Welcome back to Term 3 and a special welcome to our new St Clair students and parents.

We have started this term with Ms Twining on leave for the whole term and Mr McNamara teaching Class 8. Mrs Burnett is relieving Assistant Principal for the support unit. Mrs Burke is also on leave but only for the first four weeks and we welcome back Mrs Renshaw who is teaching in the library and Class 6 on Thursdays and Fridays. Mrs Renshaw is Assistant Principal in charge of Stage 2.

**Performances**

We have a busy couple of weeks with many of the students having the opportunity to perform and demonstrate their talents.

Today the choir and the junior and senior dancers are at the STEPs Music festival rehearsal at the Evans Theatre Panthers, Penrith and tonight will perform with students from other STEPs schools in front of over 600 parents and community members.

On Friday our debating team will compete against James Erskine PS.

Next Monday the choir, Senior Dance Sport team, junior and senior dancers will perform on centre stage at Westfield Mt Druitt at 10.40am. I’m sure there will be plenty of proud mums, dads and other relatives there to support them.

On Tuesday the choir, junior & senior dancers, and Stage 1 will perform a mini concert in the hall starting at approximately 10.00am.

What a great opportunity these events are for the students to demonstrate their skills and I would like to thank all of the teachers who have given up many lunch times to work with the students.

**GOT IT Information Session**

St Clair has been very lucky to be included in the GOT IT Program (Getting On Track In Time). An information session for parents will be held next **Tuesday 28 July at 9.00am in the hall.**

Come along hear about the program and be ready in the hall for the concert at 10.00am.

**Athletics Carnival**

Unfortunately due to Saunders Park being very wet and Penrith Council closing the grounds our Athletics Carnival planned for last Tuesday had to be postponed until Tuesday 4th August. We need to have a lot of fine weather for the park to dry out.

If the rain continues we may need to run the races at school and hold a separate field event morning for competitors only at an alternate venue. This may incur a cost for the hire of a bus.

Keep your fingers crossed the rain goes away!

---

**Calendar**

- **Friday 24 July**
  - NAIDOC Cup
- **Monday 27 July**
  - Westfield Mt Druitt Performance
- **Monday 27 to Wednesday 29 July**
  - Book Fair in the Library
- **Tuesday 28 July**
  - GOT It Information session
  - Mini Concert
  - Open Classrooms
  - SRC Cake Stall
  - P&C Meeting
- **Wednesday 29 July**
  - Milo Blast Cup cricket
  - Yr 6 - Mufti Day & Movie Afternoon
- **Thursday 6 August**
  - Athletics Carnival
- **Monday 10 to Friday 14 August**
  - Swim School
- **Tuesday 11 August**
  - Uni Maths Competition
- **Monday 10 to Friday 14 August**
  - Yr 6 - Mufti Day & Movie Afternoon
- **Wednesday 13 August**
  - Support Unit reviews

---

**Assembly News**

- **Mondays**
  - **27 July** - No assembly
  - **3 August** - Aussie of the Month, Excellence & Playground Stars
  - **10 August** - Class 1 Item & awards

---

**P & C Meeting**

**Tuesday 28th July**

7.00pm in the Staffroom
**Principal’s Awards**

**Congratulations:**
Lleyten Tautua, Brady Smoothy

---

**Merit Awards**

| Class 1 | Natalia Lucas, Kyle King |
| Class 3 | Kadeesha King, Lily-Jean Hodgson |
| Class 4 | Annalise Vorhauer, Bryce Fairweather |
| Class 5 | Scarlett Bell, John Ah Mann |
| Class 6 | Hayley Spagnol, Jye Henderson |
| Class 8 | Shayne Shahla |
| Class 9 | Shae Stevens |
| Class 10 | Aaron Day |
| Class 11 | Brandan Thurgar |
| Class 12 | Abigail Laney, Taylen Birchall |
| Class 13 | Jasmine Rutledge, Aiden Coban |
| Class 14 | Krystal Boyd, Portia Young |
| Class 15 | Kayley Mitrovic, Curtis Howell |
| Class 16 | Andrea Marks-Green, Anthony Elia |
| Class 18 | Bianca Howell, Flynn Dalrymple |

