

SEA BREEZE



Havenview Road, Terrigal 2260

Phone: 4384 4599

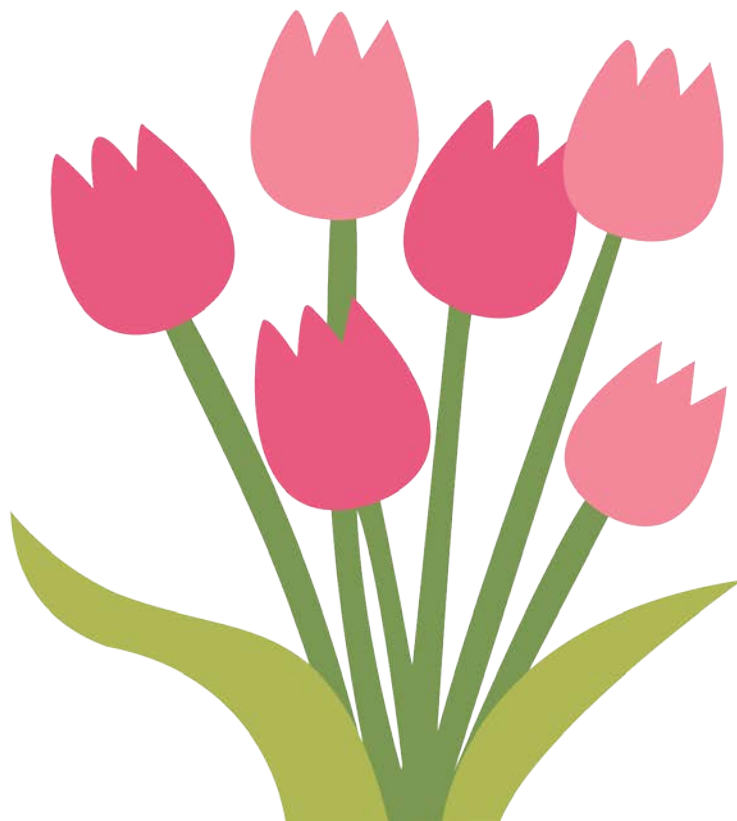
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Thursday, 10th May, 2018

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HAPPY
Mother's
DAY



2018 TERRIGAL PRIMARY SCHOOL CALENDAR

TERM 2

MONTH /Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL/MAY 1	30 School Development Day	1 Student return for Term 2	2 Tennis Gala Day	3 Syd Nth Soccer Trials Girls	4 SCHOOL PHOTO DAY <i>Zone Touch Football trials</i>
MAY 2	7 Yr 6 Canberra Excursion	8 Yr 6 ACT Excur. <i>ICAS Digital Tech test</i> Starstruck Rehearsal Syd Nth Netball trials	9 Yr 6 Canberra Excursion	10 Mothers Day stall Prep Day in Mezz	11 Mother's Day Stall <i>Mothers Day Breakfast</i> Building Info Booth
MAY 3	14 P&C Meeting 7pm	15 NAPLAN Yrs 3 & 5 <i>ICAS Spelling Test</i> S1 Excursion	16 NAPLAN Yrs 3 & 5 <i>S1 Excursion</i>	17 NAPLAN Yrs 3 & 5 <i>S1 Excursion</i>	18
MAY 4	21 Syd Nth Rugby Trials	22 Syd Nth Netball Trials <i>NSW PSSA AFL Debating</i>	23 NSW PSSA AFL	24 NSW PSSA AFL	25 <i>Zone X Country</i>
MAY/JUNE 5	28 AEGG meeting 5pm Bateau Bay Com. Centre	29 ICAS Science test	30 ES1 Public Speaking <i>Starstruck Major Rehearsal</i>	31 U12 Rugby League	1 Yr 5/6 Netball Gala day
JUNE 6	4 CCDF – Dress Rehearsals <i>Syd Nth Golf Trials</i>	5 AFL Paul Kelly Cup Gala Day <i>CCDF- Dress Rehearsals</i> Building Info Booth	6 PSSA Netball Gala Day <i>S1 Public Speaking</i> CCDF – Dress Rehearsals <i>Under 10 RL</i>	7 CCDF – Dress Rehearsals	8 TPS Athletics Carnival
JUNE 7	11 Queen's Birthday Holiday	12 Paul Kelly AFL Cup	13 Starstruck Movement Rehearsal	14 ICAS Writing Test <i>Starstruck Tech Rehearsal</i>	15 Starstruck Matinee and Evening Performance
JUNE 8	18 P&C 7pm	19	20 Forensic Science Show S2 & S3	21 Forensic Science Show S2 & S3	22 Syd Nth Cross Country
JUNE/JULY 9	25 CC Dance Performances	26 CC Dance Performances	27 CC Dance Performances	28 CC Dance Performances	29 CC Dance Performances
JULY 10	2 CC Dance Performances <i>Parent Interviews</i>	3 CC Dance Performances <i>Parent Interviews</i> Building Info Booth <i>K-1 Dog Safety talks</i>	4 CC Dance Performances <i>Parent Interviews</i> K-1 Dog Safety talks	5 CC Dance Performances <i>Parent Interviews</i>	6 CC Dance Performances <i>Parent Interviews</i>

