

SEA BREEZE



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Thursday, 31st May, 2018

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Last Friday afternoon the Honourable NSW Minister for Education, Mr Rob Stokes, Adam Crouch, local member for Terrigal and Karen Jones, Director Educational Leadership visited our school to mark the symbolic start to our school upgrade project.

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 S1 Excursion	16 NAPLAN Yrs 3 & 5 <i>S1 Excursion</i>	17 NAPLAN Yrs 3 & 5 <i>S1 Excursion</i>	18 NAPLAN makeup day <i>Rugby State 7's Final Saturday 19th</i>
MAY 4	21 Syd Nth Rugby Trials	22 Syd Nth Netball Trials <i>NSW PSSA AFL Debating</i>	23 <i>NSW PSSA AFL S3 Maths Olympiad</i>	24 NSW PSSA AFL	25 <i>Zone X Country</i>
MAY/JUNE 5	28 AEGG meeting 5pm	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 <i>Syd Nth Golf Trials</i>	5 AFL Tony Lockett Shield <i>CCDF- Dress Rehearsals</i> Building Info Booth	6 PSSA Netball Gala Day <i>S1 Public Speaking Under 10 RL</i>	7 School Leaders to Parliament House	8 TPS Athletics Carnival
JUNE 7	11 Queen's Birthday Holiday	12 <i>Bryan Palmer Rugby Shield</i> S2 Public Speaking	13 <i>ICAS Spelling Test</i> Starstruck Movement Rehearsal <i>S3 Maths Olympiad</i>	14 ICAS Writing Test <i>Starstruck Tech Rehearsal</i> Tennis knockout	15 Starstruck Matinee and Evening Performance <i>PSSA Boys Soccer</i>
JUNE 8	18 P&C 7pm <i>S3 Public Speaking</i>	19 Paul Kelly AFL Cup	20 Forensic Science Show S2	21 Forensic Science Show S3	22 Syd Nth Cross Country
JUNE/JULY 9	25 S3 Spelling Bee	26	27 Footy Fever Meal Deal	28 CCDF Performance	29
JULY 10	2 <i>Parent Interviews</i>	3 <i>Parent Interviews</i> Building Info Booth <i>K-1 Dog Safety talks</i>	4 <i>Parent Interviews</i> K-1 Dog Safety talks	5 <i>Parent Interviews</i>	6 <i>Parent Interviews</i> Jersey Day Fundraiser

WHAT'S ON WEEK 6 OF TERM 2

Monday 4 th June	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th
<i>Syd Nth Golf Trials</i>	AFL Tony Lockett Shield CCDF – Dress Rehearsals New building info booth	PSSA Netball Gala Day <i>S1 Public Speaking</i> Under 10 RL	School Leaders to Parliament House	TPS Athletics Carnival

PRINCIPAL'S REPORT

Visit by the Minister

Last Friday afternoon the NSW Minister for Education, Mr Rob Stokes visited our school to mark the symbolic start to our school upgrade project.

Mr Stokes met with our senior student leaders, P & C representatives and senior school staff.

Minister Stokes also donated three books to our library.

Student Leaders to Parliament House

Our student leaders will visit the NSW Parliament next Thursday. They will meet with local member Adam Crouch, tour the parliament and sit in on question time.

Chess

Our chess team played Point Clare PS last week. The final score was 2 -1. Next week they play Central Coast Adventist School.

Thanks to Mrs Nugent for her work with the team.



Basketball



Our basketball team played in a gala day this week. They played with a lot of spirit and were great representatives of our school.

Thank you to Miss Williams for coaching the team and parents for support.

Building Information Booth

Schools Infrastructure NSW will hold an information booth next Tuesday morning between 8.30 – 9.00am. Information about our new building will be available.

Tony Lockett Shield

Good luck to our AFL team as they play in the Tony Lockett Gala Day next week.

Netball

Good luck to our netball team as they play in the Netball Gala Day next week as play in the State PSSA Knockout.



Athletics Carnival (reminder)



A reminder that our school athletics carnival is on next Friday 8th June.

Michael Burgess
Principal

2H Presentation



Aston and Emma from 2H with Aston's amazing presentation and puppet show about Gravity.

Toni Formby
Deputy Principal

Just Like You Program

Our students will take part in lessons presented by a Just Like You facilitator over the next few weeks, information about the program can be found below, along with a link if you are interested in further details. We trust that this program will help our students to extend their understanding of the importance of acceptance and inclusion of people who live with disabilities.

