

# The Vaucluse Newsletter

*NEWS FROM OUR SCHOOL*



Vaucluse Public School

~ est. 1858 ~

\*Please see the Sentral School Calendar for dates and information on all school events

# The Principal's Report



Vaucluse Public School

**Dear Vaucluse Families**

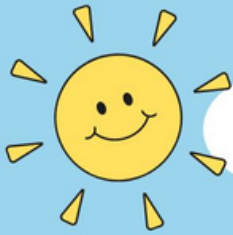
**At the start of Term 3, I had the privilege of joining the Vaucluse Public School community as the new substantive principal. I sincerely thank staff, students and the community for the warm welcome to this wonderful school! I would also particularly like to acknowledge and thank Philippa Allen for her leadership of the school over the past year.**

**This week I have enjoyed meeting with teachers to hear about teaching and learning programs for the term and I have very much enjoyed visiting classrooms to see the quality teaching and learning at Vaucluse Public School in action! Teachers have also been sharing with me what they love about the school – and there is so much to celebrate! From the lovely grounds and wonderful Stephanie Alexander Kitchen Garden program to data days, collaborative teacher planning and the fantastic community we have here at Vaucluse Public School, there is truly a wonderful culture of learning and growing together.**

**Term 3 is also shaping up to be an exciting term with a range of events and activities on the calendar starting with the Athletics Carnival on Monday. K-2 are also gearing up to go on an excursion to Sea Life and Wildlife World on 11 August! Due to the current Covid wave, activities will be conducted in a Covid smart way, following protocols and health advice to ensure our community stays as healthy as possible! Of course, it is still the flu season as well so children should stay home if they have symptoms, even if they test negative on a RAT.**

**Have an enjoyable and safe weekend, ready for another wonderful week of learning!**

*Nicole Tainsh*



M

### Library and Maths

View a Kindergarten Library session with Miss Caesar and a Stage 1 Maths lesson with Ms Lagado

T

### Reading and EALD

View a Kindergarten Reading session with Ms Aspden and an EALD lesson with Ms Murray



W

### STEAM and SAKG Kitchen

View a Kindergarten STEAM lesson with Miss Vial and a Stage 2 Kitchen lesson with Leeann and Miss Baker

TH

### Sport and Writing

View a Stage 3 Sport session with Mr Ensor and a Stage 1 writing lesson with Ms Lagado

\*SAKG - Stephanie Alexander Kitchen Garden

\*EALD - English as an additional language or dialect

\*Stage 1 - Year 1 and 2

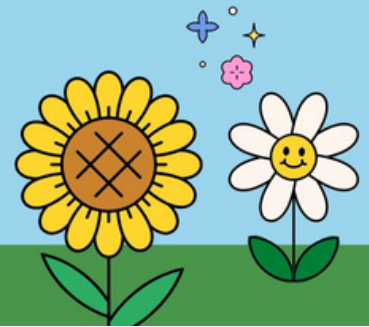
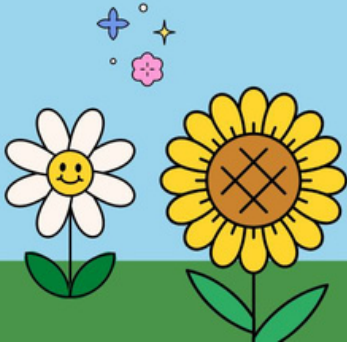
\*Stage 2 - Year 3 and 4

\*Stage 3 - Year 5 and 6

# VPS KINDERGARTEN 2023 OPEN WEEK

Monday 1 August -  
Thursday 4 August 2022

2.15-3.20pm  
Meet at the Front Office





VAUCLUSE PUBLIC SCHOOL


2023





KINDERGARTEN



ONLINE ENROLMENTS NOW OPEN!



IF YOU HAVE A LITTLE ONE DUE TO  
START SCHOOL IN 2023, VISIT OUR  
WEBSITE TO COMPLETE YOUR  
ENROLMENT FORM!



PLEASE EMAIL [VAUCLUSE-P.SCHOOL@DET.NSW.EDU.AU](mailto:VAUCLUSE-P.SCHOOL@DET.NSW.EDU.AU)  
IF YOU HAVE ANY QUESTIONS!





# THE PBL TOKEN COUNT HAS BEGUN!

**THE TOKEN BOX  
CAN BE FOUND  
ON THE BOTTOM  
PLAYGROUND IN  
FRONT OF KA!**



# TERM 3 FOCUS



#1

Keeping the playground clean!

#2

Walking safely around the school!

#3

Greeting people around the school, especially adults!





**Stage 1 kicking off their Term 3 music program with Ricky**



MY INTERVIEW WITH...

# Maddy Proud

BY ADDISON  
HUGHES 5/6S

Maddy Proud is one of Australia's most popular netball players. She is co-captain of the premiership winning NSW Swifts and is also an author! This week I sat down with Maddy to discuss all things netball.

