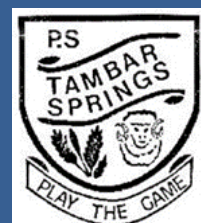




Tambar Springs

Public School



Newsletter

Thursday 5th July 2018



Term 2 Week 10

Principal's Message

Dear Parents and Carers,
We are almost to the end of Term 2. It seems to have flown by and everyone is looking forward to a lovely two week holiday.

NAIDOC WEEK

The children have participated in many cultural activities this week including Aboriginal art, learning Indigenous games, researching the origins of the NAIDOC celebrations, using story stones and learning some words in the gamilaraay language.

Yesterday the staff and students hosted a Luscious Lunches as part of our NAIDOC week celebrations. We would like to thank Mrs. Tracey Keeler for coming out to our school for the day to assist in preparing the delicious meal and to our families, friends and community members for sharing it with us.

SCHOOL PHOTOS

Our 2018 school photos have been booked in for Thursday 23rd August. Envelopes for ordering will be sent home early in Term 3.

ATHLETICS CARNIVAL

Our small schools athletics carnival will be held on Friday August 17th at Wolesley Oval in Gunnedah. More detail will be provided closer to the date.

We wish you all a safe, happy and restful break and we look forward to seeing you all again in Term 3.

Kind regards,
Ms. Therese Bunce
(Relieving) Principal

Main photo:

Luscious Lunches

DATES TO REMEMBER

JULY

- 6 Tennis
- 6 Last Day of Term

Term 3

July

- 23 Staff Development Day
- 24 Students Return

August

- 17 Small Schools Athletics
- 23 School Photos

Quote

Dear Parents,

Tag..... you're it!

By Tambar Spring Teachers



GUNNEDAH

NAIDOC 2018

BECAUSE OF HER, WE CAN!

10:00AM Monday 9 July, 2018
Flag Raising & Morning Tea
HNE Health

5:00PM Tuesday 10 July, 2018
Free Movie Night
'Rites of Passage' M15+
The CIVIC Theatre

6:30PM Wednesday 11 July, 2018
NAIDOC 2018 Awards Night
Gunnedah Services & Bowling Club

6:30PM Thursday 12 July, 2018
Cards Night
Red Chief LALC

1:00PM Friday 13 July, 2018
'Because of Her, We Can' NAIDOC
Exhibition Opening Gunnedah
Bicentennial Creative Arts Gallery

Sunday 15 July, 2018
8:00AM Cumbo Gunnerah Run
Breeza to Gunnedah
7:00am Breakfast at Winanga-Li
8:00 Smoking Ceremony at
Porcupine Lookout
10:00AM NAIDOC March from
Abbott St to Wolseley Park
followed by the
Official Flag Raising Ceremony &
NAIDOC Family Fun Day
at Wolseley Park

NSW GOVERNMENT Aboriginal Affairs



SPRING RIDGE FIRECRACKER & BONFIRE NIGHT

- BBQ
- MUSIC
- FIREWORKS
- BONFIRE

WHERE - SPRING RIDGE COUNTRY CLUB

DATE - 7TH JULY 2018

TIME - 5PM

FEE - \$10 PER CAR/FAMILY
Free Camping at the Rec Ground

AN EVENT FOR THE WHOLE FAMILY TO ENJOY!
NO BYO - ALCOHOL AVAILABLE FOR SALE AT COUNTRY CLUB



Springing into Kinder Program 2018

Tambar Springs Public School

School Readiness and Transition Program

Who: Children who are entering **Kindergarten in 2019.**

When: Commencing Wednesday 8th August 2018.
Every Wednesday during Terms 3 and 4.

Time: 9am to 1:45pm

Where: Tambar Springs Public School

For further information or to register, contact us at
Tambar Springs Public School
Phone: 6744 2343
Email: tambarspr-p.school@det.nsw.edu.au

PS TAMBAR SPRINGS PLAY THE GAME

Healthy Eating & Living Program

In 2018, we are encouraging the healthy eating practices of our students. The Student Council has decided that the Thursday lunch order will continue to be supplied by the Royal Hotel on a fortnightly basis, with the students planning and cooking a healthy meal for the alternate week. The cost of our school cooked canteen lunch will remain at \$5 per student at this time, to cover the cost of ingredients.



