



The Link

29TH July 2010 Issue 57

ASSEMBLIES

Monday August 2nd

Prep

Rooms 2 & 6

DIARY DATES

Friday 30 th July	WINTER SPORT CARNIVAL
Wednesday August 4 th	School Council Meeting 6:30pm
Friday August 6 th	Walk-a-thon *All monies to office* Report Next Week
Friday August 6 th	EMA Applications Close
Monday 9 th August	PUPIL FREE DAY – Staff Untranet Training
Thursday 26 th August	VEGEMANIA PRODUCTION! 4 weeks to go
Thursday 26 th August	SAKG payments are due now before your child can continue to participate

Community Involvement

Yesterday we were visited by 3 members of the Albury Wodonga Soroptimist Club. This community group had donated an Avocado, Ruby Grapefruit and Blood Orange to the garden last year. They were thrilled to visit yesterday and see the growth in our garden and the trees for themselves. Their plants are now proudly marked by plaques which they provided. As well as looking at our fabulous garden and kitchen they were excited to see the students engaged in real life learning. The three ladies went away armed with some of our dried herbs and marmalades which they purchased before leaving and guaranteed to tell many others of our exciting SAKG program. We have another Community Garden group from 'The Willows' visiting next Tuesday.



What's Happening in the Garden?

Finally we are up to date with our planting of vegetable seedlings so now we are planting some flower seedlings to make the garden a beautiful place. It is winter clean up time and compost has been tidied along with garden beds and bits and pieces we have collected

Helena Foster

The Bottle House

Thanks to a large donation from Cleanaway this week we now have lots of recycled plastic drink bottles to go towards building our bottle hot house. Students have begun in classes to cut up and de-label the bottles. Very soon Helena will require some help to build a frame for this house. If there is anyone who could offer a couple of hours help we would love to know. Please give the office a ring and please keep sending bottles along.

Competition

If you visit www.kitchengardenfoundation.org.au you could find out how to enter a competition where the winner will receive \$500 and \$2500 for their nominated school. All you need to do is to decide on a name for a new organic fertiliser currently being developed by the Neutrog company in Australia.. Have a go and see what you can win for yourself and our school.

Learning for Living



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Proud to be a
 Stephanie
 Alexander
 Kitchen
 Garden
 school



What's Happening in the Kitchen?

I have really noticed the influence of the 'Masterchef' program on our budding junior chefs. It is very common to hear students say "Mrs Cronin are we plating up now?" and there is lots of talk about the program students cook. This fortnight we are back to a Moroccan theme and Pumpkin Lentil Tangine. Try the recipe below which has been a big favourite with students and remember recopies are available on our school website.

Silverbeet with Rice

Serves: 4

From the Garden: silverbeet, onion, coriander, parsley, lemon

Ingredients:

10 large leaves of silverbeet
1/4 cup e.v. olive oil
1 brown onion
1 tsp paprika
2 tbsp chopped coriander leaves
2 tbsps chopped parsley leaves
1/2 cup short grain rice
1 1/2 tbsp lemon juice

Equipment:

Basic toolbox, medium saucepan, colander

Method:

1. Wash and dry silverbeet leaves thoroughly.
2. Trim off the ends of the silverbeet stalks and discard. Slice the stalks finely and place in a small bowl.
3. Now shred the leaves and place them in another small bowl.
4. Peel and dice onion finely.

5. Measure olive oil and add to medium saucepan. Place onto stove burner and place on medium heat.
6. Add onion and cook for 5 minutes or until onion is soft.
7. Add the silverbeet stalks and paprika and cook for another 5 minutes.
8. Now add the silverbeet leaves, rice and 1/2 cup of water.
9. Turn up the heat to high and stir until the silverbeet leaves begin to wilt.
10. Now reduce heat to low.
11. Add the lemon juice and stir well.
12. Cover pot with lid and simmer gently for 25 minutes or until rice is tender. Stir occasionally if needed. Add more water if it gets too dry.
13. In the last 5 minutes of cooking time add the coriander and parsley.
14. Season with sea salt and freshly ground black pepper if needed.
15. Serves as a hot vegetable accompaniment.

Enjoy
Jacky Cronin

PLEASE PASS THIS ONTO ALL CONCERNED WITH TOMORROWS SPORTS CARNIVAL

At this stage the carnival is going ahead. Please prepare all students for grounds and weather according to the day. As per the process a 7-7.15am decision will be announced on the following radio stations; ABC FM 106.5 and Star FM 104.9 regarding the status of the event.

Let's hope the day goes ahead and is enjoyed by all (rug up).



**Thank you to Cleanaway for their donation of recycled bottles.*

**Thank you to all those wonderful families & community members who continue to donate surplus citrus. They are being well utilized in our preserving program.*

**Thank you for the glass jars. Keep them coming – however if you have time could you please remove the labels.*

**Thank you to our new volunteers Paul Judd, Sahena Akan and Doreen Fulford. We value your help along with our regulars.*

Needed: Toys for Playgroup.

*Please drop in any preloved toys to Sonya at the office. Thanks



CANTEEN ROSTER - AUGUST

Mon 2	Linda Castro
Tue 3	Kura Clarke
Wed 4	Renee Ferguson
Thu 5	Kura Clarke, Sharon Dixon
Fri 6	Biljana Bukvic, Doreen Fulford

Grade 6 Canteen Assistants

2-6 August: Ashlee Beckett and Deeanah Finlayson.

Susan Edwards, Canteen Manager