Jamie Oliver’s Food Revolution comes to Vaucluse Public School.
Dear Parents,

The school has been filled with much excitement today for Jamie Oliver’s Food Revolution Day. There was a lot of media coverage and our students were thrilled to be part of this world wide movement. A big thank you to our SAKG specialist Ange Davids who worked tirelessly with Food Revolution Ambassador Amy McEntee. Amy and Ange were very well supported by a team of teachers and a steady stream of parent volunteers. Amy also brought along her own team of helpers including Alison from the Watsons Bay Hotel. The Watsons Bay Hotel very generously donated all the food for the Squash It Sandwiches and we are most appreciative of their support. Our students thoroughly enjoyed their sandwiches. Thanks to our Stephanie Alexander Kitchen Garden Program our students are strongly engaged and committed to healthy eating. Rudi and Ange, our team in the kitchen and garden along with our classroom teachers do a wonderful job implementing a rich and exciting program each week. Our students demonstrate a great deal of understanding about healthy food, growing it, cooking it and understanding where it comes from and nutritional information. Our students enjoyed being part of a collective effort and also just being in the kitchen and creating. Today’s cooking experience reinforced with us what a great program the SAKG is. Much of the learning gained in the kitchen translates into many other key learning areas. We regularly get excellent anecdotal feedback from parents about skills learnt in the kitchen and garden and demonstrated at home. We hope they make the sandwich for you at home this weekend. A reminder about the Taste of Orange in Robertson Park this weekend. Amy will be running a stall and donations are going to Vaucluse Public School. Amy is still seeking volunteers to help her with the stall.

The Food Revolution Day was a wonderful end to the week that was NAPLAN. At Vaucluse PS we treat NAPLAN as just another assessment. The atmosphere has been calm and supportive and we believe our students have taken the week in their stride and demonstrated their resilience. Thank you to parents for supporting students and staff.

At our weekly school assembly yesterday we were all treated to an unexpected and delightful surprise. Thea Scholl played our school song on the piano for assembly. She played it with such passion and commitment that the whole school sang with all their hearts. There is a photo of Thea in the body of the newsletter. Thank you Thea we are looking forward to many more performances.

Next weekend is the Sydney Writers’ Festival at Walsh Bay. This is a wonderful opportunity to take your children and experience the love of writing. One of the piers is devoted to children with lots of workshops and a large space for art and craft and storytelling. I highly recommend it to you as a great way of reinforcing reading and writing and giving it a real life context.

Maureen Hallahan
Fried Rice (Nasi Goreng) in the Stephanie Alexander Kitchen this week.
DESIGN YOUR DREAM SANDWICH

DRAW, COLOUR IN AND CUT OUT EACH INGREDIENT TO MAKE YOUR DREAM SANDWICH.

You will need:
• 1 large piece of paper or a variety of coloured paper
• Colouring pencils
• Scissors

CUT OUT YOUR BREAD. Aside from white, brown, granary and sourdough, you can choose from naan, ciabatta, focaccia, bagels, pitta and baguette, as well as seeded breads, fruit breads and crusty rolls. There are so many different types!

NOW FOR YOUR SPREAD. This will add flavour and protect watery filling ingredients such as tomatoes from making your bread soggy. Pesto, hummus, cream cheese, crushed avocado or even peanut butter are all great spreads.

WHAT ABOUT YOUR FILLING? Think about different colours, textures and flavours so you have a nice, colourful balance of crunchy and soft, peppery and sweet. The sky is the limit!

DON’T FORGET ANOTHER LAYER OF SPREAD. You can keep it the same as your bottom layer, or you can choose another spread to complement it. Jamie uses both hummus and cottage cheese in his Squash it sandwich.