**NAME:** Maddy Proud

**AGE:** 28

**HEIGHT:** 1.74m

**POSITIONS:** WA,C

**SUNCORP SUPER NETBALL TEAM:** NSW Swifts

**FAVOURITE COLOUR:** Sunset Orange

**HOBBIES:** Watching TV, hiking, spending time with my friends and going out for brunch, I also love reading and writing.

## WHEN DID YOU START PLAYING NETBALL AND WHY?

I started playing when I was five, as soon as I could! I did the junior training camps and things like that. My friends at school started playing and my mum played netball so she really encouraged me to get into it. The moment I picked up a netball I loved it and haven't looked back since.

## WHY DO YOU LOVE NETBALL?

Netball is like the ultimate team sport, there's no other sport where you literally can't get the ball down the other end of the court without the players around you, so I love how much of a team culture there is, how much you have to rely on the people around you and that connection with everybody. I just love how fun it is and I love that I get to play the sport I love with the people I love.



Maddy in action at Ken Rosewall Arena in June

## WHAT HAS BEEN YOUR FAVOURITE NETBALL MOMENT?

My favourite netball moment would have to be the Grand Finals we've won with the Swifts. The one in 2019 was special for different reasons. I didn't play because I injured my ACL but I think just that whole year, the craziness of it for me and everything the team went through to win that game and still be a part of it. Even though I wasn't on the court it was still really special. Then the grand final we won in 2021 made it even more special for me because I hadn't been able to play in the others, I was so excited to play, my dream was always to win a grand final and to be able to do that is incredible so that was my favourite.

## WHAT DO YOU EAT TO STAY FIT?

Every morning for breakfast I have muesli with yoghurt and some sort of fruit. I find that that's a really good way to start the day. I always eat pasta before a game. I have a salad or a sandwich for lunch. I'm not really strict. I just make sure I eat all the different food groups and lots of fruit and veggies as well.

## WHAT'S YOUR FAVOURITE THING ABOUT BEING A SWIFT?

My favourite thing about being a Swift is the people that I get to play with. I think we've become a family and the girls that are in the team are like my best friends. All the staff are like family so I just love the fact that you play alongside some of your best friends so when you're out there on the court you want to do that little bit extra more for them because they're the people you care the most about.

## WHAT'S YOUR RESPONSIBILITY AS ONE OF THE CO-CAPTAINS?

I always think that being a bridge between the staff and the players is an important one. It's about leading by example, I need to set a standard and a level that I want everybody else to get to. Whether that's through the



Maddy and Addy

effort I put in at training or what I do off or on the court, it's just being that person that people could look up to as an example. Also being really approachable. I like to think that I'm someone that players can come and talk to about problems or things that they need.

## WHAT DO YOU DO OUTSIDE OF NETBALL?

Outside of netball my main job is writing. I have two books out (*Grace on the Court* and *Grace back on Court*).

## WHAT ADVICE WOULD YOU GIVE YOUR 12 YEAR OLD SELF?

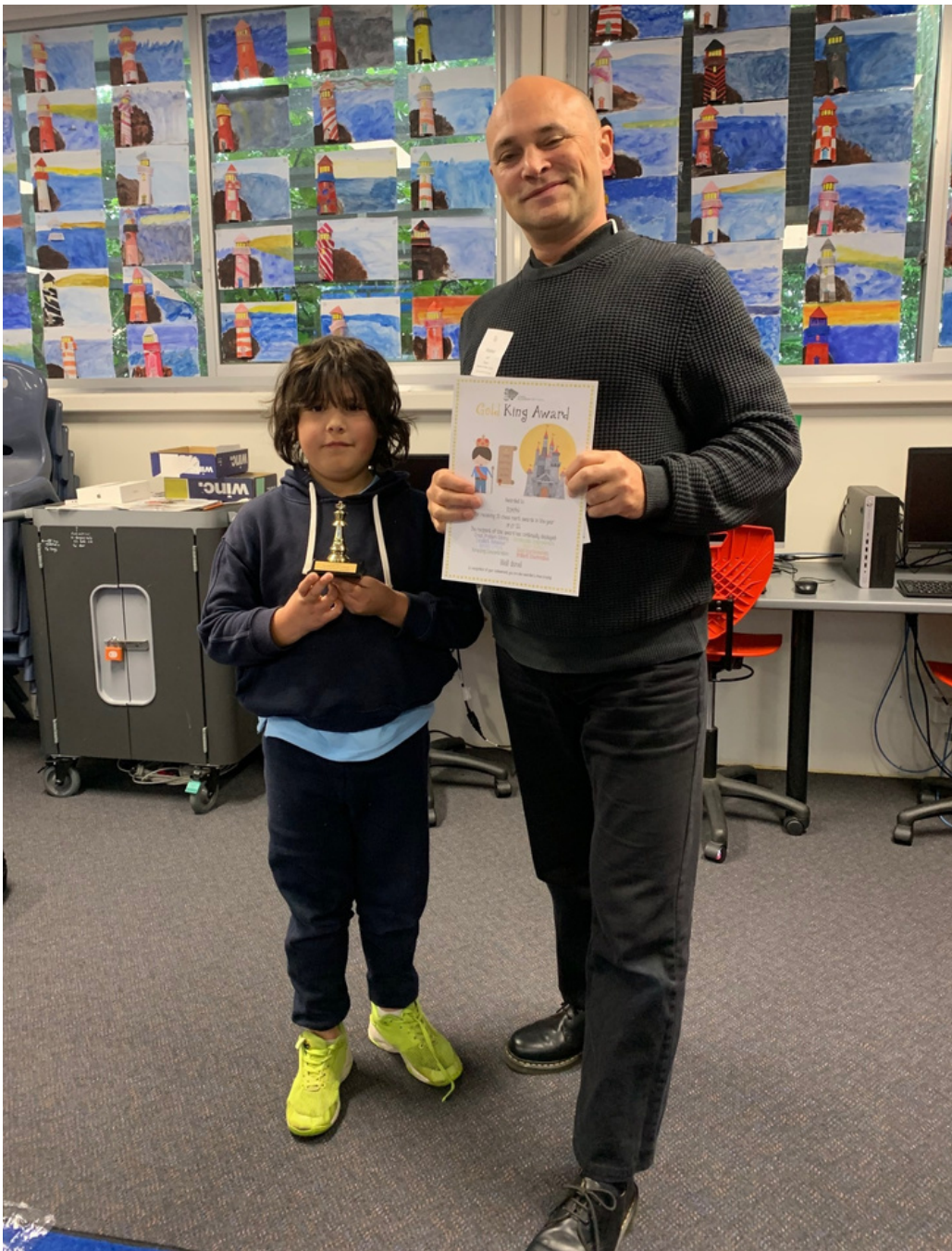
I'd say to not be so dramatic. I think I thought that if I missed out on making a team or if a friend was mean to me that it was the biggest thing in the world but as you get older you learn to put things into perspective and that your little problems aren't so significant. So I would say learning to not worry so much about everything and just enjoy things more. I think in a way though worrying about things is a good thing as well because it means you care but I'd just say to keep having fun and keep enjoying yourself. I say that the day I stop enjoying netball will be the day I stop playing.





**During dance, Stage 1 created warrior poses with a friend or two. They were asked to think about the different levels to engage the audience. Afterwards, they danced to Kung Fu Panda.**





**Rohan was presented with a Gold King Trophy Award last week in Chess Club by Jeff, the chess tutor. Well done Rohan!**



**4G made a delicious Dahl in SAKG last week. See recipe below!**





# RED LENTIL DHAL



## INGREDIENTS

SERVES 8 (16 Tastings)

- 1 tsp olive oil
- 1 cup dry red lentils
- 1 chopped onion
- 3 tsp minced garlic
- 1 tsp minced ginger
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 tsp garam masala
- 1 tsp cumin
- 1 tsp paprika
- 1/8 tsp crushed red pepper flakes (optional)
- 200 ml vegetable stock (or water)
- 400g crushed tomatoes
- 400g coconut milk

## INSTRUCTIONS

1. Mix ginger, garlic, turmeric, coriander, garam masala, cumin, paprika and crushed red pepper in a small bowl and set aside.
2. Heat a large soup pot over medium heat and add oil and onion. Saute' for about 2 minutes until onion is translucent. Stir occasionally to prevent burning.
3. Turn down heat and add the ginger and garlic spice mix. Cook on low heat for about 1 minute, allowing the spices to 'bloom' until they become fragrant.
4. Add lentils, vegetable stock, diced tomatoes and coconut milk.
5. Bring up to boil, then reduce heat to a low simmer. Cook with a lid on for about 20 minutes, stirring occasionally until lentils are soft. If your heat is up too high, the liquid will evaporate before the lentils are done cooking. If that happens, just add a little bit more stock (or water) and continue to cook.
6. When lentils are soft, turn off your heat and the fresh coriander - this will keep the flavor lively and fresh.

*Serve as a soup, or over brown rice with some steamed veggies, or with naan or roti.*

# VPS EXTRA-CURRICULAR TERM 3, 2022

All activities begin first day back Tuesday July 19th  
to last day of term Friday September 23rd.

Bookings open Tuesday 29th June at 9am

## MONDAY

**Karate**  
Trifu Dojo

**Netball 3-6**  
Katch Netball

## TUESDAY

**Netball 1-2 \*discount**  
Katch Netball

**Hip Hop**  
REDED Dance

## WEDNESDAY

**Gymnastics**  
Gymnastics

## THURSDAY

**Basketball**  
East Basketball League

**Acrobatics**  
Bays Cheer & Dance

## FRIDAY

**Soccer**  
ELITE Soccer Academy

