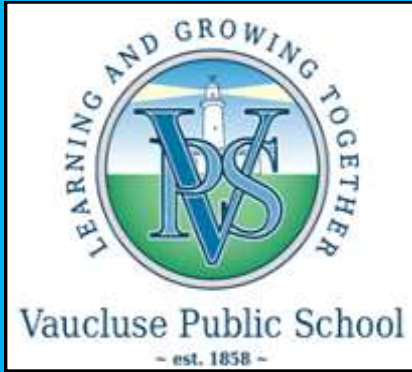


# The Vaocluse Weekly



**Friday 28 July , 2017 Term 3 Week 2**

Address: Cambridge Avenue Vaucluse NSW 2030 Tel. (02) 9337 2672  
Fax. (02) 9337 2163 Email address: [vaucluse-p.school@det.nsw.edu.au](mailto:vaucluse-p.school@det.nsw.edu.au)  
Website: <http://www.vaucluse-p.schools.nsw.edu.au/>

Term 3 Week 3	Grandparents Day	Wednesday 2 August 12:15
Term 3 Week 3	Education Week	Monday 31 July—Friday 4 August
Term 3 Week 6	Book Week	21 August—25 August



## The Athletics Carnival

Appley and Octavia are not only good sports.

They are loving sisters who competed together in the same race at the Athletics Carnival last week.

## *The Principal's Report*

Dear Parents

Thank you to all those parents who supported their children at the Sports carnival. The staff were very happy with Waverly oval as the new venue. As with any new situation there are always unforeseen issues that need to be worked through. The staff at Vacluse Public School have a practice of debriefing after each school event to evaluate and make sure the next time we participate in the event it is even better. One of the issues that was raised was the number of parents buying ice blocks for their children from the café. We would always ask that at any school event unless you were prepared to buy ice blocks for everyone you would not buy them just for your child. It is really very difficult for students who do not have parents attending to watch a few students eating treats in front of them. I am sure with a little thought we may all be able to make sure our students do not feel disadvantaged because their parents cannot attend a school activity. We would very much appreciate your support with this.

We would also like to seek parental support with something that is becoming a large problem in the afternoons after school. We regularly remind parents to go straight home after school and not to use the playground equipment. We understand that the school playground is a great place to catch up, develop new friendships and strengthen old ones. We would ask that you keep an eye and supervise your students if you are in the playground. There are many children who are going to the garden after school and doing quite a lot of damage in the garden area. Our students work with Rudi each week to plant and harvest and take great pride in our garden. At present there are children digging up seedlings and damaging our very special garden because they are unsupervised. Please make sure your children do not enter the garden without you. We would appreciate our student's hard work being treated with respect. We also plant a certain amount to ensure we have enough produce in the kitchen for all students to cook with each week. At the moment because of the damage to the garden we are not meeting the kitchen's basic needs. This has a serious impact on our Kitchen garden program.

Next week is Education Week. The theme is *I Learn. We Learn*. At Vacluse Public school we are celebrating Education Week with a week of activities based around Wellbeing. Each class across the school will be doing a variety of activities each day. Wednesday is our Open Day and also Grandparents Day. We are looking forward to seeing all members of our families here. Laura Caesar has organised a Book Fair so parents and grandparents can donate a book to the library. By now you should have received an invitation which you will also find in the newsletter.

A reminder also for our information afternoon on Thursday 3 August at 2pm in the library on the National Disability Insurance Scheme (NDIS). We have a guest speaker, Laura O'Reilly from Fighting Chance coming to speak to us. Please feel free to attend if you are interested.

Thank you to all those parents who came to the P&C meeting on Tuesday evening. It is wonderful to see the commitment of these parents who just want to make our school a better place for all students. We are looking for volunteers in the uniform shop. The P&C run the uniform shop and keep prices to a minimum. Without volunteers it cannot operate. If you have a spare hour on a Friday morning please let us know. We are also looking for volunteers in the garden and in the kitchen. Working in the school is a great way to get to know your school and your children's friends. It also means added value to all the things that we do and wonderful outcomes for all our children. There is a big body of research that tells us what a positive effect parent involvement has on student learning.

*Maureen Hallahan*

*Happy and Very Sad news from Rudi  
in the Stephanie Alexander Kitchen Garden.  
Please help us save our garden beds.*

Gardening this week got on top of all the weeds again coming up since the working bee. The students planted leeks, spinach and parsley. We also got through our pile of health, sweet smelling mulch.