---

**For trading**

Sharni Hayes x 2, Ceiren Wells, Raghav Puri, Ashton Wasley, Kaitlyn Beardmore, Amara Wright x 3, Mohammed Jaleley, Eden Devonshire, Johbe Reid, Maddison Roth, Anne Avecilla, Kallum Nash x 2, Rochelle Chammas, John Ah Mann x 2, Brady Smoothy, Jonalyn Dizon, Bryce Fairweather, Ceiren Wells

---

**Mathletics Awards**

**Top Maths Results**

Congratulations:
Phillip Nguyen, Jenny Alexandrou, Nate Wright

---

**Panthers Eat Well, Play Well, Stay Well Awards**

| Kindergarten | Cooper Goldier, |
| Year 1       | Matilda Roberts, |
| Year 2       | Tayla Russell, |
| Year 5       | Lilianah Martinez |
| Year 6       | Jessalyn Dizon, |

---

**Class 4 Assembly Item**

I am sure everyone was entertained by the wonderful item presented by Class 4 at this week’s assembly.
EDUCATION WEEK ACTIVITIES

Thursday 23rd July - STEPS Music Festival Rehearsal
STEPS Music Festival Concert

Friday 24th July - NAIDOC Cup

Monday 27th to Wednesday 29th July - Book Fair in the Library

Monday 27 July 10.40 am  Junior & Senior Dance groups, Choir & Senior Dance Sport team are performing at Westfield Mt Druitt.

Tuesday 28th July 9.00am - Parent GOT IT (Getting On Track In Time) information session, in the hall. 
10.00am - Mini Concert in the hall
10.20am - Open Classrooms
11.00am - Morning Tea with students
11.00am - SRC cake stall
11.30am - Students return to class

Wednesday 29th July - Milo Cricket Blast Cup for Stages 2 & 3

UNIFORM PRICES
Due to an increase in supplier prices, some of our uniform costs have been increased accordingly.

Effective 13th July, 2015, the new uniform prices are as listed below:-

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Polo Shirts</td>
<td>$22.00</td>
</tr>
<tr>
<td>Sports Polo Shirts</td>
<td>$25.00</td>
</tr>
<tr>
<td>Zipper Jackets</td>
<td>$40.00</td>
</tr>
<tr>
<td>Skorts</td>
<td>$25.00</td>
</tr>
<tr>
<td>Summer Dresses</td>
<td>$35.00</td>
</tr>
<tr>
<td>Flap Hats</td>
<td>$12.00</td>
</tr>
<tr>
<td>Brim Hats*</td>
<td>$12.00</td>
</tr>
<tr>
<td>Bucket Hats</td>
<td>$12.00</td>
</tr>
<tr>
<td>School Bags</td>
<td>$30.00</td>
</tr>
<tr>
<td>Library Bags</td>
<td>$ 5.00</td>
</tr>
</tbody>
</table>

*We have a limited supply of brim hats still available for purchase, however, these will be replaced by the bucket hats.

Uniforms are available for purchase from the school office on Tuesday and Thursday mornings between 8.30am and 9.30am. If purchasing uniforms we ask that payment be made by cash (correct money please), cheque made payable to the school or by eftpos/credit card.

It's back! Woolworths Earn & Learn starts on Wednesday 15th July.

It's simple to participate.
This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at St Clair Woolworths.

At the end of the promotion, we’ll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you’d like to know more visit woolworths.com.au/earnandlearn
Petro is turning 13!

Each year, we all celebrate a day as unique as we are – our birthdays! The birthday greetings we receive from loved ones near and far help create special memories that often last a lifetime. Petro’s birthday is coming up soon. We will help make his day by letting him know that even though we are far away, we’re thinking of him. We are sending Petro a personalised card as well as a gift to show we care. World Vision project staff tells us that birthday greetings are received with great pride and excitement from the children.

The SRC are having a cupcake stall on Tuesday 28th July 2015 to celebrate Education Week and to raise money for our sponsor child, Petro. Could students from Kindergarten to Year 2 please provide cupcakes/slices / cakes to support a great cause.

You’re invited to St Clair Public School’s OPEN DAY to celebrate Education Week!

When: Tuesday 28th July 2015

Open Day kicks off at 9am with a GOT IT information session in the hall followed by a mini concert at 10am. This will be followed by open classrooms until 11am. Then, come join us for morning tea on the artificial grass.

Morning tea will conclude at 11:30am

**SRC Cake Stall:** Kindergarten to Year 2 to provide please. On the day, please take all cakes and slices to P.A 11

Enrol now for Kindergarten 2016

Call into the Office or phone the school for an enrolment application.

