Term 1 Week 8

15 March 2022

The

PULSE

CULCAIRN PUBLIC SCHOOL

What's In Our Newsletter

- Principal Scoop
- On the Ball & On the Go
- Out & About Class News
- Friend on the Fridge

What's Happening at CPS

Wednesday 16 March





Thursday 17 March Golf Clinic



Friday 18 March AFL Clinics



Monday 21 March Harmony Day Sausage

Sizzle & Orange Mufti

Thursday



24 MarchGolf Clinic

Friday 25 March Netball Clinic

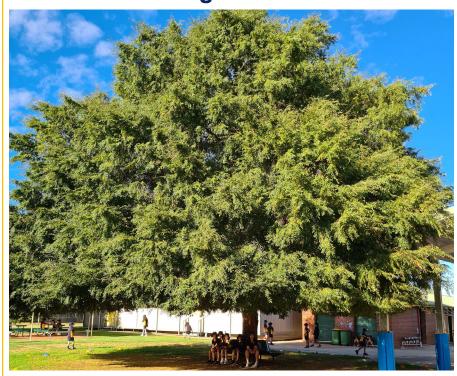


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PRINCIPAL SCOOP

Gone but not forgotten



Unfortunately our beautiful Chinese Elm had to be removed because it had become dangerous. It was feared that it could split and fall on someone. It was a beautiful tree which offered plenty of shade. Lucky that we now have the new COLA (Covered Outdoor Learning Area) to give us some shade.

Anyone fore golf

Mrs Penny Graeber will be teaching all classes golf over the next four Thursdays. The golf program is part of our Sporting Schools grant.

Flying high through the net

Over the next two Fridays, students will have the opportunity to participate in AFL (Friday 18 March) and Netball (Friday 25 March) Clinics. This is a fantastic opportunity for our students heading into Football and Netball season.

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Supporting other communities

Next Monday 21 March, students will have an out of uniform day to celebrate Harmony Day and raise money for a school affected by recent flooding in Northern NSW. Students can wear something orange - the colour of Harmony Day, to celebrate inclusiveness, respect and a sense of belonging for everyone and bring a gold coin donation. Money raised will go directly to a school damaged by the recent unprecedented rain event in Northern NSW. Once our school is matched with a flood affected school, we will let you know and if anyone would like to make a further donation, we would be more than happy to include your money with what we will have collected. So many schools and their students lost everything and need our support. A Sausage Sizzle note was sent home last week. Please return these by Thursday 17 March.

Sometimes it just takes one hand

In this fast-paced age, volunteering can take many forms. Some people can give a lot, others have time for just a minute. Some can work during daylight hours, some can only work at night. Everyone's skill sets are different and variety amoungst the team is key. P&Cs give parents and other community members an opportunity to learn about the school's policies and programs; organise ways in which parents can share in shaping and developing school policies; bring parents together to share information and views; assist the school in building positive attitudes to students and their families; and help raise funds to provide extra resources. Our P&C's Annual General Meeting is next Wednesday 23 March at 5:00pm in the school library. Please show your support for our school and come along. We are looking to fill all executive positions - President, Secretary and Treasurer. I look forward to seeing you at the meeting.

Yours in Education

Craig Allibon PRINCIPAL





On the Ball and On The Go

SRPSSA AFL Trials

Congratulations to Thomas Brand, Zac Howard, Riley Williams, and Cooper Phillips who competed for The Southern Riverina PSSA AFL team last Friday. All the boys played well throughout the day. Congratulations to Thomas Brand who was selected to attend the Riverina trials in Lavington on Thursday 31 March.

Paul Kelly Cup

Good luck to our senior boys and senior girls

AFL teams who are representing the school tomorrow at the Culcairn Sportsground. Good luck to all those involved. A reminder, that there is a canteen running on the day and parents are welcome to attend.

AFL Clinics

This Friday we have AFL/NSW coming to the school to run some AFL clinics with each class. They will be promoting Culcairn Auskick centre which will kick off the season on Thursday 24 March 2022.

Stewart House Donation Drive

You could win a prize valued at \$4000.00. If you wish to donate, please complete the envelope with your name, address, telephone number and school. Insert a donation of at least \$2.00 into the envelope and seal it. Don't forget to return the envelope to the school office by Thursday 28 April 2022.



SRC News

It's that time again..... Our SRC will be running a **Harmony Day Sausage Sizzle** on Monday 21 March to raise money for a flooded NSW school. Students are encouraged to wear **ORANGE** and bring a gold coin donation. Sausage sizzle order forms were sent home last week.

It's also time for the SRC **Easter Eggtravaganza Raffle**. Donations of eggs for the raffle would be appreciated. A free raffle ticket will be given for each donation. All donations are to be left at the 5-6 Classroom.



