

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,

It is with great pleasure that I inform you of some of the exciting things we have coming up in the next couple of weeks here at Vaucluse Public School. On Friday we welcome you all to join us at school to celebrate Free the Funk Friday with founder Grant Trebilco. Since launching in 2013 OneWave has created a global impact, raising awareness and reducing social stigmas around mental health issues through their Fluro Friday Sessions. Fluro Friday's started at Bondi Beach and consist of surfing, free yoga and a "anti-bad vibes circle" allowing people to share stories in a safer environment. Wearing bright colours makes people happy and help start conversations about an invisible issue. On Friday 27 May at 10am, Grant will address our school community and will be followed by a morning tea. We hope that you can join us as we know that during the Learning from Home period, OneWave and Grant promoted lot of good vibes amongst our families. We ask that students bring a Fluro Friday Fiver \$5 which will go towards a donation to one wave and the morning tea. More information can be found on Sentral.

Secondly, many of us have been working quietly and enthusiastically behind the scenes to bring to you our first major fundraiser in many years, our VPS Movie night. Tickets to the movie and our online auction will soon go live. We are looking forward to celebrating under the stars while raising much needed funds for our school. Thank you to all of those people who have contributed to this event. We are still looking for any last-minute items that we can auction off. The variety and expertise in our professions in our school community is something that we are excited to keep taking advantage of for our students' benefit. We have created a flyer which will include links to enable you to purchase tickets and to bid for over 30 items which have already been donated by local businesses and families.

It looks like we are in for a cold and wet week. Please ensure that students come to school rugged up and in full school uniform. It is a great opportunity to swap over to our winter uniform if you haven't done so already. Che, capably supported by Barbara, are ready to assist you if you need to purchase new – or used – school uniforms. We appreciate all of the hard work that goes into the Clothing Pool as it is huge job and benefits our school greatly.

Stay dry and have a great weekend.

Miss Allen



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
IF YOU HAVE ANY QUESTIONS!



FREE THE FUNK FRIDAY

VAUCLUSE PUBLIC SCHOOL

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'ONE WAVE IS ALL IT TAKES'

We are excited to welcome our VPS families to join our 'Free the Funk' celebration, hosted by the incredible 'One Wave Is All It Takes' – an Australian – based charity dedicated to raising mental health awareness through open conversations, saltwater therapy, surfing and fluro!

THE DETAILS

DATE: FRIDAY THE 27TH OF MAY

TIME: 10:00AM

DRESS CODE: FLURO



Year 4 had a fantastic time on the Great Aussie Bush Camp. They did all sorts of fun activities like kayaking, high ropes course, flying fox, archery, the giant swing!





