



# The Vaucluse Weekly

Term 4 Week 5 Friday 16 November 2018

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A quote from this week

**"Nobody is perfect ..... Don't judge a bat by its wings"**

Mia from Class 1B.

## *Things to look forward to ..*

### *Week 8*

Tuesday 4<sup>th</sup>- Thursday 6<sup>th</sup> December- Year 6 2019 Leadership speeches and voting

### *Week 9*

Tuesday 11<sup>th</sup> December- Celebrations Concert

Thursday 13<sup>th</sup> December- Helpers Morning Tea and Whole School Assembly

Friday 14<sup>th</sup> December- Reports go home

### *Week 10*

Monday 17<sup>th</sup> December- Presentation Day

Tuesday 18<sup>th</sup> December- Class Parties and Year 6 Farewell

Wednesday 19<sup>th</sup> December- Last day of school- It's holiday time!

Dear Parents

There was much excitement in the school this week with the Year 6 Fair. Our Year 6 students did a great job organising themselves and creating stalls that had wonderful appeal to the rest of the school. It was a day to fulfil your fantasies. You could have your hair sprayed red, you could get a tattoo or two (I was tempted by a lovely dragon that would have looked superb somewhere !!). If you wanted your could have your face painted or spruce up your eyebrows or have something interesting done with your eyes. There was a food zoo if you were hungry and a little stall selling lovely brownies. I think the most popular stall was *Sponge a Teacher*. All our staff entered into the spirit of the fair and participated in this activity. At one stage I happened to be walking past and even I got sponged. It was a great day and our students had a ball. I believe they have raised enough money for the Year 6 Farewell and gift to the school.

On Tuesday evening the P&C met for the annual general meeting to elect the P&C Executive for 2019. We were all pleased to welcome Nadia Kaye back for a second year as President of Vaucluse P&C. We have a number of new people in positions. 2019 is looking very positive already for the P&C with a number of activities planned. At the meeting an external contractor for school uniforms presented a business proposal for taking over the uniform shop. The P&C has been actively seeking volunteers to run the uniform shop once the wonderful Pip leaves. Unless we can find a couple of volunteers to run this great resource the uniform shop will have to be outsourced. Currently the P&C managed uniform shop means keeping prices as low as possible. Once a business takes over this facility will be lost. If you know of anyone who may be interested in helping to run the uniform shop, please let us know.

Last Thursday the Bahai students held a Teacher Appreciation lunch for all staff. Corinne included many photos from the lunch in last week's newsletter. This acknowledgement of our staff is something that Shideh (Elia 5/6 T and Gila's 1B mum) has done for at least the last ten years in her capacity as Bahai scripture teacher and genuinely good woman. I know the staff are always delighted with this public acknowledgement and very moved always by Shideh's thoughtfulness. Everyone loves to be appreciated. Shideh has done this each year with such generosity of spirit. The staff and I value and appreciate greatly Shideh's contribution, effort and empathy for our teaching staff. Thank you Shideh.

A big thank you to Wendy Lonergan and her team who have been working hard to raise awareness for White Ribbon month at Vaucluse Public School. November is the month that explicitly asks us all to think about how we treat women. At Vaucluse Public School we are asking our students to think carefully about respectful behaviour towards our mums. Speaking politely, carrying our own school bags and thinking of how we can help are just a few of the things we are asking our students to concentrate on. Thank you for supporting us with this initiative.

*Maureen Hallahan*

# WEEKLY SAKG REPORT



TERM 4 WEEK 5

## THIS WEEK IN THE KITCHEN

This week in the kitchen the students learned to make **Veggie Dumplings, Silverbeet Dahl and Mulberry Muffins**. Once again the focus of the program is to use what is in season in the garden and create some culinary magic that both stretches the students skills and of course tastes great!

They had a lot of fun folding and sealing the dumplings, but as ever the proof is in the pudding and there wasn't a single dumpling left on the table after eating.

We really couldn't do any of this without our wonderful parent volunteers. Thank you! You make all the difference to how the session flows and we know that the students love having you in the kitchen class.

This week we will be sending out a 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. This is open to all parents and carers even if your child is not in years 3-6 yet. Stay tuned!

Have a great weekend,

Justine & Leeann



# VEGGIE DUMPLINGS



## INGREDIENTS

MAKES 30

- 4 silverbeet leaves
- ¼ red cabbage
- 2 carrots
- ½ red onion
- 1 leek
- 2 garlic cloves
- 2 tbsp tamari
- 1 tbsp sesame oil
- 1 tbsp apple cider vinegar
- Gow gee wrappers
- olive oil for frying

## FROM THE GARDEN

- Silverbeet
- Red cabbage
- Carrots
- Red onion
- Leek

## EQUIPMENT

- Large frying pan
- Wooden spoon
- Chopping board
- Sharp knives
- Grater
- Wet tea towel

## INSTRUCTIONS

### For the filling:

1. Wash and prepare the silverbeet, cabbage, carrots, onion, garlic and leeks. Separate the silverbeet leaves and set aside. Grate all the veggies, using a grater. Roll the silverbeet leaves up and finely slice.
2. Heat a pan to medium heat.
3. Add all the veggies and fry off for 3 minutes or until just softened.
4. Stir in the tamari, vinegar and sesame oil and stir fry for a few more minutes.
5. Set aside to cool.

