



Jerangle Public School Newsletter

Week 4 Term 4
28th October 2014



Mrs Sonja T. Sim
Principal Jerangle P. S.
Ph: 02 6454-3127

From the Principal's Desk

With the Highland Games Day only a week and a day away the children are all looking forward to hosting the Scottish fun day planned for the 5th of November. They are organising their outfits and looking forward to playing host to about 150 students from various local small schools. It should be a great day with activities such as Edinburgh Castle, caber tossing, St. Andrews Golf course, tartan weaving and much more. We all hope that the weather is kind to us and gives us a lovely spring day.

The children have been enjoying term 4 theme of Growing and Changing. They have grown some Grass Seed Heads with the Kindy Starters and are now watching the grass grow as hair. They are also involved with a bean growing experiment and wonder what effects salty water has on growing plants.

This week Angela Constance will be attending the annual Stage 3 Transition Camp at Cooba for Thursday and Friday. There will be other Stage 3 students from the area attending and the program is packed with some awesome and challenging activities. We hope she has a super time and is able to catch up with some of her friends.

Other activities such as weekly swimming, Active After School Sports, woodwork and sewing are now well underway for the term and students are showing great enthusiasm and progress in their work.

Welcome to our newest Jerangle residence, Kate and Jess. We all hope you have settled into this lovely part of the country and enjoy living here as much as we do.

Mrs S. T. Sim



Cricket Gala Day

Last Friday 6 students from Jerangle participated in the Cooma Cricket Gala Day. All the students had a fabulous time and came back to school chattering on about how good it was. They won 3 out of the 4 games they played and tied in their final game.

Well done Jerangle.



Kindy Start 2014

Our 3 new Knidy Start children have been enjoying coming to school for the last 3 weeks. They have learnt about school routines and being part of the Jerangle class. They are keen to show how well they can fit into the school activities and we certainly look forward to seeing them next year at Jerangle. The Program will continue on Wednesdays for another 2 weeks (excluding 5th November due to the Jerangle Highland Games Day) and finish on 12th Nov.

Library Day

Library day has returned to Fridays! Please encourage your child to bring back library books each Friday so new books can be borrowed. The library is absolutely brimming with fabulous new books which have been covered and catalogued and are now ready to be taken home to read. (thank you Helen for such an enormous effort). So make Fridays the day for books!



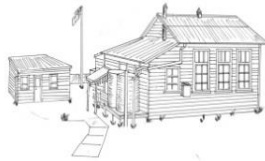


Active After School Sports

The Active After School Sports program has started with great gusto and the children look forward to Wednesday afternoons when Hamish Toohey leads a soccer training session at school. The students have improved their soccer skills and are gaining a better understanding of the rules of the game. The program has a break next week but continues on Wednesday 9th.

School Shirt Order

An order of school shirts is going to be placed on 13th Nov. If you would like a new school shirt for your child for next year then please ring the school and add your request to the list.



Cooba Camp

This year the transition to High School camp at Cooba will be held on Thursday 30th Oct to Friday 31st Oct. Angela is looking forward to catching up on news from others small schools Stage 3 students. Mrs Sim will be attending for Thursday.



School Swimming

Children have been enjoying the weekly Friday swimming lessons this term in Cooma pool. They have all shown improvement in their swimming skills and the warmer weather has made the lessons in water a lot more pleasant. The lessons continue on Fridays until 5th December.

Maths Training at Monaro High School

Last week Teachers from various schools visited Monaro High for a training session regarding maths and the new curriculum. It was a very informative day and ensures that Jerangle teachers are on track with new teaching methods. Mrs Sim is all fired up and ready to launch into some super maths lessons!!!!

Vision Check

If you would like to check your child's vision at home in a familiar surroundings then simply call into the office or ring the school to arrange to take home a basic eye test at home. Parents will be asked to complete simple visual tasks that are weaved into

the Penny the Pirate story with your child and record their responses as they go.