Variety – the Children's Charity is proud to deliver the "Just Like You" disability education and awareness program in metro NSW.

For the past ten years, the "Just Like You" program was delivered by Cerebral Palsy Alliance, educating primary school students on the acceptance and inclusion of people living with a disability. The program helps them learn that people with disability are the same as everyone else – they are "Just Like You". From October 2016, the Just Like You program is proudly delivered by Variety – the Children's Charity.

Variety – the Children's Charity is dedicated to empowering Australian children who are sick, disadvantaged or have special needs to live, laugh and learn. We believe that all children deserve the same opportunities in life regardless of ability or background.

Variety's Just Like You program will continue to deliver lively, interactive and compelling workshops, where students are engaged to reflect on their own roles and actions as a citizen in their school and community.

Just Like You is designed for primary school students' specific year groups, and mapped against the Australian Curriculum. The program is delivered as 2 face-to-face workshops for 3 separate stages (Year 1 & 2, Year 3 & 4, Year 5 & 6). Class teachers remain with the students during the program.

Link for further information:
<http://www.justlikeyou.org.au/>

Tracey McKeown
Deputy Principal

Waste Free Wednesdays

Just a reminder to keep sending in waste free lunch boxes with your children. Every Wednesday students will receive a Waste Free Wednesday token and their name goes into a draw to win a great prize at the end of each term from Bunnings at Erina.

Keep up the great work TPS families, your support for waste reduction is appreciated.

Plastic Bottle tops

In keeping with our waste reduction initiative at school we are collecting plastic bottle tops, all colours and sizes. Can you please send them into your child's class.

Stephanie Alexander Kitchen Garden Program – *Helpers Needed!*



Is your child in year 3 or 4?

Can you help with their cooking class once a fortnight for 80 mins?

Please leave a note or your details at the office for Mrs Murphy if you are available.

Thankyou,
Mrs Murphy

PSSA Basketball Knockout Gala Day



The Stage 3 boys basketball team played in the PSSA Knockout Gala Day on Monday the 28th of April at Scholastic Stadium in Terrigal. With rival school Wamberal up first, we were knocked out with tough competition. We then played Bateau Bay in a friendly match that they boys enjoyed thoroughly. I'd like to congratulate them on their sportsmanship and positive attitude in representing our school.

Miss Williams
(Coach)

Scholastic Bookclub



Issue 4 – Scholastic Bookclub

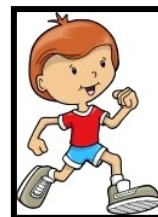
All orders to be in by - Friday 15th June

ALL orders must be placed on-line.

Money Due - *Parent Online Payment (POP) 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



Stage 2 (Years 3 & 4)

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

Stage 3 (Years 5 & 6)

- Book Pack - \$ 45
- Aussie Bush Camp (Year 5 only) - \$300



All Students Notes

- Voluntary School Contributions have now been invoiced
- Athletics Carnival – Yrs 3 to 6 (Yr 2 only if turning 8 this year) – \$8



Various School Activities (Students involved have been notified)

- StarStruck – Student Participation Fee - \$30
- Instrument Hire Term 1 - \$ 35
- Science Show – S2 & S3 - \$5.50

Ulrike Myers
Admin Manager

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



MERIT AWARDS



Stage 3

6B	Summer Sebastian
6H	Jak Jai
6K	Tayla Ryan
6L	Amelie August
5C	Vanessa Mary
5D	Brody Alannah
5S	Michael Georgia
5T	Cooper Siaan
4-6K	Lara

Stage 2

4E	Zac Nantale
4L	Ava Joshua
4M	Eligh Lucy
3N	Jemma Luca
3S	Charlotte Boaz
3W	Jack Luke
1-3H	Lalie

Stage 1

2D	Ruby Thomas
2GR	Marlie Archie
2H	Jack Mia
2SM	Zac Luke
2T	William Aurora
1A	Aubree Cameron
1B	Kayden Lola
1C	Harry Chloe

1W	Emmie Ethan
K-1M	Corey

Kindergarten

KA	Matilda Brode
KJ	Noah Harper
KL	Isla Easton
KN	Lucy Isaac
KT	Pepper Edie
KW	Callum Bella

PRINCIPAL'S AWARD



The Principal's Award is presented to a student who has helped to make our school a happy and safe place to learn

Congratulations
Hamish – 4C!