WHAT'S ON WEEK 3 OF TERM 2

Monday 14 th May	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
P&C Meeting 7pm	ICAS Spelling Test <i>NAPLAN Yrs 3 & 5</i> Stg 1 Excursion Newcastle Museum (1M, 1B, 2T, 2SM Girls)	Stg 1 Excursion Newcastle Museum (2GR, 1C, 1A, 2SM boys)	<i>NAPLAN Yrs 3 & 5</i> Stg 1 Excursion Newcastle Museum (2H, 1W, 2D, K/1M and 1-3H)	NAPLAN Make-up day

PRINCIPAL'S REPORT

Enrol for Kindergarten 2019

It is that time of year when we start seeking enrolments for Kindergarten 2019. So if you have a child or know someone with a child who will start Kinder in 2019 it is time to grab an enrolment package.

Canberra

Our Year 6 students have spent three days in Canberra this week. They had a great time and represented our school well. The trip home was a little delayed but they eventually got home safely.

Thanks to Mrs Haines, Mrs Haydn, Mrs Formby, Miss Barnett and Mr Lowe for giving up time away from their own families to provide this opportunity for students. Contrary to what you might read in the media teachers don't receive any additional payment for being on call 24hours over the three days.

Rugby Sevens – Congratulations – off to Allianz Stadium



We sent two teams to the Central Coast Rugby Sevens knockout last week. Both teams played well. Terrigal's number two team played in pool B. They beat Our Lady of the Rosary (Wyoming), The Entrance Public School number 2, The Entrance Public School number 4. In their other game they played strongly against Bateau Bay Public School but were pipped at the post by a run-away try in the last minute of the game. Bateau Bay ended up winning pool B narrowly from our team.

Terrigal's number one team played in pool A. They beat St John the Baptist, Blue Haven Public School, The Entrance Public School number 1 and The Entrance Public School number 3. Our team won pool A.

The winner of Pool A then played the winner of Pool B in the final. So our number one team played Bateau Bay. Our players quickly established their dominance, especially at the breakdown. Terrigal ran out convincing winners.

As a result of their win the number one team moves on to play against the other regional winners in the NSW state finals. These will be held on Saturday 19th May at Daceyville. If the team is successful there they will have the opportunity to play in the final games at Allianz Stadium prior to the Waratahs match.

Thanks to Mr Drennan for coaching the boys. Thank you to Billy's dad for coaching the number two team on the day and to Tane's dad for assisting with coaching. Thanks to all of the parents and grandparents for their support.

Good luck to the team for the 19th.

Dance Group

Our dance group has been successful in their audition for the Central Coast Public Schools Dance Festival. The group will perform later this term at the festival.

Thanks to Mr Hoadley and Mrs Graham for their work with the dance group.