AND FINALLY, NAME YOUR SANDWICH! Make sure you take a picture and share it with us using #foodrevolutionday
GENERAL HOUSE RULES

* Always start by securing the chopping board with a silicone mat or damp cloth to stop it from slipping while you work.
* Never wave a knife in the air.
* Keep the knife handle clean – if you get grease or oil on it, stop immediately, wash it off and dry the handle to ensure a good grip at all times.
* If the ingredient being chopped is round or uneven, slice a small bit off to create a flat, stable surface to lay on the board while cutting.
* Always chop flat-side down.
* Never chop quickly – work slowly and steadily, and get to know the knife – practice makes perfect.
* Once finished with a knife, either clean it and put it away immediately, or put it somewhere where others can see it. The worst place to leave a knife is in a sink of soapy water or hidden among other things – if anyone puts their hand into the sink to wash something up, they stand a good chance of cutting themselves. Children should not be allowed to wash up knives.
* Keep the knives sharp – a blunt knife can do more damage than a sharp one.
* Always hold a knife using your dominant (writing) hand.

TECHNIQUES FOR CHILDREN

These safe knife skills can be used with lots of different ingredients and encourage best practice. The teacher should always demonstrate before letting the children have a go, explaining clearly and showing them the techniques every time a recipe is demonstrated. Ask the children to show you their technique before allowing them to continue. The two most common techniques are the bridge and claw.

The bridge technique is used to cut ingredients into smaller, more manageable pieces. Form a bridge over the ingredient with your hand, making sure the arch is nice and high so there’s plenty of room for the knife to fit underneath. Hold the item securely with your fingers on one side and your thumb on the other. Now pick up the knife with the other hand - get the children to check the blade is facing downwards and guide the knife under the middle of the bridge.

Cut into the middle of the ingredient by pressing down and sliding the knife back towards you out of the bridge. Then take one half at a time and place them flat-side down. Repeat the bridge over each half one at a time and cut into quarters. Keep going until you’ve got the number of pieces you need. Never rush – it’s important to take your time – stop between each slice to check your fingers are out of the way.

The claw technique is used to slice ingredients into strips. Place the item onto the board, flat-side down. Make a claw by partly curling your fingers closely together, making sure you tuck your fingertips and thumb out of the way.

Pick up the knife with your other hand, check the blade is facing down and place your claw on top of the ingredient, with your fingers facing the knife. Keep the tip of the knife on the board and slowly slice through the item, sliding the knife back towards you. To make your next slice, move your fingers back along the item, keeping your fingers together and keeping a grip on the top. Remember, stop between slices to look at where your knife is and make sure your fingers are tucked out of the way – it’s not a race.

When children are learning, don’t encourage them to chop all the way to the end of the item – it’s better to have safe fingers than get that extra bit of carrot or celery.
LEARNING INTENTIONS:
- To learn what makes a good sandwich
- To explore ingredients from around the world
- To make your own Squash it sandwich

KEY SKILLS:
- Identifying fruit and vegetables
- Chopping
- Bashing
- Dressing a salad
- Spreading
- Assembling a sandwich
- Adapting a recipe to suit your tastes and/or needs

TO PLAN THE LESSON:
- Watch Jamie’s video for teachers
- Read through the lesson plan in full
- Order the ingredients
  (see the Ingredient & equipment lists)
- Gather the equipment
  (see the Ingredient & equipment lists)
- Print 1 copy of the Squash it sandwich recipe per pupil

BEFORE THE LESSON:
- Set up the classroom. Children will work in pairs, but we find it works well to have 3 pairs per table.
- Set up each table with the equipment needed. For each table (on the basis that you have 3 pairs of children per table), you will need:
  - 6 chopping boards
  - 6 regular eating knives
  - 3 large bowls
  - 6 teaspoons
  - 6 clean tea towels
  - 6 rolling pins
  - 3 tablespoons
  - 1 pair of scissors
  - 1 rubbish bowl
- Wash and dry all fruit and vegetables.
**VOOSC NEWS**

**Vacation Care**
Our program for the June/July school holidays is now available, and we are currently taking bookings.

We have fantastic activities booked which we are sure will fill up very quickly, so please secure your positions early to avoid disappointment.

A lot of activities will take place on school grounds, such as our Cheerleading Day, Pony Day, Building Workshop, Knight Quest and Lego Workshop just to name a few.

Pop in and pick up a program to check out the full range of activities, bookings are only accepted in person with full payment at the time of booking.

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**VOOSC Stars**

**Charlotte L. 2M**
Thank you Charlotte for including others in activities, for being kind, helpful and respectful. Well done and welcome to the Wall of Fame.