Classroom Support

For the first 5 weeks of this term our SLSOs (Student Learning and Support Officers) Mrs McPherson, Mrs Pasfield and Mrs Vorhauer are working closely with programs developed by the teachers to improve targeted students reading fluency and then from week 6 will be working with targeted students to improve their writing. Students have been identified by class teachers to be involved in these programs. Each class is receiving some SLSO support.

If you would like to help in a classroom, please complete a volunteers’ working with children check available at the office and then speak to the class teacher for suitable times. Teachers appreciate an extra pair of hands when the students are completing group activities or when the students are cooking in the kitchen.
Helping you help your kids......
with emotions and behaviour

You are invited to morning tea with the Got It! team and other parents.

Got It! is a school-based early intervention program provided by a specialist health team in partnership with your child’s school. It targets disruptive and challenging behaviours and is designed to support children, parents and teachers.

All parents are invited to attend to find out how to help your kids learn about emotions. All families with children in K-2 will receive information regarding further involvement in the program.

Please RSVP to your child’s classroom teacher by: Friday 24th July 2015

Morning Tea Date and Time:

Date: Tuesday 28th July
Time: 9 to 10am
Location: School Hall

RSVP:
I will be attending the ‘Helping You Help Your Kids’
Name: 

Child’s Name: Class:
P&C News

Fundraising
All P&C fundraising this year will be going towards assisting our school purchase Ipads. Your help makes a huge difference to our school.

Our 5c drive has started!!! – This fundraiser will continue until Week 8 of this term. The last collection day will be Friday 4th September. The 5c pieces are to be taken to your child’s class – for families who are not sure how this works, each class collect as many 5c pieces as they can throughout the term. At regular intervals, the money is counted for each class and banked. The tally is then put on a graph and will be displayed on the notice board next to the front office as well as being here in the newsletter. The graph will be updated regularly. The winning class will be announced at the school assembly and the class party will be held on a date to be determined by the class teacher. So please keep on collecting those little silver coins.

Just a quick note, that the school P&C are only able to accept cash or cheque for our fundraisers – unfortunately we do not have any eftpos facilities!! Cheques need to be made out St Clair Public School P&C Association.

Canteen
Important Notice: The canteen is closed On Wednesdays until further notice – this means NO lunch orders are available.

The canteen is in desperate need for more volunteers to help in our canteen, if you can help in any way, please contact Kim on the canteen phone 0455 098 523 or you can also enquire at the school office.

The canteen is also now offering toasted sandwiches and wraps for ordering at lunchtime. Please ensure these are ordered as a normal lunch order.

Next Tuesday is our next P&C meeting – everyone is welcome to attend – 7pm in the staffroom.

Fundraising Events
3rd Sept - Father’s Day Stall
4th Sept - End 5 cent drive

Next P&C Meeting Tuesday 28 July - EVERYONE IS WELCOME

Future P&C Meetings (7pm in the staffroom) –

<table>
<thead>
<tr>
<th>Term</th>
<th>Tuesday 28th July</th>
<th>Tuesday 1st September</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 3</td>
<td>Tuesday 20th October</td>
<td>Tuesday 24th November</td>
</tr>
</tbody>
</table>
Session 3 – Learning to feel confident and brave: Feelings (cont.) and Relaxation games  (R = Remember to Relax. Have quiet time)

Concepts, skills & strategies

- Introduction to body clues - paying attention to the physical reactions we experience when we feel worried or nervous, helps us to understand how we are feeling e.g. butterflies in tummy, tight muscles. This doesn’t mean we are sick! Our body is our friend!

- We can use different methods of relaxation to remain calm, manage our worries, and to feel confident and relaxed, e.g. slow deep breaths, muscle relaxation

Tips for Parents

- Encourage your child to talk about what is happening inside of their bodies when they experience different types of feelings, and share examples of your own body clues. Remind your child that these signs are your body’s way of telling you how you are feeling.

- Notice your child’s physical complaints and when they occur. If they complain of a tummy ache/headache etc, remind them that it might be their body’s way of telling them something. Is this because they are feeling worried or nervous about something?

- It is important that as soon as children are aware of their body clues they need to take action. Engaging in relaxation strategies helps to reduce these feelings and to remain in control.

- Spend time each day doing relaxation activities and having quiet time.

