NEWSLETTER - TERM 2 WEEK 3 - 2014

EVENTS AT A GLANCE

May

Monday 12  P & C Meeting 7:30 p.m.
Tuesday 13  NAPLAN Testing
Wednesday 14 NAPLAN Testing
Thursday 15 NAPLAN Testing
Friday 16   Friday run
            Jamie Oliver Cooking Challenge
Tuesday 20  University Computer Test
Wednesday 21 Commonwealth Bank visit — Smart Start
Friday 23   Walk Safely to School (Breakfast)
            No Friday run
Friday 30   Friday run

NAPLAN
As we prepare for NAPLAN testing this week it was pleasing to read in the week-end Herald an article praising the importance of creative play and stating that there is too much importance given to promotion of kindergarten children being able to read.
The socializing of kindergarten children is vitally important to how children interact with each other as they progress through school. If this stage is removed due to lack of time in the crowded curriculum there will be difficulties experienced further along in the educational process.
The article also goes on to question the usefulness and effectiveness of NAPLAN testing itself, something experienced teachers have been stating for a very long time. The cost of NAPLAN testing could much more effectively be spent in keeping class sizes smaller or broadening programs such as the Stephanie Alexander Kitchen Garden Scheme to ensure that all children are exposed to the ideology of healthy living and eating.
I have provided an extract from the article and thoroughly recommend reading the full article.
The link appears below;

Political pressure takes the fun out of kindy, say academics:

Kindergarten has become the new first grade as schools sideline creative play and learning for a heightened focus on academic skills, particularly literacy.
NAPLAN assessments and international rankings are being partly blamed for increased academic pressures that are cascading into early primary years, teachers say.
The downside, teachers complain, is that there is less time to embed fundamental learning skills among slower or alternative learners.
As teachers spend more time on academic content, the type of learning that inspires creativity and social interactions drops off. And among academics, the tide is beginning to turn away from the simple mantra that “earlier is better”.

Unfortunately, the article was a little large to include in this newsletter.
Student Representative Council

The first major activity of the SRC will be to help raise funds for a replacement slippery dip which will be held on Tuesday 27 May. Our current slippery dip has been loved to death and has also shown wear from frosty mornings and is cracked and needs replacement. Having the children work to help raise funds for a replacement will benefit the children in the knowledge that they have contributed towards the purchase of something for them all to enjoy. So dress up in your favorite TV character or movie and please bring a gold coin.

Thinking About Interesting Things 2

Screen time is the time you spend watching TV or DVDs, using the computer, playing video or hand-held computer games, and using a mobile phone. A healthy family lifestyle includes limits on daily screen time.

How much screen time for children?

Not much is the simple answer. Children under two should steer clear of the screen altogether. Children aged 2-5 years should have no more than an hour a day. And children aged 5-18 years should have no more than two hours.

A wide range of activities is important for children’s development. These activities include active physical play, creative and imaginative play, hands-on fun, and anything that involves relationships and interactions with real people.

Developing healthy screen time habits

Developing healthy screen time habits while they’re young will help children and teenagers make better choices about how to use their free time when they’re older.

You can help by:

- setting screen time guidelines according to the ages of children in your family
- leading by example, limiting your own screen time
- offering variety, making sure you have a range of activities and objects to entertain and stimulate your children so they don’t look to the screen so much
- being choosy about what your younger children watch or play on the computer, and taking an interest in what your older children are doing online
- keeping TVs and computers in family spaces and out of children’s bedrooms
- turning the TV off before school and at dinnertime

TV and DVDs

When young children watch TV and DVDs, they don’t see the same things adults do. Children can be negatively affected by scary, violent or sexualised images, as well as advertising.

Even having the **TV on in the background interferes with children’s ability to concentrate** on things that are better for their development, like creative or physical play.

