



Tambar Springs

Public School



Newsletter

Thursday , 12th September 2019

Term 3 Week 8 2019

Principal's Message

Tambar Springs School News:

Fruit is Beaut.

Our school eats fruit every day at snack break. As part of fruit and vegetable month we are on a mission to try new fruits and vegetables at school and at home. There is a competition running at school for the amount of fruit and vegetables that is included in our lunchboxes. With competitions there are rewards in the way of funky scented fruit and vegie stampers and chances to win games and prizes. How does a stamp smell like broccoli? It can be done.

There will be a challenge next week to reduce the packaging and send in food that is fresh and unpackaged.

This week our school welcomed our parents for morning tea and Mrs Hoade gave a presentation to how important they are in supporting their child at school. From reading books, simple fun games with dice and cards. Time spent talking with your child and playing with them is the best gift you can give them. The cycle will usually continue with your children modelling your example later with their families.

Parents enjoyed the day and appreciated that we are working hard to cater for the needs of our wonderful students at Tambar Springs.

Main photo:

Armani, Zac and Millie making slime!

DATES TO REMEMBER—

Thursday, September 19th:

School Author Workshops, Carroll School.

Wednesday, September 25th:

Luscious Lunch:
Stir Fry Noodles, Garlic Bread and Fruit Salad.

Thursday, September 26th and Friday, September 27th:

Warrumbungle Observatory Excursion.

Monday, September 30th

Holidays!



ASSEMBLY AWARDS



We are running assemblies to acknowledge the areas our students are doing well in.

STUDENT ACHIEVEMENT:

Zac Nelson—Being an enthusiastic learner in reading and fractions.

MERIT, Grouping Work in Maths:

Armani Hunt

MERIT, Improvement in sequencing ideas:

Millie Nelson

MERIT, Handwriting:

Matthew McMinn

MERIT, Enthusiastic Writer:

Andrea McMinn



The students displaying their merit awards

LITERACY AND NUMERACY WEEK



Literacy and Numeracy Week has an art exhibition on in Gunnedah Civic Centre. The students have entered a submission that has the theme of "Books".

Miss Vanessa used Roald Dahl's book "The Witches" as the inspiration and made it magically hover in mid air. When the students added their imaginations to the witches' brew of creativity, quirky characters and objects from the book began to leap from the pages and materialize, making this a truly magical display that is not to be missed.

LUSCIOUS LUNCHES

Angel McMinn, our resident chef has come to the rescue and will be preparing delicious Stir Fry Noodles, Garlic Bread and yummy Fruit Salad for our Luscious Lunch meal on Wednesday the 25th of September.



Letters to Farmer Brown

In our reading, we are learning to put ourselves in the place of the characters to imagine how they feel inside.

Dear Farmer Brown,

I want a kennel. It is very cold at night. I need a kennel because I will get sick. It will be cosy.

Sincerely,

Sniffy the Dog

Andrea

Dear Farmer Brown,

I want long grass because I am hungry. The grass is dead. Get me an automatic sprinkler so you can water the grass. It will make bales of hay and you can make money.

Sincerely,

Cindy the Sheep

Matthew

Dear Farmer Brown,

I am a goat that has white hair. Can you take me to a hairdresser? I want my hair dyed red and my hair dyed blue. Please take me to the hairdresser because it will make me look funny and everyone will laugh at me.

Sincerely

Garry the Goat

Zac

DON'T LET THE PIGEON DRIVE THE BUS

Armani

I just asked to have a drive in the bus but they didn't let me. I said I'd be careful. Now I just don't understand why it is so hard to get good service around here. What if I gave you \$5 to drive the bus? Would that be enough? Please, really it is not much to ask for. My cousin drives a bus why can't I drive a bus? It's my dream to have a bus.

I have another idea. How about we play the bus driver game?

Millie

I just don't understand why you don't let me get my own way for once. It's my dream please. I will do anything, just anything to drive that bus.

So pretty please, I'll give you five bucks. Well, ten bucks, please.

Why is it so hard to get good attention right here?

...Ok, I'll live my life without driving the bus.

Bye bye, waah waah Mumma Mumma they didn't let me drive the bus.



MORNING TEA WITH OUR TAMBAR SPRINGS PARENTS



Our students breathed a sigh of relief when Mrs Hoade took a break from making them work so hard to have a discussion with their parents.



Matthew teaching his Dad what he has learned about estimating volumes in different shaped containers.



