The Garden

- Asian greens
- spring onions
- lime and lemon

What to do

To make the filling:

1. Have all the vegetables ready.
2. Divide between two bowls:
 - a. The green onions, carrot, garlic and ginger goes in one bowl,
 - b. The baby spinach, and Asian greens, goes into the other bowl.
3. Place 1 tablespoon of olive oil in the frying pan and add the green onion, carrot, garlic and ginger. Turn the heat to medium high and cook for about 5 minutes, continuously stirring.
4. While this is cooking, combine the soy sauce, corn flour, sesame oil and pepper in a small bowl. Stir until everything is well mixed.
5. Add the spinach and Asian greens to the pan. Cook and stir for 2 minutes, then add the sauce you made in step 4.
6. Cook and stir for a final 2 minutes, then turn off the heat. Be sure that everything is well stirred. Spoon the filling into a bowl and set aside to cool.

To make the samosas:

7. Preheat the oven to 220°C.
8. Line a baking tray with baking paper
9. Defrost the spring roll pastry (if frozen) and place the stack onto a cutting board.
10. Cut the spring roll pastry into 3 evenly sized rectangles (strips). Add a spoonful of the filling and fold the pastry as shown in the image.
11. Use your finger to brush on the paste (made from flour and water) before you make the last fold.
12. Brush the samosas with sesame oil and place on the baking tray.
13. Bake for 5 minutes, flip the samosas, and bake for 5 more minutes.





Som Tum (green papaya salad)

Equipment

- Grater
- Scissors
- Chopping boards
- Chef knives
- Mixing bowls

What to do

1. Combine the sugar, fish sauce, lime juice, sesame oil and chilli in a bowl, stirring to dissolve the sugar.
2. Place the remaining ingredients in a separate bowl, crush with the back of a spoon to release the flavours.
3. Pour over the dressing and toss to combine.

Ingredients

- 1 1/2 tbsp brown sugar
- 1 tbsp fish sauce
- 1 tblsp lime juice
- 1 tsp sesame oil
- 1 red chilli, finely chopped
- 1 green papaya, shredded
- A few cherry tomatoes, halved
- A few green beans, trimmed
- 2 tbsp chopped coriander
- 2 tbsp fresh Thai basil leaves, chopped

From The Garden

- green papaya
- lime
- chilli
- Thai basil



Welcome Back to Term 2

The Term 2 P&C meeting has been set for Tuesday 16th May at 1830
in the Library.

Please come and join us in supporting the wonderful community at
VPS.

All welcome.

Looking forward to seeing you there.





This week's assembly.





A taste of Mother's Day celebrations today. Our Hip Hop students were some of the amazing entertainment today. More photos coming next week.





VOOSC NEWS

At VOOSC this week everyone has been buzzing around getting ready for Mother's Day.

Trying to keep surprises top secret has really been a task for some of our little friends. It's just too exciting we are told!

We wish all Mum's, Grandma's and special people who have this role, a very happy day on Sunday and hope you enjoy this precious time with your families.

Enrolments for 2018

We have had numerous enquiries about putting children's names on a waiting list for 2018.

Applications for Enrolment will not be accepted before Kindergarten Orientation 2017.

This is to provide all members both current and new, equal opportunity. Further information will be in the Newsletter as the date approaches.

VOOSC STARS

Stars for our Wall are Fame this week have been awarded to

Henry H

For persistence in Hula Hooping and perfecting your technique, awesome Henry!

William R

For responsible behaviour at all times and kindness and respect for everyone.

Antigone H

For showing kindness to everyone and offering support to your younger peers when they require assistance.

Well done to each of our stars, your place is well deserved.

Warm Regards

VOOSC Team



VOOSC Kids at play



Communicable Diseases Factsheet

Measles

Measles is a serious disease that is easily spread through the air. Immunisation is effective in preventing the disease. All children and adults born during or after 1966 should be vaccinated with 2 doses of measles containing vaccine if not already immune.

Last updated: 6 March 2014

What is measles?

- Measles is a viral disease that may have serious complications.
- In the past, measles infection was very common in childhood. Measles is now rare in NSW because of immunisation but many areas of the world continue to experience outbreaks. In 2008 there were 164,000 deaths worldwide due to measles.

What are the symptoms?

- The first symptoms are fever, tiredness, cough, runny nose, sore red eyes and feeling unwell. A few days later a rash appears. The rash starts on the face, spreads down to the body and lasts for 4-7 days. The rash is not itchy.
- Up to a third of people with measles have complications. These include ear infections, diarrhoea and pneumonia, and may require hospitalisation. About one in every 1000 people with measles develops encephalitis (swelling of the brain).

How is it spread?

- Measles is usually spread when a person breathes in the measles virus that has been coughed or sneezed into the air by an infectious person. Measles is one of the most easily spread of all human infections. Just being in the same room as someone with measles can result in infection.
- People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

Who is at risk?

Measles was common before 1966, so most people born before then are immune.

People at risk of measles include:

- people born during or since 1966 who have never had measles and who have not had two doses of measles containing vaccine from the age of 12 months.
- people with a weak immune system (e.g., people who are receiving chemotherapy or radiotherapy for cancer or people who take high-dose steroid medications) even if they have been fully immunised or have had past measles infection.
- people who are not immune and who travel overseas.

How is it prevented?

- The best protection against measles is immunisation with two doses of MMR vaccine (measles, mumps & rubella). This vaccine provides protection against infection with measles, as well as against mumps and rubella.
- MMR vaccine should be given to children at age 12 months and a second dose as MMRV (measles, mumps, rubella & varicella) should be given at 18 months of age.
- Anyone born during or after 1966 and who has never had measles infection or measles vaccination should see their doctor to make sure that they have had two doses of measles containing vaccine at least four weeks apart.
- It is safe to have the vaccine more than twice, so people who are unsure should be vaccinated.
- People with measles should stay at home until they are no longer infectious (i.e. until 4 days after the rash starts).
- For people who are not immune and have come into contact with a person with measles, infection can sometimes still be prevented with measles containing vaccine if given within 3 days of exposure or with immunoglobulin (a treatment made from blood that will protect against measles when injected) within 7 days of exposure.

How is it diagnosed?

- Measles is suspected when a person feels unwell, has a cough, runny nose or sore eyes and a fever followed by a rash.
- Whenever measles is suspected, a blood test and samples from the nose, throat and urine should be collected to confirm the diagnosis. Confirmation of the diagnosis is important as it allows prompt public health follow-up of other people who are at risk of measles.

How is it treated?

- People with measles infection are normally advised to rest, drink plenty of fluids, and take paracetamol to treat the fever. There is no specific treatment.
- While a person is infectious with measles it is important that he or she remains at home to reduce the possibility of spreading it to other people.

What is the public health response?

- Doctors, hospitals and laboratories, schools and childcare centres must notify cases of measles to the local public health unit. Public health unit staff will interview the doctor and patient (or carers) to find out how the infection occurred, identify other people at risk of infection, implement control measures (such as immunisation and restrictions on attending school or work) and provide other advice.
- The fact sheet, "Measles: Information for Contacts" has more information for people who have been exposed to an infectious person.
(http://www.health.nsw.gov.au/resources/publichealth/infectious/diseases/measles/measles_info_for_contacts.pdf)

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au