

KULNURA PUBLIC SCHOOL NEWSLETTER

8 March 2023
Week 7 Term 1



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Diary Dates

Thursday 9 March

- ✓ **Recess Canteen available** – order forms have been sent home with students today
- ✓ Touch Football

Friday 10 March

- ✓ ScopeIT – all students K–6
- ✓ **Year 6 Fundraising Friday**

Monday 13 March

- ✓ **Lunch Canteen available**
- ✓ Touch Football

Tuesday 14 March

- ✓ Scripture

Wednesday 15 March

- ✓ Library – Please ensure your child/ren have a library bag.
- ✓ NAPLAN commences – for Years 3 & 5

Thursday 16 March

- ✓ **Recess Canteen available**
- ✓ NAPLAN for Years 3 & 5
- ✓ Touch Football
- ✓ **P&C AGM – 7pm.** All welcome!

Friday 17 March

- ✓ ScopeIT – all students K–6
- ✓ NAPLAN for Years 3 & 5

Monday 20 March

- ✓ **Lunch Canteen available**
- ✓ NAPLAN for Years 3 & 5
- ✓ Touch Football

Tuesday 21 March

- ✓ Scripture classes
- ✓ NAPLAN for Years 3 & 5
- ✓ Assembly – **2:15pm** Families welcome to attend. **Please note time change.**

Wednesday 22 March

- ✓ Library – Please ensure your child/ren have a library bag
- ✓ NAPLAN for Years 3 & 5

Diary Dates Cont.

Thursday 23 March

- ✓ **Recess Canteen available**
- ✓ NAPLAN for Years 3 & 5
- ✓ Touch Football

Friday 24 March

- ✓ ScopeIT – all students K–6
- ✓ NAPLAN for Years 3 & 5
- ✓ **Year 6 Fundraising Friday**

Monday 27 March

- ✓ **Lunch Canteen available**
- ✓ Final day of NAPLAN for Years 3 & 5
- ✓ Touch Football

Principal's Message

Congratulations to Ellie, Matilda, Angus and Jesse for their efforts at the **Brisbane Water Zone Swimming** carnival on Friday. Our 4 representatives did their school proud by once again being an ambassador for Kulnura Public School. Thanks to parents for giving their children the opportunity to participate.

Our 4 swimmers qualified for the Peter Dobson Small Schools relay at **Sydney North Primary Swimming Carnival on 23 March 2023**. We wish them good luck at this next level of competition. Let's hope they can go one better!



We look forward to swimming in 2024 with our small schools' carnival opening to all students. Students who are 8 years or older will participate in races and novelty events, and the younger students will be involved in novelty events to boost their water confidence and swimming ability.



This year member for Robertson Dr Gordon Reid will be launching the inaugural **Robertson Medallion**. The purpose of the medallion is to recognise exemplary students and show others that caring for our community is a valuable attribute.

The medallion will be awarded to a student from each primary and secondary school in the electorate of Robertson. The successful recipient will need to have demonstrated the consistent dedication to the principles of social justice, community initiative, leadership and integrity.

All Kulnura PS students have the opportunity to display all of these qualities through our **school values of Caring, Courteous and Cooperative**, as well as displaying **our learning dispositions of Creativity, Resilience, Responsibility and Collaboration** in approaches to their own learning.



Kulnura PS will be involved in the NSW Health promotion of **Vegetable Week**, featuring the fun event - **The Big Veggie Crunch!** The promotion is a quick and easy healthy eating event for NSW primary schools.

'The Big Veggie Crunch' is an attempt by NSW primary school students to break the record for **the highest number of children eating vegetables simultaneously** – and to get kids excited about vegetables!



It's a fantastic and exciting way to start your school year with a health-promoting crunch. Each student who tastes vegies in the **Big Veggie Crunch will also get to eat a fruit kebab**. Please encourage your children to eat vegies regularly and send vegies as part of their daily crunch and sip.



Vegetable Week 2023 will run from Monday 27 to Friday 31 March, with The Big Veggie Crunch held at 10am on Thursday 30 March.

P&C – Volunteers Needed

Our Kulnura P&C will require committee members from our parent and community body to take on roles to keep this



valuable support in our school. I know a lot of parents work and are time poor but there are many ways you can support the P&C without the commitment to attend every meeting held.

I encourage all our parents to become a member and if you help once a year that will be invaluable to the whole process of supporting Kulnura Public School. The most vital roles for our Kulnura P&C are President, Secretary, Treasurer, Canteen Coordinator and Uniform Coordinator. If you would like to explore these roles further, please contact the school. **The AGM will be held on Thursday 16 March 2023 commencing at 7.00pm.** Parents and Carers can attend in person in the school library or online via zoom. **A link will be forwarded prior to meeting.**

Thank you!