CITIZEN OF THE WEEK



Madison is a kind and caring member of KT. She consistently follows school rules and loves helping in the classroom and playground. Well done Madison.

Congratulations Madison – KT!



NEXT P&C Meeting
Monday 18th June 2018 – 7pm School Staff Room (All Welcome)

UNIFORM SHOP

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

We have reviewed our prices and suppliers in the uniform shop, unfortunately we have had to make some slight increases due to increases in cost prices.

Attached is our NEW PRICE LIST Effective immediately.

Sports Shorts – We have a new supplier for our sports shorts, the new stock has a slightly longer leg and is a thinner material.

WINTER UNIFORM Change over 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 only)

BOYS

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

We also stock a winter Sports Jacket (\$45) & sports trackpants (\$26)

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/AFL/Soccer – School Football socks \$12 available in store only

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 – WE NEED YOUR HELP

Our canteen needs a few extra volunteers. If you can volunteer please contact Lyn or Mandy.

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

Facebook page
TPS~~Canteen ~~

Contact: Lyn & Mandy 0403 835 790



JULY SCHOOL HOLIDAYS ARE JUST AROUND THE CORNER!!

Are you looking for accomadation specials, ideas on what to do with the kids? travelling overseas?

Purchase a digital Entertainment membership thru the School P&C and you will save \$\$\$\$\$\$.
The digital membership has so many benefits.

- Various locations available (Bali, New Zealand, Sydney, Newcastle/Hunter/Central Coast)
- Discount Accomodation and travel (Mantra, Peppers, Hertz, Emirates)
- Discount meals/dining (Kincumber Hotel, Avoca Beach Hotel, The Cowrie, Seasalt, Rhonda's, Crust)
- Discount activities (TreeTops, Reptile Park, Taronga Zoo)
- Always have it with you on your phone, great search function and bonus deals every week.

**Order from Terrigal Public School and receive your NEW 2018 | 2019
DIGITAL Entertainment Membership in time for school holidays!**

Membership is \$65 with \$13 donated to our school P&C.

The NEW 2018 | 2019 Entertainment Memberships are available now, just in time for school holidays! Help our fundraising by buying the new Entertainment Membership from us. You'll receive hundreds of valuable offers for everything you love to do and help our fundraising at the same time!

SUPPORT US NOW.

LINK <https://www.entertainmentbook.com.au/orderbooks/3t4707>

Use just a few of these offers and you'll more than cover the cost of your Membership!

UP TO
\$50 Value



UP TO
\$40 Value



2-FOR-1



50% OFF



Revolution Sports Park

25% OFF



ADVENTURE PARK

2-FOR-1



5% OFF



UP TO
15% OFF

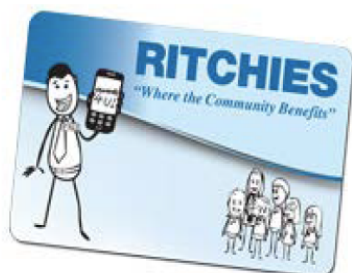


UP TO
50% OFF



Terrigal Public School

terrighpublicschool@pandcaffiliate.org.au



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.



2018 UNIFORM ORDER FORM:



PRODUCT	PRICE	NO REQ.	SIZE	AMOUNT
SUMMER:				
Girls Summer Uniform	\$45.00			
Boys Grey Shorts	\$25.00			
Boys blue polo shirt	\$22.00			
SPORTS:				
Sport Polo Shirt	\$22.00			
Sports shorts	\$30.00			
Hat	\$10.00			
Tracksuit Pants	\$30.00			
Tracksuit Jacket	\$45.00			
Sports Socks	\$12.00			
WINTER:				
Girls Winter Uniform	\$57.00			
Girls Winter Skirt (no bib) Years 5 and 6 only	\$42.00			
Girls Shirt Peter Pan collar	\$26.00			
Royal Blue Jumper Size 6-14	\$25.00			
Boys long grey pants	\$26.00			
EXTRAS				
Scrunchies	\$3.00			
Headband	\$3.00			
Socks (Girls & Boys)	\$4.00			
Girls stockings	\$15.00			
Library Bag	\$10.00			
Logo Screen Printing	\$3.00			
School Bag	\$40.00			

NAME _____

Child's name _____ Class _____

☐ I have enclosed payment ☐ I would like my order sent to my child's class.

