



KENT ROAD PUBLIC SCHOOL

BLUE GUM NEWS



Kent & Herring Roads, EASTWOOD 2122 T:9878 2884 E: kentroad-p.school@det.nsw.edu.au

Term Three Week Nine

Friday 10th September 2021

Dear Kent Road Parents and Carers,

This week students in Years 5 and 6 had the opportunity to participate in a workshop on resilience presented by BOUNCE! There were many positive messages delivered that we can all keep in mind.

Vera, a young woman who came to Australia to escape war in her home country, told of the 20 year journey which her family undertook to reach Australia. Her story showed how she used her strength, bravery and resilience to reach her goals. Vera outlined three messages which she lives by, which are particularly relevant at this time.

1. There is always hope that things will get better.
2. Challenges make you stronger.
3. Dream big because everything is possible.

Year Six student, Evelyn, has written her reflection on the BOUNCE! Workshop, and it is attached to this newsletter. (Thank you Evelyn!)

JOIN US FOR FAMILY TRIVIA NIGHT - EXPRESSION of INTEREST

We are inviting Kent Road families to join us for a Trivia Night on Saturday 16th October at 6.30pm. This will be an online event and will cost \$25.00 per household.

The trivia will be general knowledge, and will be appropriate for the whole family, so get your household together and put your thinking caps on, and we will have a laugh with other members of the school community while we're in lock down. Have fun and compete for the glory of the top trivia team of the school! The winning household will win a Snowgoose hamper for the family.



<https://forms.gle/HmPpNA6zyE1RsMyHA>

Funds raised will support some new initiatives and programs for Kent Road students in Term Four! Just one \$25 ticket per household will get you through the virtual door.

Please submit an expression of interest before 17th September. A link will be emailed once you book.

Trivia Night Organiser, Miss Field (KF class teacher)

KENT ROAD SPOONVILLE CHALLENGE

All around the world children are taking on the Spoonville Challenge, so I challenge all Kent Road students to show their creativity and join the challenge. Ask your parents if you can use an unwanted spoon, a wooden spoon is probably the best. Think about a character or animal, real or pretend, and start decorating.

When your spoony is finished, bring it to school and drop it in the box at the front office. Your spoony will be part of our Spoonville Village near the entrance at gate 3. See the rules below, and also take a look at these photos of spoonies to give you some inspiration. Happy creating!



Create a spoon that looks like you, a character from a book, your sports hero or someone famous. Or create your own character. I can't wait to see our own Spoonville community.

SPOONVILLE RULES

Place your spoony person during
your daily exercise

Make sure bits don't blow off your spoony
person - we don't want to litter!

Spoonies aren't keen on dogs - dogs
please stay back!

Come and see the spoony people but don't
stay long and no touching!

Make sure spoony people can take the rain -
nail varnish is good for our faces.

Legs and arms can be sticks from the
garden.

KINDERGARTEN 2022

Parents of children who will start in Kindergarten in 2022 are asked to submit an enrolment application as soon as possible. We are currently devising ways to provide information to parents to support children to have a smooth transition to Kindergarten next year.

Parents are asked to submit an online application which can be accessed from our school website at

<https://kentroad-p.schools.nsw.gov.au>

Click on the **Enrolment** tab to find the link to the enrolment form.

PARENTING IN A PANDEMIC

Over 400 schools and their families in NSW participated in the webinar *Practical Parenting in a Pandemic* presented by Maggie Dent. There is a range of resources available for parents through this link:

<https://www.maggiedent.com/covidresources/>

Webinar recording: <https://youtu.be/DI9S14pf80I>

These resources will be available for the next four weeks.

Bounce Project Z Workshop

This week, on Monday, years 5 and 6 attended the 'Bounce Project Z' workshop, on Zoom, where 2 presenters inspired us through their stories.

The first speaker was Vera Gorel. Vera told her story of coming to Australia, as a refugee from Iraq. Vera's family had to wait a total of 23 years until they came to Australia, but they never gave up **hope**. Vera, as a young girl, loved reading books, and **dreamed** of writing a book herself in the future, despite her situation. Eventually, they arrived in Australia and Vera, with persistence and courage, ended up following her dreams, and is currently writing a book titled, 'The Gift of Love Unwrapped'.

Vera's 3 points were:

1. There is always hope that things will get better.
2. Challenges make you stronger.
3. Dream big, because everything is possible



The second speaker was Cameron Merchant and he talked about the importance of perspective.

