



The Vaucluse Weekly

Friday 9 November 2018

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Things to look forward to ..

Week 5

Tuesday 13th November- Year 6 fun day and Kindergarten 2019 Play and Stay

Week 8

Tuesday 4th- Thursday 6th December- Year 6 2019 Leadership speeches and voting

Week 9

Tuesday 11th December- Celebrations Concert

Thursday 13th December- Helpers Morning Tea and Whole School Assembly

Friday 14th December- Reports go home

Week 10

Monday 17th December- Presentation Day

Tuesday 18th December- Class Parties and Year 6 Farewell

Wednesday 19th December- Last day of school- It's holiday time!

Dear Parents

Wednesday was a hive of activity at Vacluse Public School in preparation for the Sustainable Art Show. Our students and teachers have been working on their installations and work for many weeks. The result of all this hard work is stunning. Thank you to all those parents who supported their students by attending and purchasing art works. If you have not had an opportunity to visit school, the stairwells and the hall still have some art works displayed. Our artist in residence and teacher Julie Lord, who also curated the art show has created a fabulous website that is very worthwhile viewing. You are able to access the website on the following link: <https://sites.google.com/education.nsw.gov.au/vps-sustainability-art-show/1b>

In addition to the art show on Wednesday there was a camera crew here from the Department of Education to film our students in class and in the kitchen. The Director of Learning for Port Jackson, Mark Barraket was also here to be filmed with the Executive team in action. Mark and the film crew were very impressed with our students, our teaching staff and the quality of the art show. Feedback from the crew was impressive. They made comments on the inclusive practices of our students and the strong collaboration between staff and this has translated into effective practice in our school. While Wednesday felt a little chaotic at times it was a great day for demonstrating how well students and teachers work together. A big thank you to our teachers who were here late into the night on Tuesday and Wednesday.

Work has finally finished on our 2018 Vacluse Voyage and the Yearbook has been sent off to the printer. Franchesca Halford and her team have been working extremely hard to put together another magnificent book of memories. Our students' treasure the Yearbooks and they are often preferred reading in the library.

Miss Friedlander took a team of Stage 3 students to Rose Bay Primary School this week for Battle of the Minds. Our students performed extremely well and many schools commented on our Vacluse Public Schools students and their respectful behaviour.

Our students coped extremely well when plans for the K-2athletics Carnival on Tuesday changed. A forecast for thunder storms meant a quick change in venue. All activities were held at school and everyone loved our new grass. The general consensus was that it was a great surface for running.

Next week we are looking forward to the Year 6 fair on Tuesday. The purpose of the fair is to raise funds for the Year 6 Farewell and gift to the school. Please see the flyer in the body of the newsletter. School life is growing busier as the year draws to an end. Please keep an eye on your little ones being mindful of getting to the end of term happy and whole.

Maureen Hallahan

YEAR 6 FUN DAY

TUESDAY 13TH NOVEMBER
MIDDLE PLAYGROUND
BRING MONEY COINS PREFERRED



SPOT THE
DIFFERENCE
\$2

SPONGE
THE
TEACHER
\$1/2



FAKE
TATTOOS
\$3

SHOOTING
COMPETITION
\$2

SPIDERS
\$3

SLIME
\$4

BAKE SALE
\$2/3

HAIRSPRAY
\$3

LOLLIES
\$3

PIN THE
THING
\$3

GUESSING
COMPETITION
\$2

FOOD
ZOO
\$3





Shideh and Rebecca our Baha'i friends treat us to Teacher Appreciation Day.





The Sustainability Art Exhibition





YEAR 2 CAME TO KITCHEN



WEEKLY SAKG REPORT



TERM 4 WEEK 4

THIS WEEK IN THE KITCHEN

With an abundant garden full of great things, we decided to create a whole load of delicious dishes to eat this week! The students prepared **Gnocchi with Leek and Silverbeet, Asian Slaw of the Imagination, Broad Bean Hummus and Rosemary Flatbread.**

There was so much wonderful, focussed work in the kitchen, and with a range of dishes to prepare the students are really getting the chance to expand their skills as well as their taste buds.

We have been so impressed with how the students have responded and adapted to the changes we have made to how the kitchen session runs. The levels of mature teamwork and cooperation are growing all the time.

A couple of weeks ago, we invited Year 2 to come and have a session in the kitchen, ready for them to start classes next year. They were all fabulous and thoroughly enjoyed their curry taste test at the end of the session, all making sure they washed and cleared up at the end. We can't wait to have them join us in 2019.

We are putting together a parent volunteer roster which will make it easier for you to come along and take part in a class or two (or more) over the term. Stay tuned!

Have a great weekend,

Justine & Leeann



ASIAN SLAW OF THE IMAGINATION



INGREDIENTS

SERVES 6

- ½ head of red cabbage
- 1-2 zucchini depending on size
- 1 red onion
- ½ green papaya
- small bunch of mint
- 1 tbsp sesame seeds

DRESSING

- 3 tbsp apple cider vinegar
- 1 tbsp sesame oil
- ½ tbsp honey
- 1 tbsp soy/tamari
- 1 clove garlic, crushed

FROM THE GARDEN

- cabbage
- zucchini
- red onions
- green papaya
- mint

EQUIPMENT

- Large bowl
- Chopping board
- Sharp knives
- Grater
- Small frying pan
- Measuring spoons
- Pestle and mortar
- Small bowl
- Fork

INSTRUCTIONS

1. Start by making the dressing. Crush the garlic in a pestle and mortar, and then combine remaining ingredients with the garlic in a small bowl.
2. Slice the red onion very thinly, and add to the bowl of dressing. Steeping the onion in the dressing will soften its flavour.
3. Finely slice the cabbage, and add to the large bowl.
4. Peel the papaya, and remove the seeds. Grate the papaya and zucchini and add to the cabbage.
5. Pick the leaves off the mint, and roughly chop. Add to the large bowl.
6. Place the small frying pan over a medium heat, and then add the sesame seeds. Dry roast them until they begin to turn golden, then set the pan aside to let them cool.
7. When you are ready to serve, toss the slaw to combine all the ingredients. Then pour the dressing and onions over all the vegetables and mix to coat everything evenly. Garnish with the toasted sesame seeds, and any edible flowers if you have them.



ROSEMARY FLATBREAD

INGREDIENTS

MAKES 30 SMALL FLATBREADS

- 2 tsp sea salt
- 2 cups lukewarm water
- 5 tbsp extra-virgin olive oil
- 1kg plain flour, plus a little extra for dusting
- 3 sprigs rosemary, finely chopped

FROM THE GARDEN

- Rosemary

EQUIPMENT

- measuring cups and spoons
- scales
- bowls - 1 small, 1 large
- plastic wrap
- rolling pin
- 2 frying pans
- spatula
- tongs
- 2 baking trays
- foil

INSTRUCTIONS

1. Preheat the oven to 50 degrees centigrade.
2. Pour the water into the small bowl. Add the salt and stir to dissolve. Add the oil.
3. Put the flour into the large bowl. Pour in the salt, water, rosemary and oil. Mix it together.
4. Make sure your workbench is clean, then sprinkle it with some of the flour.
5. Knead the dough for about 8 minutes.
6. Wrap it in plastic wrap until needed.
7. Tip out the dough onto your clean, floured workbench and divide it into 30 even pieces, each the size of a walnut.
8. Flatten each piece of dough with your hand, then roll it out thinly with the rolling pin, to about 10cm in diameter.
9. While the dough is being shaped, heat both frying pans.
10. Place a few discs of rolled-out dough into a hot, dry pan and cook them for 2 minutes. Flip them over with your spatula and cook for a further 2 minutes. You want them golden, with a few bubbles and darker spots, but not charred.
11. Transfer the cooked flatbreads to the baking tray using tongs. Cover the tray with foil and put it into the warm oven until you are ready to eat.



BROAD BEAN HUMMUS



INGREDIENTS

- 450g podded broad beans
- 100g cannellini beans
- 1 garlic clove
- 2 tbsp tahini
- 1 tbsp lemon juice
- ½ tsp salt
- ½ tsp ground cumin
- 4 tbsp extra-virgin olive oil, plus extra for drizzling

FROM THE GARDEN

- Broad beans

EQUIPMENT

- Medium saucepan
- Colander
- Food processor
- Citrus juicer
- Measuring spoons

INSTRUCTIONS

1. Fill a medium saucepan with water and bring to the boil.
2. Cook the podded beans in the boiling water for 5 mins, until just tender.
3. Pour cooked broad beans into colander, drain and refresh them under cold running water. Set aside to cool.
4. Once cool, peel the broad beans and discard the skins.
5. Place the broad beans (saving a few for garnish), cannellini beans, crushed garlic, tahini paste, lemon juice, salt and cumin in a food processor and start to blend, slowly pouring in the olive oil until completely combined. Use a little water to loosen if required.
6. Serve the homemade broad bean hummus in a bowl, topped with the saved broad beans, and a little drizzle of olive oil. Serve with rosemary flatbread.



BASIC GNOCCHI



INGREDIENTS

SERVES 6

- 1kg large potatoes (about 5 or 6)
- 350g plain flour
- 1 egg
- 1 tbsp salt
- Grated parmesan to serve

FROM THE GARDEN

- eggs

EQUIPMENT

- measuring spoons
- scales
- large stockpot with lid
- colander
- large bowl
- potato masher or ricer
- clean tea towel
- chopping board
- butter knife
- fork
- baking tray
- slotted spoon

INSTRUCTIONS

1. Place the potatoes in their skins in the stockpot, cover with water and boil until tender.
2. Drain the potatoes and allow them to cool slightly in the colander before peeling. (**Note:** If using a ricer you will not need to peel the potatoes.)
3. Put the potatoes into the large bowl and mash them with your masher until smooth, or pass them through a ricer. Do not over-mash or the potato will become sticky and your gnocchi will be heavy.
4. Rinse and refill the stockpot with water and bring to the boil.
5. Pour the flour onto a clean workbench, reserving 2 tablespoons to use later if required.
6. Put the mashed potatoes on top of the pile of flour. Add the egg.
7. Knead the mixture into a soft dough. If necessary, sprinkle a little extra flour to stop the dough sticking to the workbench.
8. Divide the dough into four, then roll each piece into a 2cm-wide log.
9. Cut the logs with the butter knife at 0.5cm intervals to create gnocchi, then lightly use the fork to create ridges on the gnocchi (don't squash them flat!).
10. Dust the gnocchi with a little more flour to stop them from sticking.
11. Dust a baking tray with flour and spread the gnocchi onto the tray.
12. To cook the gnocchi, add a tablespoon of salt to the boiling water, then carefully drop the gnocchi piece by piece into the pot, making sure they do not stick together. Boil them in two batches if necessary to avoid crowding the pot.
13. The gnocchi are cooked when they rise to the surface. Spoon them out with the slotted spoon into your serving dish. Serve with Leek and Silverbeet sauce and parmesan.



PLEASE FIND ME A HOME



This is Becky. Becky is a 10 year old beagle cross. She is a medium to large sized dog who has been in a family with two young children (now 8 and 6) for years, and has been a faithful companion to the kids. She is of a sweet and gentle nature, and needs a predictable routine. And of course, she is house trained!

Her family are relocating overseas and sadly they cannot take her. They are most concerned about her welfare and want to find a good home for her.

If you are looking for a canine family for your kid(s) and would like to know more, please contact Ronelle at rgeldenhuys@gmail.com for more information.

Thank you!

Jessica Lee (2M Alicia's mom)



VOOSC NEWS

VOOSC CHRISTMAS

PARTY

Wednesday

28.11.18

4:00pm- 5:30pm

Yes it's that time again!