NAPLAN – reminder

Next week is NAPLAN week for Years 3 and 5. Students will be undertaking assessments in reading, language (spelling, grammar & punctuation) on Tuesday, Wednesday and Thursday. Please ensure your child is at school on time.

P & C AGM – Reminder

The P & C will hold their postponed Annual General Meeting next Monday at 7pm in the Staffroom. This will be followed by a general meeting.

School Policy on Refunds for Excursions and Other Student Funded Activities

Each year teachers plan a number of excursions, guest speakers and various activities which enhance the educational programs being offered in classrooms. These activities usually have a cost associated with them. Occasionally children are disappointed when they are unable to participate in the activity because they are sick on the day, or late to catch the bus etc. In such cases parents often request a refund of the fees that have been paid.

In making a decision regarding a refund one issue has to be considered: ***Has the school already spent money for the student to participate in the activity?***

If the school has already had to pay for the activity then a refund cannot be given.

Often, particularly in the case of larger excursions, venues and accommodation providers charge us on the numbers we provide in advance of the actual excursion. These venues hire staff, buy food, provide bedding etc based on those numbers therefore the costs still exist even if a student does not attend. With bus companies we are still charged for a booked seat even if it is not used.

Therefore it is our policy that when a student is unable to attend an activity, due to a legitimate reason, the school will refund money paid less funds already committed or spent.

Michael Burgess
Principal

Mothers' Day Breakfast & Stall



TOMORROW – Friday morning, all mums (and all those that fill the role of mum) are welcome to come up to school to share a muffin and a cuppa with their child. Muffins will be served from 7.30am outside the school hall for a *gold coin donation*. The breakfast will conclude at 8.55am.

There will not be a school assembly.

The P & C will also hold their Mothers' Day stall on this day. Students are to bring in a gift to donate in order to be able to buy a gift at the stall.

ADMINISTRATION

Hire of Instruments

If your child is borrowing an instrument from the school to play in the school band, **a fee of \$ 35 per term** is payable to the school to **cover hire fees from the Creative Arts Resource Loans Department**. The fee also covers **continual maintenance** on the instruments. This charge is in addition to the fees charged by the Conservatorium of Music.

Money Due - Parent Online Payments is the school's preferred payment option

Support Unit

- Book Pack - \$15
- RDA Term 1 - \$ 84
- RDA Term 2 - \$ 66

Early Stage 1 (Kindergarten)

- Book Pack - \$ 45

Stage 1 (Years 1 & 2)

- Book Pack - \$ 45
 - Newcastle Museum Excursion - \$ 30
- Full payment due Wednesday 9th May**



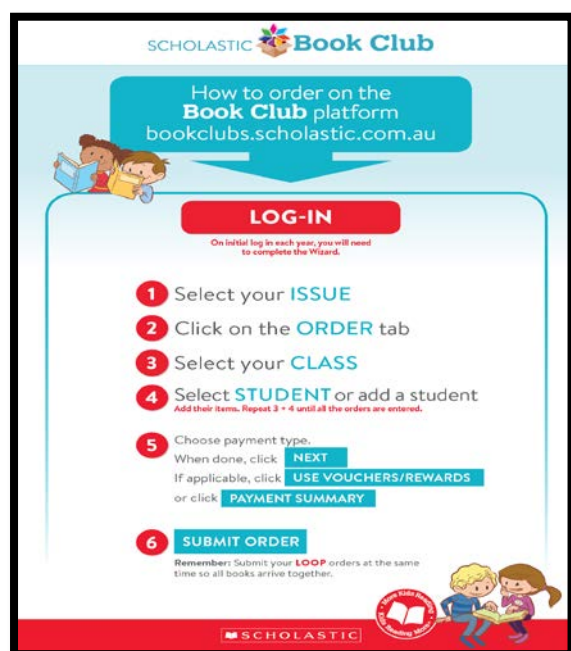
Stage 2 (Years 3 & 4)

- SAKG - \$ 20 (for the whole year)
Your are more than welcome to pay \$5 per term
- Book Pack - \$ 45

Stage 3 (Years 5 & 6)

- Book Pack - \$ 45
- Yr 6 Jumper - \$ 42
- Canberra - \$ 340 - **Full Payment due by Monday, 9th April 2018**

Ulrike Myers
Admin Manager



Issue 3 – Scholastic Bookclub

All orders to be in by tomorrow - Friday 11th May

ALL orders must be placed on-line.