In 2004, a big tsunami struck Thailand, it was a very dangerous and memorable experience that Cameron survived. The coast was left in ruins and Cameron was separated from his parents, but instead of mourning he thought, '**what am I in control of, and what can I do to help?**', and with that **perspective** he chose to help the people around him and eventually he found his parents.

The character strengths that Cameron talked about were:

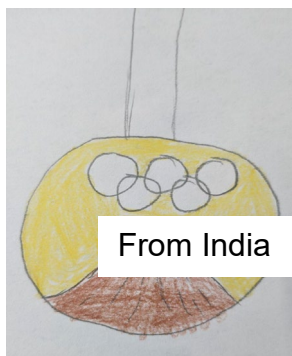
1. perspective - '*what am I in control of, and what can I do to help?*'
2. resilience
3. love
4. hope
5. courage
6. choice
7. gratitude
8. positivity

At the end of this workshop, we were encouraged to apply the character strengths and traits that Vera and Cameron spoke about to our lives and set goals for ourselves based on what we learnt.

Year 4 News

Following the Tokyo Olympics, Year 4 have enjoyed working on a project to design their own Olympic Games! Students have worked hard to design the emblem, the medals and the mascot for the host country of their choice. We look forward to seeing the rest of the designs next week. Year 4 have also created a variety of artistic works this term while learning from home – well done on your fantastic effort, Year 4!

Olympic Emblems, Medals and Mascots



From India

Iana 4B



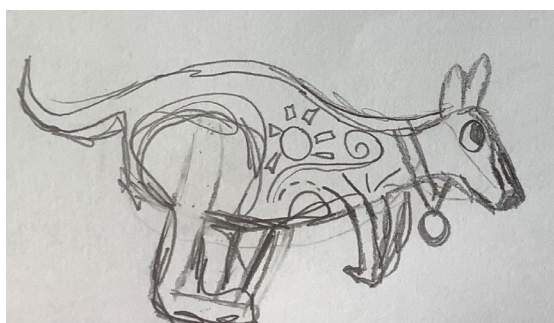
Sreedevi 4B



Maxim 4C



Grace 4C



Hannah 4H



Melis 4H



Julian 4M



Smrithi 4T



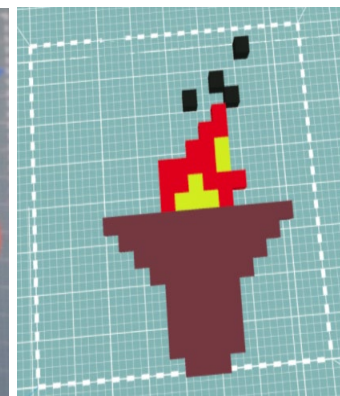
Sreedevi 4B







Emma L 4H



Melis 4H



Jonathan B 4C

<p style="text-align: center;">Determination</p> <p>The quality of being determined; firmness of purpose.</p> 	<p style="text-align: center;">Equality</p> <p>The state of being equal, especially in status, rights, or opportunities.</p> 
<p style="text-align: center;">Inspiration</p> <p>The process of being mentally stimulated to do or feel something, especially to do something creative.</p> 	<p style="text-align: center;">Courage</p> <p>The ability to do something that frightens one; bravery.</p> 

Ahaan 4H – Qualities and Values of the Paralympics

Circle Art, Hot Air Balloon Cityscapes and Miro's Marvellous Monsters!