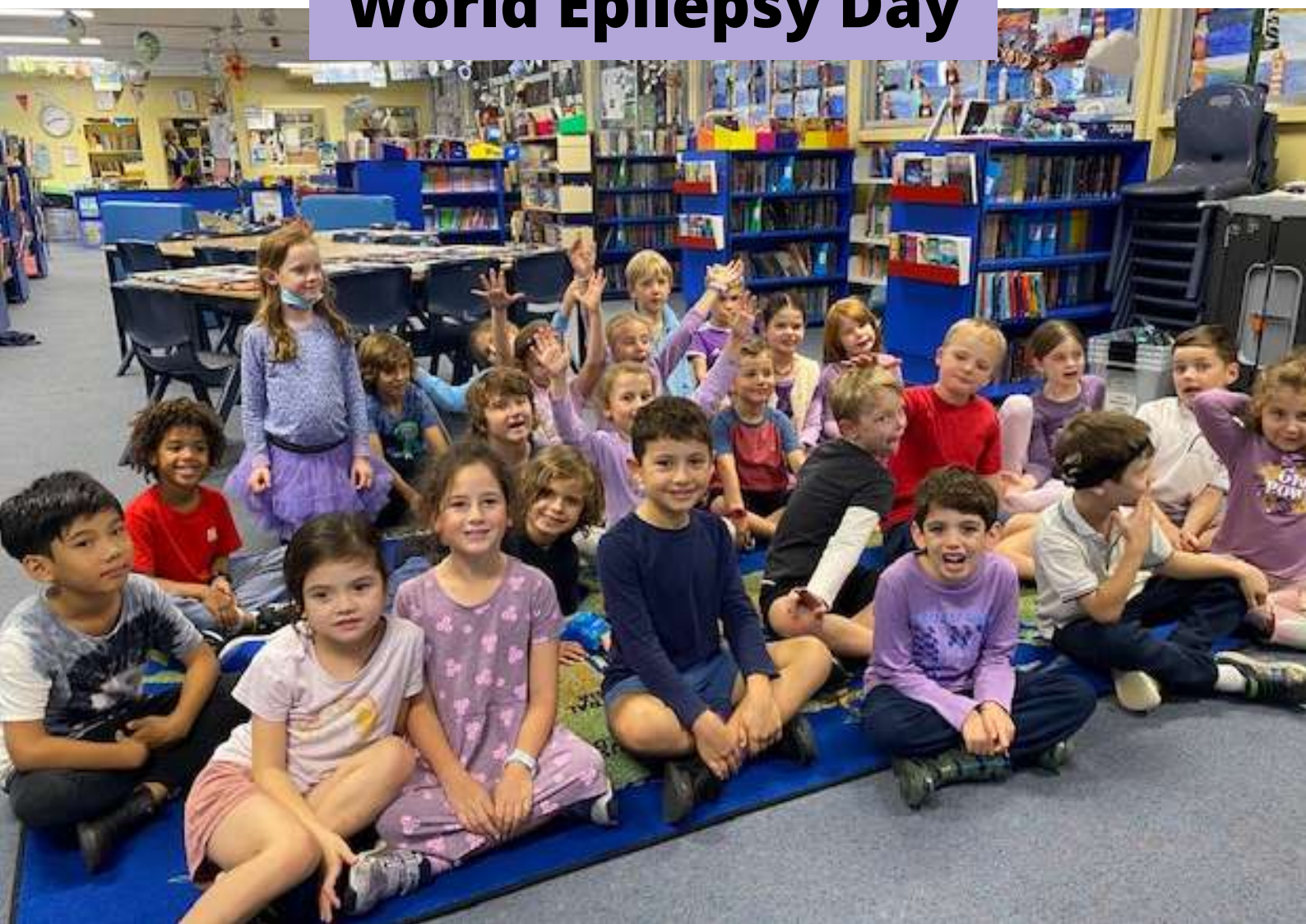
A huge thank you to our wonderful teachers who took year 4 on the camp & joined in on all the fun