### For the assembling:

1. Place a wrapper on the bench and put 1 tsp of the veggie mix in one half of the wrapper, leaving the edge free. Brush the edges with a little water then fold the other half over and seal the edges down. You should have a crescent shaped dumpling.
2. Place on a wet tea towel, without them touching each other. Repeat using up all the mixture.

### For the cooking:

1. Heat the pan with some olive oil.
2. Place the dumplings in the pan and fry on one side for 2 minutes then fry the other side for 2 minutes or until golden and crispy.
3. Serve with tamari dipping sauce.



# SILVERBEET DAHL



## INGREDIENTS

- 2 cups red lentils
- 5 cups water
- 1 tbsp olive oil
- 1 tsp mustard seeds
- 1 onion
- 8 silverbeet leaves
- 1 tsp cumin
- 1/2 teaspoon ground turmeric
- 1 tsp cinnamon
- 1 tablespoon curry powder
- 1 bay leaf
- 3 cloves garlic, minced
- 1 cup can chopped tomatoes
- Lemon juice
- 1 tsp salt

## FROM THE GARDEN

- Silverbeet
- Bay leaves

## EQUIPMENT

- Medium saucepan
- Chopping board
- Sharp knives
- Frying pan
- Wooden spoons

## INSTRUCTIONS

1. Put the lentils and water into a medium saucepan and bring to a boil. Reduce heat and simmer for about 20 minutes, until lentils are very soft.
2. Finely slice the silverbeet stems and onion.
3. Slice the silverbeet leaves finely.
4. Heat the oil over medium heat in a large frying pan. Add mustard seeds, and cook for 1 minute.
5. Add onion and silverbeet stems and cook, stirring frequently, until softened.
6. Stir in cumin, turmeric, cinnamon, curry powder, garlic, bay leaf and salt then add tomatoes. Cook for 5 minutes, stirring frequently.
7. Add the silverbeet leaves and the cooked lentils. Simmer 5 minutes.
8. Taste, and if you want to add a bit more zip without adding more salt, squeeze in a little lemon juice.
9. Let the dahl sit and thicken for 10 more minutes.
10. Serve with steamed rice.



# MULBERRY MUFFINS



## INGREDIENTS

- 1 cup plain flour
- 2 tsp baking powder
- ½ tsp salt
- ½ cup sugar
- ¼ cup butter
- 1 egg
- 1 tsp vanilla essence
- ½ cup milk
- 1 cup mulberries
- spray oil

## FROM THE GARDEN

- Mulberries
- Eggs

## EQUIPMENT

- Muffin tin
- Scissors
- Small bowl
- Sieve
- Large bowl
- Whisk
- Wooden spoon
- Spoon

## INSTRUCTIONS

1. Prepare a 24-cup mini muffin tin by spraying with the spray oil.
2. Preheat the oven to 200 C.
3. Start by preparing your mulberries. Using scissors, cut the stalk off, and then cut the berries into smaller pieces if necessary. Place them in a small bowl.
4. Sift flour and baking powder into the large bowl. Stir in sugar and salt.
5. Mix in the softened butter.
6. Whisk together the egg, vanilla essence and milk. Slowly pour the egg mixture into the dry ingredients a little bit at a time, and stir gently to work out any lumps. Do not over-mix.
7. Gently fold in the mulberries.
8. Spoon the batter into muffin cups, filling each cup  $\frac{2}{3}$  full.
9. Bake for 15 minutes or until the muffins are golden brown and feel spongy.
10. Remove the muffins from the tin with a spoon and let cool.





**LOVE SHOULDN'T HURT**

💜 3/4A





PIC•COLLAGE





2M and the Green Team were very fortunate to have Tim Silverwood the founder of TAKE 3 FOR THE SEA visit their class. Tim spoke about how detrimental plastic is for the environment, our oceans and sea life. He encouraged the students to think of ways to combat the war on waste and what they can do to change and limit their use of plastic and rubbish at home and at school.



**Tim Silverwood**

**Founder of**

**TAKE 3 FOR THE SEA**

PIC-COLLAGE









Year 6 Fun Day.  
This was the most popular stand





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](mailto:rgeldenhuys@gmail.com) for more information.

Thank you!

