

# Peppercorn Press

## Carrathool Public School

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Term 2 – Week 2

Tuesday 2<sup>nd</sup> 2017

### CALENDAR:

[Playgroup Days](#) – Every Wednesday 9am-11am

[Mobile Library](#) – Wed 10<sup>th</sup> May

### Week 2

**Thur 4<sup>th</sup> & Fri 5<sup>th</sup> May** – Lake Mungo & Yanga  
National Park Excursion

## Principal's Report

Welcome back to Term 2. I trust everyone had a safe and relaxing holiday. The students are certainly ready and willing to learn. I am sure they will maintain their enthusiasm until the end of this very busy term.

I was thrilled to be a part of the Carrathool **ANZAC Day** Dawn Service. Many children participated in the well organised, albeit wet, service. I was very proud of Cassidy's confident and expressive reading of the poem 'A Tribute to ANZAC Day' by Ken Bunker. Congratulations, Cassidy.

With the introduction of the new school's finance system, **LMBR**, Mrs Sharyn Headon and myself will be attending training days in Hay each fortnight. My absence will be covered by Mrs Marion Wythes every second Monday, beginning on Monday 8<sup>th</sup>. Mrs Mary Gilbert will support Mrs Sharyn Headon's position.

Our **ukulele lessons** have begun! Mr Chris Bodey from South West Music in Deniliquin travelled to Carrathool last Wednesday. We will continue

lessons via video conference for the next 8 weeks. The students (and teachers) are certainly enjoying the experience.

The students and staff will be starting a **Kilometre Club**, where they will walk or run around the perimeter of the school (approximately 500m) for about 15 minutes, 3 times a week. The distance will accumulate and be added up each week to eventually give a total of kilometres walked. Our first target distance would be 57.4 km (equivalent to walking from Carrathool to Hay). We would like to ask parents to please send children to school with their joggers to be able to participate comfortably. Days are marked on your term calendar for your convenience.

Our students, along with all Years 3,5,7 and 9 students across Australia will participate in **NAPLAN** testing on Tuesday, Wednesday and Thursday of next week. Please ensure your child has a healthy diet and plenty of sleep prior to these tests.

Finally, Thursday and Friday of this week will see Carrathool PS travel to Balranald to visit **Lake Mungo and Yanga National Parks** to conclude our Geography studies of National Parks. We will have a wonderful time.

Have a great week!

Mary-Ann Headon  
Relieving Principal



## Captain's Report

Welcome back to Term 2.

Last Wednesday we started learning the ukulele. I enjoyed learning the different chords, and by the end of the lesson everyone had dents in their fingers from holding down the strings.

Yesterday we measured the paddock for cross country practice. After measuring the course, we ran half the distance of the actual distance we will need to run. For science, we have been learning all about the human body and the technical terms used for different parts of the body.

### **QUIZ:**

*What are the common names for these bones?*

*Femur; cranium; clavicle and patella.*

Answers in the next newsletter.

On Thursday and Friday we will be on our excursion to Lake Mungo and Yanga National Parks. I can't wait! Stay tuned for more information in the next newsletter.

By Sam.

## Sports Report

This Term we are going to have a Carrathool Kilometre Club. We measured the paddock with a trundle wheel and it was approximately 500m. We will use it for cross country practice as well as sports.

By Benjamin.

## Literacy news.



### **ANZAC Day**

On the 25<sup>th</sup> April I went to the Annual Carrathool Dawn Service and I read out a poem called A Tribute to ANZAC Day by Ken Bunker. It was pouring rain so we could not light candles, so Mrs Masters brought in a special candle for the ceremony. The poem made me realise that the world was once a nasty place. Instead of a wreath this year we layed a bundle of gum leaves on the cenotaph. I was very nervous

before I read out the poem, but was relieved when I finished.

By Cassidy.



## **Cooking**

On Friday the school made ANZAC biscuits with Mrs Clarke. They were super yummy! This is the method we followed. First we preheated the oven to 140°C (fan forced oven). We lined 3 trays with baking paper. Then we combined oats, flour, sugar and coconut in a bowl. We placed butter, syrup and two tablespoons of cold water in a saucepan and cooked over medium heat and then added the dry ingredients. Once combined we rolled teaspoons of the mixture into balls. We placed them onto the lined trays leaving about 5cm inbetween and cooked them until they were golden brown. We took them out of the oven to cool for a few minutes and then finally ate them! They were chewy and very yummy!

