

Kareela Courier

Penrose Public School

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Term 4 Week 8

Friday 30th November 2012

Consistent Effort Reaps Rewards



Brenden Balk shows us a Broad Bean Pod harvested this week around the school cubby. Time and patience has paid off for the students at Penrose who planted the crop earlier in the season. They have tested a couple of Broad Bean Recipes. The children's favourite recipe is on page 3 of this newsletter. Who thought a humble broad bean could be voted as tasting "so delicious" by children.

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Diary Dates For Next 5 Weeks

Week 9	3-Dec Music	4-Dec Music	5-Dec Moss Vale High School Orientation	6-Dec	7-Dec	8/9 Dec
School Swimming Scheme						
Week 10	10-Dec P&C Meeting	11-Dec Music Baby Clinic Gardening	12-Dec Kindergarten Orientation	13-Dec	14-Dec Library End of Year Concert	15/16 Dec
Week11	17-Dec	18-Dec No Music End of Pool Party	19-Dec	20-Dec Staff Development No School	21-Dec Staff Development No School	22/23 Dec



Broad Beans are very easy to grow and harvest.



The school harvesters with their crop of Broad Beans.



Our expert taste-testers gave the Dip the "Thumbs Up".



May and Amelie weighing up the ingredients

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Below is one of the two recipes the children used to make their Broad Bean Dip

Moroccan Broad Bean Dip

Ingredients:

- 1 kg "Cubby House" Broad Beans, podded (about 400g beans)
- 1 "School Garden" Garlic clove, crushed
- 2 tbsps Lemon Juice
- 3/4 tsp ground cumin
- 1/4 cup extra virgin Olive Oil
- Salt and ground Black Pepper
- Pinch Cayenne pepper or to taste.

To serve:

- Extra virgin Olive Oil
- Ground Paprika
- 2 tbs roughly chopped Flat-leaf Parsley leaves from the "School Garden"
- Grilled Lebanese or Turkish Bread
- Black Olives

1. Plunge beans in a saucepan of boiling water and cook over high heat for 10 minutes or until tender. Drain and refresh Broad Beans in cold water. Then peel to remove leathery skins.

2. Place peeled Broad Beans, Garlic, Lemon Juice and Cumin in a food processor with a bit of water (no more than 1/4 cup) and process until smooth. Gradually add oil until smooth (if mixture too thick add extra oil). Season with Salt, Pepper and Cayenne Pepper to taste.

3. Serve on a shallow serving plate. Drizzle with a little Olive Oil and sprinkle with Paprika and Parsley. Serve with grilled Lebanese Bread or Turkish Bread and Black Olives.

4. Enjoy!

School Swimming Scheme Week 9 (3rd - 7th December)

Every year our Students participate in the Department of Education and Communities Swimming Scheme which is an intensive learn to swim program, which develops water confidence and provides students with basic skills in water safety and survival. The Scheme is conducted over 5 days. Each day includes 2 lessons of 45 minutes duration.

Please note that this can put a dent in some families budgets at a cost of approximately \$35 each child. If your family requires financial assistance it is important for you to speak to Gillian as every child needs to be able to participate. Like Reading and Writing, swimming is an asset for life; whether it be for fun, fitness or survival.

Sun Smart

Please ensure that children bring their hats to school to wear in the playground and during sport at school. Children are asked to bring in a water bottle to fill with water to keep them hydrated. Sun block is provided at school for the children to reapply at lunch or before sport.

Exciting Year Ahead In 2013 Penrose Public School

Next year we have many co-curricular events already planned on our school calendar. In Term One the children will participate in "Hip Hop" classes provided by Hip Hop Schools which will fulfil the dance component of the PDHPE Key Learning Area, as well as yoga lessons for fitness. In term two, we have organised Gymnastics again as it was enjoyed immensely by the children earlier this year. A mini trampoline has been purchased by the school so the children can practise their skills throughout the year. We will again be participating with Wingello School in the Life Education programs which are tailored for our different age groups.

There will be 2 performances by Musica Viva and the Australian Opera will come to the Highlands to perform the "Magic Flute. These will supplement our Creative Arts Program next year.