Recipes for Fruit and Veg Month 2019 from the Healthy Kids Association.
For more yummy and healthy recipes go to healthy-kids.com.au

Hulk Fritters

GREEN (ACT & SA) / Everyday (NSW)

Makes 12 Fritters

Ingredients:

- 375 g green peas
- 1 tablespoon parsley
- 3 eggs
- 190g ricotta
- ½ cup wholemeal flour
- 1 small zucchini
- Salt & pepper, to taste

Method:

1. Mash peas and grate zucchini, combine in bowl with parsley, egg and flour.
2. Add salt and pepper.
3. Mix through ricotta.
4. Spoon into frypan and cook on medium high for ~2 mins a side, or until golden brown.
5. Serve with plain sweet chilli sauce, with salad or in a sandwich.
6. Freezes well, reheat in microwave or pie oven.

Hokkien noodle stir-fry

GREEN (ACT & SA) / Everyday (NSW)

Makes 20 x 16 ounce noodle boxes

Ingredients:

- ☐ 2kg Hokkien noodles
- ☐ 60ml Canola oil
- ☐ 4 eggs, lightly beaten
- ☐ 2 teaspoons garlic, minced
- ☐ 2 teaspoons ginger, chopped
- ☐ 1 red capsicum, sliced
- ☐ 1kg chicken breast, cooked and chopped
- ☐ ¼ cabbage, shredded
- ☐ 250 grams mushrooms, sliced
- ☐ ½ head broccoli, cut into florets
- ☐ 2 zucchinis, sliced
- ☐ 1 cup grated carrot
- ☐ ¼ bunch shallots, sliced
- ☐ 100ml salt reduced soy sauce

Method:

1. Soak noodles in boiling water for 5 minutes, then drain.
2. Place oil in a heated wok. Add the egg and stir until cooked.
3. Add the garlic, ginger, capsicum and chicken cook for 3-5 minutes
4. Add the cabbage, mushrooms, broccoli, zucchini and carrot and cook for a further 5 minutes.
5. Slowly add the Hokkien noodles a little at a time so they don't stick together.

Cook for 5 minutes until noodles are hot.

Good for Kids good for life

WASTE-FREE LUNCHES

When packing your child's lunchbox it's important to think about nutrition, but we can also look after the environment too!

Waste-free means only packing items that can be recycled or composted.

That means no plastic wrap, no foil, no zip lock bags and no packaged foods.

Here are some ideas for packing a waste-free lunch:



- Invest in some small containers or a lunchbox with a variety of compartments.
- Use paper bags as they can be recycled.
- Use a reusable bottle for water and milk.
- Buy in bulk and transfer into smaller reusable containers for food like yoghurt and rice crackers.



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

RAIL IN GUNNEDAH
Celebrating 140 years
9.00AM-2.00PM
SATURDAY 14TH SEPTEMBER, 2019
GUNNEDAH RAILWAY STATION

MEET LOCAL RAIL SERVICES & FIND OUT HOW THEY HAVE CONTRIBUTED TO RAIL IN GUNNEDAH

- VINTAGE TRAIN RIDES - VINTAGE MACHINERY -
- HISTORICAL DISPLAYS & INFORMATION -
- PRIZE FOR BEST PERIOD COSTUME -
- FOODS STALLS - LIVE MUSIC -

- VINTAGE TRAIN RIDES -

PRICES RANGE FROM \$10 (CHILD) TO \$20 (ADULT)

TICKETS ON CASH - ONLY SALE AT GUNNEDAH RAILWAY STATION
02 6740 2060

ALL ARE WELCOME COME ALONG TO SHARE STORIES
& BE PART OF GUNNEDAH'S HISTORY!



Be a fruit & veg superhero yourself!

Did you know only about 5% of NSW children eat enough vegetables? And the statistics are similar for adults. Our school has registered for Fruit & Veg Month – a fun and educational health promotion event that puts a positive focus on fruit and vegetables.

To encourage our school families to eat more fruit and vegetables we will be sending home hints and tips over the month.

Encourage your family to eat more fruit and vegetables by being a fruit & veg superhero:

Show your kids how often you eat fruit and veg – include them in all your meals and snacks too!

Talk with your kids about which fruit and veg are your favourites and why you think they are superheroes. Kids live in the moment so taste, texture, and superpowers like going fast and having super strength are what matters to them

Get your kids involved in meal planning and shopping. Put a focus on deciding which fruit and vegetables you will include in your meals and snacks*

*Cost or availability an issue? Frozen fruit and vegetables or canned vegetables (no added salt) or canned fruit (in natural juice) are great too!