By Ben, Dean and Lincoln.

MY SNOWMAN. By Eliza

I made a snowman out of snow.

It was medium size.



He was happy.





## Telstra Tower Upgrade to 4G

The residents within the shire of Carrathool having issues with Telstra are invited to provide their name and/or business to start a campaign to have the Telstra Tower at Carrathool upgraded to 4G. In order to do so please supply the following details:

### Mobile Phones and Broadband

**Businesses** – Business name and all numbers associated

**Individuals** – Name and number (Please clarify if mobile phone or broadband when giving details).

Please supply your details to Kerry Aldred either by calling 02) 69935 012 or via email to [admin@coonarafarming.com.au](mailto:admin@coonarafarming.com.au)



### A Tribute to ANZAC Day

*With their hair a little whiter, their step not quite so sure  
Still they march on proudly as they did the year before.  
Theirs were the hands that saved us, their courage showed the way  
Their lives they laid down for us, that we may live today.*

*From Gallipoli's rugged hillsides, to the sands of Alamein  
On rolling seas and in the skies, those memories will remain.  
Of airmen and the sailors, of Lone Pine and Suvla Bay  
The boys of the Dardenelles are remembered on this day.*

*They fought their way through jungles, their blood soaked desert sands  
They still remember comrades who rest in foreign lands.  
They remember the siege of old Tobruk, the mud of the Kokoda Trail  
Some paying the supreme sacrifice with courage that did not fail.  
To the icy land of Korea, the steamy jungles of Vietnam  
And the heroic battle of Kapyong and that epic victory at Long Tan.*

*Fathers, sons and brothers, together they fought and died  
That we may live in peace together, while at home their mothers cried.  
When that final bugle calls them to cross that great divide  
Those comrades will be waiting when they reach the other side.*

- Ken Bunker

## A Quick Bite ...

### How Much Fruit and Veg should you pack in a lunchbox?

The lunch box should represent approximately  $\frac{1}{3}$  of your child's daily nutrients.

- Try to plan your lunchbox to have  $1\frac{1}{2}$  to 2 serves of vegetable and  $\frac{1}{2}$  to 1 serve of fruit for a younger child and larger child respectively.
- Examples of vegetable serves include: 1 cup of cucumber or carrot sticks, 1 medium tomato,  $\frac{1}{2}$  cup of broccoli florets,  $\frac{1}{2}$  cup of corn,  $\frac{1}{2}$  medium potato, 1 cup of salad,  $\frac{1}{4}$  cup of hummus,  $\frac{1}{2}$  cup of bean mix.
- Examples of fruit service include: 1 medium banana, 2 mandarins, 2 kiwi fruit, 2 small apricots, 6 large strawberries, 4 dried apricots, 1 medium bunch of grapes, 2 small plums, 1 medium orange, 1 medium apple, 1 cup of tinned fruit



For more information visit

[www.mlhd.health.nsw.gov.au/services/health-promotion-1](http://www.mlhd.health.nsw.gov.au/services/health-promotion-1)

Live Life Well  
@ School



Health  
Murrumbidgee  
Local Health District



## A Quick Bite ...

### How Much Dairy and Grains to put in a Lunchbox?

We all want to make sure our children are getting enough dairy and grains in their day, but what is the right amount to put in their lunchbox?

- Try to plan your lunchbox to have  $\frac{1}{2}$  to 1 serve of dairy and  $1\frac{1}{2}$  to 2 serves of grain foods for a younger child and older child respectively.
- Examples of dairy serves are: 250 ml milk, 40g cheese,  $\frac{3}{4}$  cup of yogurt, 250 calcium fortified soy milk, 2 slices of cheese, 200g tub fruit yogurt, 200g tub custard snack pack (children over 2 reduced fat)
- Examples of grain food serves are: 1 slice of bread,  $\frac{3}{4}$  cup of breakfast cereal,  $\frac{1}{2}$  cup of cooked rice,  $\frac{1}{2}$  cup of cooked pasta, 2 thick rice cakes, 2 pikelets, 10 rice crackers, 1 slice of fruit loaf, 3 corn thins, 1 English muffin,  $\frac{1}{2}$  pita pocket bread,  $\frac{1}{2}$  bread roll



For more information visit

[www.mlhd.health.nsw.gov.au/services/health-promotion-1](http://www.mlhd.health.nsw.gov.au/services/health-promotion-1)

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@ School



Health  
Murrumbidgee  
Local Health District