- You might notice that when you feel worried, your breathing quickens and becomes shallow. Ask your child to teach you how to do “milkskake breathing”. Next time you notice your child is feeling angry, worried, or upset, remind them to slow down and take some milkskake breaths. Try this for yourself next time you find yourself feeling worked up or worried about something. Sit still and close your eyes. Repeat this 10 times and see how you feel afterwards.

- By taking slow, deep breaths, we can relax our body, our heart beats slower, and we feel less tense or worried.

- Practise progressive muscle relaxation (PMR) with your child. Sometimes our muscles become tense (e.g. jaw clenched, shoulders up high, neck tight) when we are feeling worried, stressed or angry. When we notice this, we can help ourselves feel better by relaxing our muscles. In PMR, you go through each of the muscle groups one by one, tensing and then relaxing. It can help to close the eyes, lie down, and use relaxation scripts when practising PMR (see example at end of handout).

- Another way your child can feel more relaxed is to do something they enjoy and find relaxing. Every child is different, so talk with your child and identify what is relaxing for them. It might be reading a book, jumping on the trampoline, playing with their dog or cat, going for a swim, drawing, listening to some music, or just lying down. You might refer to it as “quiet time.” Avoid activities such as watching television, using the computer, or playing video games.

- It is also extremely important that you make time for yourself and your own relaxing activities. Make a list of the things you can do to feel good and relax. When you notice yourself feeling stressed or worried, pull out this list and engage in one of those activities. It could be something as simple as making a cup of tea, or sitting in the sun on the veranda. Whatever works for you! Parents need special times too!

- The more you practice relaxation activities, the better equipped your child will be in managing their emotions in times of stress. They will also become more aware of their feelings and remaining relaxed will become a more automatic response.

Remember to...

- Assist your child in using the new skills learnt in this session to help them achieve their goals.

- Encourage your child to express their feelings and to choose appropriate ways of dealing with those feelings.

- Encourage your child to look people in the eye when talking, use a brave voice, smile, and stand up tall.

- Catch your child being brave and praise them for it, use your child’s brave chart!

- Share your “happy things” as a family once a day and talk about times you were brave. Provide lots of praise for attempts to share ideas and feelings experienced from the day.
Example: Progressive muscle relaxation for children (author unknown)

Here is a script you can read to your child to help them relax. You might choose to do this before bed to help your child get to sleep. You could play some relaxing music if you want. Speak in a calm and slow voice. You could even record your voice and play this back to your child when they go to sleep at night. Have your child close their eyes, lie down, or sit comfortably.

Introduction
Okay, first, get as comfortable as you can. If you are sitting, sit back, get both feet on the floor, and just let your arms hang loose. That’s fine. Now close your eyes and don’t open them until I say to. Remember to follow my instructions very carefully, try hard, and pay attention to your body. Here we go.

Hands and Arms
Pretend you have a whole lemon in your left hand. Now squeeze it hard. Try to squeeze all the juice out. Feel the tension in your hand and arm as you squeeze. Now drop the lemon. Notice how your muscles feel when they are relaxed. Take another lemon and squeeze. Try to squeeze this one harder than you did the first one. That’s right. Real hard. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed. Once again, take a lemon in your left hand and squeeze all the juice out. Don’t leave a single drop. Squeeze hard. Good. Now relax and let the lemon fall from your hand. (Repeat the process for the right hand and arm.)

Arms and Shoulders
Pretend you are a furry, lazy cat. You want to stretch. Stretch your arms out in front of you. Raise them high over your head. Back way. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side. Okay, kitten, let’s stretch again. Stretch your arms out in front of you. Raise them over your head. Pull them back, way back. Pull hard. Now let them drop quickly. Good. Notice how your shoulders feel more relaxed. This time let’s have a great big stretch. Try to touch the ceiling. Stretch your arms way out in front of you. Raise them way up high over your head. Push them way, way back. Notice the tension and pull in your arms and shoulders. Hold tight, now. Great. Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.

Jaw
You have a giant jawbreaker bubble gum in your mouth. It’s very hard to chew. Bite down on it. Hard! Let your neck muscles help you. Now relax. Just let your jaw hang loose. Notice that how good it feels just to let your jaw drop. Okay, let’s tackle that jawbreaker again now. Bite down. Hard! Try to squeeze it out between your teeth. That’s good. You’re really tiring that gum up. Now relax again. Just let your jaw drop off your face. It feels good just to let go and not have to fight that bubble gum. Okay, one more time. We’re really going to tear it up this time. Bite down. Hard as you can. Harder. Oh, you’re really working hard. Good. Now relax. Try to relax your whole body. You’ve beaten that bubble gum. Let yourself go as loose as you can.

