



Sutherland North Public School



School-talk – 17 June 2019

Principal's Message – Fiona Young

Spotlight Performance

Good luck to Lily W, & Jenna F who are performing tonight in the NSW Public Schools Primary Dance Ensemble at the Seymour Centre. We wish Zac B goodluck as he is also performing in the NSW Primary Ensemble at the Seymour Centre on Monday 24 June.

Student Reports

The teachers have been busy doing student assessments and are now in the process of completing student reports. Parents and Carers will receive student reports on the 3rd July 2019.

Building Works

The roofing works will be finished by the end of the week if the rain holds off. Painting of the two Kinder blocks has commenced over the weekend. Once these two buildings are completed the workmen will move onto Mrs Muldoon and Mrs Moseley's building for a much needed repair and paint work followed by the demountable. Hopefully the normal school entries will be restored by the end of this week. Thank you for your patience throughout the building works.

Parking Restrictions

As many of you would already be aware, Sutherland Shire Council has established a Disabled Parking Zone at the front of the school. The council will also be modifying the gutters next year to meet RMS requirements. Please note; this is not a drop-off zone. The council monitors the parking spaces and you will be fined if you are seen using this space if you do not have the required RMS Disabled Parking Sticker.

Next P&C Meeting

The next P&C meeting will be held on Wednesday 19 June at 7.30pm in the library. All parents and carers are welcome and encouraged to attend to have the opportunity to contribute to discussions and decisions.

Kindergarten Enrolments 2020

We are now accepting enrolment applications for 2020. Any school families with pre-schoolers turning 5 years by 31 July 2020 and are ready for school are eligible to enrol. If you have family, friends or neighbours interested in enrolling at Sutherland North, please encourage them to enrol soon, so that plans for transition to Kindergarten can be developed. We will be holding a **Starting School** information session for parents on **Wednesday 14 August 2019** from **6.00 – 7.00pm**. Our Kindergarten Transition activities for the children will be held in Term 4.

Term 2 - 2019

June

Monday 17

Dancefever Athletics Program
DanceSport
Emmy & Friends Program Year 1

Tuesday 18

Senior Choir 8.30am
Music Bus 1.00pm
Ukulele Group 1.30pm

Wednesday 19

Counsellor Day
Music Bus 1.00pm
P&C Meeting 7.30pm

Thursday 20

Assembly 12.30pm

Friday 21

Junior Choir Rehearsal
PSSA Sport

Monday 24

Dancefever Athletics Program
DanceSport
Emmy & Friends Program Year 1

Tuesday 25

Pie & Sausage Roll Day
Music Bus 1.00pm
Ukulele Group 1.30pm

Wednesday 26

Counsellor Day
Music Bus 1.00pm
Senior Choir Rehearsal

Thursday 27

Assembly 12.30pm

Assembly Awards Term 2 Week 6			
Award		Student Names	
Principal's Award		Lily W – 5/6P	
LaST – Mrs Greaves		Christopher M – 3G	
LaST – Ms Janes		Zayna M – 4/5M, Samuel B – 5/6O	
RFF – Mrs Rollason/Mrs Te Puke		Alexander M – 2V, Aiden D – 2V, Benjamin P – 2V, Oscar M – 2V	
PSSA – Soccer		Samuel N – 5/6O, Adam H – 3G, Eamon O – 4/5M, Mitchell T – 5/6O	
PSSA – Netball		Sophie H – 5/6P	
Class	Student of the Week	Class Awards	
KR	Lincoln F	Gemma B	Grace K
KB	Joshua K	Harrison H	Sienna G
1T	Hunter L	Robbie W	Ebony G
1/2A	Erin D	Jackson S	Chloe D
2V	Nathan S	Andrea S	Ryan B
3G	Gabrielle P	Noah T	Lucy B
3/4Y	Steven S	Benjamin H	Jesinta D
4/5M	Henry T	Eamon O	Tahlissa D
5/6O	Samuel B	Ryan E	Dylan M
5/6P	Tyler M	Isaac L	Lachlan S
Gold Pennants			
Sienna T – 1/2A, Lucas Pullen 5/6O			
Bronze Pennants			
Link S – KR, Jazahra F – 2V			
Premier's Reading Challenge			
Oliver S – 1T, Steven C – 3/4Y			