This week’s questions:
How much screen time do you allow your child?
Does your child have access to a television in their bedroom?
Mini Working Bee

Shortly we will be installing a new composting system into the vegetable garden. These new aerobins require a cement slab to stand on as they end up supporting considerable weight when full. We will be having a small working bee to mix and lay the cement required for this job in addition to creating a ramp beside the garden shed to do away with a step.

If you are able to be of assistance on Saturday May 24 I would love to hear from you. No experience necessary as on the job training will be provided. Morning tea will also be provided. I understand many have commitments with Soccer and other sports on Saturday morning so Sunday May 25 could be an alternative if that suited volunteers better.

A great opportunity for some of the new parents in our school to become involved.

Kitchen Classes

Today students in Years 3-6 will receive their Term 2 invoice for participating in kitchen classes. The money received from this will help support the running of the kitchen garden program, it also provides lunch for the children. Your payments are appreciated.

P&C News

School Markets

Thank you so much to those parents who sent in cupcakes, worked on the BBQ, set up the markets, sold flowers and helped to pack up yesterday. We had a very successful market day raising approx $800 from the BBQ, the cupcake stall and the flower stall. Thank you to Jane Lawler who set up the most beautiful flower stall and along with her very capable floral assistant, Alisha Winley, made up bouquets for very happy customers. Thank you to all the child minions who manned the stalls and further developed their retail skills.

Thank you also to Tim Ryan who was at the markets for most of the day helping out and packing up at the end of the day.

Meeting tonight—7.30pm

Don’t forget the P&C meeting tonight. Agenda items to be discussed include:

1. Markets
2. Investigating pedestrian crossing for school
3. Future P&C meeting times
4. Lantern walk

See you there!
STUDENT WELFARE

5 tips that you might find useful, regarding praising children.

#1: Praise effort rather than ability-The research is very consistent on this: praising effort, not natural ability, is far more effective for building confidence and persistence. In other words, praise the things that kids can control – not the things they have no control over.

This teaches them to persist and that improvement is possible when they make the effort. You want your child to learn that intelligence and ability are malleable rather than fixed. Then they will be motivated to keep pursuing real, lasting improvement over time.

# 2: Praise improvement over results -The evidence is also clear that parents who overemphasise achievement are more likely to have kids with high levels of depression, anxiety, and substance abuse.

Your focus instead be on recognising improvement and your child’s efforts to do their best. This, again, will teach them that improvement is possible if they persist; it will encourage them to compete against themselves rather than others.

# 3: Over-praising, leading to lack of impact -Common sense suggests that the more you praise the same thing over and over, the less impact that praise will have over time. My suggestion is that you praise as a poker machine provides winnings, i.e. intermittently. In this way your praise will have the maximum effect.

#4: Praising what kids automatically do already - Sometimes we praise kids for activities that they are doing automatically, without conscious thought eg. Keeping their room tidy or helping with the washing up. It’s fine to praise these things once in a while, but don’t make doing so a habit. All you will achieve is to make this unconscious behaviour conscious, and after a while the praise will be expected.

It is better to show gratitude for tidiness or other automatic behaviours only every so often. Instead, focus your praise on those behaviours that are less automatic but that you would like to become habitual.

# 5: Making praise a very public thing -There’s nothing wrong with praising a child in front of their grandparents or other adults every now and then.

However, constantly praising a child in public can have some interesting side effects including building greater dependency on the opinions of others, avoiding the taking of learning risks and a heightening of sibling competition.

Making praise, encouragement and positive reinforcement a private matter between you and a child –(at least most of the time) will make these things more meaningful. Leave the public praise to others – such as grandparents & teachers.

