

Peppercorn Press

Carrathool Public School

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Term 4 – Week 9

Friday 8th December 2017

CALENDAR:

Playgroup – Every Wednesday 9am-11am
Everyone is welcome.

Week 8 & 9 – Mon 27th Nov – Fri 8th Dec –
Swim School @ Hay
- Fri 8th Dec – Yr 6 Farewell Lunch
@ Hay

Week 10 – Friday 15th Dec – Presentation Night

Principal's Report

Next week heralds the end of the 2017 school year with students finishing on **Friday 15th December** and staff completing two Staff Development days on 18th and 19th December. It is hard to believe we are at the end of the year. Where has it gone? This year has been filled with an amazing variety of events, with the students participating in excursions to Lake Mungo and Yanga National Parks and to Ballarat, joining in cricket days, swimming and athletics carnivals, intensive swimming lessons, learning to play the ukulele, attending writing workshops and visiting the theatre. Carrathool PS has bought and utilised new resources such as Sphero technology, four new laptops, high jump mats, trees for our orchard and many more books for our enjoyment. There are so many positive things happening in our small school.

Today we will farewell our three Year 6 students: Benjamin Cameron, Breeanna Clarence and Sam Merrylees. All students are a little apprehensive but excited to begin the next phase

in their education. We wish them all the very best for the future.

Next year will see the introduction of **Super Friday**. Every second Friday Carrathool students will join with Booligal students at Hay Public School for a day of learning. Lessons planned include ukulele with Chris Bodey, problem solving tasks with technology and robotics, literacy, sport and socialisation. I am very excited about the introduction of **Super Friday** and the positive effects it will have upon our students. Students will begin school on **Tuesday 30th January 2018**.

Finally, have a Merry Christmas and a very safe holiday. I wish you all the best for the New Year. Don't forget to join us for our annual Presentation Night on 15th December 2017.

Enjoy your week,
Mary-Ann Headon
Relieving Principal



Captain's Report

For the past two weeks we have been going into Hay for intensive swimming lessons. I would like to say thank you to Mrs Headon and all of the parents for taking us in every day. We really appreciate it.

We have also been practising some songs on our ukuleles and they include Santa Claus is Coming to Town, Feliz Navidad, I Can't Help Falling in Love. Benjamin plays Santa Claus is coming to town really well.

On Tuesday morning we had a visit from Rev. Jesse and some talented people from the Chinese Church in Sydney. They performed a couple of songs and dance about Jesus and the first Christmas. They also made some interesting balloon shapes including Spiderman and hearts within a circle. Afterwards all the students showed off their talents on the ukuleles to the group.

It is almost the end of the year and Presentation Night will be held at the Carrathool Community Hall on Friday 15th December from 5-7pm, for anyone who would like to join us.

Parents and families have been invited to enjoy a special lunch for the Year 6 Farewell tomorrow in Hay. Then we will have our last swimming lesson afterwards.

This will be my final Captains report and I look forward to High School next year. I would like to wish everyone a happy and safe holiday, a Merry Christmas and a Happy New Year.

By Sam Merrylees.

Sports Report

Over the past two weeks we have been doing Intensive Swimming Lessons in Hay with Hay Public School. Some things we have learnt are treading water, swimming techniques and survival strokes. We have also been learning how to swim in different conditions. By joining with Hay Public School, it helps us to interact with bigger schools and make new friends. It is very fun, challenging and exhausting!

By Benjamin.

Thank you

I would like to express my gratitude to everyone who sent well wishes, flowers and phone calls while I have been recovering, especially the visit from the children. Thank You!

Mrs Mary Gilbert.



Literacy News

Oh jingle bells Vicki yells

Craig has a beer

Emily is eating, Eliza's sleeping

Christmas time is here.



By Eliza.







Community News

If you need community notices advertised in our newsletter please contact the school either by phone, fax or email.

Phone: 02) 69 935 143 Fax: 02) 69 935 002

Email: carrathool-p.school@det.nsw.edu.au

Playgroup

Playgroup meets each Wednesday in the library at the school. All are welcome to attend.

Due to unforeseen circumstances, the annual Sports Club Xmas Party has been cancelled until further notice.

Sports Club

The Sports Club would like to advise that they will meet on the last Sunday of every month at 10am at the Community Hall.



Cleaner Wanted



Cleaner wanted for 1 day a week at a large family homestead.

Happy to work around school hours. Duties include general cleaning, washing and maintenance. Please call **Liz** on **0438 312 185** for more information.

A Quick Bite ...

Eggy Veggie Muffins

Try this easy, healthy, delicious lunchbox filler with a 3.5 health star rating for recess or lunch. Makes 12 muffins.

Ingredients:

- 1 cup corn* or swap for grated potato
- 1 tbsp oil
- 3 eggs
- 1 cup reduced fat milk
- 1 cup reduced fat grated cheese
- 1 tsp pepper
- 2 cups of children's favourite vegetables, grated (e.g. 1 carrot and 1 zucchini)

Method:

1. Preheat oven to 180°C and place paper muffin cases in a 12 hole muffin tray.
2. Whisk eggs, milk and pepper in a bowl.
3. Add vegetables, cheese and corn* and mix. Spoon the mixture into muffin cases.
4. Bake muffins until set in the middle and lightly browned (40 minutes).

For more information visit

mldh.health.nsw.gov.au/keepinghealthy

Live Life Well
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NSW Health
Murrumbidgee
Local Health District



Image: MILD EGgy Veggie Muffin recipe card

A Quick Bite ...

Crunch & Sip @ Home

With the long summer holidays starting next month, why not turn Crunch & Sip into a regular treat at home?

Crunch & Sip anywhere is a great swap for less healthy snacks and drinks during weekends and holidays. Crunch and Sip can also go with your family to the park, to sport, to the pool and in the car. Don't forget the water.

With support from parents and carers, children may love to try new vegetables and fruit. They may have fun creating new dips to eat with their vegetables and fruit and enjoy sharing their holiday Crunch & Sip experiences with their classmates when they return to school.



For more information visit

mldh.health.nsw.gov.au/keepinghealthy

Live Life Well
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NSW Health
Murrumbidgee
Local Health District





You are invited to
**CARRATHOOL PUBLIC
SCHOOL**

Presentation Night

When: Friday 15th December 2017

Where: Carrathool Community Hall

Time: 5:00pm to 7:00pm