Kindergarten 2019

Enrolments are now being taken for students starting Kindergarten in 2019. Enrolment packs can be collected from our school front office.

The dates for our 'Terrigal Treasures' orientation program are in Term 4. The sessions run for 4 consecutive Wednesday mornings, 9:15am - 10:45am, from Wednesday 24th October until Wednesday 14th November 2018.

Katie Dalton
Relieving Assistant Principal



Season for Growth at Terrigal Public School

Change happens to each and every one of us.

We all have a story to tell.

Sometimes the change is completely unexpected and leaves us feeling lost, empty, angry unable to explain how we feel but thinking, "no-one understands".

Seasons for Growth (SFG) is an educational, peer-support, grief and loss program, that aims at increasing our kids resilience to cope when unexpected change happens, and the people we love are just not there anymore.

SFG focuses on the health and wellbeing of those who choose to participate, and the effects that 'change', associated with death, divorce and/ or separation, can have on the child.

The program is an early intervention program offering continued support.

Information for Parents of Catholic SRE Students

CONFIRMATION – AT OUR LADY STAR OF THE SEA, TERRIGAL

SATURDAY 9th JUNE 2018

OFFERED TO BAPTISED CHILDREN 7 YEARS AND OVER, YEAR 2 AND OLDER

ENROLMENT WEEKENDS

Enrolment will take place after the Masses on the following weekends:

Saturday 21 April after 5pm, Sunday 22 April after 8.30am & 10am

Saturday 28 April after 5pm, Sunday 29 April after 8.30am & 10am

Saturday 5th May after 5pm, Sunday 6 May after 8.30am & 10am

Input session for parents 7pm Wed 9 May 2018

For more information and enrolment forms

http://www.ourladystarsea.org.au/_literature_209955/Sacramental_Programme_2018.mp3

or from Parish office: 43674610 or Janette: 0421416555



Mother's Day Stall - Friday 11th May

A huge Thank you to all our wonderful wrappers and helpers with 2 very busy days at the stall. We hope all our Mum's enjoy their special gifts and have a wonderful weekend.

AGM & P&C Meeting, Monday 14th May 2018, 7pm – 9pm. School staff room all welcome. (Term 2 Week 3)

There are several different ways parents can assist and contribute directly to the P&C.

1. Attend P&C meetings as a non-financial member (no voting rights).
2. Become a financial member (\$1 annually) and make your vote count.
P&C meetings are held every 3rd and 8th Monday during school term.
3. Attend and nominate for a position on the committee. (President, Secretary, Vice President, Treasurer)
4. Volunteer at one of our many events, canteen, uniform shop or take on a project. For further information or questions please contact the P&C Secretary on trisha.payne@me.com

For more information on P&C committees and positions please visit
www.pandc.org.au

The school office also has a folder providing membership forms and detailed information regarding TPS P&C.

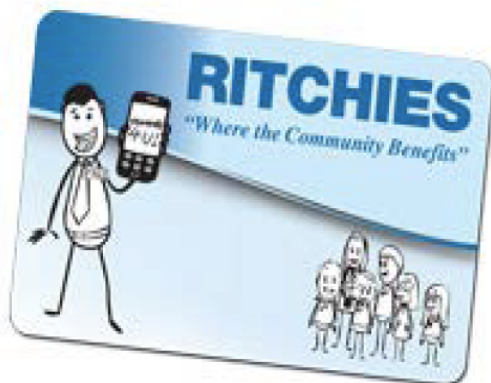
CANTEEN

Helpers needed
Mon-Fri (8:30am -9:30am)

All canteen orders can be made via
www.flexischools.com.au

Facebook page
TPS~~Canteen ~~

Contact: Lyn & Mandy
0403 835 790



IGA Ritchies – Stores (Erina Heights & Erina)
Sign up for a Community Benefit Card –
Nominate Terrigal Primary School as your
school and we will receive 0.5% of your
purchases in a donation to the P&C.