The last word: “The key is intermittent reinforcement. The brain has to learn that frustrating spells can be worked through. A person who grows up getting too frequent rewards will not have persistence, because they'll quit when the rewards disappear.” (Quote from Po Bronson and Ashley Merryman, authors of Nurture-Shock: New Thinking about Raising Children)

Netty Dubokovich-Chaplain. “SPEAK LIFE”
Gourmet pizza base

Ingredients
2 (300g) cups bread / strong flour
7g sachet dried yeast
½ teaspoon caster sugar
Good pinch salt
150mls tepid water 50mls olive oil
Extra olive oil for greasing
Extra plain flour for dusting
3 tablespoons tomato paste
300g cheddar cheese, grated

Method

1. Preheat oven to 230C (210C for fan forced oven). Lightly grease 2 pizza trays
2. Attach the flat beater to the stand mixer. Place flour, yeast, sugar and salt into the bowl. Mix on speed 2 until combined. Add the tepid water and oil and mix until dough just comes together. Charge attachments and place on the dough hook.
3. Knead on speed 2 for 4 minutes or until dough is smooth and elastic. Remove the dough (with lightly floured hands) to a clean lightly oiled mixing bowl. Cover and set aside in a warm place for 15 minutes. Return to the mixer and knead 10 seconds.
4. Halve the dough and roll out or press out into the pizza trays. (for a thick dough crust: the dough can be covered and placed in a warm place for 10 minutes )
5. Spread with the sauce and choice of topping and bake 20 minutes or until crisp and golden.
**Char grilled Eggplant with minted yoghurt & pomegranate**

**Source:** adapted from Sydney Markets recipe sheet “BBQ eggplant with minted yoghurt & pomegranate”  **Serves** 8 at home

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
<th>Dressing</th>
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<tbody>
<tr>
<td>½ cup thick natural yoghurt</td>
<td>Eggplant:</td>
<td>Clean tea towel</td>
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<tr>
<td>1 cup mint leaves (well packed)</td>
<td>Chopping board</td>
<td>Measuring cups</td>
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<tr>
<td>½ a lemon juiced</td>
<td>non-slip mat</td>
<td>Mezzaluna</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td>Knife</td>
<td>Medium mixing bowl</td>
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<tr>
<td>4 medium eggplants (about 1.2 kg)</td>
<td>Grill pan</td>
<td>Spatula</td>
</tr>
<tr>
<td>Oil to brush vegetables</td>
<td>Pastry brush</td>
<td>Juicer</td>
</tr>
<tr>
<td>1 onion</td>
<td>Lifter</td>
<td>Teaspoons</td>
</tr>
<tr>
<td>1 pomegranate</td>
<td>Tongs</td>
<td>Small bowl</td>
</tr>
<tr>
<td>Mint leaves to garnish</td>
<td>Plate</td>
<td>Serving platters</td>
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**Cooking the eggplant:**

1. Wash and dry the eggplants.
2. Cut off top and slice in half length ways.
3. Slice each eggplant half into 1 cm slices.
4. Preheat the grill pan on a medium heat.
5. Brush the eggplant slices with oil and season with salt and pepper.
6. Cook the eggplant in batches, for 2-3 minutes each side until golden and tender.
7. Keep warm on a plate (set the oven at 120°C) until ready to assemble.

**Making the yoghurt dressing:**

1. Wash and dry the mint stems with a clean tea towel. Be gentle as mint bruises and will discolour.
2. Carefully remove the best leaves, damaged and marked leaves are to go in the compost.
3. When you have a cup of leaves set aside until needed. Do not chop mint until you are ready to add it to the yoghurt.
4. Prepare some more leaves and leave whole to garnish the platters.
5. Measure the yoghurt into a medium mixing bowl.
6. Juice the lemon stir into yoghurt.
7. Chop half the mint with the mezzaluna and add to the yoghurt, repeat with the remaining mint. (This makes it easier to chop in smaller amounts).
8. Stir to combine, taste and add salt and pepper. Set aside to allow the flavours to develop.
9. Cut6 the pomegranate in half and use a teaspoon to remove the seeds. Place in a small bowl until ready to assemble the dish.