Face and Nose
Here comes a pesky old fly. He has landed on your nose. Try to get him off without using your hands. That’s right, wrinkle up your nose. Make as many wrinkles in your nose as you can. Scrunch your nose up real hard. Good. You’ve chased him away. Now you can relax your nose. Oops, here he comes back again. Right back in the middle of your nose. Wrinkle up your nose again. Shoo him off. Wrinkle it up hard. Hold it just as tight as you can. Okay, he flew away. You can relax your face. Notice that when you scrunch up your nose your cheeks and your mouth and your forehead and your eyes all help you and they get tight too. So when you relax your nose, your whole body relaxes too, and that feels good. Oh-oh. This time that old fly has come back, but this time he’s on your forehead. Make lots of wrinkles. Try to catch him between all those wrinkles. Hold it tight, now. Okay, you can let go. He’s gone for good. Now you can just relax. Let your face go smooth, no wrinkles anywhere. Your face feels nice and smooth and relaxed.

Stomach
Hey! Here comes a cute baby elephant. But he’s not watching where he’s going. He doesn’t see you lying in the grass, and he’s about to step on your stomach. Don’t move. You don’t have time to get out of the way. Just get ready for him. Make your stomach very hard. Tighten up your stomach muscles real tight. Hold it. It looks like he is going the other way. You can relax now. Let your stomach go soft. Let it be as relaxed as you can. That feels so much better. Okay, he’s coming this way again. Get Ready. Tighten up your stomach. Real hard. If he steps on you when your stomach is hard, it won’t hurt. Make your stomach into a rock. Okay, he’s moving away again. You can relax now. Kind of settle down, get comfortable, and relax. Notice the difference between a tight stomach and a relaxed one. That’s how we want to feel--nice and loose and relaxed. You won’t believe this, but this time he’s coming your way and no turning around. He’s headed straight for you. Tighten up. Tighten hard. Here he comes. This is really it. You’ve got to hold on tight. He’s stepping on you. He’s stepped over you. Now he’s gone for good. You can relax completely. You’re safe. Everything is okay, and you can feel nice and relaxed. This time imagine that you want to squeeze through a narrow fence and the boards have splinters on them. You’ll have to make yourself very skinny if you’re going to make it through. Suck your stomach in. Try to squeeze it up against your backbone. Try to be skinny as you can. You’ve got to be skinny now. Just relax and feel your stomach being warm and loose. Okay, let’s try to get through that fence now. Squeeze up your stomach. Make it touch your backbone. Get it real small and tight. Get it as skinny as you can. Hold tight, now. You’ve got to squeeze through. You’ve got through that narrow little fence and no splinters! You can relax now. Settle back and let your stomach come back out where it belongs. You can feel really good now. You’ve done fine.

Legs and Feet
Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle. You’ll probably need your legs to help you push. Push down, spread your toes apart, feel the mud squish up between your toes. Now step out of the mud puddle. Relax your feet. Let your toes go loose and feel how nice that it feels to be relaxed. Back into the mud puddle. Squish your toes down. Let your leg muscles help push your feet down. Push your feet. Hard. Try to squeeze that puddle dry. Okay. Come back out now. Relax your feet, relax your legs, and relax your toes. It feels so good to be relaxed. No tension anywhere. You feel kind of warm and tingly.

Conclusion
Stay as relaxed as you can. Let your whole body go limp and feel all your muscles relaxed. Each day, remember how good it feels to be relaxed. Sometimes you have to make yourself tighter before you can be relaxed, just as we did in these exercises. Practice these exercises everyday to get more and more relaxed.
Astronomy Night
Saturday 25 July (7pm – 9pm)
Stars, Supernova, and Our Place in the Universe
This talk looks at the birth, life, and eventual death of stars. The stellar demise of a particular group of stars will be looked into, namely, the explosive ‘supernova’. From there, our place in the Universe will be put into perspective as we travel outward from Earth. The evening will also include a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory's telescopes.
Cost: $18 adult, $12 child/concession and $50 family
Bookings are essential: Book online: www.uws.edu.au/observatory.