☐ Payment to be made when picked up

Signed _____ Date _____



Canteen Roster

Term 2	Week 6
Mon 4	<i>Helper needed</i>
Tues 5	Kerrie, <i>Helper appreciated</i>
Wed 6	Peta, <i>Helper appreciated</i>
Thurs 7	Erin
Fri 8	Athletics Carnival
	Week 7
Mon 11	Public Holiday
Tues 12	Elisha, <i>Helper appreciated</i>
Wed 13	Judy, <i>Helper appreciated</i>
Thurs 14	Diane
Fri 15	Samara S, Leigh
	Week 8
Mon 18	Raelene, <i>Helper appreciated</i>
Tues 19	Louise, <i>Helper appreciated</i>
Wed 20	Mel, Rebecca C
Thurs 21	Jenni
Fri 22	Naomi, Narelle, Tina

Did you know...

The new NSW Healthy School Canteen Strategy is coming into effect now, with all schools needing to meet the new criteria before the end of 2019.

In line with the new Strategy, and to complete our early adoption of the new criteria, we will now be phasing out our fairy bread recess item.

We will be continuing to make and sell fairy bread for the rest of this week, and next week – but after that time it will no longer be available.

Thank you for your understanding – we hope your children will find other favourites on our menu that meet the Healthy School Canteen strategy.

Meal Deal Day

We're excited to announce our Meal Deal day this term will be our **Footy Fever Meal Deal, on Wednesday 27 June!**

Our order form is attached to this newsletter, and the Deal will be available to order on Flexischools **soon** (please note, it usually takes up to five days for Flexischools to complete adding these special days online. I like to let you know as soon as possible here so you can plan for these days, but then Flexischools takes a little longer). I will advise on our Facebook page when it is up and running online. You can of course order over the counter any time before our cut off of Wednesday 20th June.

With lots of footy fare staples being offered, we hope your little ones can get into the spirit – we're celebrating all forms of footy!

Recess specials will be advertised closer to the day – please remember that normal orders will not be available on this one day of the term. If you choose not to order one of the specials for Wednesday 27th June, please make sure your child has a packed lunch for this day.

Helpers Needed!

We have several days that we need some extra help. Some days we just need an extra hand for 2 hours – some days volunteers helping for the full day would be fantastic!

If you are available at all on the days with '*Helper appreciated*' noted, we would love a bit of extra help (an hour or two) – but we really need help for the days with '*Helper needed!*' listed – as much or as little as you can.

As mentioned in the last newsletter, you don't have to stay the entire day – a little bit of help with chopping up salad, or making our recess specials, or serving the kids at recess or lunch, helps us enormously.

We've lost many of our wonderful helpers to full time work lately – so if you are able to help out regularly, or on an ad-hoc basis, I'd love to hear from you!

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



FOOTY FEVER Meal Deal!



Wednesday 27th June

Footy Fever has hit! Whatever the code - with wintry playing fields, what better time to cosy up with some footy fare for our



Choose your favourite meal from the options below and either **order on Flexischools**, or complete your details below and **return to the canteen by Wednesday 20th June**.

We will need to finalise our ordering details by this date, so please make sure you've ordered in time to avoid disappointment!

*** No other orders will be available on this day** – so please pack your child lunch for Wed 27th June if you choose not to order one of these specials. *

Storm in a Noodle Cup	Mighty Mariners' Meat, Cheese & Bacon Pie	Terrigal Avoca Panthers' Potato Pie	Jillaroo's Heavenly Hot Dog	Knights' Sensational Sushi Handroll (GF)
 Chicken Noodle Cup Plus <input type="radio"/> Water or <input type="radio"/> Glee Fizzy Fruit drink Plus <input type="radio"/> Billabong or <input type="radio"/> Icy Pole \$6.50	 Fresh Killarney Vale Bakery Beef, Cheese & Bacon Pie <input type="radio"/> Add sauce Plus <input type="radio"/> Water or <input type="radio"/> Glee Fizzy Fruit drink Plus <input type="radio"/> Billabong or <input type="radio"/> Icy Pole \$8.00	 Fresh Killarney Vale Bakery Potato Pie <input type="radio"/> Add sauce Plus <input type="radio"/> Water or <input type="radio"/> Glee Fizzy Fruit drink Plus <input type="radio"/> Billabong or <input type="radio"/> Icy Pole \$8.00	 Hot Dog <input type="radio"/> Add sauce Plus <input type="radio"/> Water or <input type="radio"/> Glee Fizzy Fruit drink Plus <input type="radio"/> Billabong or <input type="radio"/> Icy Pole \$7.00	 Choose; <input type="radio"/> Teriyaki chicken <input type="radio"/> Tuna <input type="radio"/> Smoked Salmon <input type="radio"/> Vegetarian <input type="radio"/> Add any extra one for \$3 more Plus <input type="radio"/> Water or <input type="radio"/> Glee Fizzy Drink Plus <input type="radio"/> Billabong or <input type="radio"/> Icy Pole \$7.00
NAME _____ CLASS _____	NAME _____ CLASS _____	NAME _____ CLASS _____	NAME _____ CLASS _____	NAME _____ CLASS _____

