

# Hannam Vale Public School

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Education  
Public Schools

*Through this gate walk the nicest people in the world*

Term 3 Week 4

12 August 2019

Issue 18



**The Star of the Week for Term 3 Week 4  
is Harry Maguire!**



For showing great maturity and a 'can do' attitude in kitchen garden activities on Friday.

What in-school activity did you enjoy most last week?

***Working on the Koala Project***

What book are you reading at the moment?

***One of the Dog Man books***

What is your favourite subject at school and why?

***Maths – I like doing take away, dividing and multiplying***

What do you like most about Kitchen/Garden?

***I like the cooking – but not the washing up!***

What project are you working on in class?

***The Koala Smart project. We have nearly finished our stop motion videos***

Do you have any pets? Tell us about one ...

***2 dogs called Bonnie and Clyde. Bonnie likes to come up to you for cuddles!***

What is your dream holiday? Where? Doing what?

***Going to Paris to see the Eiffel Tower***

What do you want to be when you grow up?

***A Police Man***

## Coming Events

12 – 16<sup>th</sup> August

Book Fair

Friday 16<sup>th</sup> August

Book Parade  
Assembly

Tuesday 20<sup>th</sup>  
August

CHAFFS Rehearsal CHHS

Wednesday 21<sup>st</sup>  
August

CHAFFS CHHS

26 – 30<sup>th</sup> August

Lake Keepit Excursion

**CHATS Test at Camden Haven High School**

The CHATS Test at the high school on Wednesday 14 August. Parents will be required to transport their children to the high school for an 11.45am arrival. Testing will commence in the high school MPC at 12pm and conclude around 2.30pm.

## Transition to high school program

The next Transition to High School activity planned for the 3MAPS students is a Peer Leader session at Herons Creek Public School on Thursday 15 August. Year 6 students will travel to Moorland with students from Johns River and Herons Creek from 11am – 1pm. Permission notes are attached. Please ensure these notes are completed and returned to the school office by Thursday 15 August.

## Y-PEP program

Just a reminder that the Y-PEP program is continuing this week via a live stream. The program is aligned to the NSW Education Standards Authority Personal Development, Health and Physical Education Syllabus and is funded by the NSW Department of Education.



The aim of the Y-PEP program is to strengthen the existing child education curriculum and to equip young people with the tools they need to develop healthy respectful relationships.

The Y-PEP program gives students from kindergarten through to Year 10 the education they need (at their level) to recognise and respond to risks in relationships, covering three key themes:

- recognising abuse
- power in relationships and
- protective strategies

CHAFFS rehearsals are at Camden Haven High School next Tuesday 20th August, with the actual performance on Wednesday 21st August. Notes have gone home to families with all the information, but if anyone has any questions please just pop into the school and see a staff member.

## Lake Keep It Excursion

For those students attending the Lake Keep It excursion this term, medical and consent forms have been sent home.

These forms need to be completed online so if you have any questions, need any further information, or would like to complete them at school, please contact the school office.

## Book Parade

Get your costumes finalised because the book parade is this Friday, 16<sup>th</sup> August! Parents are invited to arrive at 1:45pm for a 2pm start.

## Book Fair

### BOOK FAIR IS NOW OPEN!!!

Come and see the huge range of books to choose from. It's an open event so let your neighbours and friends know about it too!

It's a great opportunity to stock up now for Christmas or birthday presents - every purchase made will go towards earning learning and literary resources for the school.



## Stephanie Alexander Kitchen Garden Report

## CHAFFS



### Final Day Term 2 and Term 3 Week 3:

After that very hot summer, it finally seems we are back on track with our garden! It has taken a while.



We are learning about food forests and also about preparing seed potatoes for the garden. The potatoes will be planted next gardening session! In the "new" section of the garden we planted many different vegie seeds! We are hoping to create a food forest! Next to it is a flower forest! Highly experimental. Let's wait and see what happens! Purple kale, a bit more sorrel and a beetroot patch were also planted!



Our cabbage harvest.



Our Food Forest is growing very well! Look at it this week!

Last day of Term was mainly about harvest and sale of our produce. We had cabbages, spring onions, mandarins and parsley for sale. There was also our Marmalade, Lemon Curd and Tarragon Vinegar.



Mark checking out the final produce stall!

The Kitchen Team cooked up a storm! There was zucchini slice with a cabbage salad, then carrot cake!



Here's Laura putting it together!



Cabbage and crispy noodle salad, with zucchini slice.



This week our very resourceful kitchen team were going to make GF Sweet Potato and Feta Rolls, and GF Zucchini and Haloumi Fritters, and a Broccolini Salad! At 12.20 pm. KAPOW! Off went the electricity!

So we ate a modified version of Sweet potato and Feta Salad with Cabbage. Fritters were also OFF the menu and instead we made a Haloumi and Broccolini salad with Sweet Potato and Noodles. Photographed below!