Time Capsule Competition: Be part of history!
A time capsule will be buried as part of Penrith’s Bicentenary celebrations and Penrith Council is running a competition to find objects to put in it. Penrith’s community is being asked to think ‘outside the square’ and suggest items for the time capsule which reflect the city and the community of Penrith in 2015.
Suggestions and ideas for this competition can be posted as a comment, photo or video to Council’s Facebook page from 22 June to 7 August 2015.
Winners will be selected by Penrith Council and will be invited to help bury the time capsule in a special ceremony at Thornton Oval in September.
Penrith Mayor Councillor Ross Fowler OAM said this competition is an opportunity for people to be part of history. “Penrith has come such a long way in 200 years; we know this because we are lucky enough to have found documents and artefacts which help tell the story of our ancestors,” Cr Fowler said.
We can’t predict what life will be like here in another 200 years but we can make it easier for our future residents to know what life was like. A time capsule is a great way to do that.”
To enter, either sign up or log on to Facebook and visit Council’s Facebook page – www.facebook.com/penrith.city.council

Important Info
- Penrith Council will decide what objects go in the time capsule.
- Objects need to be small or able to be folded to fit into the time capsule.
- Objects can include handmade items, household items and anything that won’t disintegrate over time.
- Entries close Friday 7 August 2015.

Thank you to the Australian Government
At the end of last term, our Stage 3 students experienced an educational tour of Canberra. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of $20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion and was deducted when calculating the total cost of the camp.
Are You Interested In Different Cultures?

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an overseas student arriving in January 2016. Hosting exchange students gives Australian families the opportunity to share their life and their culture with young international students for a term, semester or year. January is fast approaching and our students can’t wait to hear from a welcoming host family they can call their own and learn about the place they will soon call home.

Hosting Is Fun! Request Student Profiles!

Getting to know your student before he or she arrives brings fun and joy to everyone involved. To help you make this important decision, contact WEP today on 1300 884 733, info@wep.org.au or www.wep.org.au to receive a full information pack for your family.
**STEPping Up Together**

At the end of Term 2 our Aboriginal students had the opportunity to invite a friend to join them in some fantastic learning and activities across the 7 STEPs schools. Ms Young had a group of Stage 2 students from the five primary schools. The students participated in a range of activities including drama and music with an Aboriginal theme. All of ours students said they had a great day and learnt lots.

---

**Basketball**

This term all students have the opportunity to participate in basketball skill development. For just $10 for the term students develop ball skills that will help them in all sports as well as learning some of the fundamentals of basketball. But most importantly the students are having fun and getting exercise!

**Buddies**

Many of our classes have developed close relationships with another class. Older students are helping the younger students with reading and writing as well as research, word processing and other activities on their XO computers. The students really enjoy this sharing time.
The simplest way

to make two meals out of one

Save time on dinner by cooking a larger portion size + using leftovers the night after.

Ingredients
2 onions diced, 4 carrots grated, 600g lean beef mince, 600g frozen spinach, chopped and defrosted, 4x 400g cans no added salt chopped tomatoes, 200ml skim milk, 200g instant lasagna sheets, 250g reduced fat ricotta cheese, 1/2 cup grated parmesan

Method

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.

The simplest way

to Shop on a Budget

Five Quick Tips to saving $$$

1. Create a weekly menu plan
2. Write a shopping list according to the menu plan
3. Compare prices
4. Buy fruit + veggies that are in season
5. Limit your purchases of pre-made snacks/meals

What's in season now? There's lots of yummy fruit & veg available in Winter, like:

<table>
<thead>
<tr>
<th>WINTER FRUIT</th>
<th>WINTER VEG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Beetroot</td>
</tr>
<tr>
<td>Bananas</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Mandarins</td>
<td>Carrots</td>
</tr>
<tr>
<td>Navel Oranges</td>
<td>Celery</td>
</tr>
<tr>
<td>Avocados</td>
<td>Potatoes</td>
</tr>
</tbody>
</table>

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.

Lamrocks Solicitors

Ph: 02 4731 5688
www.lamrocks.com.au

The team at Lamrocks Solicitors has been helping people from across the Nepean and Blue Mountains region for over 100 years.

If you need advice or assistance with a legal issue, contact the experienced lawyers at Lamrocks for friendly, professional advice that offers real value-for-money.