**** If pre-ordering over the counter, please ensure you mark preferences for the options listed (eg. 'Add sauce', 'Water or Glee') ****

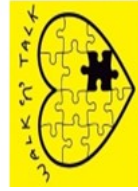


Sunday 24th June, 4:30 pm – 6:30 pm

Disco Lights - DJ - Jumping Castle - UV face painting

UV airbrush tattoos UV balloon twisting

Gold coin donation on entry to go to charity!



64 Dover Road, Wamberal | (02) 4384 2661 | info@breakerscc.com

FAIRHAVEN
presents
Autumn Fayre
2018

NEW DATE! Saturday 9 June
9AM-2PM

A FUNDRAISER IN SUPPORT OF PEOPLE LIVING WITH DISABILITY

GOLD COIN DONATION ENTRY

Discover the traditional, homemade, the unusual and regular favourites at our annual autumn fundraising event!

featuring POOCH PARADE Prizes and parade from 11am Registrations onsite from 10am	40+ STALLS	ANTIQUES AND COLLECTABLES	KIDS ZONE
	RAFFLES, PRIZES	NEW AND EXCITING FOOD	BOOK SPILL
	MUSIC AND ENTERTAINMENT	UPCYCLED TREASURES	

Discover the traditional, homemade, the unusual and regular favourites at our annual autumn fundraising event!

fairhaven

209 Brisbane Water Drive, Point Clare
www.fairhaven.org.au
Call 4349 5500 Email hello@fairhaven.org.au

fairhaven

Fairhaven Central Coast

Coconut Rice

Season: All

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: coriander, ginger, kaffir lime leaves, lemongrass, pandan leaf

Equipment:

metric measuring scales and jug
colander
clean tea towel
chopping board
rolling pin
medium saucepan with lid
wooden spoon

Ingredients:

400 g jasmine rice, rinsed
2 cups water
1 cup coconut milk
1 stick of lemongrass, bruised with rolling pin
and tied in a knot
1 pandan leaf, bruised with rolling pin and
tied in a knot
thumb-sized piece of ginger
3 fresh kaffir lime leaves
1 bunch of fresh coriander leaves

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Combine the rice, water, coconut milk, lemongrass, pandan leaf, ginger and kaffir lime leaves in the saucepan.
3. Bring mixture to the boil and cover with a tight-fitting lid, then reduce heat to as low as possible.
4. Cook for 10 minutes.
5. Remove the coconut rice from the heat and allow it to sit for 10 minutes, covered.
6. Fluff with a fork before serving.





Tomato & Herb Quinoa Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, chilli, garlic, lemon, parsley, red onion, tomato

Equipment:

metric measuring scales and cup
clean tea towel
chopping board
cook's knife
medium saucepan
baking tray
large bowl
mixing spoon
citrus juicer
serving platter

Ingredients:

1 cup raw quinoa
1½ cups water
4 tomatoes, diced
1 small red onion, peeled and finely diced
1 long red chilli, halved, de-seeded, finely chopped
1 garlic clove, peeled and finely chopped
2 large handfuls of coriander, washed and chopped
1 handful of parsley, washed and chopped
60 ml extra-virgin olive oil
1 lemon, juiced for 3 tbsp juice

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cook the quinoa using the absorption method: bring 1 cup of quinoa and 1½ cups water to boil in the medium saucepan. Simmer until all the liquid has been absorbed, about 10 minutes.
3. Pour the cooked quinoa onto a baking tray and allow it to cool slightly.
4. Combine the tomatoes, red onion, chilli, garlic, coriander, parsley, olive oil and lemon juice in a large bowl and stir to combine.
5. Stir the quinoa through the tomato and herb mixture.
6. Transfer to serving platters.





Broccoli Stir-Fry with Honey Soy Dressing

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, coriander, garlic, onion, spinach

Note: This dish uses the **Basic Egg Noodle** recipe (page 117).