UNIFORM SHOP

OPEN EVERY WEDNESDAY (During school terms)
8:30am – 9:15am

WINTER UNIFORM

Change over Term 2 Week 7 -Tuesday June 12th

GIRLS

Black Shoes
Black Stockings
Light blue Peter Pan Blouse
Dark Blue Winter Tunic (K – Yr 4)
Winter Skirt (Yr 5-6)

BOYS

Black shoes
Grey Socks
Grey long pants
Blue Polo – Terrigal Logo

The P&C has been very busy fitting out some of our school sports teams.

Cricket Teams -New Shirts and shorts
Netball Team- New Dresses
Swim Team- New Terrigal printed swim caps
Football – School Football socks \$12 available in store only

Remember all uniform options are available on Flexi schools. Order and pay by COB
Tuesday and we will fill your order and deliver to your child's classroom.

www.flexischools.com.au

2nd hand uniforms available from facebook page

[tps-pre-loved uniforms \(for sale or free\)](#)

Contact: Nicole Hilder
Nicole.McDonald@lendlease.com



Canteen Roster

Term 2	Week 3
Mon 14	Kristy R, Elisha
Tues 15	Kate C
Wed 16	Judy, Peta
Thurs 17	Narelle
Fri 18	Simone, Candice, Leigh
	Week 4
Mon 21	Raelene, <i>Helper appreciated</i>
Tues 22	Louise
Wed 23	Mel P, Rebecca C
Thurs 24	Jenni
Fri 25	Naomi, Tina
	Week 5
Mon 28	Sophie, <i>Helper appreciated</i>
Tues 29	Kristie O
Wed 30	Jo W, <i>Helper appreciated</i>
Thurs 31	Bec W, Pavarne
Fri 1/6	Lynley, Wendy

Did you know...?

We currently have a couple of special drinks available.

We have decided to trial poppers, and have pineapple juice available.

Poppers have 250ml of 99% fruit juice. Our current range of juice poptops are in the 200ml size.

We are selling these for \$1.50 – let us know if you'd be interested in the canteen having more flavours of poppers available.

We are also selling our remaining Sipahh straws with milk cups for \$1.50, while these last.

Happy Mothers' Day

We hope all the mums out there have a lovely, relaxing and joyful day on Sunday with your beautiful families!

We love our Mums, and we want to send a special shout out to all our fabulous volunteering mums who make our canteen possible. Without your help, we wouldn't be able to operate the way we do, so thank you all so much.

We hope you all enjoy your well-earned special day!

Students home sick

So you've ordered a canteen recess or lunch for your child, but then they are ill on the day! What happens?

If you let us know in the morning of the day you have ordered a canteen recess or lunch order, we can hold this over for another day.

If we have already prepared the order, we are unable to do this. You can always pick up the order if we've made it already – this can work especially well when the student has gone to school but needs to be picked up through the day.

We don't like wasting food, so holding the order for the next day is certainly our preference. If they are still ill the following day please just let us know and we will hold until they return, on your notification.

Helping in your school canteen

Have you ever considered helping out in your child's school canteen? If you would like to give it a try, please let me know!

We always need people to help out, whether once a month, once a term, or just on an ad-hoc basis when you're available. We know not everyone is available for a regular 'shift' – we appreciate any help you can give!

We advertise our roster on this page each week, so if you're available on a day with **Helper Needed** listed – we'd really love to hear from you!

If you are a keen recycler, we would love to hear from you!

We are always looking for ways to reduce our waste, so a recycling parent or two would help us out enormously!