The students sifted compost and spread it on garden beds for seedlings and seeds. We made up delicious worm wee from worm castings and watered all our trees and perennials with it.

Overall it was a beautiful autumn day with a taste of spring in the air.

On a sad note, half our purple cabbage ,beetroot and lettuce crops has been pulled out and fed to chickens. Twice this week I have seen children doing this. Feeding nice juicy lettuce plants, roots and all. Please supervise your children whilst they are in the garden. We cannot afford to lose any more crops this year as the kitchen needs every morsel.



Cheers Rudi

**A quick glimpse of our  
depleted garden beds**







Students from Stage 3 use our bank of Chrome Books on a regular basis. They are used for research purposes, literacy, numeracy and computer science. Many thanks to The Vaocluse P & C for helping to fund such a great resource in our school.



## The Athletics Carnival











## Athletics carnival

On Tuesday the 25 July 2017, Vaucluse Public School had an athletics carnival at Waverley Oval.

First up we had the 1500 metres. It was the first ever time we had held that race. We then went on to the 100 metre race which everyone did extremely well in. We carried on to the 200 metre then the 800 metre. The last race was the house relay. We had a magnificent day. All students ran hard. Even though some students did not participate they cheered on their house mates.

By Phoenix 5/6S



# Invitation

Education Week Activities  
Grandparents Day and Open Day  
Wednesday 2 August 2017

Dear Parents, Friends and Grandparents

The theme for Education Week 2017 is ***I learn, We learn.*** At Vaucluse PS we will be conducting a Wellbeing Week as part of Education Week.. Each day, every class will be participating in activities that promote wellbeing. We will be meditating, eating healthily, exercising, practising yoga, dancing, being mindful, being grateful and spreading kindness. As part of our Education / Wellbeing Week the students and staff of Vaucluse Public School would like to invite you to an ***Open Day / Grandparents Day*** on ***Wednesday 2 August 2017.*** We will be promoting and practising wellbeing in a variety of ways. Activities will commence at 12.15 pm.

The program for all classes will be as follows:

- ***12.15:*** Visit your child / grandchild's classroom to participate in wellbeing activities.
- ***1.10:*** Picnic lunch in the bottom playground on the grass with your loved ones. Bring a picnic lunch or purchase from the canteen sandwiches, coffee and other home-made goodies. Ilanna will be selling a variety of sandwiches ( poached chicken and salad, tuna salad, Ham, cheese and tomato, egg and lettuce)for \$5.
- ***1.10:*** Visit our Library and donate a book to either our fiction collection or non fiction collection. Our Librarian Laura Caesar has ordered many books that teachers have identified as resources for units of work. This year we have focused on STEM books and are looking forward to building up our resources.
- ***1.30:*** Enjoy a guided tour of our school including our garden. Make sure you visit the kitchen. Tea and coffee will be served on the kitchen verandah for a gold coin donation.

***We look forward to seeing you on Wednesday 2 August 2017.***

***Maureen Hallahan and the staff and students of Vaucluse PS***  
***25 July 2017***





# Rocket Pesto Spaghetti

## (with snow peas and sweet potato)

### Equipment

Large saucepan  
Frying pan  
Wooden spoon  
Baking tray  
Chopping board  
Chef knives  
Blender  
Mortar

### Ingredients

400g sweet potato, peeled,  
seeded cut into 2cm pieces  
550g spaghetti  
2 tbsp olive oil  
1 tbsp of soy sauce  
1 tbsp sesame seeds  
150g snow peas  
2 garlic cloves  
2 spring onions  
Salt and pepper

### Rocket pesto:

1 bunch rocket, coarsely  
chopped  
2 garlic cloves, chopped  
1/2 cup (40g) finely grated  
parmesan  
1/2 cup (125ml) olive oil

### in The Garden

- Rocket
- Snow peas
- Sweet Potato
- Spring onion

### What to do

1. Preheat oven to 200°C. Line an oven tray with baking paper. Place the sweet potato on the tray and drizzle with oil. Season to taste with salt and pepper. Bake in oven for 30 minutes or until golden and tender.
2. Finely chop spring onion, snow peas and garlic.
3. Heat oil in a medium frying pan over medium heat, add the garlic, and cook for 30 seconds, add the snow peas and spring onion and cook for 2 minutes. Finally, add the soy sauce, sesame seeds, cook for 30 seconds, and set aside.
4. Cook the pasta in a large saucepan of boiling salted water until al dente. Drain well and transfer to a large bowl.
5. Meanwhile, to make the rocket pesto, grind the garlic in the mortar, and place it with the rocket and parmesan in the blender jar and process until finely chopped. Add the oil and process until well combined. Season to taste.
6. Add half the pesto to the pasta with the sweet potato and snow peas. Gently toss until just combined. Divide among bowls. Drizzle with remaining pesto.