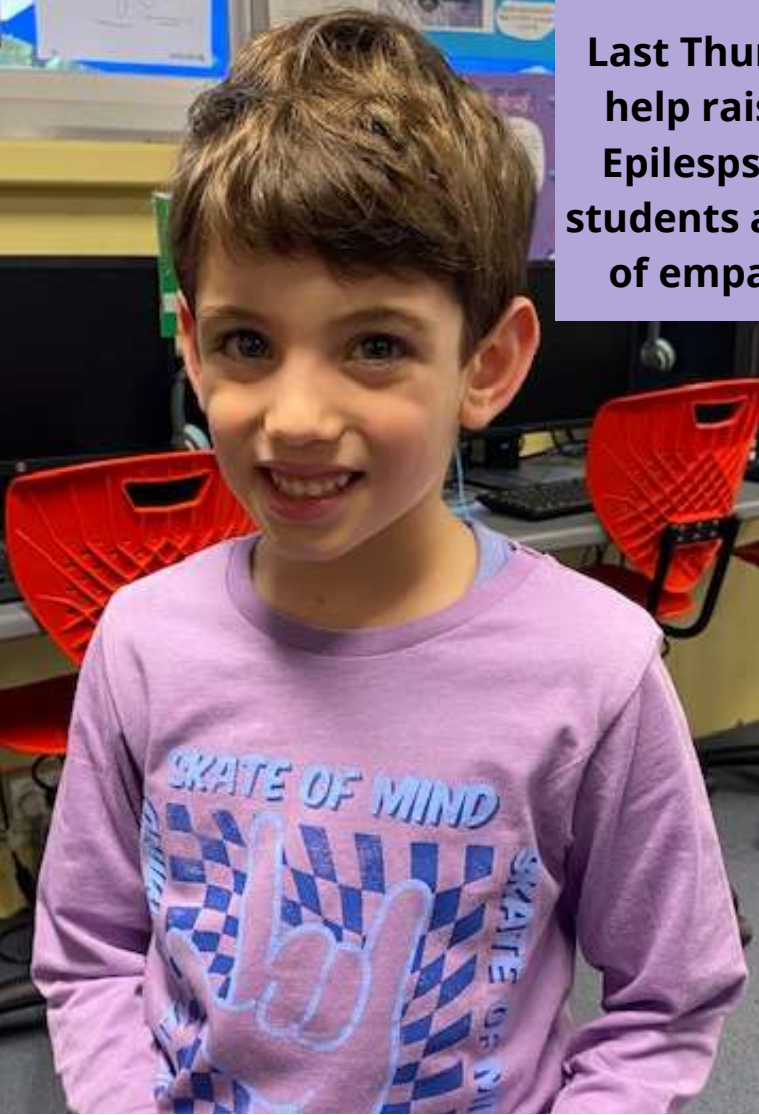




World Epilepsy Day



Last Thursday we wore purple at VPS to help raise awareness and support for Epilepsy. We did so to help teach our students and community the importance of empathy and embracing diversity.

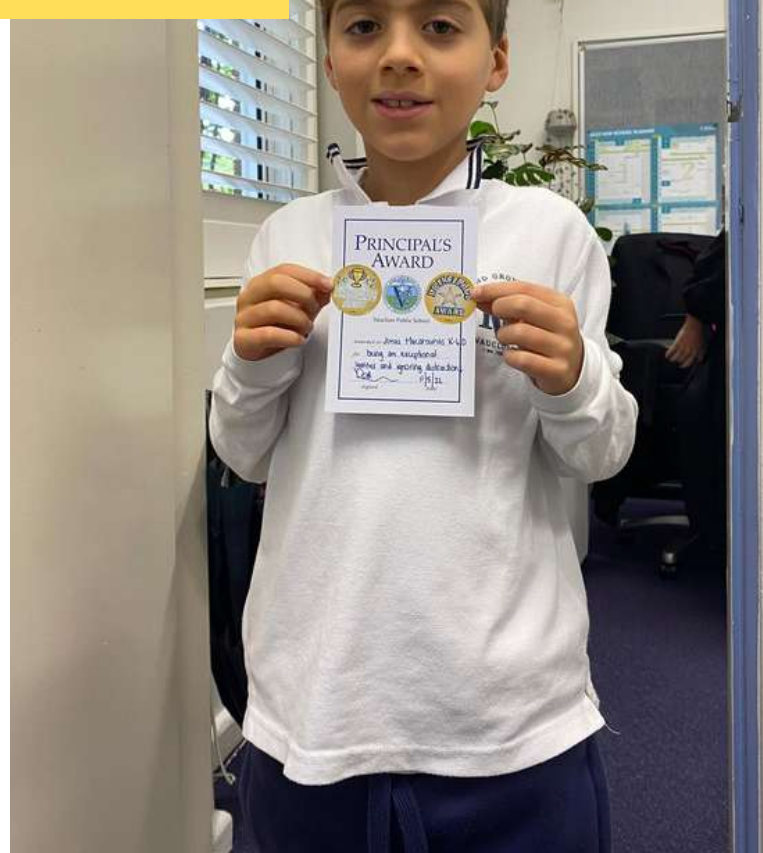




Kindy enjoying sport in the sunshine with Mr Hamilton & Mr McDonald



Congratulations to Thomas & Harley from 1/2D and Jonas from K-6D for receiving Principal's Awards this week!



Well done to our Stage 3 Merit Award Recipients





Congratulations to everyone who participated in the district cross country carnival at Centennial Park. We wish all those who made it to regionals the best of luck!





Some of our Year 6's looking great in their new jerseys!





**K-6D showing off their cooking skills!
See below for weeks 2 & 3 SAKG recipes!**





MOTHER'S DAY

MINT & LIME SHORTBREAD

INGREDIENTS

MAKES 30

- 1 cup softened butter (250g)
- 3/4 cup caster sugar (150g), plus extra for sprinkling
- 2 cups plain flour (250g)
- 1 cup rice flour (130g)
- 1/4 tsp salt
- 1/4 cup of fresh mint, finely chopped
- 1 tbsp lemon or lime zest
- 4 tbsp lime juice

FROM THE GARDEN

- Mint
- Lime

EQUIPMENT

- Baking tray / cooling rack
- Baking paper
- Measuring cups/spoons
- Electric hand beater
- Electric hand mixer
- Mixing bowl x 2
- Wooden spoon
- Butter knives
- Large whisk
- Scissors
- Rolling pin
- Cookie cutters

INSTRUCTIONS

1. **PREHEAT** the oven to 150°C.
2. Using the electric hand blender **WHIZ** the fresh mint until finely chopped and set aside.
3. For the zest, using the fine grater, **GRATE** the peel only of the lemon or lime and set aside.
4. In a mixing bowl, using a wooden spoon, **MIX** together the plain flour, rice flour, salt, zest and mint. Set aside.
5. In another bowl, using the electric hand beater, **BEAT** butter and sugar until smooth and creamy, for approx. 3 minutes.
6. **ADD** the lime juice to the butter mixture and continue to beat until mixed through.
7. Using a wooden spoon or butter knife, **FOLD** the flour mixture into the butter mixture until combined. This should look like a crumbly dough.
8. **LEAVE** the mixture in the bowl and using your hands gently **FORM** a dough ball. Place in the fridge for 20 minutes.
9. **PLACE** two sheets of baking paper on the bench. Then **DIVIDE** the dough ball in half and place one each ball on a sheet of baking paper.
10. Place another piece of baking paper over the top of the dough balls and using your hands press down the dough ball.
11. **ROLL** over the top using a small rolling pin to even out the thickness to about 5 mm. *Don't press down too hard as it makes the cookies firmer.*
12. Using the cookie cutters, **CUT** 4 different shapes per person to make the Mother's Day gift.
13. **BAKE** for 12-15 minutes or until golden. Leave in the tray to cool for a few minutes before transferring to a cooling rack.



MOTHER'S DAY SHORTBREAD ROSEMARY & LEMON BALM

INGREDIENTS

MAKES 30

- 1 cup softened butter (250g)
- 3/4 cup caster sugar (150g), plus extra for sprinkling
- 2 cups plain flour (250g)
- 1 cup rice flour (130g)
- 1/4 tsp salt
- 2 tbsp fresh lemon balm, finely chopped
- 1 tbsp fresh rosemary, finely chopped
- 2 tbsp lemon juice

FROM THE GARDEN

- Lemon Balm
- Lemon
- Rosemary

EQUIPMENT

- Baking tray / cooling rack
- Baking paper
- Measuring cups/spoons
- Electric hand beater
- Electric hand mixer
- Mixing bowl x 2
- Wooden spoon
- Butter knives
- Large whisk
- Scissors
- Rolling pin
- Cookie cutters

INSTRUCTIONS

1. **PREHEAT** the oven to 150°C.
2. Using the electric hand blender **WHIZ** the fresh lemon balm until finely chopped.
3. Using scissors, finely **CUT** the rosemary into a small bowl and set aside.
4. In a mixing bowl, using a wooden spoon, **MIX** together the plain flour, rice flour and salt. Then **ADD** lemon balm and rosemary. Set aside.
5. In another mixing bowl, using the electric hand beater, **BEAT** the butter and sugar together until smooth and creamy, for approximately 3 minutes.
6. **ADD** lemon juice to the butter mixture and continue to beat until mixed through.
7. Using a wooden spoon or butter knife, **FOLD** the flour mixture into the butter mixture until combined. This should look like a crumbly dough.
8. **LEAVE** the mixture in the bowl and using your hands gently **FORM** a dough ball.
9. **PLACE** two sheets of baking paper on the bench. Then **DIVIDE** the dough ball in half and place one each on a sheet of baking paper.
10. Place another piece of baking paper over the top of the dough balls and press down the dough ball.
11. **ROLL** over the top using a small rolling pin to even out the thickness to about 5 mm. *Don't press down too hard as it makes the cookies firmer.*
12. Using the cookie cutters, **CUT** 4 different shapes per person to make the Mother's Day gift.
13. **BAKE** for 12-15 minutes or until golden. Leave in the tray to cool for a few minutes before transferring to a cooling rack.



HOMEMADE CROUTONS

INGREDIENTS

- 3 slices of bread, cubed
- Olive oil
- Pizza thyme, finely chopped
- Salt & pepper

FROM THE GARDEN

- Pizza thyme

EQUIPMENT

- Baking paper
- Baking tray
- Bread knife
- Wooden spoon
- Mixing bowl
- Serving tray or plate

INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Line a baking tray with baking paper and set aside.
3. On a breadboard, SLICE bread into 2 cm cubed pieces and place in a mixing bowl.
4. DRIZZLE over the bread pieces with olive oil. Then SPRINKLE the pizza thyme, salt and pepper over the bread. Using a wooden spoon TOSS gently until well-combined.
5. Spread the bread cubes out in a single layer on a baking sheet.
6. Bake until golden (approximately 15 mins), turning once halfway through cooking in order to brown all sides of the croutons. *Cooking time will depend on the thickness of the cubes, so watch to be sure that they do not burn.*
7. Remove from the oven, and let cool completely.
8. Place on a serving plate or tray.
9. Use immediately, or store in an air-tight container for up to 1 week.





SPRING ONION, RADISH & POTATO SOUP

INGREDIENTS

- 1 cup spring onions, chopped (1 bunch)
- 1 cup red radishes, chopped (approx. 200 g)
- 1 small spring of fresh oregano
- 1 tbsp butter or canola oil
- 1/2 cup brown onion, chopped
- 1 clove garlic, chopped
- 500 g potatoes, peeled & roughly chopped (weighed BEFORE peeling)
- A pinch of nutmeg (approx. 1/8 tsp)
- 500 ml vegetable or chicken stock
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup of milk
- Small bunch chives to garnish

FROM THE GARDEN

- Spring onions
- Radish
- Oregano
- Chives

INSTRUCTIONS

1. SLICE off the roots from the spring onions and discard. CHOP spring onions and set aside.
2. MELT butter in a pot over medium heat. ADD onions and FRY until they start to soften and become translucent.
3. ADD radish, spring onion, oregano and garlic, STIR through and FRY on a low heat for a few minutes, until soft and fragrant. *Be careful not to burn*
4. ADD potatoes, STIR through then POUR in the stock.
5. ADD salt, black pepper and nutmeg. STIR through, then place the lid on the pot. Lower heat to a SIMMER and leave for around 25-30 mins, or until the potatoes are very tender.
6. TASTE test for seasoning and adjust accordingly.
7. Once the soup is ready, let it cool for a short while then BLITZ with a hand blender. POUR in the milk. *Check the consistency, if the soup is too thick for your liking, steadily add more milk until your preferred texture.*
8. To SERVE, garnish with chives and croutons.



**‘We
Urgently
Need More
Foster Carers’**

The NSW Department of Communities and Justice is seeking people in your area to become short-term and crisis foster carers in order to provide a home for children and young people aged anywhere between 0-18 years-old. We are also interested in people who can care for siblings.

Foster carers come from all walks of life and their families reflect the wider community we live in. They can be single, in a relationship, identify as LGBTQI+ and be with or without children of their own.

Aboriginal, Torres Strait Islanders and people from culturally diverse backgrounds are also encouraged to apply. All carers receive training, ongoing support and financial assistance. If you are interested in making a difference in the life of a child, please call 8303 7644 or email our Foster Care Team:

CAPSMetroCentral@dcj.nsw.gov.au



**Communities
& Justice**

Canteen news!

to celebrate the diversity of our cultures and celebrations, the VPS canteen is starting a monthly:

Multicultural Monday



Check details on the canteen website
vpslunchbox.square.site



LinguaKidz

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Ages 5-15

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Holiday Language Programs



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LinguaKidz School Language Programs

LinguaKidz Holiday Programs engage, entertain and immerse children in language and culture, in a friendly and vibrant atmosphere. Our programs improve your child's communicative skills through a fun and interactive program.

- ✓ 3-day programs held in the school holidays
- ✓ Lots of fun in a casual atmosphere
- ✓ Language and cultural activities including music, role-plays, arts, crafts, games & cooking

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Visit www.LinguaKidz.com.au

f www.facebook.com/LinguaKidz

☎ 0481 867 706 ✉ hello@linguakidz.com.au

UPCOMING SCHOOL HOLIDAY PROGRAMS:

Sydney: Waverley July 5-7

Sydney: Curl Curl North July 11-13

From 9am - 3pm daily