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NEWSLETTER - Term 3 - Week 8 : 11 September 2020

A message from the Relieving Principal

New SAM Appointment

Ms Amanda Murray has been appointed the role of School Administrative Manager for 3 days per week for the remainder of the year. It will be great working with Amanda who has fond memories of her time here previously. She brings a great deal of knowledge to the role and she is very keen to get started. We welcome Amanda back to the team.



Social Media

Just a reminder to be mindful of how your children are using technology at home. The age restrictions for the use of sites such as Facebook, Tik tok, Twitter, Instagram and YouTube is 13 years old. These age restrictions are to keep our kids safe. Please be mindful of what your children are doing online. In this day and age, it is more important than ever.



Father's Day

Last week we got busy to make a special gift for all the amazing dads. The students got a lot out of the experience and I'm sure that each father was happy to know that their kids had put in a big effort to create something unique. We appreciate what the dads in our community do for their families.

Gardens

Mr Peter Miller (General Assistant) has been working hard to beautify the front of the school and this has made a big difference. Last week he planted out native grasses at the pick-up area. These grasses will continue to thrive and fill up the space over time. He has also assisted in readying our garden beds for our spring planting. We are grateful for what Mr Miller is doing to make our school an inviting place.



COVID-19 Update

Just a reminder that we are unable to have parents or community members on site due the COVID-19 restrictions. The exception to this is parent volunteers in the canteen. While this is tricky in a small school setting, we need to be mindful of these restrictions and minimise our time on school grounds at pick up and drop off. Thanks for your understanding.

Stay well

Murray McGrath

Coming Events

Term 3

- Still no up and come activities for the term.

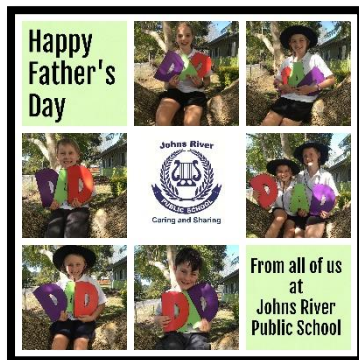
Creating a cube metre

Years 5 and 6 put their problem solving and construction skills to the test to create a cubic metre from just newspaper and sticky tape. How many students do you think we could fit inside?



Father's Day

The students were very creative for Father's Day making a beautiful key hanger out of timber and old spoons.



Breakfast Club with Mrs Mac



Hi everyone, Mrs Mac here.

It's been such a fun time planning a breakfast menu with the students and working alongside them in the task of preparing and serving breakfast to the students and staff. I've been super impressed with each student's enthusiasm and keenness to be involved in planning, cooking, serving and trying of new foods. They even miss recess play to clean-up.

I encourage you to use them as kitchen 'side kicks' at home.

I've loved getting to know all your children through this activity and what a bunch of gems, they have captured my heart already, what a credit they are to you as parents.

Week 5 we kicked off Breakfast club with Healthy Choice Cereal and Toast. We chose cereal with a 4.5-5 Heath Star rating- Weet bix, Sultana Bran & Plus. Indigo and Kaiidin were first rostered on to prepare breakfast. Indigo was the toast cooking and buttering champion, she did a great job. Kaiidin was super helpful taking orders and helping make granola for the following week's breakfast.

Week 6 we had Fresh Fruit Salad, Granola and yoghurt. Shelby and Elkie got stuck into chopping up fruit for the fruit salad and did a great job taking orders and serving up it up. I was impressed by the students trying Granola and liking it even though they thought they wouldn't. The honey dew melon was a new taste for some and it was loved by all.

In **Week 7** it was 'Ooh La La' French toast with cinnamon sugar. Ellie and Indi were super helpful in following a recipe, measuring out ingredients and using a blender. Many hadn't tried French Toast before. It has been wonderful to see them trying new foods.



A big thank you to the staff for initiating Breakfast Club and for shopping each week to purchase the food needed.

Here's some of the recipes that we have used so far if you want to try at home:

Healthy Granola



INGREDIENTS

- 4 cups old-fashioned rolled oats (use certified gluten-free oats for gluten-free granola)
- 1 ½ cup raw nuts and/or seeds (I used 1 cup pecans and ½ cup pepitas)
- 1 teaspoon fine-grain sea salt (if you're using standard table salt, scale back to ¾ teaspoon)
- ½ teaspoon ground cinnamon
- ½ cup melted coconut oil or olive oil
- ½ cup maple syrup or honey
- 1 teaspoon vanilla extract
- ¾ cup dried fruit, chopped if large (I used dried cranberries)
- Totally optional additional mix-ins: ½ cup chocolate chips or coconut flakes*

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.

5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.

6. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

Ooh La La French Toast

Makes 8



INGREDIENTS

- 4 eggs
- 1/2 cup milk
- 1 teaspoon vanilla essence
- 2 tablespoons butter or oil for pan
- 8 slices thick bread

Cinnamon sugar- Mix 1 teaspoon of cinnamon to 3 teaspoons of sugar

METHOD:

- In a shallow bowl beat eggs and then mix in milk and vanilla
- Heat butter in frying pan over medium heat
- Soak slices of bread in mixture turning once
- Brown the bread in the fry pan, turning once, about 2-3mins on each side.
- Serve with butter and cinnamon sugar or maple syrup.