VPS CLOTHING POOL IS OPEN FRIDAYS 8AM - 9.30AM.  
WE WILL NO LONGER BE OPEN ON WEDNESDAY MORNINGS.







SYDNEY  
ACADEMY OF CHESS

**CHESS CLUB**

Level 1 30A George St, Burwood 2134

Office: (02) 9745 1170

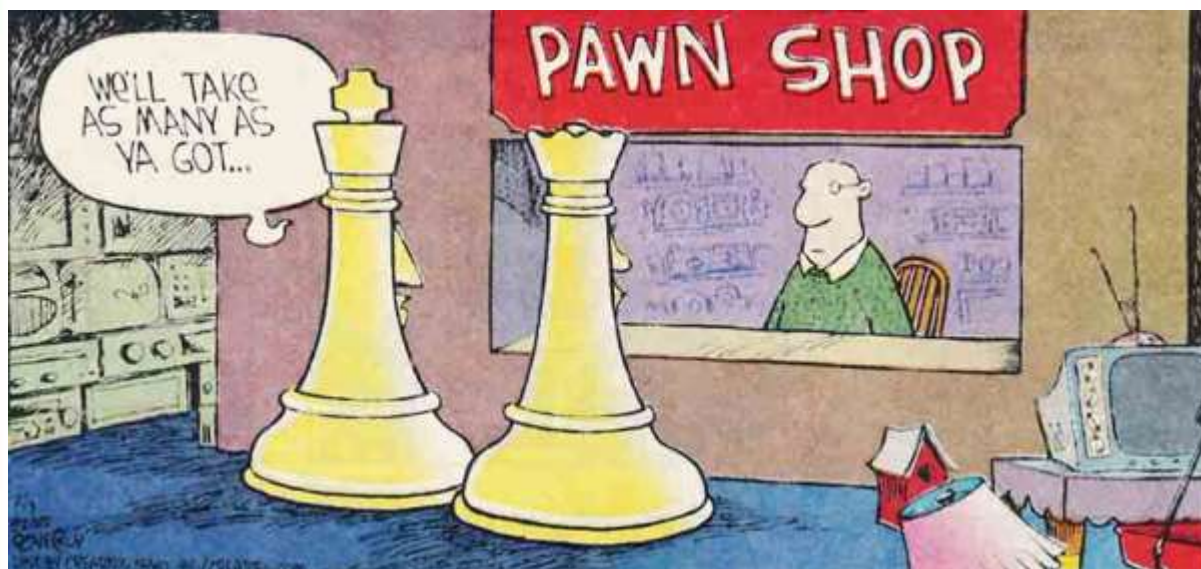
## CHESS!!

Learn to be a chess champion! Coaching for students at Vacluse Public School is held on Tuesdays from 1:15pm to 2:00pm.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.



Book  
week  
2017

Withering-  
by-Sea

Jimmy  
COOK

Roald  
Dahl

Escape to  
Everywhere



WE WILL BE  
CELEBRATING BOOK  
WEEK IN WEEK 6! Stay  
tuned for more details!



## Premier's Reading Challenge Update



**Don't** forget the PRC closes Friday 25<sup>th</sup> August!

**So make sure you have entered all the books you've read** during the challenge into your online reading record before then to have your achievement recognised. Certificates are sent to schools and distributed at the end of term 4.

Happy reading!

# RUN FOR FUN...BE YOUR BEST!



## South Eastern Little Athletics Centre

### Who are we?

South Eastern Little Athletics Centre (SELAC) competes at ES Marks Field, on Boronia Street in Kensington.

The 2017/18 season commences Saturday 23rd September 2017.

We meet every Saturday morning between 8.00am and 11.00am during the Summer Athletics season (September–March).

We are a family oriented club that has many fine athletes including State and Australian champions!