Steve Collins
PRINCIPAL

NAPLAN 2023

The **National Assessment Program – Literacy and Numeracy (NAPLAN)** is a point-in-time assessment of literacy and numeracy skills. Each year students in **Years 3 & 5** participate in tests for writing, reading, conventions of language (spelling, grammar, and punctuation) and numeracy.

From 2023, NAPLAN is moving to Term 1 and will take place from **Wednesday 15 March to Monday 27 March**. The reason for this change is so that results can be returned to schools earlier in the year which will support teachers to understand the learning needs of their students and plan accordingly.

NAPLAN tests are just one part of our school learning assessment program and questions are primarily based on knowledge, understanding and skills gained from the prior year of schooling.

In preparation for NAPLAN 2023, our school will undertake activities to help students to become familiar with the format and functionality of the online tests. These activities are not an

assessment of student ability and will not be marked.

Students and parents can access the public demonstration site

(<https://www.nap.edu.au/online-assessment/public-demonstration-site>)

to familiarise themselves with NAPLAN and the types of questions and tools available. Excessive preparation for NAPLAN is **not** required nor recommended, however we encourage children to be well rested on the assessment days.

If you have any questions about NAPLAN, please contact me on kerri.goldspink1@det.nsw.edu.au or Ms Vella.

Kerri Goldspink
Assistant Principal
Curriculum and Instruction

Library News

It's been great getting to know the Kulnura students each Wednesday at the library. Students have been enjoying learning about the library, how to re-shelve books and how to borrow books.

KPS2 have been listening to 'The Explorer' by Katherine Rundell, and KPS1 have been enjoying shorter picture books.



Students have also been learning about history.

KPS2 have been learning about the stories of prominent individuals from Australia's past, such as Pemulwuy, Bennelong, Governor Phillip and William Buckley.

KPS1 have been closely inspecting items from the past, such as glass milk bottles, a piano tuning tool, a Donkey Kong video game, and various kitchen tools. They have been discussing how the items were used and considering how they differ from items in the world today.

The library also has a **nature table**. Students are invited to bring interesting items from nature to place on the table for everyone to inspect. Thank you to the students who have shared nature items already. **Please remember to bring your library bag on Wednesdays.** Happy reading!

Mr Barrett – Teacher/Librarian

Assembly



Congratulations to our Week 7 Award Recipients!

KITCHEN + GARDEN + SUSTAINABILITY PROGRAM

Zero Waste – Did you know, the average Australian family wastes around \$3,800 of groceries each year?



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

Here at Kulnura PS we are exploring the many ways our school and community can fight food waste. For more information on food waste go to: <https://www.foodbank.org.au/food-waste-facts-in-australia/?state=nsw-act>

Did you know that many foods commonly wasted at home can be made into delicious school lunches?

Consider using leftover meals for your child's lunchbox. Loving your leftovers saves money and is an easy way to include good food in your child's lunchbox. Visit **FEAST at Home** <https://education.ozharvest.org/free-resources/> for some great recipe ideas (and even videos on how to cook them) and here are a few ideas to get you started:

- **Fast Fritters** We love veggies! You can use any type of vegetables or herbs you like for these fritters, so it's a wonderful way to stop old vegetables going to waste.
- **Sandwich Sushi!** Did anyone say sushi? Yes please – a nutritious snack that is fun to make. And it uses bread – one of the most top wasted foods!
- **Crunchy Noodle Salad;** Perfect for lunch or dinner. Any green leafy vegetables such as spinach can be added. Or be creative with any herbs or vegetables you have left over!
- **Wholemeal Pita Pizza;** Get cooking at home with this simple, easy and delicious recipe. Who doesn't like pizza?

KPS2 are making a recipe book. If you have any great waste saving or lunch box recipe ideas, we'd love to hear from you. Send in your recipe and/or some photos of things you cook at home to share with our school community.

Lisa Wriley
Coordinator

From the School Office



Overdue Collections

- ✓ Online learning resource fees - **Please contact the office if you would like to arrange a payment plan**
- ✓ Technology Agreements
- ✓ General Permission notes
- ✓ Family information updates

- **Yellow notes** – these are our boomerang colour (they need to be signed and returned to the office)
- **Online payments & Voluntary Contributions** can be made via the Kulnura Public School Website <https://kulnura-p.schools.nsw.gov.au/> or the Compass Portal.
- **Attendance** – If your child will be absent from school, please ensure you contact the school prior to 9:30am. Notifications can be made via phone, email or verbally to the class teacher or the office and also via the parent portal.
- **Family details** – In case of an emergency, please ensure family details (address, email, phone numbers etc.) are kept up to date.
- **Newsletters** – will be Wednesday each fortnight (odd weeks)
- **Library Day** – Wednesdays
- **Scripture Classes** – Tuesdays
- **Canteen available** – Lunch on Mondays & Recess on Thursdays

Should you have any queries or wish to discuss payment plans for any event or activity, please do not hesitate to contact us.