Come and join us for a fun dance Party with DJ Nathan Short and enjoy a yummy sausage sizzle.

Children who don't normally attend on a Wednesday afternoon are welcome to join us but must be accompanied by a Parent /adult to assist with supervision and meeting ratios.

ALL attending must RSVP no later than 21.11.18 for catering purposes.

VOOSC STARS

This week our stars have been chosen for being cheery members of VOOSC and also being inclusive and kind to others.

Well done to all and welcome to our VOOSC Wall of Fame!!

William W, Madeleine W, Zac H, Alex O, Toby D, Saskia B,

Nash R, Poppy T.

Warm regards

VOOSC Team



Canberra camp

We woke up on an early, cold Wednesday morning in Sydney so we could get to school on time to get on the bus to Canberra camp. We had to make sure we packed all of our clothes and toiletries and get to school by 6:30AM. We met at the flagpole and saw all of our friends. After we had all compared the size of our luggage, Miss Morgan read out the groups for the buses. We boarded the buses and waved goodbye to our parents and siblings and started our journey to Canberra

During the long five hour trip to Canberra I was sitting next to Charlee and Emily. We were mainly silent at the beginning of the trip because we were so tired as we had to get up very early in the morning. We did however chat a little and I knitted most of the way there. Emily vomited, so Charlie had to move over to my seat. We were VERY excited when we got to our first stop and got to eat our food and go to the toilet. The rest of the bus trip was very talkative and finally when we got to Canberra it was very exciting. First I went to Parliament House to find out more about how the government worked. Our tour guide was very nice. We got to see a real Bill being presented to the House of Representatives it was really cool and exciting. We even saw the Magna Carta and a giant LEGO Parliament House. After that we went to the War Memorial and learnt all about World War I, World War II and the Vietnamese war. There were lots of cool stuff like Navy War ships, bombs and the eternal flame.

After our activities we headed to our cabins. We were all very nervous and excited about who's cabin we were in. I was in Block Two with my twin sister Astrid, Emily and Charlee. We all screamed so loudly when we saw how nice the cabins were, especially the ensuite and the roomy closet. We got changed, packed everything in the cupboard and headed on to the dining room to have a dinner. We ate gnochis. We got ice cream and a muffin for desert then went back to our cabins to have showers and get ready for bed.

The next morning we got up at 5:15 am and cleaned our room for a room inspection. We headed off to breakfast. I had toast with butter and sat next to one of my best friends Ava. After breakfast the teacher's called out the room winner from their inspection. Our cabin was very eager to win because you got a value pack of snakes if you won and it turns out we won! We immediately went to the teachers cabin to claim our pack of Snakes (which we saved for our midnight feast). During the day we did a bushwalk and an obstacle course, frisbee golf and yoga. At the end of the day we went stargazing and toasted marshmallows around a campfire. It was so fun. My favourite activity was the bush walk where we collected lots of pine cones. When we got back to our cabin that evening we ate our big delicious bag of snakes. When we had finished Miss Morgan tucked us in to bed and turned off the lights.

By day three we were finally at the end of camp so we got up and immediately packed all of our things in our bags and put them at the door. After that, we went up to our last breakfast at camp. I had my usual butter toast and cordial at breakfast. Then we said goodbye to our room and the campers and loaded our things onto our friendly bus driver Doug's bus and headed back to Canberra to go to the Electoral Centre to learn all about voting and how it works. We also went to the Royal Mint

where we saw coins being made and lots of expensive and valuable coins. Finally we went to the amazing Science Museum Questacon. It was so fun. We went down a giant slide and saw lightning in a cage but unfortunately there was a fire alarm so we were trapped in Questacon for 5 minutes with no exit and in those 5 minutes we were not allowed to look at anything. Fortunately it was just a false alarm. Once we were allowed back outside we boarded the busses and rode the long way back to Sydney. The bus driver was very joyful and when we eventually got home we all screamed with excitement as we got out of the bus, grabbed our things and then ran to our parents. We went home and had a long sleep.