### We can help your child get fit and have fun.

We offer a well-rounded experience that includes:

- ✓ Fun for athletes from age 4 to 17
- ✓ 'State of the art' facilities
- ✓ A friendly atmosphere that encourages all athletes
- ✓ A full program that includes all field and track events
- ✓ Coaching available for all interested athletes

### How to Join – Register and pay online

Register and pay fees online from 1st August 2017.

Family discounts available. \$10 off per child for additional children in the same family.

Two week free trial period! (new members only)

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Tots and U6: \$125

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U7 to U17: \$160

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Or attend our registration days

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When: 2nd and 9th September

---

Time: 9.00am–11.00am

---

Where: ES Marks Field, Boronia Street, Kensington

---

Little  
Athletics  
=  
Fitness  
+  
Fun!

For more information or to register online please go to:

[www.southeasternlac.org.au](http://www.southeasternlac.org.au)





## Vaucluse Public School KINDERGARTEN Orientation Day for 2018

**Wednesday 09:00am, 23 August, 2017**

In a tranquil, low-traffic area with beautiful gardens, our children enjoy the perfect environment for learning and growing together. Building on a 150 year history, Vaucluse Public School's creative and inspiring learning environment is the perfect start to your child's educational journey.

Under the leadership of our Principal, Maureen Hallahan, Vaucluse Public School will nurture and encourage your child to achieve his or her true potential.

Our community invites you and your child to join us on Open Day 2017. We'd love to show you around our beautiful school. Please meet under the tree in our Kindergarten area, just off Village High Road, Vaucluse at 09:00am. Your precious little ones will be settled into classrooms with our Kindergarten teachers. Parents will then be guided by our school leaders in Year 6 to the school's hall for an information session.

***We are so excited!***

*At Vaucluse Public School....*

*Students create new friendships and support each other from Kindergarten to Year 6. Our students experience integrated learning with our Stephanie Alexander Kitchen Garden Program. Our students grow, harvest, prepare and share their delicious produce, building a lasting and respectful relationship with food and the environment. Our students participate in public speaking and debating.*

*Extra-curricular activities include:*

*Art classes, dance, drama, gymnastics, computer, coding, chess, tennis and more.*

*Outstanding before and after school care and Vacation Care.*

*Hebrew taught from Kindergarten to Year 6.*

# Check the canteen board for weekly specials



## WINTER MENU TERM 3

### LUNCH MENU

#### Wholemeal Sandwiches/Toasties

(GF bread available \$1 extra)

Chicken salad (DF, H)	.....\$5
Tuna salad (DF, H)	.....\$5
Cheese and Salad	.....\$5
Ham, Cheese and Tomato	.....\$5
Egg Salad Sandwich	.....\$5
Cheese OR Vegemite	.....\$3
Toby Special (tomato paste and cheese, toasted)...	\$3

#### Pasta

(GF DF pasta available)

Spaghetti Bolognese	.....\$6
Penne Napoli	.....\$6

#### Salad Boxes \$6

**Crunchy Chinese Chicken and Cabbage Salad** - Poached chicken breast, Wombok cabbage, snow peas, shallots, toasted seed sprinkle and crispy noodles with sesame Asian dressing.

**Snack box** – Hard boiled egg, dill pickle, a slice of cheese, sliced seasonal fresh and steamed vegies (carrot, capsicum, celery, cucumber, broccoli), rice crackers and hummus.

Chicken Noodle Soup	.....\$2.50
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#### Daily Specials \$6

**Monday** – Macaroni and Cheese

**Tuesday** – Sushi. Teriyaki Chicken or Tuna or Vegetable (carrot/cucumber) hand rolls (2 per serve). (GF)

**Wednesday** – Baked Honey Soy Chicken Drumsticks served with Vegetarian Fried Rice (GF)

**Thursday** – Beef Hamburger. Pure beef burger patties served on a wholemeal bun with lettuce, tomato, onion relish and tomato sauce.