**Makira W. 4/5B**
Makira you have received a place on our Wall of Fame for showing responsibility and being a kind and caring member of VOOSC. Well done Makira, great leadership skills.

**Valentina S. KA**
Congratulations Valentina, you have received your star for being a kind and sharing person with excellent manners. Well Done!

**Woody, KA**
Welcome to the Wall of Fame Woody, you have been awarded a star for having kind things to say and encouraging those who need a helping hand!

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**Term Fees**
All term fees have been issued and instalments are due please.

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**Change of Family Details**
If you have recently had changes to your personal circumstances, such as a change of address, phone numbers or children’s extracurricular activities, please advise us of these changes in writing so that records can be updated.

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**Warm Regards,**
VOOSC Team

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**VOOSC VACATION CARE JULY 2015**
Please collect your detailed itinerary when making your booking

<table>
<thead>
<tr>
<th>Monday 29/06/15</th>
<th>Tuesday 30/06/15</th>
<th>Wednesday 01/07/15</th>
<th>Thursday 02/07/15</th>
<th>Friday 03/07/14</th>
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</thead>
<tbody>
<tr>
<td><strong>Crash Boom Cheer Squad</strong></td>
<td><strong>Bricks 4Kids</strong></td>
<td><strong>Koonj Connections</strong></td>
<td><strong>Billy Cart Workshop</strong></td>
<td><strong>Cooking Day at VOOSC</strong></td>
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<tr>
<td>Learn super cool cheerleading moves and have a blast creating your own cheer routine with friends.</td>
<td>Design and construct machines, buildings and other models with your friends using LEGO® bricks in this 3 hour workshop.</td>
<td>Guided bush walk along the Gwydir River exploring Aboriginal history and learning bush skills.</td>
<td>In teams we’ll build our own billy cart in a 2 hour interactive workshop then ride them!</td>
<td>Get hands on in the VOOSC Kitchen and make a delicious Italian themed lunch!</td>
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<tr>
<td><strong>Daily Fee + $15</strong></td>
<td><strong>See itinerary for full requirements</strong></td>
<td><strong>Daily Fee + $15</strong></td>
<td><strong>See itinerary for full requirements</strong></td>
<td><strong>See itinerary for full requirements</strong></td>
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<tr>
<td>**Monday 06/07/15</td>
<td>Tuesday 07/07/15</td>
<td>Wednesday 08/07/15</td>
<td>Thursday 09/07/15</td>
<td>Friday 10/07/15</td>
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<td><strong>Knight Quest</strong></td>
<td><strong>Premier Ponies @ VOOSC</strong></td>
<td><strong>Wheels Day</strong></td>
<td><strong>Robot R cts</strong></td>
<td><strong>Inside Out at IMAX</strong></td>
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<td>Kids will become knights for the day in this interactive medieval games experience.</td>
<td>Learn how to groom, lead, play and ride real ponies in this fun interactive workshop!</td>
<td>A full day of fun and riding at VOOSC. BYO Bikes and Scooters. No Safety Gear, No Riding.</td>
<td>Children will have fun playing games with real robots in this fun 2 hour robotic incursion.</td>
<td><strong>DEPART 9.30 SHARP RETURN 3.30pm Daily Fee + $15</strong></td>
</tr>
<tr>
<td><strong>Daily Fee + $15</strong></td>
<td><strong>See itinerary for full requirements</strong></td>
<td><strong>Daily Fee + $20</strong></td>
<td><strong>Daily Fee + $17</strong></td>
<td><strong>Daily Fee + $5</strong></td>
</tr>
<tr>
<td>**Monday 13/07/15</td>
<td>Tuesday 14/07/15</td>
<td>Tuesday 15/07/15</td>
<td><strong>BOOKINGS CLOSE</strong></td>
<td><strong>Please choose your days carefully</strong></td>
</tr>
<tr>
<td><strong>Dancing and Drumming</strong></td>
<td><strong>School Resumes</strong></td>
<td><strong>NO BOOKINGS</strong></td>
<td>22/06/15.</td>
<td><strong>Bookings are non-refundable or transferable due to daily child/staff ratios, safety requirements and pre-booked activities</strong></td>
</tr>
<tr>
<td>Fun, energetic games filled with drumming, belly dancing and dress up!</td>
<td>Please send no nuts or nut products.</td>
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</table>
This week's assembly.
Item was presented to the school and parents by Class 2F.

