

Hannam Vale Public School

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Education
Public Schools

Through this gate walk the nicest people in the world

Term 1 Week 2

Monday 3rd February 2020

Issue 1



Star of the Week

This week we thought it might be fun to interview the newest member of our community Mrs Menzies!



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

The arrival of smiling, energetic students on Wednesday and having the opportunity to chat, so that I can begin to get to know everyone.

What book are you reading at the moment?

Sadly, most of my reading is a bit boring at the moment, lots of e-mails and policy documents from the Department of Education. But my favourite books include the Harry Potter series, the Diary of a Wombat Series, anything by Roald Dahl, autobiographies of inspiring people like Turia Pitt or Kurt Fearnley.... Oh dear, I'd better stop talking about books or we'll be here all day!

What project are you working on in class?

That's a future question... watch this space

What do you enjoy most about Maths?

Learning how to use and apply Maths in the real world and exploring different ways to solve problems or teach Maths until I hear those magic words from my students... "Oh, now I get it"

What do you like most about Kitchen/Garden?

I love eating so I think that will be my favourite bit, enjoying the meal with all of my new friends.

Do you have a hobby? What is it?

I do love to read, and travel, and I also love to cook and eat... Did I mention some of those things already? The thing I love the most is spending time with my 3 daughters because they make me laugh out loud without even trying, and I love it when I get to take them places and we learn new things together.

What is your dream holiday? Where? Doing what?

Well, I believe my dream holiday is always my next holiday... I love exploring new places and exploring the history and stories of the places I visit. I do love to visit Melbourne because my eldest daughter lives there now and I miss her a bit.

What would you like to be when you grow up?

A principal! Yay me!!

Coming Events

Friday 7th Feb

Kitchen Garden (no lunch)

Monday 10th Feb

LDPSSA Swimming Carnival

Friday 14th Feb

P&C Meeting – 8:30am
Assembly – 2:20pm

Dear parents, carers, students and staff,

Welcome back to Term 1, 2020! I hope you enjoyed a break from the school routine and were able to spend some quality time with loved ones.

It has been a very exciting week for me and I thank you all for making the welcome so very warm. I feel very fortunate to join this fantastic school community and look forward to a very rewarding year of learning.

Staffing

Mrs Jenny Stevenson remains with us at HVPS this year, teaching for three days a week (Wednesday, Thursday and Friday). Our classroom also welcomes back Chloe Fullford, School Learning Support Officer (SLSO). Thanks to some generous funding from Camden Haven High, she will be with us each Monday and Friday.

We extend a warm welcome back to Rhonda Craig who returns from maternity leave as our School Administration Manager (SAM). She will be in the office each Tuesday, Wednesday and every second Monday. Gemma Day will also work in the office each Monday.

Mrs Pam Everingham will once again support our school, bringing her passion and expertise to the Stephanie Alexander Kitchen Garden Program. We appreciate Pam's time and knowledge in this area and I for one am very excited to enjoy the culinary creations Mrs Stevenson creates with our students and their fresh produce. Our *wish list* of pantry items to donate is included in this newsletter for your consideration.

Playground Equipment

As many of you will be aware, our playground equipment was condemned at the end of 2018 due to the condition of the rubberised ground surface. I understand 2019 saw the repair process commence. I will seek an update on it's completion ASAP.

Swimming Carnival

Permission notes for the Swimming carnival will go home this week and their prompt return is appreciated. We look forward to joining some of our other small school buddies at Taree Aquatic Centre Monday 10th February (Week 3).

Safety:

It goes without saying that the safety of our students, staff and visitors to the school is a key priority. This involves establishing processes that consider risks and plan for appropriate responses and precautions.

This involves our staff having updated and appropriate training, the completion of assessments and establishing procedures or plans to minimise risks. With this in mind we will conduct 'lock down' and evacuation drills in the near future.

As you know we have a student with a condition known as Alpha-1 antitrypsin deficiency. Essentially this means that she does not have sufficient amount of the protein alpha-1 in her body to protect her lungs from pollutants. At school there are a number of things we do to protect her health, they include:

- Not wearing perfumes, spray on deodorant, bug spray or sunscreen
- Staying indoors as required
- Not using chalk, or similar powder-based items that get into the air
- Mindful practices when using things like flour in the Kitchen Garden

The most important way that families can assist is by ensuring that if you child is unwell they kept at home and that the school is notified of their illness. This of course benefits all our students and staff, as it assists in preventing the spread of 'the nasties.' It is however of vital importance for Odette, because an illness has significant and permanent implications. If you have any questions please come and see me before or after school. I thank you for your assistance and care.

Kind Regards

Nicole Menzies

Principal



Stephanie Alexander Kitchen Garden Program news

Hello everyone! We are looking forward to another great year of our exciting Stephanie Alexander Kitchen

Garden Program for 2020!

We welcome Nicole Menzies our Relieving Principal. Thanks to Nicole for supporting our Program which is powering on in its 7th year!

To maintain this Program we need your support. If you could donate any of the items listed below it would help enormously, the Kitchen has had a major clean out and we are starting from scratch this year. As well there is a charge of \$2 per child per session for the Term. You can pay this when we have Kitchen Garden, or perhaps you would like to pay \$10 up front for the Term.

Pantry: general

Chickpeas	Pepitas	Passata
Cornflour	Extra-virgin olive oil	Vermicelli noodles
Couscous	Arborio rice	Balsamic vinegar
Dried GF egg noodles	Rice paper	Red wine vinegar
Fish sauce	Rolled oats	Instant dry Yeast
Rice flour	Gluten Free soy sauce	White sugar
Gluten free plain flour	Gluten free self-raising flour	Pine nuts
Honey	Stock	Tomato paste tubs
Kidney beans	Castor sugar	Baking powder
Coconut milk	Coconut cream	Oyster Sauce
Sweet chilli sauce	Sesame oil	

Pantry: dried spices

Mustard seeds	Cumin seeds (large packet)	Ground tumeric
Ground nutmeg	Ground cinnamon	Salt flakes
Garam masala	Ground ginger	Pepper

Cleaning and prep

Plastic wrap	Baking paper	Dishwashing liquid
Aluminium foil	Paper towel	Pantry storage containers
Dish cloths & scrubbers		

This upcoming week we won't be cooking – we are having an Introductory Lesson and Pre-Program Assessment. We want to set the Program off making sure outcomes in the many areas this program covers are clearly outlined as we begin!

The summer weeks have been very trying for all of us. Fires and drought have impacted our community. Someone even borrowed (?) the blue hose with fittings, from our school garden!

Sometimes, however, stress and perseverance can be a good thing. Take our pineapple for instance. There it was, not producing any fruit for years, and someone read that these plants sometimes react under stress and set fruit. So the advice was to place a stone or two and some ash in the crown of the plant. This happened early Term 4 2019. In all the heat, dryness, stone filled, charcoal and a dusting of ash - what do you know? The pineapple has set fruit!

Now there's a lesson for all! Let's be positive in times of stress and as a result - good things will happen!

The life of our pineapple:



Planted Term 2, Week 2, 2017



Term 4, Week 8, 2019 – Note stones!

And even through the summer it grew!



Beginning Term 1, 2020!

YAY!

Mrs. E.
Kitchen/Garden Co-ordinator

P&C News

Welcome back!

Welcome back for everyone for our new school year. We hope that everyone had an enjoyable and restful time away from school. On behalf of the P&C, I would like to welcome our new relieving Principal Ms Nicole Menzies to our school and wish her all the best for her time with us.



P&C Meeting Dates

Our next P&C Meeting will be held on Friday 14th February at 8.30am at school.

The P&C Annual General Meeting will be held on Monday 9th March at 5:30pm at school.

All welcome.

P&C Meetings

At this stage, our P&C meetings will continue to be held alternatively on Friday mornings and Monday evenings. Attending P&C meetings is a great opportunity for parents and community members to find out what is happening in our wonderful school and contribute to decision making. We welcome everyone to attend.

Our first meeting will be general business and our second meeting of the year will be the AGM. More information about our plans for the year will be published following our general business meeting.

Quote of the Week



Thank you everyone for your ongoing support.

Michelle Dennis
President

TERM 1 2020

Jan/Feb Week 1	27 Australia Day public holiday	28	29 School resumes for students	30	31
Feb Week 2	3	4	5	6	7 Kitchen Garden
Feb Week 3	10 LDPSSA Swimming	11	12	13	14 P&C Meeting – 8:30am Assembly – 2:20pm
Feb Week 4	17	18	19	20 Zone Swimming	21
Feb/Mar Week 5	24	25	26	27	28 Kitchen Garden
Mar Week 6	2	3	4	5	6 Assembly – 2:20pm
Mar Week 7	9 P&C AGM – 5:30pm	10	11	12	13 Kitchen Garden

Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



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