### SNACK MENU

#### Drink

Banana Smoothie (GF)	.....\$3
Mixed Berry Smoothie (GF)	.....\$3
Water	.....\$2
Fruit Juice Apple/Orange	.....\$2
Moove Milk	
Chocolate/Strawberry	.....\$2.50
Hot Chocolate	.....\$2.50
Coffee (adults only)	.....\$3.50
Tea (adults only)	.....\$2

#### Baked Goods

Banana bread	.....\$3
Fresh Muffins	.....\$2
Homemade sausage rolls	.....\$2
Pizza Scrolls	.....\$1
Garlic Bread x 2 Slices	.....50c
Chocolate Chip Cookies	.....50c

#### Frozen Treats

Frozen Quelch stick	.....\$1
Frozen Fruit cup (lunch only)	.....\$1
Twisted Frozen Yogurt cup	.....\$2.50

#### Snacks

Pop Corn: Salted, BBQ or Sweet and Salty (GF, DF, H)	.....\$2
Crispy Fruit Sachets: Apple, Pear, Strawberry or Mango (GF, DF, H, K)	.....\$2
Piranha Vege Crackers: Salt and Vinegar or Honey Soy (GF)	.....\$2
Fruit salad cup (GF, DF, H)	.....\$2
Watermelon cup (GF, DF, H)	.....\$2
Yogurt cup with berries and Granola	.....\$1
Hummus Cup with Vegetable Sticks	.....\$1
Custard Cup with Fruit Sticks	.....\$1

#### Catering Menu

Birthday Cupcakes (24 hours' notice required)	
\$2.50/cupcake	
Platter of Assorted Sandwiches (for 6 people)	\$25
Fruit Plate (For 6 people)	\$15

Please place all orders written on a paper bag or a re-usable lunch bag with the correct money in your class tray by 9.30am.

Please call Ilana for any catering orders on 0408854488 or email akresfam@gmail.com

DF – Dairy Free, GF – Gluten Free, V – Vegetarian, K – Kosher, H – Halal



## Why connect at school?

Peter held his daughter Rachel's hand tightly. It was a first for him to be taking Rachel to school. His heart was pounding as they made their way to the classroom. There was the teacher, Ms Lim. She smiled at them, "Welcome Rachel, hello Peter." Another child waved at Rachel. She seemed happy to have a friend to play with. So why was Peter still nervous?

"We're having a morning tea for parents next week. Will you come?" Ms Lim asked. "I'll try," Peter said. "It all seems different from when I went to school," he thought as he headed out the door. "They seem to want parents to be involved. I wonder what else has changed?"

### Schools can be scary places, and not just for children

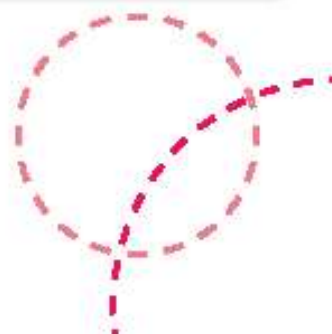
Parents and carers also need to feel welcome and at ease to get the most out of being involved with their children's school.

When parents and carers are involved and connected with school, children are better learners and have better mental health and wellbeing. This is an important emphasis in schools nowadays that may be very different from what parents or carers remember, or what they may have experienced in another country.

### Connecting at school

Being connected at school is not about having mobile phones and computers. It's about knowing you can get support, that you will be listened to, and that you can work together with school staff to help your child learn and develop. Working together to care for children is the best way for schools and parents and carers to support children's mental health and wellbeing.

- When schools and parents and carers work together, children find it easier to understand what is expected from them and are better able to manage. They have fewer behaviour problems and do better at school.
- When parents and carers are connected to school it helps them get support when they need it. Support may come from talking with teachers or other school staff, or from making connections with other parents and carers. Schools help families to connect through having lots of different activities that parents and carers can get involved in.
- Being connected to the school helps keep parents and carers informed. Parents and carers who are informed about what their children are learning at school and about opportunities to get involved are able to support them better at home.



**BRAND NEW! Gift Shop with Classes just Opened In Bellevue Hill  
(near Pasta Pantry on Bellevue Rd)**



Cicada & Co is more than a beautiful gift store filled with quality gifts and gorgeous treasures. We also host workshops and classes in the rear of our store and focus on giving back to a number of charities and initiatives throughout the year.

Children's classes are held Monday – Thursday after school, plus Saturdays. Adult classes will run throughout the week during school hours. School Holiday timetables will also be available.

We're currently building our schedule with a variety of classes on offer ranging from Chunky Knitting Scarves & Throws to Cyber Safety and much more.

