



# Portland North Primary School

... is a child safe school

NEWSLETTER ... *Thursday 11 August, 2022*



**SCHOOL WORKING BEE – TOMORROW AT 3.30PM.  
Meet at the music house. Bring gloves and a shovel.**

## Principal's Message...

I'll start our newsletter today by thanking the children and staff for such a lovely **Principal's Day** – all the appreciation and celebration reminded me how fortunate I am to be leading such a wonderful school. I make sure I end each day with gratitude for the privilege of being part of this community!



I would also like to introduce the many wonderful new members of our **Parents Club** and thank them for their willingness to become involved and help us create stronger connections in our school community:

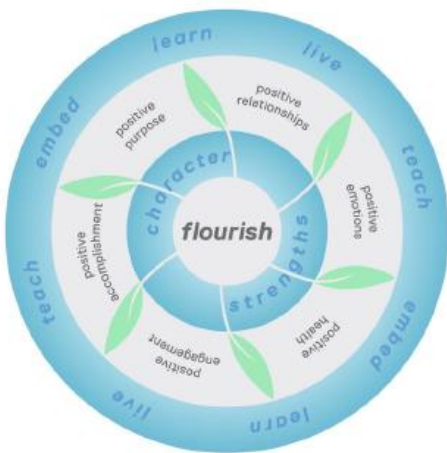
**Jodie Brewster, Melissa Fitzgerald, Kiersten Noonan, Claire Prentice, Jess Cashin, Lydia Atwell, Carrie Medley, Amie Nunn, Leah Hilton, Miranda Watson, and Katie Robbins.**

Of course, everyone is welcome to join us at our next meeting on.... where we will reimagine and clarify the purpose of Parents Club and develop a plan for future activity.

We have a **couple of working bees** coming up – the first is **tomorrow after school** to do some work on our Jubilee Garden. Thank you in advance if you can help out, even for a short while. The school Council Facilities Committee has also scheduled a working be for **Saturday September 3<sup>rd</sup>, from 9 – 11am**. Again, thank you in advance, if you're able to find some time to do some general tasks around the school.

Please be reminded that next **Tuesday, September 16<sup>th</sup> is a Professional Practice Day** for all staff so there are **no classes** for children. Our teaching staff will continue to develop our practice in maths and inquiry, while our Education Support Staff will be learning more about trauma-informed practices and how we can further support children in their learning and relationships.

Our **Positive Education** focus for the coming fortnight is centred on Positive Relationships (leadership and teamwork). The positive relationships domain focuses on the importance of feeling connected to others and acknowledging that supportive relationships play a fundamental part in a flourishing life. The Leadership and teamwork module focuses on developing the skills required to contribute to positive teams and relationships. The skills developed within this area are communication, collaboration, inclusion and leaderships are all integral to effectively working in a team environment. Through team-based and play-based activities students learn to share ideas, express themselves, negotiate with others and how to reach compromises. The children will be exploring these ideas in depth in their classrooms, and we encourage you to chat about what they are learning as a family. Pages 46, 50 and 52 in the children's Positive education diaries have some snippets that might also encourage conversations about relationships, teamwork and leadership.



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**email:** portland.north.ps@education.vic.gov.au    **website:** www.portlandnorthprimary.com.au

We are very excited to celebrate Book Week with a Multi-age Literacy Day and Character Parade on Friday August 26<sup>th</sup>. You are very welcome to join us for the parade at 9:05 before the children break into their groups and enjoy a day of loving literacy. If you have any questions about dressing up or the parade please be in touch with your child's teacher.

We had a wonderful Cultural Performance last week with **Pirate Magic**. The children were enthralled and perplexed by the magic – we hope they came home as excited by it as they seemed at school!

Our Cockatoo Valley Song Group are performing at the annual School's Music festival on **Wednesday August 24<sup>th</sup>**. **If your child is performing and you would like to a ticket**, please contact the office. We will let the community know late next week if there are spare tickets available.



