

# Peppercorn Press



## Carrathool Public School

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Term 3 Week 6

Thursday 29th August 2019



Cooking

### TERM 3

#### **FOOTY COLOURS DAY**

- Tuesday 10th September

#### **CWA PUBLIC SPEAKING**

- Friday 13th September

#### **READY SET KINDY**

- Thursday 29th August
- Thursday 5th, 12th, 19th & 26th September

#### **SUPER FRIDAY**

- Friday 23rd August
- Friday 6th & 20th September

## Principal's Report

Students at Carrathool Public School prepared an interesting meal on Wednesday, using produce from our school garden. While all enjoy harvesting, chopping, slicing and mixing, the realisation that they had to actually consume all aspects of their meal produced an array of interesting responses in some students. Trying new foods and experiencing new settings can be daunting but stepping outside the familiar into the unknown promotes personal growth and development. If we all only ate the familiar, stayed in the one place or did what we have always done, then we achieve nothing. I am rather proud of the way the students attempted all new foods (kale, capsicum, celery and berries) in their quest for personal growth. Nutritionists recommend children try new foods between 5-10 times to develop a taste for the new item. Expect more kale in the cooking!

It is not only the tastebuds that are being extended at the moment. Our Stage 2 and 3 students are busily preparing their CWA Public Speaking speeches. Topics this year all revolve around

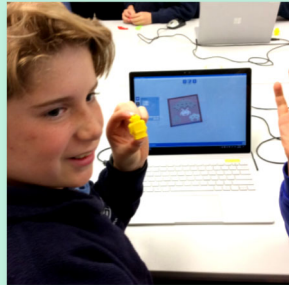
farming and the use of water. These speeches will be presented on Friday 13th September in front of their peers in Hay. Even though public speaking is daunting, it is important for students to be placed in situations outside their comfort zone. Facing challenges or new situations develops resilience and self belief and allows children to grow and improve.

Staff at Carrathool Public School have also been stepping outside the comfort zone as our school undergoes External Validation. External Validation provides the opportunity for staff to examine and think critically upon teaching, learning and leading practices, allowing for self-reflection and adjustment in our efforts to provide the very best education possible for students at our lovely school.

Have a great week,  
Mary-Ann Headon  
Principal

## CAPTAIN'S REPORT By Ben

Recently Carrathool Public School joined with Hay SOTA and Hay PS for a Coding Day in Hay. We split into age groups for the activities. Throughout the day, students in Years 4, 5 and 6 worked on computer coding where we had to use a laptop to code a circuit board so it would flash with different coloured lights. While we were doing that, the K-2 group coded Caterpillar-bots to guide them through an obstacle course. In the afternoon we joined the groups to make masks out of boxes and other materials. I really enjoyed coding the circuit board. That was challenging but fun.



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### How the blue tongue lizard got its blue tongue.

In the Dreamtime there was a lizard. He was thirsty. It was a hot day and the land was in drought. All the lakes and rivers were all dry. He slowly dragged his body across the ground and made funny noises as he searched for water.

Suddenly it became stormy and the blue rain began to fall on the lizard. The thirsty lizard began to sip up all the blue water and his tongue turned blue.

That's how the lizard's tongue became blue.

By Lylah Sheen.



### *Dreamtime Stories*

How the lizard got his blue tongue.

Once in the Dreamtime a lizard was hungry. He searched for food under the trees around his home and through the entire desert. He searched and searched for hours to find something to eat but could find nothing. He trudged through the huge grey mountains that were as tall as the sky. In a little valley he found hundreds of blue flowers. He gobbled and gobbled until all the flowers were gone and he was full.

When the lizard returned to his home, his family laughed and cried "Your tongue is blue!" And from that day on the blue tongue lizard's tongue is blue.

By Anna Warr



### How the Koala got his Fluffy Ears

By Eliza

**In the Dreamtime there was a koala. He loved sleeping. This koala had everything like a koala but what he did not have was big fluffy ears.**



**One day Koala was sleeping in a gum tree. Two gum leaves with fluffy grey flowers got stuck in his tiny ear holes. Koala did not know this as he was asleep. Koala slept on for days.**

**One hot day a tree branch fell down and started a bush fire. The fire was close to Koala and the gum leaves and fluffy grey flowers melted into his ears. So from that day on, Koalas have had big fluffy ears.**

**By Eliza Rawle.**



## Cooking

On Wednesday we did cooking. We made spaghetti and noodles with kale, carrot, zucchini and onion in the mince. We chopped carrot, celery and red, green and yellow capsicum into strips and put them in yogurt for dessert. Mrs Headon and Nicholas made a big smoothie with berries, banana, ice and kale in the blender. Ben and I were the only ones that liked all of our food. The rest of the children liked just some of food.