Thea also from Class 2F
Played the Vaucluse Public School song.
Taste Orange food + wine festival

SAT 16 MAY
12-8pm

SUN 17 MAY
11-4pm

ROBERTSON PARK,
WATSONS BAY

Free Entry | All Welcome

PRE PURCHASE TASTING TICKETS ONLINE
watsonsbayboutiquehotel.com.au/weheartorange
Dear Parents

Our school leaders and other students have expressed their concern about the disaster in Nepal. I met with the school leaders and the concerned students. We discussed ways we could help and we decided a Shelterbox would be the most useful way of helping. Each Shelterbox costs a $1000. We would like to raise enough funds to buy one Shelterbox. We are asking that everyone bring in two gold coins by May 14 2015. Parents are most welcome to donate also.

The school leaders and concerned students will be visiting each classroom to explain what a Shelterbox is and how we can help. They will also be talking about the Shelterbox program at Assembly.

For your information Shelterbox is an international disaster relief charity that delivers emergency shelter, dignity and warmth to people affected by disaster worldwide. This week with the help of Rotary they delivered 500 Shelterboxes to Kathmandu. The contents of the box vary depending on local needs but all contain the basic life sustaining materials people need to survive after a disaster. Such as: a tent that fits 12 people, multi fuel stove, utensils, tool kit, thermal blankets and insulated ground sheets, mosquito nets and the waterproof box everything comes in.

We are very pleased to be able to help in some way. Parents are most welcome to donate also. Thank you in anticipation of your support.

Maureen Hallahan
Principal
30 April 2015

Vaucluse Public School 2015 School Leaders and concerned students.
Mothers Day in Class 1W
Vegetarian Fried Rice

**Equipment**
- Chopping board
- Ginger grater
- Wok
- Egg flip
- Measuring spoons
- Paring knife

**What to do**

1. Heat the veg oil in the wok. Add the beaten eggs and lightly scramble for about a minute. Remove from wok and set aside for later.

2. Wipe out the wok with paper towel and heat another 2 Tbsp veg oil. Stir fry the onion, garlic & ginger until lightly browned and tender. Add 3 Finely chopped Kaffir Lime leaves.

3. Add the finely sliced chinese cabbage, bok choy and shallots. Stir fry for about a minute or two.

4. Add the sauces and rice and toss lightly. Add the cooked egg and toss lightly again. Fold in chopped pepitas (or chopped nuts).

5. Divide between 3 serving bowls (lined with banana leaves) for the table. Sprinkle with fried shallots.

6. Serve with cut lime wedges.

**Ingredients**
- 6 eggs, lightly beaten
- 2 Tbsp Vegetable oil
- 1 Tbsp tamari or soy sauce
- 1 Tbsp fish sauce
- 1 Tbsp Rice vinegar
- 1 Tbsp Oyster sauce
- 3 cloves garlic, crushed
- 1 small nob ginger, grated on a ginger grater
- 6 cups cooked rice
- 1/2 bch shallots, sliced
- 1/2 Chinese cabbage, sliced
- 1 bok choy, sliced
- 1/2 cup pepita seeds (or Roasted tamari almonds), lightly toasted & chopped roughly

From the Garden
Fresh Ginger
Bok Choy
Chinese cabbage

**Note:** There are many different ingredients you can add to fried rice. The options are limitless.

Also you can add more or less of the sauces depending on taste.
New to Vaucluse Public School

Mini Muffins $1.50
Apple & Cinnamon, Blueberry, Banana Oatbran or Raspberry

Blueberry Banana Bread $1.50

Byron Gourmet Pies
Organic Steak Pies $5.50
Organic Sausage Roll $5.00

Classic Quiche

Quiche Lorraine
Quiche made from a base of buttery shortcrust pastry and filled with eggs, cream and smoky diced ham.

Quiche Florentine
Quiche made from a base of buttery shortcrust pastry filled with eggs, cream and wilted spinach. Great for vegetarians.