Please register your interest on our landing page  
[www.cicadco.com.au](http://www.cicadco.com.au)

We're enrolling now for the following Children's Classes in Term 3:

**3:45pm Monday Kids Art Classes** with illustrator and art teacher Bronte Goodieson

**4:00pm Wednesday and 1:30pm Saturday Touch Typing** with Typing 4 Kids

Our current Giving Back focus is with *Their Beautiful Game*. We're collecting preloved soccer & football boots to be distributed to indigenous communities. Please tie the laces together of your boots, make sure they're in suitable condition for play & drop them into Cicada & Co. We'll take it from there!

Pop in to our opening party on 30 July from 1:00 - 4:00pm. There will be giveaways and discounts on the day!

Follow our social media [@cicada.co](https://www.instagram.com/cicada_co) on both Instagram & Facebook.

**Shop 2a, 19 - 21 Bellevue Road, Bellevue Hill**  
9046 9197 • [www.cicadaco.com.au](http://www.cicadaco.com.au) • [@cicada.co](https://www.instagram.com/cicada_co)





# VAUCLUSE PUBLIC SCHOOL WEEKLY TENNIS CLUB



## NEXT GENERATION SPORTS

Established in 2001 ABN: 80 111 922 279

## CONTACT PERSON

Ph: Jed Gould 0411 775 945

Email: [gouldj@krb.nsw.edu.au](mailto:gouldj@krb.nsw.edu.au)

## Your coach is Georgie Coutts - Tennis Coach Kincoppal – Rose Bay

DATE:	Friday July 21 – Friday September 22
MEETING POINT:	School Basketball Court
TIME:	3.30pm – 4.30pm
COST:	\$180 (Pro-rata rates for late enrolments) Cheques to NEXT GENERATION SPORTS
HOW TO ENROL:	Email: <a href="mailto:gouldj@krb.nsw.edu.au">gouldj@krb.nsw.edu.au</a> Post: PO Box 699 ROSE BAY NSW 2029

FORMS MUST NOT BE LEFT AT THE SCHOOL OFFICE



ANZ Hot Shots Tennis is the fun way for kids to learn how to play tennis at school. Smaller courts, nets, racquets and low-compression balls make learning easy and gives younger players the chance to serve, rally and score right from the first time they play.

### IMPORTANT POINTS

- Students won't be accepted without enrolment form
- Suitable for all boys and girls in primary school
- Coaches turn up for the tennis classes regardless of the weather conditions

SCHOOL  
OFFER

Buy a Junior tennis racquet add \$25  
Buy 3 soft tennis balls add \$10.  
Equipment is modified for children

## ENROLMENT SLIP | Tax Invoice ABN: 80 111 922 279 (Term 3 Tennis, 2017)

CHILD/REN'S NAME	MOBILE PHONE/EMERGENCY PHONE NUMBER (Must be supplied)	AGE
EMAIL ADDRESS	DATE OF BIRTH	BUYING A TENNIS RACQUET (\$25): <input type="checkbox"/> Yes <input type="checkbox"/> No
ANY MEDICAL CONDITIONS		BUYING TENNIS BALLS (\$10): <input type="checkbox"/> Yes <input type="checkbox"/> No
		AFTER SCHOOL CARE (If relevant): <input type="checkbox"/> Yes <input type="checkbox"/> No

I consent to my child attending the Hot Shots Tennis at VAUCLUSE PUBLIC and authorise the tennis coaches to supervise these activities. If medical treatment is required and contact cannot be made with a parent/guardian, I authorise the coach in charge to seek the necessary medical treatment. Next Generation Sports will not be held responsible for any accidents. I accept responsibility for the payment of this account.

PAYMENT METHOD: ☐ CASH ☐ CHQ ☐ VISA ☐ MASTERCARD ☐ MONEY ORDER AMOUNT ENCLOSED: \$ \_\_\_\_\_  
((\$3.00 c/c charge))

CARD NUMBER:

EXPIRY DATE:

PARENT/GUARDIAN SIGNATURE

I acknowledge my child is automatically enrolled unless I am notified by phone. Classes missed due to sickness or injury will be credited. No refunds given for students changing their mind on joining the program.



## Woolworths Earn & Learn 2017

Dear Parents,

### Woolworths Earn & Learn 2017

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school/early learning centre – and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 26th July to Monday 18th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent

When you have collected some Woolworths Earn & Learn Stickers you can bring them into school and place them in the collection box. The collection box is located in the front office.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn).