

MARTINS CREEK PUBLIC SCHOOL

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Term 3 - Week 8

Tuesday 8th September 2020

When plans change, as they can so easily do, we have to be creative. Mrs Beasley was unable to come to school last Wednesday so the class created their own music in the form of a percussive work based on 'When the Saints Go Marching In'. It has been evolving every day with students playing different instruments each time. This morning they performed it for Ms Middleton who was very impressed with their musical and performance abilities, and their rhythm. Tomorrow will be Mrs Beasley's turn to hear it.



Basketball with Hannah is progressing well. This week the students were doing a great job of practising their goal shooting, and defending.



The students practise their ball skills and coordination outside and indoors in many ways during the school week.



In term 4 we will set up our warm weather vegetable garden. If you have anything you are able to contribute such as mulch, egg shells or newspapers we would very much appreciate it. If you have seeds and would like to raise some seedlings with your children over the next few weeks we can plant them after the holidays.



These are some of the pieces our students created to commemorate Wattle Day last week.



Please remember:

- If your child is unwell, even with the *mildest* symptoms, please do not send them to school;
- Students are not to share food or drinks;
- Students are required to bring a water bottle to school, as they are not permitted to use the bubblers (please check that your child/children have a water bottle **every day**)



Martins Creek Public School

is an **AMAZING** school!

We have been educating the children of Martins Creek and surrounds for over 125 years.

Welcoming both local children and those from out of area, we cater to the needs of each individual student; supporting, encouraging and tailoring our educational approach to help them learn to their best capacity.

Our dedicated staff are constantly looking for ways to best meet the needs of our entire school community.

New enrolments are always welcomed, and we eagerly anticipate continued growth of our student population.

If you or someone you know would like to find out more about our wonderful school, please contact the office on (02) 4938 5239 or email to

martinscrk-p.school@det.nsw.edu.au



Good for Kids good for life

WINTER RECIPE: MINESTRONE SOUP

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 medium leek, finely chopped (optional)
- 2 celery stalks, finely chopped
- 2 medium carrot, finely chopped
- 400g canned tomatoes
- 1 litre reduced salt vegetable or chicken stock
- 2 cups green cabbage, finely sliced
- 1 tbsp fresh parsley, chopped
- 1 bay leaf
- 1 tbsp tomato paste
- ¼ cup frozen peas
- ½ cup dried wholemeal pasta (penne, spirals or shells work well)

Serves 4

Prep and cook time: 1 hour



Method:

1. Heat oil in large saucepan over medium heat.
2. Add onion, leek, celery, carrots and garlic. Stir well, cook for 10 minutes or until the vegetables have softened.
3. Add canned tomatoes, stock, cabbage, parsley, bay leaf and tomato paste. Bring to the boil, then reduce heat to low and simmer for 15 minutes.
4. Add frozen peas and pasta, continue to simmer for a further 15 minutes.

Recipe from SWAP IT - <http://goodforkids.nsw.gov.au/primary-schools/swap-it/recipes>

As winter is coming to a close we still have some cold days and nights when something like a Minestrone goes down very well.

It's also a great recipe to experiment with, and use whatever vegetables are coming to the end of their time in your veggie patch, or see if you can grow some warrigal greens and add them.

Good for Kids good for life

BUSH TUCKER FRUIT AND VEG

There are lots of Aboriginal bush tucker ingredients becoming more readily accessible and available. Here are a couple of examples to mix things up and get your daily fruit and veg.



LILLY PILLY

Lilly pillies are a popular garden and street tree. They grow in many conditions and can be found all over Australia. The berries have a tart, cranberry-like flavour. Try eating them:

- Fresh and whole - just watch out for the pip inside!
- Chopped and added to salads
- Chopped and added in to muffins, the same way you would blueberries.



WARRIGAL GREENS

Warrigal greens are a herb with arrow-shaped leaves, common in coastal regions. They are a great substitute for spinach, silverbeet or bok choy in recipes. Try adding to:

- Soups
- Stews
- Stirfries
- Omelettes.