P & C Meeting

P & C held their final meeting for the year on Tue 14th Oct. Plans for the Highland Games Day and Presentation Night were discussed. Please see Lisa Philips or Cathy Hopkins for the minutes. The next meeting is scheduled for next year on Tuesday 10th Feb at 12 o'clock noon for a lunch followed by the meeting. Lunch will be provided, so why not put the date in next year's diary and be ready for a super meeting with energy and vitality.

Waterweek

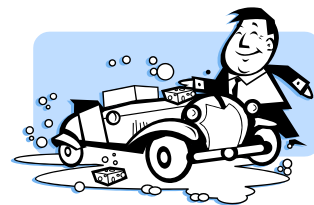
Last week Cooma Council officially opened the water refill station in Centennial Park as part of the Water Week 2014. The students at Jerangle were lucky enough to receive a reusable water bottle as part of the celebrations. So why not check out Centennial Park and refill your very own water bottle there and together we can cut down on plastic water bottles sold at the shops!



Presentation Night

CHANGE OF DATE

Please note the change of date for this wonderful celebration of student learning throughout the year. Due to unforeseen circumstances the date had to be changed to **Wednesday 10th Dec**. Please put this new date in your calendar and come and joins us for a fantastic evening of entertainment.



Carwash

Jerangle Car Wash is back!!!!!! So why not visit the school on Wednesday 3rd Dec to have the students wash those dirty vehicles and get them ready for Christmas?

Money raised will help the students buy a gift for children less fortunate than those at Jerangle such as a goat in Africa, education books for Peru etc. The car wash will begin at 2pm and cost \$5 per car so come early and you can boast the cleanest car in Jerangle!

Planner Calendar – Term 4 2014

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
4	27 th Oct	28 th Oct	29 th Oct MEG meeting – Active After School Program 3-4pm	30 th Oct Cooba Camp Sonja to attend	31 st Oct Cooba Camp Swimming 2:15 – 3pm	1/2
5	3 rd Nov	4 th Nov	5 th Nov Highland Games Day	6 th Nov	7 th Nov Swimming 2:15 – 3pm L3 Sonja to attend	8/9
6	10 th Nov	11 th Nov	12 th Nov Active After School Program 3-4pm	13 th Nov	14 th Nov Swimming 2:15 – 3pm L3 Sonja to attend	15/16
7	17 th Nov	18 th Nov	19 th Nov Active After School Program 3-4pm	20 th Nov	21 st Nov Swimming 2:15 – 3pm L3 Sonja to attend	22/23
8	24 th Nov	25 th Nov	26 th Nov Active After School Program 3-4pm	27 th Nov	28 th Nov Swimming 2:15 – 3pm	29/30
9	1 st Dec	2 nd Dec	3 rd Dec Car Wash	4 th Dec	5 th Dec Swimming 2:15 – 3pm	6/7
10	8 th Dec	9 th Dec	10 th Dec Presentation Night	11 th Dec	12 th Dec	13/14
11	15 th Dec Sonja on leave	16 th Dec Sonja on leave	17 th Dec Last day school for students Sonja on leave	18 th Dec Staff Dev. Day Sonja on leave	19 th Dec Staff Dev. Day Sonja on leave	20/21





Get your kids cooking



Getting your little helper in the kitchen is a great way to spend time with them and they'll love eating their special creation.

Here are some tips:

Involve your family in cooking

Share food together and be a good role model for developing a healthy relationship with food.

Start with easy jobs

like measuring flour into a bowl. Expect mess - spills will happen.

Safety first

Use plastic measuring cups and bowls instead of glass. Keep children away from hot or sharp objects.

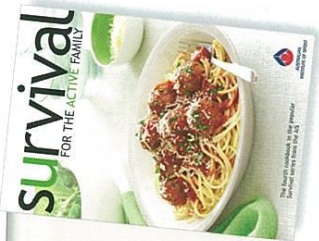
Choose simple recipes

which are clear and easy to follow.



Survival for the Active Family

is the fourth official cookbook from the Australian Institute of Sport and Nestlé. Developed by the sports dietitians at the AIS, and with help from the athletes themselves, this cookbook is perfect for busy families who want healthy, tasty food without spending hours in the kitchen. Each recipe is accompanied by a nutritional analysis with cooking and serving tips.