Tickets have been sent home with this newsletter - \$1.00 per ticket or \$5.00 for the book. Additional tickets are available from Mrs Smith or Mrs Crilly. All sold and unsold tickets with the money should be returned to school by **Wednesday 6 April**. The raffle will be drawn on the last day of term, Friday 8 April.



The Gadget Girlz Roadshow



Are you in Years 5, 6 or 7?

The Gadget Girlz Roadshow has been developed by girls for girls. It is a free, whole day, practical and immersive experience – robotics, STEM challenges, flight simulators and more. 6 workshops in one day.

Places are limited. Be quick!

Location: Kooringal High School, Wagga Saturday 19th or Sunday 20th March

9:00 am to 4:00 pm

Bring your own morning tea and lunch!



Register:

<u>Saturday</u>

https://gadgetgirlz.com.au/thegadget-girlz-roadshow-19th-march-2022-wagga/

Sunday

https://gadgetgirlz.com.au/thegadget-girlz-roadshow-20th-march-2022/

Questions? Call Vivienne Hughes on 0421 221 451



Out & About Class News

Class K-1

The return of home readers has been quite slow. Readers are changed each day and practice reading at home is a great benefit to your child. Today, had our first Storytime for the year at the Culcairn Town Library. We enjoyed the stories and activities. Harmony Day is Monday 21 March. Please return your child's sausage sizzle order by Thursday. ClassDojo Winners: Week 5 - Mosese Baleidrokdroka, Hunter Jerrick, Noah Dixon; Week 6 - Reanna Schultz, Mosese Baleidrokdroka, Kahu Pittman-Sears. Jacob Rolton.

Class 1-2

Congratulations to everyone who attended Green Reward a few weeks ago. It was a great afternoon and I loved seeing everyone's amazing creations. A reminder that parents and carers can book a time to meet with me for parent teacher interviews on Tuesday 29 March. If you can't make this time and would still like to meet with me, please let me know and we can arrange an alternative. Have a great week.

Class 3-4

Well done to all those students who have been completing and returning their homework each week. This term is flying by, and I look forward to discussing students learning at the parent teacher interviews in Week 9. Congratulations to those students who have been cashing in their first lot of ClassDojo points.

Class 4-5

4-5 have enjoyed swimming over the last 4 weeks. We swam laps, worked on our diving, practiced different safety skills, and played lots of games. We have now finished swimming and will begin Golf for sport over the next 4 Thursdays. Parent teacher interviews are being held on Wednesday 30 March. If you have not yet booked in, please do. I would love to catch up with all families and share your child's goals. You can book in at https://www.schoolinterviews.com.au/. Use the code s9n2v. Have a great week.

Class 5-6

Swimming has now finished and this week we are starting golf lessons. Year 6 students are looking amazing in their new shirts, they are very proud to be members of our senior class. Good luck to all the students participating in Paul Kelly Cup this week.

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Healthy Lunch Box recipe

Super crispy chicken fingers



Ingredients

1¾ cups panko breadcrumbs Olive oil spray

1 egg

2 tbsp reduced-fat milk

1 tbsp mayonnaise

1½ tsp Dijon mustard

2 tbsp plain flour

500g chicken tenderloins

Salt & pepper

Method

Preheat oven to 200°C. Spread breadcrumbs onto a baking tray. Spray carefully with oil and bake for 3 to 5 minutes until light golden. Transfer to a bowl.

In a medium bowl, add the egg, milk, mayonnaise, mustard, flour and a little salt and pepper. Whisk with a fork until well combined. Add a chicken tender to the batter and toss to coat. Toss in the breadcrumbs and press gently into the chicken. Place on a lined baking tray. Repeat with remaining chicken.

Spray carefully with oil and bake for 10-15 minutes or until cooked through and golden brown.

Serve with a fresh garden salad.

For more recipes visit: healthylunchbox.com.au





Nutrition Snippet

WHAT IS THE HEALTHY LUNCH BOX?





A one-stop-shop for everything you need to know about packing a healthy lunch box.

Here's what you'll find on the website:

- <u>Interactive lunch box builder</u> that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy <u>recipes</u> and <u>snack ideas</u>.
- Informative <u>blogs</u> about healthy eating for the family.
- <u>Sign up</u> to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au





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Fortnightly Calendar Updates Your Friend on the Fridge!

TERM 1 2022

Week 8

Wednesday 16 March Paul Kelly Cup

Lunch Orders for Mumma J's

Thursday 17 March Golf for Sport

Friday 18 March AFL Clinics

Lunch Orders for Mumma J's

Week 9

Monday 21 March Harmony Day - wear Orange/Sausage

Sizzle

Tuesday 22 March

Wednesday 23 March Lunch Orders for Mumma J's

P&C Meeting 5:00pm

Thursday 24 March Golf for Sport

Friday 25 March Netball Clinics

Lunch Orders for Mumma J's

Week 10

Monday 28 March

Tuesday 29 March

