



East Victoria Park Education Support Centre

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Newsletter 4

Date: May 2015

STAFF

We welcome Natasha Prka on her teaching practicum from Notre Dame University for Term 2. We hope Natasha will enjoy her stay with us.

On behalf of the staff we would like to thank Jade Pregelj for her efforts in the office this term. Jade has been with us only a short time and we congratulate her on winning a full time position at Atwell College. On behalf of the staff we wish Jade every success for the future.

CAP Outings (Community Access Program)

On Monday the students enjoyed choosing some new plants for our garden from Bunnings at Belmont. We purchased soil improvers, garden tools, a lemon tree and a mango tree as well as petunias and gerberas. Come and see how our garden is developing!

Sausage Sizzle

On Saturday, May 2 we were fortunate to be able to run a fundraising sausage sizzle at Bunnings in East Victoria Park. We had a very generous donation from one of our parents which enabled us to purchase all the ingredients. We made an excellent profit of \$707.00. The funds will go towards the purchase of a Birds Nest swing. Thank you to everyone who helped on the day and everyone who bought a sausage sizzle or a bacon and egg roll.



Potato Planting

Through the Potato Marketing Corporation and the Seeds for Schools program we have been given a quantity of seeded potatoes to grow in our garden. We look forward to a bumper crop later in the year.



School Photographs will be taken on 3 & 4 June. Envelopes will be sent home just before these dates.

Easter Hat Parade

The children thoroughly enjoyed showing off their creative Easter hats at the School Assembly.



Jamie Oliver Food Revolution Day

‘Food Revolution’ is a school based healthy eating program initiated by the renowned chef, Jamie Oliver. It promotes educating children about food in a practical, fun and engaging way, encouraging schools to provide them with the knowledge and skills they so urgently need to lead healthier, happier lives.

This program has been running for 4 years now, and this year too, along with 9000 schools in 196 countries around the world students at East Victoria Park Education Support Centre logged on-line with Jamie Oliver and cooked a healthy meal. The special meal on the menu this year was “Squashed Sandwiches”. The ingredients consisted of vegetables and herbs (some from our garden) prepared in a fun and novel way. The students identified the different ingredients by name and colour, equipment needed rolling pin), and the tasks involved (chopping, cutting and squashing).

The Food Revolution exercise endorsed not only healthy eating habits, but promoted skills in working as a group in a fun and enjoyable atmosphere.



Music

During our weekly music lessons the students have been concentrating very hard and learning some new songs with Auslan signs. During these songs they will spontaneously do the signs in the correct spot and we have been very impressed at how quickly they are mastering some of the signs. Some children need the use of signs more than others to communicate although it is proving a beneficial practise for our verbal children to help the others communicate. The students have also been learning some new dances. They are quickly remembering a few steps and really enjoyed a dance we do called "Yee - ha Grandma". We use props and sparkly hats when we dance and their moves are inspirational.



Healthy recipe

We encourage healthy eating and snacking through our cooking program. Each fortnight we cook healthy meals and some healthy snacks. Why don't you try...

Mini Quiches (with hidden veg!)

These cheesy mini quiches will be popular with your kids - and they need never know that they are packed full of healthy vegetables that have been pureed and sneakily hidden in the egg and cheese mixture. Yum!



Ingredients

- 2 sheets frozen puff pastry
- 4 eggs
- ¼ cup milk
- ½ cup mashed potato
- ½ cup mashed or pureed carrot
- 1 cup grated tasty cheese

Method

1. Place pastry sheets on a work surface to defrost for 10 minutes. Preheat oven to 180°C.
2. Select a 24 small hole cupcake pan or 2 x 12 hole pans.
3. Cut 12 holes from each pastry sheet with a scone cutter that is slightly larger than the holes.
4. Carefully push pastry circles into pan (there's no need to grease). Divide cheese between pastry cases.
5. Whisk eggs and milk together in a jug, then whisk in the mashed vegetables.
6. Pour egg mixture into pastry cases to just below the top. Keep whisking the mixture to make sure the veggies are evenly distributed.
7. Bake for 10-15 minutes until golden.

Notes

- You could use other yellow/orange vegetables (pureed pumpkin, sweet potato, corn or yellow zucchini)
- Mini quiches freeze well; just reheat in the oven to make sure the pastry is crisp.

To view the recent WA budget in relation to Public Education 2015–16 follow the link:

<http://www.education.wa.edu.au/home/detcms/navigation/about-us/public-education-at-a-glance/our-budget/>

What's On.....What's Coming up at EVP ESC?

Muffins	May 8, 22, June 5, 19 July
Tuckshop	April 29, May 13, May 27, June 10, June 24
Western Australia Day holiday	June 1
School Photos	June 3 & 4
Last day of term 2	July 3
Staff Development Day	July 20
Students return to school for Term 3	July 21