Jessica Lee (2M Alicia's mom)





# Vaucluse Beach Sports

**Please read on for information on the fantastic local Vaucluse Beach Sports program.**

**The Summer 2018-19 season has just begun and its not too late to sign up for the season!**

**If you'd like to sign up contact Nick Coumbis [nick@ingoodnick.com.au](mailto:nick@ingoodnick.com.au) / 0425 251 565**

To New Parents,

Hello, my name is Nick Coumbis. I am a local PT that has been running my own outdoor group PT business (In Good Nick) for the past 15 years.

I grew up locally in Vaucluse & Watsons Bay and was involved as a “nipper” at Nth Bondi SLSC right up to being a senior competitor (boat rower) at the club as a young adult.

I started this Vaucluse Beach Sports (VBS) programme 8 years ago for a number of local Watsons Bay/Vaucluse parents who did not wish to put their kids into the surf club “nippers” down at Bondi/Bronte for various reasons (mostly because it was too big and overwhelming).

VBS is a beach & water sports programme for primary school kids aged 5-12. It involves land based activities/games on the beach as well as some carefully supervised water based activities in both shallow water (standing for the younger kids) and deep water (for the older kids).

The programme aims to provide a safe and fun environment for kids to become more competent and confident within an ‘open water’ environment (ie non pool) through a series of fun activities and mildly competitive beach & water events.

For the little kids (5's & 6's), they will spend all their time on the beach and in shallow water only doing events like

- Beach Flags – lie on the sand, jump up and run to grab a ‘flag’ at the sound of “go”. Like musical chairs, one flag drops each round.
- Fill the Bucket – a relay race with plastic schooner cups down to the water's edge to collect and bring back up to a bucket on the beach which gradually fills to the rim. Race against the other team doing the same.
- Porpoise Slalom – using pool noodles we do an “over and under” course in shallow water (standing) where they practice putting their heads into the water momentarily.

For the older kids (7-12), they will begin to venture out beyond standing level for short swims, paddle board races, dive & recover sinkers (older kids) and Ironman race – swim, paddle, run (older kids) events.

The idea is that they have fun in and around the water to gain confidence and skills that will serve them safely at the beach as they grow towards adolescence when you as a parent will not be there to supervise them.

Finally, this programme is not connected in any way to the SLISA, hence the name “Beach Sports” rather than “nippers” which is an SLISA trademark. However, plenty of kids have graduated up to big nippers after a couple of years doing my programme so it also acts as a perfect “stepping stone” if you and your child want to take it up another level.

Please let me know if you have any questions regarding this.

Kind regards,

Nick Coumbis

E: [nick@ingoodnick.com.au](mailto:nick@ingoodnick.com.au)

M: 0425 251 565

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**

**BASED ON THE NOVEL BY AMANDA BROWN  
AND THE METRO-GOLDWYN-MAYER MOTION PICTURE**

LICENSED EXCLUSIVELY BY MUSIC THEATRE INTERNATIONAL (AUSTRALASIA).  
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DIRECTOR & CHOREOGRAPHER: KELLY VINE

MUSIC DIRECTOR: EDWIN CARTER

# HMAS Watson Carols by the Bay Saturday 8 December



**Come along and join us for a local community Christmas Carol event to remember.**

Enjoy a spectacular view of Sydney Harbour, music from local schools and the Royal Australian Navy Band, as well as food stalls and entertainment for the kids. Santa will be making a special appearance and the RAN will host a historical sunset ceremony.

Free admission. You are welcome to bring a picnic.  
Gates open from 3.30pm – 8.00pm. Parking is limited.

**HMAS Watson Navy Base, Cliff Street, Watsons Bay**

Proudly supported by Woollahra Council.

[woollahra.nsw.gov.au/hmaswatsoncarols](http://woollahra.nsw.gov.au/hmaswatsoncarols)







## ***Carols on the Bay***

Dear Parents

Your child has been selected to perform at Carols on the Bay at HMAS Watson on ***Saturday, 8 December, 2018.***

Gates will open at **3.30 pm**. Junior and Senior choirs are performing at approximately **4.30 pm**. We encourage you and your child to arrive no later than **4.00 pm** and meet Mrs Weiss at the Vaucluse Public School flag. Students will be returned to the school flag area immediately after the performance. Teachers will hand over students to parents. Students will not be allowed to leave the area without an adult.

***Date: Saturday, 8 December 2018***

***Location: HMAS Watson***

***Meeting Time: 4.00PM***

***What to wear: Students need to be dressed all in white. White T-shirt, white dress, white shorts, white pants, white shoes***

Please return the note to Mrs Weiss no later than ***Tuesday 27 November 2018***

Yours sincerely

Mrs Weiss  
Vaucluse Public School Choir Coordinator  
13 November 2018

Maureen Hallahan  
Principal

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## ***Carols on the Bay***

Are you attending?

☐ **Yes** ☐ **No**

***Date: Saturday 8 December 2018: 4.00pm***

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent's contact number: \_\_\_\_\_

Parent's signature: \_\_\_\_\_