## ... DATES ...

- **TOMORROW, Fri 12<sup>th</sup>**  
School Working Bee
- **Tuesday 16<sup>th</sup> Aug**  
PPD day, **no children at school**
- **Monday 22<sup>nd</sup> Aug**  
HDSC Science day, Mr Booth and 6 students
- **Tuesday 23<sup>rd</sup> & Wednesday 24<sup>th</sup> Aug**  
Music Festival, we are performing on the 24<sup>th</sup>
- **Friday 26<sup>th</sup> Aug**  
Book Day, dress up, parade and activity day
- **Monday 12<sup>th</sup> Sept**  
Curriculum Day, **no children at school**
- **Friday 16<sup>th</sup> Sept**  
Last day of term

**SCHOOL MINI FETE**  
Friday 7<sup>th</sup> OCTOBER



**BOOK WEEK**  
we are celebrating on...  
**FRIDAY 26<sup>th</sup> AUGUST**

- ...dress up day
- ...parade
- ...activity day



Have you filled  
your child's cup  
today ?

SMILE. BE KIND. OFFER A HUG.  
PAUSE. BREATHE. LISTEN.  
TEACH. SOLVE PROBLEMS. LOVE.

## PNPS STUDENT APPRECIATION AWARD

**TRUST FORGIVENESS INTEGRITY HOPE COMPASSION**



Grade	Name	Grade	Name
<b>SAUNDERS</b>	Rexy Presley & Charlie Albin	<b>FORD</b>	Eva Robinson
<b>JESS</b>	Essie Rowe & Conrad M-Walker	<b>ROLL</b>	Lukas Jones
<b>BROWN</b>	Arianna Durrant & Sophie Atwell	<b>ENGLEZOS</b>	Mary Noonan
<b>KING</b>	Jade Brewster & Ruby Robins	<b>JONES</b>	Zahlee Currie & Connor McPhan
<b>other</b>			



This week I offer my appreciation to

**Mary Noonan & Lucas Presley**

...thank you **Mary** for being a swimming helper to our prep swimming students, very kind and helpful  
... thank you **Lucas** for always being so kind, thoughtful and inclusive, you are a great friend

## Indian Flatbread

Season: All

Makes: 32 small flatbreads

**Recipe source:** Adapted from a recipe from Foster Primary School, Victoria

Flatbreads generally include leavened bread, such as pita, or unleavened bread, such as mountain bread. Both types are common throughout the Middle East and beyond, and are popularly used for wraps as well as toasted for salads, dips and sauces. In an Indian village the 'fat' would have been butter made from buffalo milk, rather than our use of olive oil.

### Equipment:

metric measuring spoons, cups and scales  
bowls – 1 small, 1 large  
plastic wrap  
rolling pin  
2 heavy-based frying pans  
spatula or egg flipper  
tongs  
2 baking trays  
foil

### Ingredients:

2 tsp sea salt  
2 cups lukewarm water  
5 tbsp extra-virgin olive oil  
1 kg plain flour, plus a little extra for dusting



### What to do:

1. Preheat the oven to 50°C.
2. Pour the water into the small bowl. Add the salt and stir to dissolve. Add the oil.
3. Put the flour into the large bowl. Pour in the salt, water and oil. Mix it together.
4. Make sure your workbench is clean, then sprinkle it with some flour.
5. Knead the dough for about 8 minutes.
6. Wrap it in plastic wrap until needed.
7. Tip out the dough onto your clean, floured workbench and divide it into 32 even pieces, each the size of a walnut.
8. Flatten each piece of dough with your hand, then roll it out thinly with the rolling pin, to about 10 cm in diameter.
9. While the dough is being shaped, heat both frying pans.



Indian Flatbread continued

10. Place a few discs of rolled-out dough into a hot, dry pan and cook them for 2 minutes. Flip them over with your spatula and cook for a further 2 minutes. You want them golden, with a few bubbles and darker spots, but not charred.
11. Transfer the cooked flatbreads to the baking tray using tongs. Cover the tray in foil and put it into the warm oven until you are ready to eat.