Assembly Awards Term 2 Week 7			
Award		Student Names	
Principal's Award		Kota F – 4/5M	
LaST – Mrs Greaves		Ryan B – 2V, Chelsea A – 4/5M	
LaST – Ms Janes		Samuel G – 3G	
RFF – Mrs Rollason/Mrs Te Puke		James C – 3G, Angus E – 3G, Christopher M – 3G, Joshua P – 3G	
Library		Amalia P – 1T, Brielle P – 3G	
Primary Sport		Callie S – 3/4Y, Tahlissa D – 4/5M	
PSSA – Soccer		Joshua M – 5/6P, Dylan M – 5/6O, Matthew R – 4/5M	
Class	Student of the Week	Class Awards	
KR	Harvey M	Mason T	Aria S
KB	Harry A	Imogen P	William G
1T	Pravash T	Elena M	Ivey T
1/2A	Scarlett O	Tristin O	Riley B
2V	Felicity T	Vida G	Harrison H
3G	Elyna S	Annastasia M	Jayden K
3/4Y	Kylie W	Sebastian C, Autumn T	Keoni S
4/5M	Alexander B	George G	Isabella N
5/6O	Joshua G	Penelope A	Brayden O
5/6P	Mya L	Lauchlan C	Gabrielle H
Gold Pennants			
Tyler H – 3/4Y, Alex M – 2V, Belle G – 2V, Jackson S – 1/2A, Erin D – 1/2A, Lexi C – 4/5M, Maja M – 4/5M, Camila A – 4/5M			
Bronze Pennants			
Oliver S – 1T, Gemma H – 3/4Y			
Premier's Reading Challenge			
Audrey C – 1/2A			



Elena M - 1T
Fabulous BEAR Reader!

Silly Sock Day

The SRC Silly Sock Day raised \$280 for the Sydney Children's Hospital.
Well done everyone!



Advertising

REGISTER NOW!

The cricket season
is about to start...



- Play with Friends - MASTER BLASTERS (age 7-10)
Smaller teams, pitch & boundaries (90 mins of fun)
All players bat and bowl each week
- Under 10 & lower Under 12 grades (softer ball - U10)
Games are approx. 2 hours on a Saturday morning
- Under 12, 14 & 16
Approx. 3 hour games with modified traditional rules

Redeem your \$100 Active Kids Voucher with us.

All boys and girls welcome, from the complete beginner to those aspiring to join representative teams.


The cricket season runs from September to March – taking a break during school holidays.

REGISTER ONLINE:

www.stpatrickssutherlandcc.nsw.cricket.com.au

GRADING & TRIAL DATES

Refer to our Facebook page for grading and trial details:

 StPatsCricketClubSutherland

JOIN THE FUN



OPEN NOW!

Lee's Learning Centre is excited to announce our newly purposed built Educational Long Day Care centre at 121 Waratah street, Kirrawee is now open and taking enrolments.

At our small 36 place family operated centre, we are committed and proud to provide our children with:

- The best care in a safe and happy environment, along with a preschool program delivered from our Early Childhood Teacher.
- Highly qualified and passionate Educators
- Fresh, healthy and nutritious multicultural meals prepared by our full time Chef
- Nappies, wipes and bedding provided for all age groups
- Operating 50 weeks per year
- Opening hours 7:30am – 6:00 pm Monday - Friday
- High staff to child ratios across all age groups
- We are walking distance from Sutherland North primary school with plenty of car parking on the premises

Please feel free to visit any time if you would like a tour of our centre!

Please visit our website www.leeslearning.com to join our Kirrawee waiting list or contact us on 9545 4088 or kirrawee@leeslearning.com



Stage 3 Masterchef

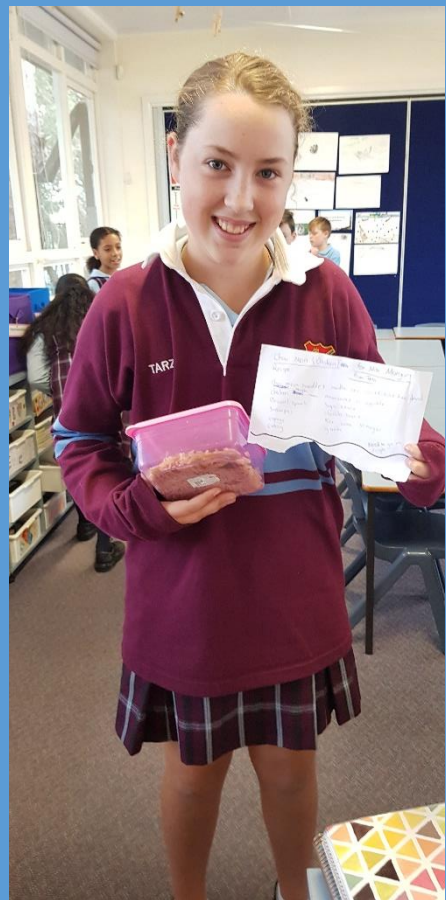
As part of the Science & Technology unit 'Living World', Stage 3 students were asked to plan, design and produce a healthy meal or drink. These are just some of the creative dishes students have produced!