Our office is conveniently located in Penrith, with parking outside the door, so you don't have to travel into the city to get the best advice. Our professional staff are highly experienced in their chosen fields of law and can quickly identify the key issues in your matter, and how best to address them.

Please contact our friendly staff if you, or someone that you know, requires assistance with

Property & Conveyancing - Family Law
Compensation Law - Wills & Estates

Contributing to the community since 1882
I'm glad to be back and ready for Term 3; our garden is looking bountiful and green. We sure needed the 2 week school break for other vegetables to be harvested. We have an abundance of Asian greens, broccolini, potatoes, snow peas, rocket, leeks, rhubarb, lettuce, mezuna and parsley.

We also have a large variety of purple, white, orange and yellow sweet carrots. These have an intensely sweet flour and their colour is amazing!

Juanita also planted some edible flowers and the Year 6 students made a colourful garden salad served with a simple olive oil and lemon vinaigrette.

One of the outstanding dishes we made this week was the **pumpkin and vegetable soup**. The taste was so fresh and flavoursome; it is definitely perfect for this cold wintery weather. **Vegetarian stir-fry served with rice** was also a hit. We used carrots, super crispy celery and loads of Asian greens with this dish. We added an omelette to the stir-fry for protein, making it a really delicious healthy food! It's very rare we cook or bake sweet dishes but Years 2 and 3 certainly enjoyed their **fluffy pancakes served with apple, pear and rhubarb stew** last week.

We all know cooking is fun in the kitchen, but while our food is cooking away it's really fun going to the garden and seeing how our ingredients grow. We also identified some of the vegetables, learning the difference between coriander and parsley by smelling and feeling the leaves. Tasting some of the edible flowers was also fun.

Thank you to all of the students who were in the kitchen today, your hard work really paid off! I am looking forward to seeing you again next week!

**Happy Cooking! Cazendra**

Thank you parents for contributing items we need for this program. Our Kitchen Garden program is always in need of further assistance from the parents, community and local businesses.

**If you are wishing to donate items we need a continuous supply of:**

- White sugar
- Brown sugar
- Butter (unsalted)
- Flour
- Olive Oil
- Vegetable Oil
- Cheese

Also needed are jars with metal lids—to be used for preserves and jams.
Lots of jobs got done over the holidays, including finishing the fence all the way across the wild area to keep the chickens out of the garden. One of the broken boxes got replaced with no harm to the plants growing in it. The garden is looking absolutely beautiful at the moment, with the cooler weather and good rainfall ensuring that all the crops are growing beautifully. Lots of produce has been used in the last 2 weeks, including our multi-coloured carrots, celery, broccolini, Asian greens, lots of lettuce, mizuna, rocket and edible flowers. The kids were amazed that pansies are edible - we had previously used nasturtium and calendula flowers, but not the pansies, so it was a delicious experience for them on Tuesday.

Our bug mansion is now complete and looks lovely in the corner of the flagpole garden. So far no residents, but it takes time till the native bees realise there's a new home available for them. Probably in the spring time when the temperature rises and most insect populations boom, we'll get an influx of new friends.

The biggest excitement of the past 2 weeks has been the arrival of our Picasso Cow! She was unveiled on Monday at the assembly and now we begin the process of naming, decorating and finishing our cow in the theme of From Farm to Plate. There will be photos and a journal and the completed cow will be judged before the end of term, so every class will be busy getting their artwork done. There will be photos periodically so you can keep track of how we’re going.

The kids have been awesome in the garden with great behaviour and co-operation, and lots of kids coming down to the garden at lunchtimes to help out. Thanks to everyone for being so great when you come out to the garden!

Until next time, happy gardening,
Juanita

Wanted:
- Large metal poles to hold up shade cloth - 3m or longer
- Volunteers
- Vegetable & herb seeds, seedlings & fruit trees, shooting potatoes, onions, garlic
- Oven dried egg shells (for snail prevention)
- A continual supply of fertiliser (Seasol and Rocket Fuel)
- Irrigation materials i.e. hoses, sprinklers, tap connections, timers etc.

Special Thank You To Our Supporters of the Stephanie Alexander Garden Project
- Fresh & Fruity St Clair - donation of fresh vegetable leaves for chooks.
- Austas for the large wooden boxes
- Camden Farm Mushrooms - for free delivered mushroom compost