By Eliza

## Super Friday

Last Super Friday we made hovercrafts out of a balloon, a juice popper cap and an old cd. This is how you make a hovercraft.

1. Turn on the hot glue gun
2. Get your materials ready. Decorate your cd if you like.
3. Put hot glue around the juice cap.
4. Quickly put your cap in the middle of the cd, over the hole. Let the glue set.
5. Blow up your balloon then twist the end you blew up so the air doesn't escape.
6. Make sure the cap of your juice lid is closed.
7. Quickly put the balloon on the cap. Make sure the balloon is secure.
8. Pull up the lid.
9. Your hovercraft will hover!

These hovercrafts work because when you pull up the lid the air from the balloon rushes through the opening of the cap, creating a pocket of air between the cd and the surface the hovercraft is on. They work best on a very smooth surface, like tiles.

By Lincoln.

## Pupil Profile

**Name:** Anna Warr

**Year:** 1

**Years at CPS:** 2 years

**Favourite Subject:** Maths.

**Likes:** Chameleons, playing with my dogs and ballet.

**Dislikes:** When my cat scratches me, going to church and capsicums.

**Ambition:** Swim in the big pool and become a Vet when I grow up.



Can you match these Aboriginal place names to their meanings?

Canberra	Wooden dish
Wagga Wagga	Fine view
Coolamon	Native companion
Gundagai	Red kangaroo
Booligal	Meeting place
Coolangatta	Quiet place by the river
Carrathool	Going upstream
Coolalinga	Place of many crows
Cunnamulla	Along the way
Tumut	A spring
Adelong	Long stretch of water
Bundaburrah	Windy place



## 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](mailto:carrathool-p.school@det.nsw.edu.au)

### 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.



### CHILDREN'S NUTRITION & HEALTHY COOKING. SCHOOL HOLIDAY WORKSHOP

Join Qualified Nutritionist and Healthy Cook Katrina Brown for this engaging, fun and hands on workshop just for Kids!

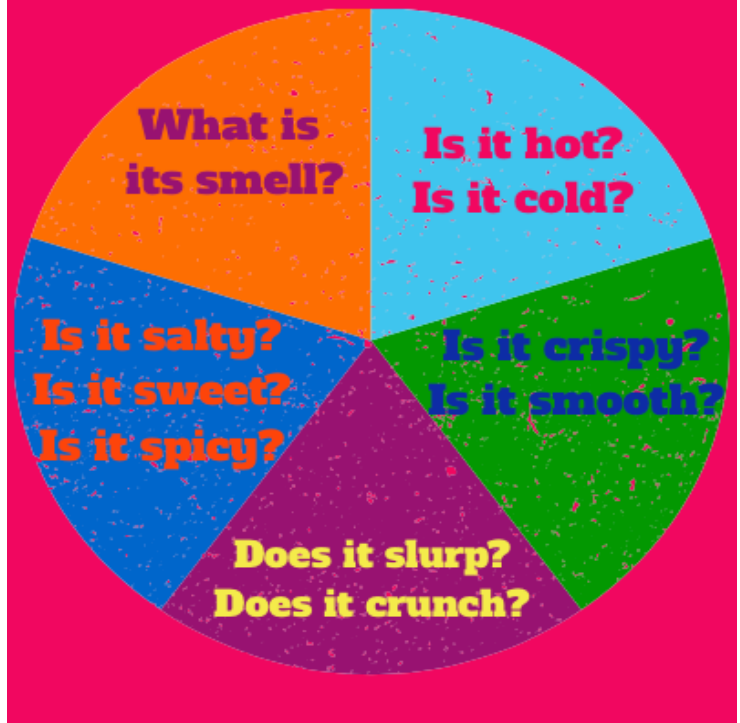
When: Friday 4<sup>th</sup> October, 2019  
Where: Hay Public School Kitchen Garden  
Time: 12-2:30  
Cost: \$65

Only 12 places available

Register to reserve your place by 20<sup>th</sup> September

[hello@katrinabrownnutrition.com.au](mailto:hello@katrinabrownnutrition.com.au)

## THE KIDS GUIDE TO MINDFUL MUNCHING



### YOUR HEALTHY FAMILY. A NUTRITION & HEALTHY COOKING WORKSHOP FOR PARENTS

Join Qualified Nutritionist and Healthy Cook Katrina Brown for this fun, hands on workshop based around the nutritional needs of your family.

Your 3.5 hour workshop includes cooking 5 Nutritionally balanced recipes and 7 recipes for you to recreate at home. All ingredients and nutritional notes. Lunch included.

When: Saturday 5<sup>th</sup> October, 2019  
Where: Hay Public School Kitchen Garden  
Time: 10-1:30  
Cost: \$150

Only 12 places available

Register to reserve your place by 20<sup>th</sup> September

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