

# The Kareela Courier

Penrose Public School

Penrose Road Penrose NSW 2579 Ph: 02 4884 4238 Fax: 02 4884 4493  
Email: [penrose-p.school@det.nsw.edu.au](mailto:penrose-p.school@det.nsw.edu.au) Website: [penrose-p.schools.nsw.edu.au](http://penrose-p.schools.nsw.edu.au)

Term 2 Week 3

Friday 16th May 2014

## Penrose School Food Revolution



*In its 120th year Penrose Public School encourages confidence, responsibility, awareness and adventure.*

We interviewed Heather Cady about

## After School Golf

Yesterday (Thursday) we started our first Golf lesson after school which was pretty fun. We learnt that the aim of the game was to go round the course and ending with the least number of hits.

What was really exciting was May S and I winning the first game—it was a really good feeling. We had to think about what type of shot we did, remembering that for the first lesson we used our hands instead of the gold club to get the feel of how hard or how soft we needed to toss the ball and aiming for the right direction. We had hoops representing the holes. Next week we will be using sticks. Colin our coach described the different types of sticks we will be using ie clubs and wedges and what each one does. For example clubs are made to cover a bigger distance and therefore have a longer handle.

## Jamie Oliver's Food Revolution

Penrose School were involved in their first Food Revolution Day last Friday. We had a colourful, unbelievably messy, scrumptiously delicious time of learning how to cut, grate, mix and ensemble a Rainbow Salad Wrap. Thanks to Jamie Oliver for giving us the recipes and information about the benefits of raw food. Jamie is striving to revolutionise the way people think about food. He wants to help people realise that good food is simple to make from scratch and is so much better for you than packaged goods. If your children came home raving about how delicious their cabbage, carrot, pear, beetroot, mint, parsley with yoghurt/mustard dressing wrap was, may I suggest you ask them to recreate it for you!!! Thank you, Mrs B  
See the photos on the opposite page of the students preparing their delicious meal.



## Walk Safely To School

Next Friday ( May 23rd) the children will be asked to meet the teachers at Lauren's Café at 9am where they will walk safely to school together. Once at school a healthy breakfast will be provided for the children.

## Diary Dates For Next Four Weeks

<b>Week 4</b>	19-May G&T @ Bowral Pirate Treasure Hunt	20-May EXETER SOCCER	21-May Scripture Music Tuition	22-May Music Art After School Golf	23-May Library Sport Walk Safely to School Day	24/25 May
<b>Week 5</b>	26-May	27-May	28-May Scripture Music Tuition	29-May Music Art After School Golf	30-May Library Sport Morning Tea @Penrose Hall	31 May / 1 Jun
<b>Week 6</b>	2-Jun	3-Jun	4-Jun Scripture Music Tuition	5-Jun Music Art After School Golf	6-Jun Library Sport	7/8 Jun
<b>Week 7</b>	9-Jun Public Holiday Queen's Birthday	10-Jun P&C Meeting	11-Jun Scripture Music Tuition	12-Jun Music Art After School Golf	13-Jun Library Athletics Carnival	14/15 Jun

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From top left, clockwise: Ryan mixing in the salad dressing; Edyn shaking the salad dressing ingredients together; Shayla and Luca grating the carrot and beetroot; David combining the salad; Flynn folding the coleslaw into a tortilla.





### PJ Day

The children looked all rugged up in the classroom this morning in their pyjamas to help raise money towards asthma education and support as well as fund vital research into the disease. Asthma can often mean that children miss out on school and other activities they enjoy like sport and playing with friends. The students were asked to bring a gold coin for the privilege to wear their pyjamas to school, where they ended up raising at least \$40.90. Onesies are definitely the current craze.



## Introducing New L3 Program To Penrose School

L3 professional learning and support has commenced in Term 2. Language, Learning and Literacy is research-based Kindergarten classroom pedagogy, targeting text reading and writing. It is a daily Literacy program for students who enter school. The purpose of the program is to reduce, not only the number of students requiring additional Literacy support in later years, but to create the solid.

## Bring The World Home: Host An International Exchange Student!

All over Australia, families volunteer to play a significant role in international relations right in their homes by hosting a Southern Cross Cultural Exchange student.

Expose your family to different customs and ideas, develop an international network for your whole family and learn more about your favourite foreign culture.

Share your daily life with interesting and talented international exchange students from countries such as France, Germany, Italy, Spain, Denmark, Norway, Finland, Sweden, Japan and the U.S.A., among many more.

Students are aged 15 to 17 years-old and arrive in mid-July. Volunteer host families can choose a student according to age, gender and program duration (3, 5, or 10 months).



## Community Kids

### *Serendipity: the Choir*

*"Believe it or Not"*

short programme for kids

## Special Performance

1pm Saturday 24 May 2014

Tickets: \$5 pp at the door

Full Programme Ticketholders and 0 - 2 yrs: Free

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## WORKING TOGETHER WITH OUR LOCAL COMMUNITY

### Yoga @ Penrose PS

Thursday Evenings 5.30 - 7.00pm  
Contact Liz  
0427 444 470 or [liz@yogaalivingpractice.com.au](mailto:liz@yogaalivingpractice.com.au)

Janice Usherwood, local Penrose resident and top class dressage rider and trainer, has kindly agreed to give Penrose

#### a "Dressage to Music" display

with her lovely horses on

**Sunday 18th May 2014 at 10.30 am.**

The performance will be held on her outdoor arena at

**Westwood, 21 Westwood Track, Penrose.**

BYO chair if you would like to sit down during the performance. If the weather looks doubtful phone 4884 4145 for an update. The performance will be postponed if heavy rain or high winds are forecast.

**PLUS:** Lauren's Café is offering a \$10 coffee and cake coupon for people who attend the dressage display at Janice Usherwood's on Sunday. Coupons will be handed out at the display on Sunday morning so don't miss out on Lauren's great coffee and delicious cakes as well as a wonderful morning's exhibition:

### BIGGEST MORNING TEA

@ **PENROSE HALL**

**Friday May 30 10.30am**

**support  
Cancer Council**

everyone is very welcome  
bring your friends from far & wide

**From Monday June 2nd, Lauren's Café & Village Store will  
begin Winter Trading Hours as follows.**

<b>Monday</b>	<b>8:30 to 2:00</b>
<b>Tuesday</b>	<b>CLOSED</b>
<b>Wednesday, Thursday, Friday</b>	<b>8:30 to 4:00</b>

#### General Store Winter Trading Hours

<b>Monday, Wednesday, Thursday, Friday</b>	<b>8:30 to 4:30</b>
<b>Tuesday</b>	<b>CLOSED</b>

#### Post Office Winter Trading Hours

<b>Monday, Wednesday, Thursday, Friday</b>	<b>8:30 to 4:30</b>
<b>Tuesday</b>	<b>CLOSED</b>

\*For those who have regular Tuesday paper orders, please see Lauren or Alex before 30th May for alternative arrangements.