To add to this we will again be supported by our community members who come to our school to assist us with Art, Sport, Music and Reading.

Kinder Orientation

There is no Kindergarten Orientation next week due to Swim School. Week 10 will be our last Kinder Orientation for the year and is planned for the whole day. We have organised a full day of activities and learning, plus the other students are looking forward to having them joining us.

Preschool parents are reminded to pack a bag with their lunch, water bottle, hat and Crunch&Sip (a piece of fruit, a vegetable or a handful of nuts).

Christmas Raffle

The P&C will be again collecting for items to go into our Christmas hamper which will be raffled off at the school concert. If you are able to help, there will be baskets placed at the school and the Café for your contributions. Please note that Raffle tickets will be on sale from the first week of December.

Penrose Public School

invites Family, Friends and Community to our

End Of Year School Concert

To be held in the

Penrose Hall

Friday 14th December 2012

At 6pm

**You will be entertained with
spectacular performances by the children .**

The Concert will be followed by a supper.

Please bring a small plate to share.

The P&C will draw the School Hamper Raffle
during the evening.

Daytime and Night time wetting. Help is available.

Almost 20 per cent of Primary school children have wet their pants at school and about 7 per cent have regular incontinence. Bedwetting affects a further 10 percent of children aged between 5 and 12 years. As bladder and bowel problems can

have a negative

impact on a child's self-esteem and quality of life, it is important to seek help early. Healthy bladder

and bowel habits for children include drinking plenty of water, eating a healthy diet rich in dietary fibre to prevent constipation, regular exercise and practicing good toilet habits. For advice, phone the

National Continence Helpline on 1800 330 066 to talk to a continence nurse or for further

information is available at www.continece.org.au

Working Together With Our School Community

Sturt's Summer School Program

*Classes for young people at Sturt Saturday 5th Sunday 6th
and Monday 7th January*

Watercolour & ink with Slavica Zivkovic for 7-12 year olds \$295 for 2½ days

This is a fun workshop that explores the beautiful translucency of watercolour and ink.

Children will be enticed by the rich colours of this medium and will be shown a series of different techniques such as pen and ink, wax resist and layering. Through both observational and imaginative studies, students will undertake a wide range of subjects including still life, landscape, abstract and the wild and whimsical world of animals.

Clay work: Palaeolithic Insects, Giants of the garden with Karen Farrell for 8-12 year olds \$295 for 2½ days

Create your own imaginary giant insect using clay and hay. Paint it up with crazy colourful patterns. When fired, it will be a great addition in the garden.

Fabulous felting with Melanie Olde for 10-16 year olds \$295 for 2½ days

Students will learn fun wet felting techniques while creating useful and fashionable accessories. As well as felting, students will expand their skills in embroidery and sewing in the construction of articles. Students will take home bags, hats and an assortment of other imaginative pieces of fine merino felt.

Fantastic New Early Childhood Music Programme

Held At Penrose Public School 10.00 to 11.00am
Every Thursday.

To enroll please contact:

The Goulburn Conservatorium Inc.

Telephone: (02) 4821 8833

Email: catherine.rhodes@thegrc.com.au

UNTANGLED TALES

Summer Reading Club 2012/2013

12th December 2012 - 31st January 2013

Open to children and young adults 5-16 yrs

To join in the fun all you need is to:

- Be a member of Wingecarribee Public Library
- Pick up a Summer Reading Club registration goody bag
- Read as many books as you like but each time you read five books you will receive a bonus ticket in the major prize draw

If you read 5 books or more hand in your Summer Reading Club calendar and reading log by 31st January 2013 and you will then be invited to our

"End of Summer Reading Club party"

Come to the library to register, pick up your bag and start reading.

Bags available from Wednesday 12th Dec 2012



SUMMER READING CLUB

www.summerreadingclub.org.au

Holiday Activities

Stuck for school holiday ideas? The Go Play website lists hundreds of activities throughout NSW. Explore museums,

observe space, discover castles and convicts, or give your child the opportunity to develop a new skill. There is a range of options on offer – from

photography to skating. Go to: <http://goplay.nsw.gov.au/?startdate=2012-09-28>

The secret to getting ahead is getting started.

- Sally Berger

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