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
small bowl
mixing spoon
wok
wok sang
serving platters

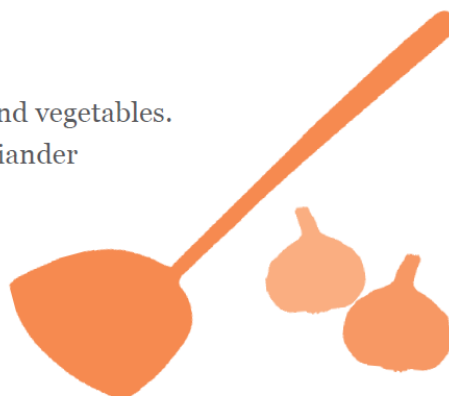
Ingredients:

5 tbsp soy sauce
2 tbsp honey
1 tbsp sunflower oil
½ brown onion, peeled and sliced
3–4 garlic cloves, peeled and minced
2 cm knob of ginger
1½ heads of broccoli, cut into small florets
5 spring onions, finely sliced
2 large handfuls of spinach
1 quantity **Basic Egg Noodles**
1 handful of coriander, torn
50 g sesame seeds



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Combine the soy sauce and honey in the small bowl and set aside.
3. Heat the wok over a high heat.
4. Add the oil, and swirl to coat the wok.
5. Add the onion, then the garlic and ginger, and stir-fry for 2 minutes.
6. Add the broccoli and stir-fry for 3 minutes.
7. Stir in the spring onions and spinach.
8. After a minute add the noodles and toss to combine.
9. Add the sauce mixture and stir through the noodles and vegetables.
10. Divide between serving platters and sprinkle with coriander and sesame seeds.



Seeded bread rolls

1

Ingredients

7g dried yeast

200g wholemeal flour

200g white flour

100g mixed seeds of your choice (poppy seeds, linseeds, sunflower seeds, sesame seeds, etc)

350ml water

1tsp sugar or honey

Method

1. Mix all ingredients for 5 min and cut the dough into 12 pieces.
2. Make them round in your hands and place them on a floured oven tray or baking paper...
3. Let them rise
4. Put oven on 200 degrees C and cook them for 25 min. They need to sound hollow when you tap them.
5. Spread with butter and enjoy



CARNEVALE 2018

Join the fun and take part in

THE MASK PROJECT

FOR INFANTS & PRIMARY SCHOOL STUDENTS



Entries are free! Great Prizes & Trophies

Dates: 3rd to 31st August 2018

Location: The Art House, Margaret St., Wyong 2259

Open daily from 10.00am to 5.00pm

Launch & Announcement of Prize winners:

During the **ARTISANS MARKET** Saturday 4th August 2018 11.00am



WHAT TO DO:

- Buy or make a mask.
- Choose any medium.
- Create a colourful, amazing mask.
- For exhibition purposes, mount on a canvas or have the mask strung.
- Cash Prizes, vouchers and trophies will be awarded to the winners.
- The entries will be on display at the Art House, for the month of August.

DATES TO REMEMBER:

Entry Forms Due: 28th June 2018

Mail to: The Carnevale Coordinator, PO Box 4288, Bay Village, 2261

Receiving Day: 1st August 2018

Deliver to: The loading dock behind The Art House, Margaret St., Wyong 2259 between 9am & 12pm

Collection Day: Friday 31st August 2018

Collect from: The front door Box Office, The Art House, Wyong

For further information contact:

Troy Flight, Carnevale Coordinator

Email: info@carnevale.org.au

Tel: 02 43908194 Mob: 0425 205 849



Tuggerah Lakes Art Society Inc.

and

The Toukley & District Art Society Inc



Small changes,
big differences.



FREE Triple P 2-8 Years

Workshop/ Seminar Series

conducted by **Central Coast Family Support**

Come along and learn from the program and each other

Be the Best Parent You can be....

With Triple P – Positive Parenting Program

Triple P is a parenting program for all families that provides practical answers to everyday concerns.

Families NSW is offering Triple P to all families with children aged 2-8 years.

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

When: 2 SATURDAY sessions in Term 2, 2018;

16th and 23rd June

Time: 10am-12:30pm

BOOKINGS AND INFORMATION

Bookings essential!

Sorry, no childcare

To register for this group please

contact CCFSS on 43401585 or email

ccfss@ccfss.com.au



FAMILY SUPPORT SERVICES

www.triplep.net

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
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