Liam from 4/5M designed an experiment to make a healthier version of Milo (left).

Aim and recipe

- ▶ My aim was to make the milo drink healthier and filling because my mum kept on saying to me it's unhealthy.
- ▶ I've decided to make two types of milo drinks, one is a milo and banana Up and Go and the other is a cherry ripe milo.
- ▶ I'm going to test these out on my mum, my brother and me to find out which are their favourites.
- ▶ The first one I made was Up and Go Milo drink and the recipe was:
 - ▶ One banana
 - ▶ 3 tsp of milo
 - ▶ 3 ice cubes
 - ▶ One cup of almond milk
 - ▶ And half a weet bix
 - ▶ Blend: on smoothie setting



Tara from 5/6P created Chow Mein (Chicken) (above).



Logan from 5/6O created scrambled eggs (left).

Roast pork and veggies

Austin H (560)

- Marinate the pork with lemon, garlic and herbs.
- Roast in the oven for 1h at 180°
- Peel carrots and potato and chop into bite size pieces
- Cut the broccoli into small pieces



- Steam veggies for 5mins until just cooked
- Enjoy 😊



Turtle Brownies by Samuel B (560)

These are the ingredients for the Turtle Brownies.

- ¾ cup canned black beans, rinsed and drained
- ½ cup semisweet chocolate pieces plus 2 tablespoons, divided
- ½ cup butter, melted
- ½ cup refrigerated or frozen egg product, thawed or 2 eggs, lightly beaten
- ½ cup granulated sugar (see Tip)

C&H Granulated White Pure Cane Sugar 4 Lb

\$3.29 for 1 item Thru 06/26

¾ cup unsweetened cocoa powder

1 teaspoon vanilla

½ cup all-purpose flour

½ teaspoon baking powder

¼ teaspoon salt

¼ cup chopped walnuts, toasted

2 tablespoons sugar-free caramel-flavored ice cream topping

Healthy Oat Bar by Lily J (560)

Ingredients-

- 1 1/2 cup rolled oats use gluten free oats for a gluten free version
- 1/2 cup rice bubbles cereal
- 3 tablespoons corn flakes
- Pinch of salt
- 1/4 teaspoon baking soda
- 1/4 cup honey
- 2 tablespoons canola oil or olive oil
- 3/4 teaspoon vanilla extract
- 1/2 tablespoon brown sugar

Method-

Preheat oven to 176 C. Line an 9x9 inch square pyrex dish with parchment paper.

Combine the oats, rice bubbles, corn flakes, salt and baking soda in a medium size mixing bowl. In a glass measuring cup or microwave safe bowl mix the honey and canola (or olive oil). Place in the microwave for 30 seconds to 1 minute. Stir to melt the coconut butter then add the vanilla and brown sugar. Whisk to combine and then mix the wet with the dry ingredients. Transfer the oat mixture to the prepared pyrex dish that is lined with parchment paper and press down hard. I used the back of a measuring cup (spray or oil the bottom so it does not stick and press hard!)

Place in the preheated oven for 20 to 25 minutes. The bars will be golden on top. Remove the bars (if your bars seem a little loose, I like to push down again on them to make sure the bars will hold together) and let the bars cool in the pan for 10-20 minutes then remove from the pan and then cut while the bars are firm, but still somewhat soft. Place on a cooling rack to cool completely. Store in a sealed container or wrapped in plastic wrap.

Lego Frozen Yoghurt - Ryan B (45M)

Ingredients:

- 1 cup of strawberries
- 0.5 tablespoon of honey
- 1 ripe banana
- 1.5 cups of yoghurt
- Lego molds



Method:

1. Cut strawberries top off then into halves
2. Cut banana
3. Blend banana with strawberries
4. Add honey and yoghurt then mix well with a spoon
5. Pour into Lego molds (use other molds if don't have Lego ones)
6. Put in freezer and wait overnight

7. Remove the molds and enjoy