Royal Hotel	Thursday, Week 1 (26 July)
Luscious Lunches Week	Thursday Week 2 (2 August)
Royal Hotel	Thursday, Week 3 (9 August)
School Cooking	Thursday Week 4 (16 August)

Luscious Lunches

FISH FILLETS WITH INDIGENOUS SPICES COOKED IN PAPER

(ABORIGINALS WOULD WRAP IN WET PAPER BARK AND COOK ON A FIRE)

Ingredients

- 3 Large White Fish Fillets, Cut into halves
- 1/2 Lemon, Sliced Thinly
- 3 Carrots, Sliced into Thin 1/2cm Strips (Julienne)
- 3 Zucchini, Sliced into Thin 1/2cm Strips (Julienne)
- 1 Capsicum, Sliced into Thin 1/2cm Strips (Julienne)
- 3 Spring Onions, Cut into Thin pieces or rings
- 3 Potatoes, wash, cut into 1/2cm Thin Slices
- 3 Tablespoons Indigenous Desert Spice Mix
- 6 Pieces of Baking Paper about 40cm Long



Method: (Vegetables may differ from class to class due to availability of supply)

1. Preheat the oven to 220 Degrees Celsius, fan forced.
2. Prepare the **Fish, Lemon, Carrot, Zucchini, Spring Onion, Capsicum** and **Potato**.
3. Place 6 baking trays on the bench and place 1 piece of baking paper on each tray.
4. Divide all of the Vegetables into 6 equal portions.
5. On each piece of baking paper place a portion of **Potato** where the oval is on the diagram.
6. Layer over the potato with the portion of **Carrot, Zucchini, Capsicum, Spring Onion** and then with the **Fish**.
7. Sprinkle 1/2 of a Tablespoon of the Desert Spice Mix over the top of the Fish.
8. Lay the **Lemon** across the Fish.
9. Gently lift the sides of the paper together above the fish and fold the edges shut tightly.
10. Place the trays in the oven and bake for 40 minutes or until the vegetables are soft and the fish is cooked.
11. Carefully lift each paper parcel onto 6 plates.

Bush Tomato and Mountain Pepper Flavoured

Cheese Bread

Ingredients:

- 5 & 1/4 Cups White Bread Flour
- 1/4 Cup Sugar
- 1/2 Teaspoon Salt
- 2 Tablespoons Dried Yeast
- 1/3 Cup Oil
- 2 & 1/4 Hot Water
- 1/2 Cup Grated Cheese
- 1 & 1/2 Tablespoons Bush Tomato & Mountain Pepper Spice Mix



Method:

1. Preheat the oven to 180 degrees Celsius.
2. Spray the two deep sided roasting pans with cooking oil spray.
3. Add all the **dry ingredients** to the kitchen aid bowl and mix on low until combined.
4. Add **Oil** and **Water**. Mix for 1 minute and check consistency.
(If dough is too dry, add a little more water. Dough should be sticky.)
5. Add the **Grated Cheese** and the **Spice Mix**.
6. Mix for 5 minutes or until dough is smooth and soft.
7. Spray the bench top and pans with cooking oil spray. Tip the dough onto the sprayed bench. Cut in half.
8. Shape the dough into the same shape as the pans, place in the pans and cover with a dish towel.
9. Bake for 25 minutes or until golden and cooked in centre. Remove from tins and cool on racks.

Illawarra Plum and Quandong Jam Drop Biscuits

Ingredients:

- 2 Cups Plain Flour
- $\frac{3}{4}$ Cup Sugar
- 2 Teaspoons Baking Powder
- 2 Eggs
- $\frac{1}{2}$ Cup Butter
- $\frac{1}{2}$ Teaspoon Illawarra Plum and Quandong Jam per Biscuit



Method:

1. Preheat oven to 200 Degrees Celsius.
2. Beat **Butter** and **Sugar** in Bowl until sugar dissolved and is pale in colour.
3. Add **Eggs**, beat again.
4. Add **Flour** and **Baking Powder**.
5. Line 2 baking trays with baking paper and spray with cooking oil.
6. Roll the dough into walnut sized balls.
7. Place each ball onto the tray spacing them out with room for the biscuit to expand.
8. Indent in middle of each ball with thumb (press in halfway).
9. Fill indents with **Jam**.
10. Bake for around 15 minutes or until light golden.