By Elke 5/6S

Free Information Sessions: Solar Power and Batteries For Your Home

Come along to a free Randwick Council workshop to find out if solar power and batteries are right for your house, to help cut energy bills.

Two sessions available:

Thursday 22 November: 6:00pm -7:30pm – Maroubra Bay Public School - Duncan Street Maroubra

Tuesday 4 December: 6:00pm -7:30pm – Vonnie Young Auditorium, Lionel Bowen Library- 669/673 Anzac Parade, Maroubra

Book at Eventbrite, or call 1300 339 915 to book or to request an obligation-free quote from a council-backed installer.

Can't make it? You can call the Our Energy Future helpline 1300 339 915 for advice or visit the website www.ourenergyfuture.org.au for free advice and quotes.



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Proud finalist of the 2018
**BANKSIA GOVERNMENT
AWARD**



Stage 3 Battle of the Minds



Ella, Abby & Camisha from 5/6S; Jules,
Julian and Herbert from 5/6; Lily and Harry
from 5/6T

ROSE BAY SECONDARY COLLEGE PRESENTS

LEGALLY BLONDE

The Musical



DECEMBER 4TH - 6TH

\$30 FOR ADULTS \$25 FOR CHILD/CONCESSION

SHOWTIME: 7:00PM LOCATION: 34A HARDY ST, DOVER HEIGHTS

MUSIC AND LYRICS BY

LAURENCE O'KEEFE AND NELL BENJAMIN

BOOK BY

HEATHER HACH

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AND THE METRO-GOLDWYN-MAYER MOTION PICTURE**

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DIRECTOR & CHOREOGRAPHER: KELLY VINE

MUSIC DIRECTOR: EDWIN CARTER

PETER KLEIJN

IS SET TO WIPEOUT DEMENTIA



SUPPORT PETER AT
bit.ly/supportpeterkleijn



Sponsored by:



On 23 November 2018 I'm participating for the THIRD time in WipeoutDementia.

Wipeout Dementia is a gruelling strength for surfing program which culminates in a Surf Off in support of dementia research at the Centre for Healthy Brain Ageing (CHeBA).

Ambassadors for the event are legendary 1978 World Surfing Champion Wayne 'Rabbit' Bartholomew and Richard Grellman, former Chairman of ASP International, whose wife Suellen has advanced young onset Alzheimer's disease.

Wipeout Dementia is an event which raises funds for critical research into Alzheimer's disease and other dementias at the Centre for Healthy Brain Ageing (CHeBA) and I am seeking support. There are currently more than 425,416 people living with dementia in Australia today; a figure which is set to a staggering 1.1 million people by 2056. 250 new cases are diagnosed each day in Australia and worldwide a new case is diagnosed every 3 seconds. Recent estimates suggest the cost of dementia globally is US\$818 billion and that in Australia alone the estimated cost in 2018 will be \$15 billion. With dementia now the second leading cause of death in Australia, I'm participating in this event to raise awareness about the relationship between physical activity throughout life to prevent or delay the onset of Alzheimer's disease and other dementias, and to raise funds into early detection and intervention at the Centre for Healthy Brain Ageing (CHeBA).

Any support you can give is much appreciated:

<https://cheba2.everydayhero.com/au/peter-kleijn-2>

For more information about Wipeout Dementia contact h.douglass@unsw.edu.au.

<http://www.afr.com/business/health/more-spending-needed-to-wipe-out-dementia-20170327-gv78pc>

<https://www.domain.com.au/news/property-industry-comes-together-to-support-wipeout-dementia-charity-at-colliers-international-event-20170925-gyo2v1/>

<https://www.dailytelegraph.com.au/newslocal/manly-daily/executives-to-take-part-in-wipeout-dementia-surfing-event-at-queenscliff/news-story/530d8b9c94049c4bac3eb45f4a8c521f>