Any questions, or to discuss helping out, you can contact me at the canteen from 8am-2pm Monday to Friday, or on my mobile **0414 855 629**. Thanks, Lyn

Intention to apply for Year 5 entry to an opportunity class in 2019

Dear Parent/Carer

Opportunity classes cater for highly achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These classes help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for opportunity class placement are considered mainly on the combined results of the Opportunity Class Placement Test and school assessments. The Opportunity Class Placement Test will be held on **Wednesday 1 August 2018**.

If you would like to have your child considered for Year 5 opportunity class entry in 2019, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from **Tuesday 1 May 2018** at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>. The application website opens on **Tuesday 1 May 2018** and closes on **Friday 18 May 2018**. No late applications will be accepted.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after **1 May 2018**.

You must submit only ONE application for each student.

Remember: The tear-off strip below is not an application and the school cannot apply on your behalf.

Yours sincerely

Principal

Cut along the dotted line and return the completed slip below to this school by next Friday.

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS. This is a notice to your primary school only that you intend to apply.
TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS APPLICATION WEBSITE.

Intention to apply for Year 5 entry to an opportunity class in 2019

Student's name: _____ Class: _____

I am interested in applying for opportunity class placement in 2019

Yes ☐ No ☐

If Yes, either:

I have internet access and will be applying online

☐

OR

I do not have internet access and will use a public library to complete the application

☐

Signature of parent/carers: _____ Date: _____

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS. This is a notice to your primary school only that you intend to apply.
TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS APPLICATION WEBSITE.

Calling for volunteers – we need your help!



Our students really enjoy participating in the Commonwealth Bank School Banking program and to keep this program running we need your help.

Our volunteer parent who is currently running the program would like some help to speed up the process each week so this is a shared volunteer position. Your help with the program will greatly benefit students as they develop vital saving skills and also help our school with fundraising.

Currently, School Banking day is Tuesday, processed on Wednesday.

If you are interested in volunteering for this great program, please fill in the tear off section below and return it to the office

Yes, I would like to help with School Banking!

Name: _____

Phone: _____

Email: _____

Availability: _____

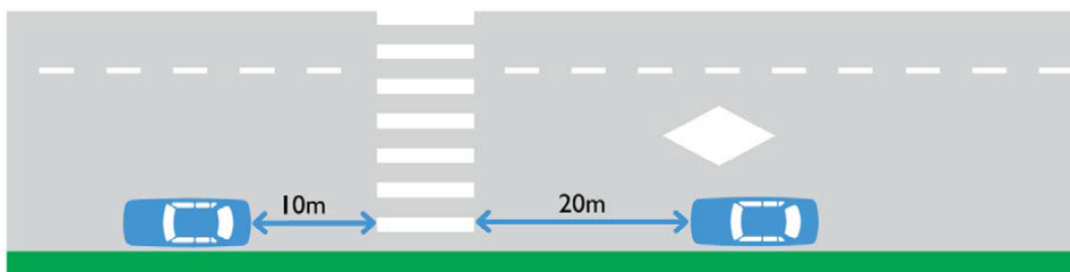


School Traffic and Parking Around Your Local Community

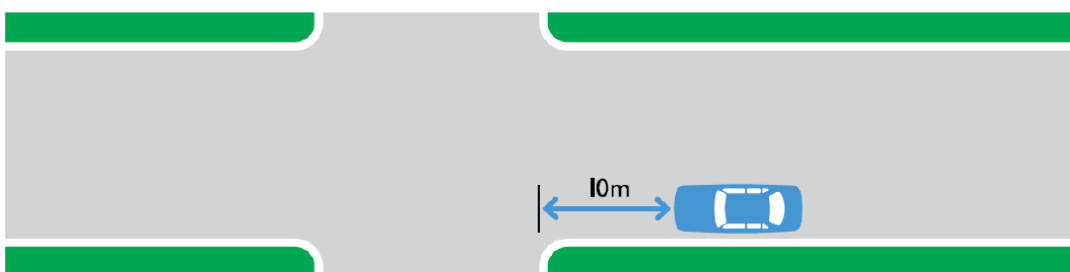
Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

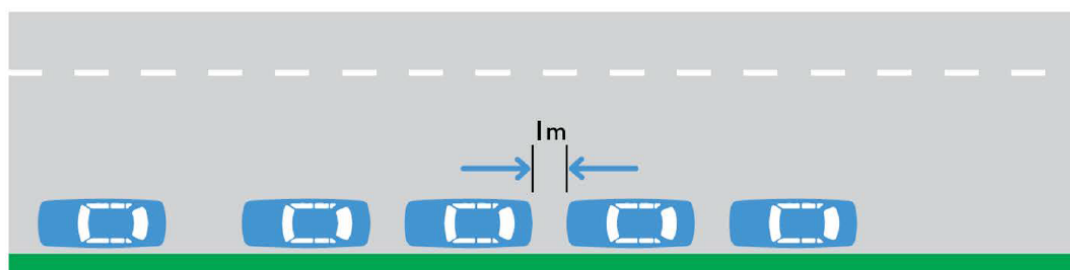
- ❌ Double parked (that is in the road alongside a car that is parked)
- ❌ Across a driveway or footpath
- ❌ On a median strip or traffic island
- ❌ On footpaths and nature strips
- ❌ On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



- ❌ Within an intersection
- ❌ Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



- ❌ In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
- ❌ At least one (1) metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



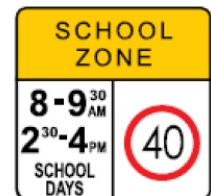
- ❌ Within three (3) metres of any double centre lines
- ❌ Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.

- ✓ **School Bus lights** – buses use signs and orange flashing ‘wigwag’ lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the ‘wigwag’ lights are flashing as there may be children crossing or about to cross the road.



- ✓ A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



- ✓ A **No Stopping Zone** means no stopping at any time.



- ✓ A **No Parking Zone** means that you must not stop for more than two (2) minutes. You must remain in or within three metres of the vehicle. - No Parking Zones are suitable for ‘Kiss & Ride’ – but you must abide by the rules.



- ✓ A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



For more information regarding parking restriction around your school please contact Council's Road Safety Officers via email at: roadsafety@centralcoast.nsw.gov.au

Fried Rice

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: cauliflower, coriander, cucumbers, eggs, garlic, limes, peas, spinach, spring onions

Fried rice is a very popular dish – the texture, taste and crunch are elements almost everyone likes. Once you’ve mastered this basic recipe, you can adapt it to your own tastes and the vegetables that are in season at the time.

Equipment:

metric measuring scales, cups and spoons
 clean tea towel
 chopping board
 cook’s knife
 mixing bowl
 whisk
 wok
 spatula or wok sang
 serving bowls

Ingredients:

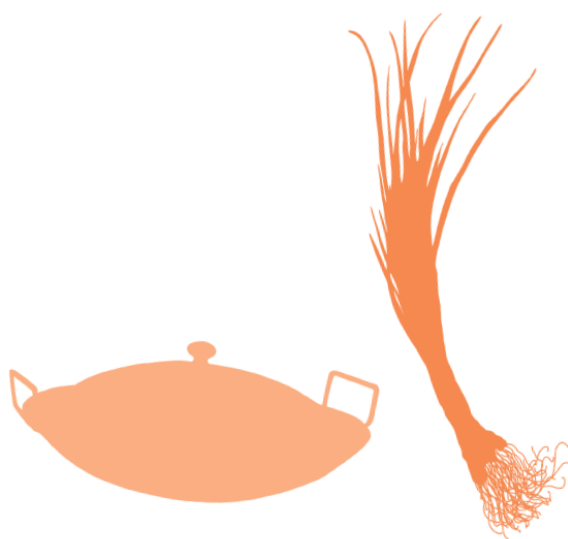
6 eggs
 2 tbsp sunflower oil
 6 garlic cloves, peeled and finely chopped
 good pinch of salt
 ½ cauliflower, chopped into bite-sized pieces
 6 cups freshly cooked rice, warm but not steaming hot
 6 tbsp light soy sauce
 pinch of caster sugar
 pepper, to taste
 100 g peas (fresh or frozen)
 2 handfuls of spinach, washed and roughly chopped
 9 spring onions, sliced into 1 cm lengths
 1 handful of coriander leaves, finely chopped
 2 limes, cut into wedges
 1 cucumber, thinly sliced