For more delicious lunchbox recipes, visit: www.recipes.com.au

Lunchbox recipes

Great lunchbox fillers, these recipes are simple to make and full of flavour.



Fried Rice

- 2 1/4 cups (450g) long grain white rice
- 2 eggs lightly beaten
- 1 medium (120g) carrot, thinly sliced
- 1 medium (200g) red capsicum, sliced
- 150g baby corn
- 1 cup (70g) sliced button mushrooms
- 3 green onions (shallots), sliced
- 150g reduced fat ham, chopped
- 1 cup (120g) frozen peas
- 1/4 cup (60mL) soy sauce
- 2 tbsp sweet chilli sauce
- spray oil for cooking

1. Cook rice according to packet directions; drain; run under cold water to cool down; spread onto a baking tray and place in the freezer while preparing remaining ingredients.
2. Heat a non stick frying pan or wok over medium heat. Spray with oil; pour in eggs, swirl so the egg evenly covers the base; cook until just set, roll up and slice thinly; set aside.

3. Reheat frying pan or wok over high heat; spray with oil; cook carrot, capsicum, corn and mushrooms for 3 minutes. Add green onions, ham, rice and peas; cook 4 minutes or until rice heats through.
4. Add egg, soy sauce and sweet chilli sauce; toss until well combined.

Serves: 6

Prep time: 15 mins

Cooking time: 12 mins

ANALYSIS	Per serve
Energy	1639kJ
Protein	15.4g
Fat, Total	4.1g
- Saturated	1.2g
Carbohydrate, Total	70.2g
- Sugars	5.5g
Sodium	949g
Dietary Fibre	4.3g

Apricot & oat muffins

- 1 cup self raising flour
- 1 cup plain flour
- 3/4 cup brown sugar
- 1/2 cup rolled oats, plus 1 tbsp extra
- 3/4 cup low fat milk
- 1/2 cup canola oil
- 2 eggs, lightly beaten
- 3/4 cup pie apricot, plus 1/4 cup extra

1. Preheat oven to 180°C/160°C fan forced. Grease a 12 hole (1/3 cup/80mL) muffin pan.

2. Sift flour into a large bowl; add sugar and rolled oats; mix well; pour in combined milk, oil, eggs and pie apricot; mix just until combined.

3. Divide mixture evenly between muffin pan; sprinkle with extra rolled oats and divide extra pie apricot on top of each muffin. Bake 25 minutes or until golden.

Makes: 12

Prep time: 15 mins

Cooking time: 25 mins

ANALYSIS	Per serve
Energy	1112kJ
Protein	5.0g
Fat, Total	11.0g
- Saturated	1.0g
Carbohydrate	36.0g
- Sugars	16.1g
Dietary Fibre	1.7g



Community Get Together

Last Friday of the Month

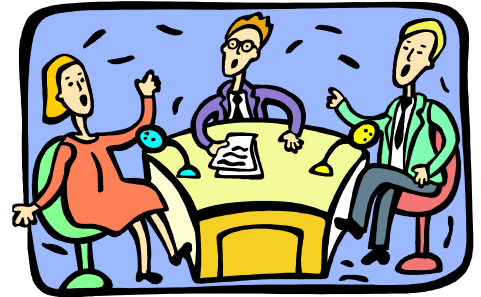
Friday 31st October 6.30pm for 7.00pm

At CWA Rooms Jerangle

BYOG Please bring main course or dessert

Donation to help cover costs.

Come have a chat in our friendly cosy rooms.



Melbourne Cup Pot Luck Lunch



You are all invited to attend the CWA Pot Luck Lunch at the CWA Rooms Jerangle Road Jerangle



On the 4th November 2014

The luncheon will start at 1pm

Costs \$10 everyone welcome

There will be the usual sweeps



Enquires Ellen Hopkins 6454 3168 or Margaret Barron 6454 3149