# SCHOOL KITCHEN RECIPES



## Mie Goreng

Season: All

Serves: 30 tastes in the classroom or 6 at home

**Fresh from the garden:** Asian herbs (e.g. coriander, Thai basil, Vietnamese mint), bean sprouts, bok choy or Asian greens, capsicum, carrots, chilli, eggs, garlic, green beans, limes, shallots, snake beans, spring onions

This is a classic Indonesian dish using traditional flavours of garlic, chilli, palm sugar and lime. If you like, you can substitute the tofu with chicken, adjust the ingredients to suit the fresh produce available in any season, and experiment with different mixes of Asian greens and herbs – the final flavour is really up to you!

### Equipment:

medium saucepan (if using dry egg noodles)  
metric measuring scales, cups and spoons  
clean tea towel  
chopping board  
cook's knife  
mortar and pestle  
medium mixing bowl  
whisk  
wok (possibly 2)  
egg lifter  
colander  
wooden spoon or wok sang  
serving platter

### Ingredients:

4 garlic cloves, peeled  
2 shallots, roughly chopped  
1 long red chilli, de-seeded and chopped  
½ tsp salt, plus extra to taste  
4 eggs  
1 quantity **Basic Egg Noodles** or 300 g dry noodles  
1 tsp sesame oil (if using dry noodles)  
2 tbsp sunflower oil  
200 g tofu or chicken, chopped bite-size  
1 carrot, peeled, and julienned or grated  
1 capsicum, thinly sliced  
8 snake beans or green beans, roughly chopped  
4 spring onions, sliced diagonally  
¼ cup thick sweet soy sauce (kecap manis)  
¼ cup light soy sauce  
1 tbsp palm sugar  
300 g bok choy or Asian greens, roughly chopped  
2 cups bean sprouts (optional)  
1 large handful of mixed Asian herbs, chopped  
2 limes, sliced into wedges



### What to do:

1. If using dry egg noodles, put a saucepan of water on to boil. Otherwise, follow the cooking directions in the **Basic Egg Noodles** recipe.
2. Prepare all of the ingredients based on the instructions in the ingredients list.



Mie Goreng continued

3. Pound the garlic, shallots and chilli using the mortar and pestle to create a paste, then add the half teaspoon of salt.
4. Whisk the eggs in the bowl. Heat the wok, add 1 tablespoon of oil and then pour the egg mix into the wok and cook on a high heat until the mix is cooked right through and looks like a big omelette.
5. Transfer the omelette to the chopping board. Roll and slice it up, and set it aside.
6. If using dry noodles, boil the noodles for 2–3 minutes, drain and rinse with cold water. Toss through 1 teaspoon of sesame oil.
7. Heat the rest of the oil in the wok and, when hot, add the garlic and chilli paste. Cook for 30 seconds. (**Note:** If the dish is too large you may need to cook it in two woks.)
8. Add the tofu or chicken and fry for 1 minute.
9. Add the carrot, capsicum, beans and spring onions, and cook for 2 minutes.
10. Increase to a high heat and add the cooked noodles.
11. Add the kecap manis, soy sauce and palm sugar, then mix well.
12. Add some of the sliced omelette (reserve the rest for a garnish) and stir continuously for 30 seconds.
13. Now add the greens and cook for about 4 minutes, stirring continuously.
14. Taste, and add salt as necessary.
15. Top with bean sprouts and fresh herbs.





**PROJECT 70 is underway!**  
**The students, staff and helpers are doing a great job getting the area ready...thank you**



**WANT TO GIVE BACK TO YOUR COMMUNITY?  
 HAVE TIME TO SPARE? KEEN TO MEET NEW PEOPLE?  
 THEN VOLUNTEERING COULD BE FOR YOU.**

The South West Volunteer Expo showcases the work of our region's leading volunteer groups.

Find out which groups might be a good fit for you, many are on the lookout for new members.

So if you've been thinking of giving some time to a worthy cause, or are keen to join a community group, head along to the Volunteer Expo.

Admission is **FREE** and there'll be face painting, giveaways, coffee van and BBQ available and live performances.

**Saturday August 20, 10am - 2pm - Emmanuel Centre**



[www.warrnambool.vic.gov.au/volunteering](http://www.warrnambool.vic.gov.au/volunteering)



## **JUNIOR CRICKET**

**Ages 9 - 13**

**Season NOV - FEB**

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