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Whisk the eggs in the bowl
3. Heat the wok and add 1 tablespoon of oil. Pour the egg mix into the wok and cook on a high heat until the egg is cooked right through and looks like a big omelette.
4. Remove the omelette from the wok, place it on the chopping board, slice it up and set it aside.
5. Heat the wok over low–medium heat and add 1 tablespoon of the oil, then add the garlic and salt. Fry until the garlic is just beginning to colour.

1. Fry the cauliflower until tender.
2. Add the rice, turn down the heat to low then mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in oil.
3. Season with the soy sauce, sugar and pepper and continue to fry until the soy sauce is absorbed.
4. Stir through egg, peas, spinach and chopped spring onion, reserving a few spring onions to sprinkle over the fried rice when serving.
5. Serve sprinkled with reserved spring onions and coriander, and use the lime and cucumber as garnish.



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.



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.



Banana and rolled oat muffins

Ingredients

- 2 cups (260g) wholemeal self-raising flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon bicarbonate of soda
- 1 cup (100g) rolled oats
- 1/2 cup (100g) brown sugar
- 2 eggs
- 3/4 cup (185g) plain low-fat yoghurt
- 1/4 cup (60ml) canola oil
- 2 bananas, mashed (250g)

Method

- Step 1

Preheat oven to 200°C. Line a 12 cup muffin pan with paper cases.

- Step 2

Sift flour, cinnamon and soda into a bowl. Empty the flour husks from the sifter back into the bowl along with the oats and brown sugar, and stir to combine.

- Step 3

Whisk eggs, yoghurt and oil together. Add banana and stir to combine. Pour into dry ingredients and mix together using a wooden spoon until just combined. Mixture may be lumpy and does not have to be evenly mixed.

- Step 4

Spoon mixture into paper cases. Bake for 20 minutes or until golden and cooked through. Cool for 5 minutes before transferring to a wire rack to cool completely.





Stepping Stones Triple P



FREE PARENTING SEMINAR WORKSHOP

Does your child have a disability?

Is this you?

You want to create the happiest home life you can. You may have a few concerns about your child's behaviour or you simply want to know how to encourage your child's development and potential. Whatever it is, you're very interested to learn more about positive parenting and how you can apply it to your family.

If you are parenting children with a disability aged 2 to 12, Central Coast Family Support Services Inc. can support you to learn new skills and techniques through Stepping Stones Triple P.

You are invited to attend the following **FREE** Parenting Workshop:

Venue: Phillip House, 21 Old Mount Penang Rd, Kariong

When: Two SATURDAY Sessions in Term 2
12th and 19th May 2018

Time: 10:00am – 12:30pm

BOOKINGS AND FURTHER INFORMATION CAN BE MADE BY CALLING CENTRAL COAST FAMILY SUPPORT SERVICES INC.

To register for this group please call (02) 43401585 or
email ccfss@ccfss.com.au

SORRY, NO CHILDCARE

BOOKINGS ESSENTIAL!



Learn to swim!

Skills for life

**25m indoor
heated pool**

ENSURE YOUR CHILD LEARNS TO SWIM



**We conduct classes for
all ages including:**

- Baby aqua classes
- Private tuition
- Learn to swim group classes
- Stroke correction
- Squads – Mini-Junior-Advanced
- Morning surf squad – great for Nipper training
- Adult squads
- Adult learn to swim and stroke correction
- New gym & Be Fit memberships
- Aquaerobics
- Lap swimming (includes spa)
- Hydrotherapy
- Enjoy coffee and cake at the café

155 Serpentine Rd, Erina Heights

4365 3748

www.desjohns.com.au

SUPPORTING OUR COMMUNITY



Property Central will donate **\$110**
to Terrigal Primary when you sell
through us.

*Money will be given on settlement when you
sell your home through Property Central.

