

Hargraves Public School

The school with a heart of gold

11th November 2016

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HEALTHY LUNCH BOX SESSION

Please note the change of date for the Healthy Lunch Box Session to be presented by the Cancer Council. This will now be held on **Wednesday 30th November commencing at 11am**. It would be great to see as many families as possible represented at this very informative talk.

Baby sitting and morning tea will be provided so parents can enjoy the talk and have some time without interruption. Please come along!

Stephanie Alexander Kitchen Garden Cooking

It has been fantastic to watch the improvement of the children's kitchen skills this year, whether it be their knife skills, their ability to read and follow recipes or even their proficiency with washing up and setting tables.

This week the children prepared a delicious Silverbeet, Leek and Feta Slice using eggs from our lovely chooks and silver beet from the garden. This was served with a Leafy Salad with Orange Dressing using lettuce, also from our garden.



The girls have been busy!

Fresh eggs
for sale



\$3 per
dozen

Scripture Lessons

For the remainder of the year our non-denominational scripture lessons on Mondays will be taken by Rev. David Fry, or as he is affectionately called by the children, "Doctor David"

Our regular teacher Mrs MacNaughtan is unwell at present and we wish her a speedy recovery.

The Christmas Church service in St. Stephen's across the road from the school will be held on Tuesday 29th November.

Don't forget to "LIKE US" on Facebook

The newsletter is usually posted on our page each week as well as current photos and news updates.

If you would like to receive our newsletter by email please see Nerida.

Hargraves End of Year Play and Presentation Evening

Monday 12th December

at the Hargraves Hall commencing at 7 pm

Swimming Lessons

This year swimming lessons will take place from Monday 5th December to Friday 9th December for five days at Mudgee pool, leaving school around 11.15 each day and returning in time for the afternoon bus run. Travel will be by bus. Children will be grouped according to their swimming abilities. We welcome help from parents, especially for our younger students.

Each day the children will need to take their swimmers, a towel, a sun-shirt or t-shirt, school hat, morning tea, lunch and water.

The school will supply sunscreen. You will only need to supply your own if your child is allergic to the school sunscreen or if you prefer them to use a different brand. A permission note is attached to this newsletter.

TERM 4, 2016 CALENDAR

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	21	22	23 Galloping Gumnuts	24	25
8	28	29 Christmas Church Service TBC	30 Healthy Lunchbox Session 11 am	1 December	2
9	5 <i>Swimming lessons</i>	6 <i>Swimming lessons</i>	7 <i>Swimming lessons</i> Galloping Gumnuts	8 <i>Swimming lessons</i>	9 <i>Swimming lessons</i> Nugget News Deadline
10	12 Play Night	13	14 Life Skills Auction	15 <i>Family Picnic</i>	16 Community Carols at the Courthouse

The Melody-Makers

Sing on, thrush, sing on!
Bounce along this glittering grass on steep hills and
sing your tune.
Peck at the sly prey in the ground
Echo through the clear silence of air
And the whole school listens on to your melody in joy.
Years 3-6 joint construction with Mrs Price

P & C News

Village Christmas Tree—
please let Tiffany Colley
know of any children who
may need to be added or
removed from Santa's
gift list.
Tiffany—6373 8538



Everyone is welcome to join us for a wonderful evening on

Saturday 17th December 2016

Starting at 5pm at the Hargraves Recreation Ground

Steak & sausage sandwiches & soft drink will be for sale
Chocolate wheel & raffle

Santa will be arriving at 7pm

Enquiries - Hargraves P & C - Helen Topp 6373 3691

Silverbeet, Leek and Feta Slice

Ingredients:

- 2 tbsp olive oil
- 4 leeks, white part only, halved and thinly sliced
- 2 bunches of silverbeet, stems removed, leaves and stems finely chopped
- 1 handful of parsley, finely chopped
- 1 handful of mint, finely chopped
- 120 g parmesan, finely grated
- 180 g feta, crumbled
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{2}$ tsp freshly ground black pepper
- 150 g self-raising flour
- 8 eggs
- $\frac{1}{2}$ cup reduced-fat milk

What to do:

- Prepare all of the ingredients based on the instructions in the ingredients list.
- Preheat the oven to 200°C.
- Grease the slice pans or baking dishes with 1 tablespoon of the oil, and line with baking paper.
- Heat the remaining oil in the frying pan over a low heat. Add the leek and cook for 5 minutes until soft.
- Stir in the silverbeet stems and cook for 3-4 minutes, then add the silverbeet leaves and cook until softened.
- Spoon the mixture into the small heat-proof bowl and set aside to cool.
- Combine the herbs, parmesan, feta, salt and pepper in the large bowl.
- Add the cooled silverbeet mixture to the bowl and stir to combine.
- Place the sieve over the bowl, sift in the flour and gently fold the ingredients together.
- In the medium-sized bowl, whisk the eggs and milk together, then pour into the silverbeet mixture, gently stirring to combine.
- Spoon the mixture into the prepared pans or dishes and smooth the tops with the spatula.
- Bake for 30 minutes or until the slices are set and golden brown.
- Leave to cool for 10 minutes before turning out onto the wooden board. Allow to cool, then slice and serve.



Shontay Signal

For good work in
Maths with Area and
Perimeter



Tyler Signal

For creativity in
descriptive writing



Brodie Martin

For a great week of
hard work