**To assemble and plate up this dish:**

1. Arrange the eggplant slices on the serving platters or plates.
2. Drizzle yoghurt mixture with a spoon over the eggplant.
3. Sprinkle with pomegranate seeds.
4. Garnish with mint leaves and serve.
Greek salad

Ingredients vary a little depending on availability, but a Greek salad should always be a celebration of ripe tomatoes and, as such, will always be colourful. Mostly it is topped with feta, as here.

### Ingredients:
- 1 cucumber
- 5 tomatoes
- 2 spring onions or 1 small red onion
- 1 green capsicum
- 1 red capsicum
- 1 lettuce
- 15 kalamata olives
- 4 tablespoons extra-virgin olive oil
- 4 teaspoons red-wine vinegar salt
- freshly ground black pepper
- 100 g feta

### Equipment:
- chopping board
- knives – 1 small, 1 large
- peeler
- teaspoon
- bowls – 1 small, 1 large
- metric measuring spoons
- fork
- wooden spoon
- scales
- salad spinner

### What to do:
1. Wash lettuce thoroughly, separate leaves and spin dry the lettuce must be well dried or the dressing will not cling to the leaves.
2. Set out the chopping board, knives and peeler. Peel the cucumber and halve lengthways. Using the teaspoon, scoop out most of the seeds from the centre of the cucumber. Cut the cucumber into 2 cm dice and transfer to the large bowl.
3. Cut the tomatoes into chunks or wedges and add to the bowl. If using spring onions, trim the outside layer and cut off the tops and ends. Then cut the spring onions into 1 cm pieces. If using red onion, halve and peel, then place the flat side down on the board and cut crossways as finely as you can. Add the onion to the cucumber bowl. Cut the green pepper into 1 cm dice and add to the bowl. Place all the scraps in the compost bucket.
4. *Press the flat side of the large knife onto each olive to squash it – the pip can now be removed easily. Cut into halves and add the olives to the salad.
5. In the small bowl, combine the oil and vinegar to make the dressing. Whisk lightly with a fork, then pour over the salad and mix all the ingredients well with the spoon. Taste for salt and pepper (remember the cheese is quite salty). Weigh the feta, crumble it over the salad, then serve.

*Adult supervision required
Win a share of the Dollarmites' sunken treasure in Term 2.

This term we are giving students, schools and our School Banking Co-ordinators the opportunity to win a share of sunken treasure found in the Lost City of Savings.

Students simply need to make three or more School Banking deposits during Term 2, regardless of the value, and they will automatically be entered into the competition to win some fantastic prizes including:

**Major student prize.**
- Five nights' accommodation at the Sea World Resort & Water Park on the Gold Coast;
- VIP Passes for two adults and three kids to Sea World, Warner Bros. Movie World and Wet'n'Wild Gold Coast;
- Dolphin Family Aqua Adventure; and
- A $3,000 travel gift card to get them there.

**Runner up student prizes.**
- 130 Toys"R"Us Gift Cards to the value of $250 each to spend on their favourite toys.

**School and School Banking Co-ordinator prizes.**

There will also be a separate draw for schools. As long as you have at least one student who is eligible for the competition, you will be in the running to win:
- $1,000 cash for one school in each state/territory of Australia.
- Plus the School Banking Co-ordinators of each winning school will receive a $250 Commonwealth Bank Debit Card (maximum of three per school).

For full terms and conditions please visit

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Willow Blues:

*****AUDITIONS*****

Are you aged 8 – 17 years? Do you love to sing, dance and act? Well...keep reading because you don’t want to miss out on this one!

**Compulsory Audition Workshop/Orientation:**

**Audition Day**

**Rehearsals:** Commence on Sunday 15 June from 11am – 4pm then most Sunday's through till October at THSPA.

**Show Time:**
8 October – 26 October

Discover the extraordinary hidden within the ordinary as you follow the story of the beautiful Willow Pattern design. The show is packed with delightful songs and original choreography. There are parts galore for youth aged 8-17 years, with both challenging lead roles, many substantial support roles and large ensemble work.