Also, in eggciting (!) news... Our clever little hens have laid 3 eggs over the windy weekend. HURRAH!



## P&C News

### 100 Club

The P&C has started a new 100 club. It is being held at the shop and the numbers cost \$5 each. First prize is \$200. Spread the word with family and friends. Thanks for your support

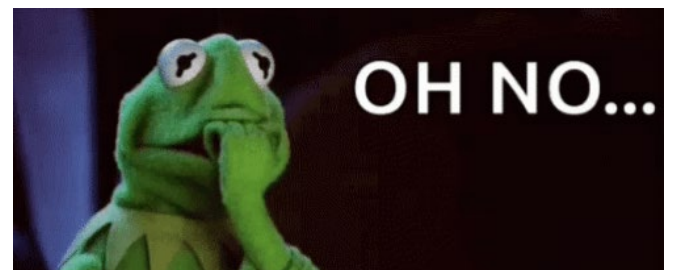
## Book Parade / Assembly

An afternoon tea is being held after the assembly on Friday. It would be greatly appreciated if you could supply a plate of yummy treats for this.

## Quote of the week

### The four stages of a day off:

- 1) I will do so much stuff
- 2) Later, I will do so much stuff
- 3) Eventually, I will do some stuff
- 4) Oh No!



## Book Fairs

Check-out these

# DINO-MITE NEW BOOKS

EVERY PURCHASE YOU MAKE EARNs LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL!

THEODORE THE INSURE  
PUPPY DIARY  
PIG TOURIST  
MAKING FRIENDS  
LIARS  
HOT DOG!  
Smile  
Pushover

Date Monday 12th - Friday 16th August Place HVPS Library  
Time School Hours

CHOOSE FROM A HUGE SELECTION OF BOOKS AT THE FAIR!

SCHOLASTIC

## TERM 3 2019

Aug Week 4 Science Week	12	13	14	15	16 1.45pm Book Parade → 2.30pm Assembly
	Book Fair				
Aug Week 5 Book Week	19	20 CHAFFS rehearsal CHHS	21 CHAFFS CHHS	22	23  Kitchen Garden
Aug/Sep Week 6	26 3MAPS Lake Keepit excursion (26-30 August)	27	28	29	30 →
Sep Week 7	2	3	4	5 3MAPS Principals meeting 9.30am – 3.30pm 3MAPS staff meeting 4pm – 5pm	6  Kitchen Garden
Sep Week 8	9	10	11	12	13
Sep Week 9	16	17	18	19	20  Kitchen Garden
Sep Week 10	23	24	25	26	27  Assembly



## Kitchen Garden Recipe of the Week!

Try making some of our Stephanie Alexander Kitchen Garden recipes at home and send us a photo so we can see your results!

### Recipe Sweet Potato and Feta Rolls (GF)



What we made!



What it ideally was going to be on the right!

### INGREDIENTS

- 600g gold sweet potato, peeled, coarsely chopped
- 1 tbs olive oil
- 1 brown onion, finely chopped
- 1 tbs Moroccan Seasoning
- 1 garlic clove, crushed
- 1 bunch spinach, trimmed, coarsely chopped
- 400g can chickpeas, rinsed, drained
- 100g feta, crumbled
- 600g pkt Gluten Free Puff Pastry Sheets\*, halved lengthways
- 1 tsp sesame seeds
- 1 tsp poppy seeds

## METHOD

- **Step 1**

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Preheat oven to 220°C. Line 2 baking trays with baking paper. Place sweet potato in a saucepan and cover with cold water. Bring to the boil over high heat. Reduce heat to medium. Cook for 15 mins or until sweet potato is soft. Drain. Set aside for 15 mins to cool.

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- **Step 2**

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Meanwhile, heat the oil in a small frying pan over high heat. Cook the onion, stirring, for 3 mins or until soft. Add the Moroccan seasoning and garlic and cook, stirring, for 1 min or until fragrant. Transfer to a bowl.

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- **Step 3**

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Add spinach to frying pan. Place over medium heat. Cook, stirring, for 1-2 mins or until spinach wilts. Transfer to a plate. Set aside to cool slightly. Squeeze excess liquid from spinach. Finely chop.

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- **Step 4**

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Add sweet potato and chickpeas to onion mixture. Use a fork to mash until combined. Add spinach and fetta and stir to combine. Divide into 6 portions.

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- **Step 5**

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Place 1 pastry half on a clean work surface. Shape 1 portion of sweet potato mixture into a log. Place along long edge of pastry half. Spray opposite edge with olive oil spray. Roll up pastry to enclose filling. Spray with olive oil spray. Sprinkle with the sesame seeds and poppy seeds. Cut into 6 pieces. Place, seam-side down, on lined trays. Repeat with remaining sweet potato portions, pastry halves, sesame seeds and poppy seeds. Bake for 20 mins or until golden brown.