Sporting Schools

On Mondays and Thursdays, for the next 5 weeks the whole school will be learning touch footy skills run by 2 ladies from the NRLW Roosters. On Monday they taught us games called Bull Rush and Octopus. We did drills and kicking, passing and other intense activities.

Everyone had fun and everyone got involved which was great!



By Matilda Luci

Sporting Schools - Touch Football



Fundraising Friday

FRIDAY FUNDRAISER

This Friday we are having a jelly cup fundraiser so bring your dollar! Run by the year 6 again again.



Kitchen/Garden/Sustainability Program





Recipes to Share



FEAST™
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

MUESLI BLISS BALLS

5 Serves
\$0.74 Cost per serve
15 MIN Total prep & cooking time



WHY WE LOVE THIS RECIPE
A fun, sweet treat using ingredients from the pantry.

FOOD WASTE TIP
Muesli Bliss Balls will last longer placed in an airtight container stored in the fridge.

INGREDIENTS

- 2 ripe bananas
- 1 ¾ cup quick oats
- ½ cup sultanas
- ½ cup shredded coconut
- ½ teaspoon cinnamon
- 1 teaspoon cocoa (optional)

EQUIPMENT

- Large mixing bowl
- Fork
- Measuring cups
- Measuring spoons
- Mixing spoon
- Chopping board

SKILLS

- Measuring
- Mixing
- Shaping

STEPS



Mash the 2 bananas in a mixing bowl with a fork until you have a smooth mixture.



Add oats, sultanas, shredded coconut, cinnamon, and cocoa (optional) to the bowl.



Mix well with a spoon until all ingredients form a consistent mixture. Let the mixture rest for 2-3 minutes.



Measure one full spoon of the mixture and hand roll into balls. Continue until all mixture has been rolled into balls, approximately 10 balls.



Crunchy zucchini fingers

EVERYDAY NSW

Makes 4 serves

Ingredients:

- 1 medium zucchini
- 1 egg
- ½ cup Parmesan cheese
- ½ cup oats



Method:

1. Preheat the oven to 200 degrees Celsius (fan forced)
2. Chop the zucchini into wedges about 5cm long and place on an oven tray lined with baking paper
3. Using a food processor or blender, process the oats until they reach breadcrumb consistency
4. Mix the Parmesan cheese and oats together and place on a plate or tray
5. Crack the egg into a bowl and whisk until combined
6. Dip a zucchini strip into the egg mixture – ensure it is fully covered
7. Shake off the excess egg mixture and roll the zucchini in the oat mixture to cover evenly
8. Place the zucchini onto the baking tray
9. Repeat steps 6-8 until all zucchini strips are battered
10. Bake the zucchini fingers for approximately 20 minutes or until golden and crispy. Make sure to turn the fingers after 10 minutes

Nutrition information:

	Per serve 84g	Per 100g
Energy (kJ)	457	544
Protein (g)	6.9	8.3
Fat – total (g)	5.1	6.1
Saturated (g)	2.3	2.7
Carbohydrates – total (g)	8.1	9.6
Sugar (g)	0.9	1.1
Sodium (mg)	152	180
Fibre (g)	1.4	1.7

Beetroot pikelets

EVERYDAY NSW

Makes 20 pikelets

Ingredients:

- ½ cup wholemeal self-raising flour
- 1 egg
- 1 beetroot
- 2 tbsp Greek yoghurt, reduced fat
- 1 tbsp maple syrup



Method:

1. Roughly chop the beetroot into small pieces and place into a blender or food processor with the yoghurt and maple syrup
2. Blend until a smooth puree is formed. You may need to add some milk to the mixture to make a puree
3. Crack the egg into a bowl and whisk until combined
4. Add the beetroot mixture to the egg and whisk until combined
5. Fold the flour through the mixture
6. Add the batter to a non-stick pan (or grease the pan with olive oil) over medium heat
7. Cook the pancakes for 2 minutes or until bubbles appear on the surface
8. Flip the pancakes and cook for an additional 1-2 minutes
9. Serve with seasonal fruit and/or a dollop of Greek yoghurt

Nutrition information:

	Per serve 32g (2 pikelets)	Per 100g
Energy (kJ)	193	602
Protein (g)	2.6	8.0
Fat – total (g)	0.7	2.1
Saturated (g)	0.2	0.5
Carbohydrates – total (g)	6.8	21.3
Sugar (g)	2.2	7.0
Sodium (mg)	63.0	196.0
Fibre (g)	1.1	3.4