Wattle Seed Ice Cream (Cheats Version)

Ingredients:

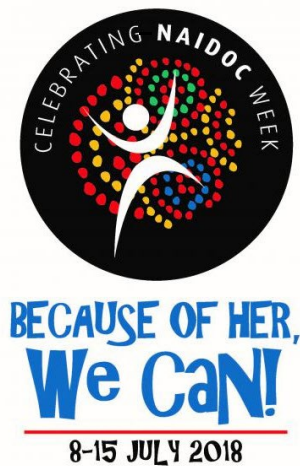
- 600ml Bottle Thickened Cream
- 425g Can Condensed Milk
- 2 Tablespoons Wattle Seeds
- 2 Tablespoons Wattle Seed Extract



Method:

1. Tip the **Cream** and **Condensed Milk** into the Kitchen Aid Bowl.
2. Using the Whisk attachment whip on high until thick and creamy like softened ice cream.
3. Add the **Wattle Seeds** and **Wattle Seed Extract**.
4. Beat just until mixed.
5. Scrape into a container with a lid and freeze overnight.





THE HISTORY OF NAIDOC WEEK

A long long time ago there were 1000 Aboriginal people. They marched in a protest.

Next the Aboriginal people decided to protest every year and named it the day of mourning.

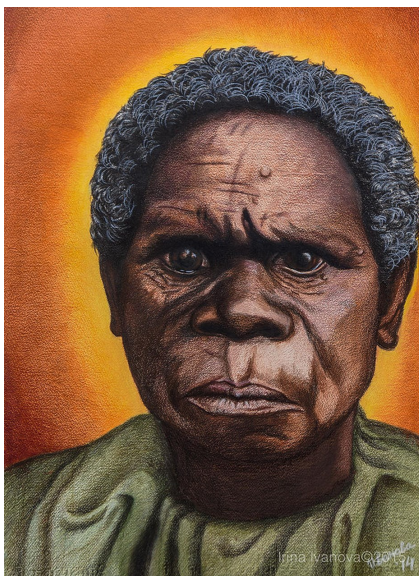
After many years it was decided that this should become a week long celebration.

Finally everybody now celebrates NAIDOC week. By Amarni

BECAUSE OF HER WE CAN... TRUGANINI

Truganini was leader of her people in Tasmania. She was born in 1812. When she was a teenager she saw her mother and her sister and her uncle and her boyfriend got killed by the white people. Truganini helped the white people move the aboriginal people to an island to keep them safe. But then the aboriginal people began to get sick and die so then she moved the people to a safer place.

By Millie Nelson (Year 1)



Because of Her we can:

Evonne Goolagong Cawley

Evonne Goolagong Cawley won a trophy because she was the best tennis player in the world.

She was born in 1951 and she was one of eight children in the family. She lived in Barellan in New South Wales and she was good at sport and she won all of the games.

By Amarni (Year 1)



TAMBAR SPRINGS PUBLIC SCHOOL

LUNCH ORDER MENU

CHILDREN'S MENU

Salad Roll	\$5.00	Chicken Drumsticks	\$4.50
Ham Cheese & Tomato Toasted Sandwich	\$5.00	Chiko Roll	\$4.00
Chicken Nuggets & Chips (4)	\$5.00	Pluto Pup	\$4.00
Fish Cocktails & Chips (4)	\$5.50	Meat Pie	\$4.50
Hamburger (Meat & Sauce)	\$5.50	Sausage Roll	\$3.50
Cheese Burger (Meat, Cheese & Sauce)	\$5.50		
Chicken Burger (Patti, Lettuce & Mayo)	\$6.00		
Fish Burger (Fish, Lettuce & Mayo)	\$6.00		
Children's Chips & Gravy	\$4.50		
Marinated Chicken Wings (4)	\$5.00		

STAFF MENU

Plain Hamburger & Chips	\$9.00
Hamburger Bacon & Cheese	\$10.00
Bacon & Egg Roll	\$6.00
Steak Sandwich & Chips	\$9.50
Steak & Salad Sandwich & Chips	\$10.00
Adults Chips & Gravy	\$6.00
Chicken Snitz Burger (lettuce, mayo or sweet chilli sauce)	\$11.00

LUNCHES ~ CALENDAR TERM 3

WEEK	DATE	WHO	WEEK	DATE	WHO
Week 1	26th July	Royal Hotel	Week 2	2nd August	School
Week 3	9th August	Royal Hotel	Week 4	16th August	School
Week 5	23rd August	Royal Hotel	Week 6	30th August	School
Week 7	6th September	Royal Hotel	Week 8	13th September	School
Week 9	20th September	Royal Hotel	Week 10	27th September	School
THESE ARE SUBJECT TO CHANGE					