Iana 4B

Alexia 4T

Misi 4C

Haim 4M

Nancy 4B

Jeremy 4C



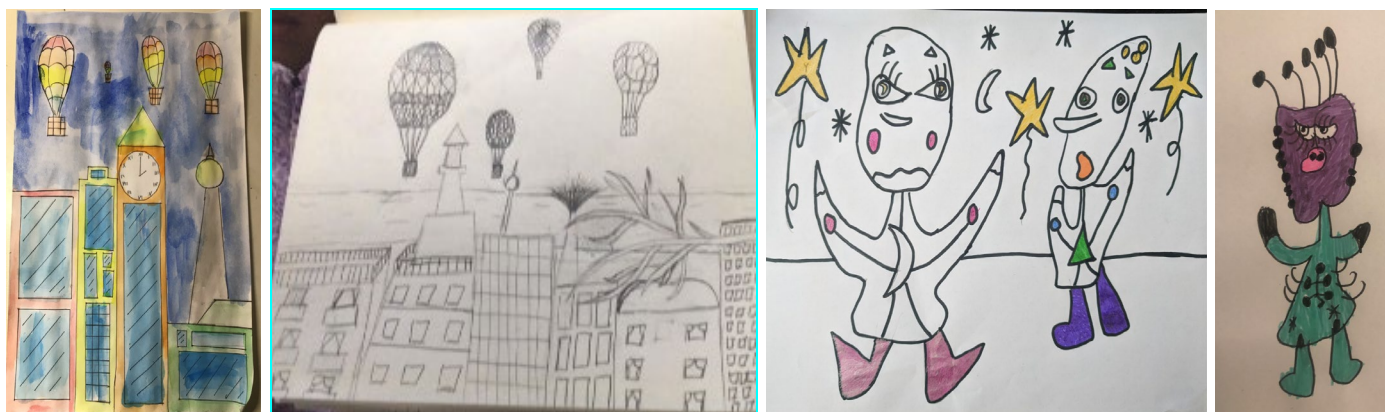
Nancy 4B

Lucas 4T

Iana 4B

Arshith 4M

Haim 4M

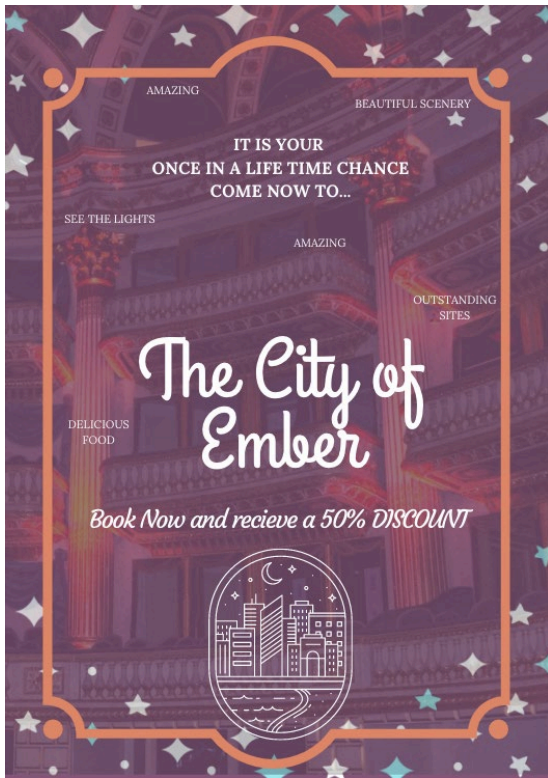


Jeremy 4C

Grace 4C

Iana 4B

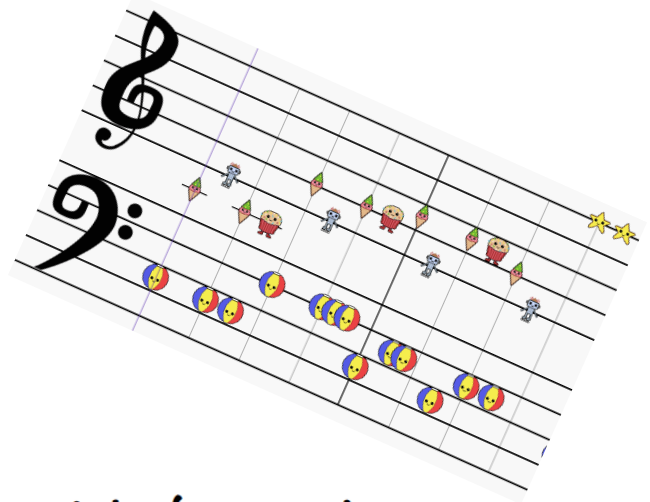
Alexia 4T



From Evelyn (6M)



From Anika (6G)



Schedule for making your life healthier

8:00 AM - Waking up. Belly Breathing exercise to set intention for the day.

8:15 AM - Getting ready for the day with a positive attitude and mindset.

8:30 AM - Eating a filling and healthy breakfast

8:45 AM - Going to school ready for the day

Morning of School - Being kind to everyone around you

Recess - Eating a small but filling snack

Middle part of school - Being kind to everyone around you

Recipe for:

Week 6 - Final Copy

Apple tart with almond cream filling

Ingredients:

For the Sweet pastry dough :
350g of Flour OR
(variation) 100g almond meal+250g
flour
125g of Butter
125g of Sugar
2eggs



For the almond cream filling:
100g of Sugar
100g of Butter
2 Eggs
100g of Almond meal
2 Tablespoons flour
2 tbsp Lemon juice
4 Apples

Equipment:

Bowls for mixing
Tart baking pan 25cm round with
Removable base
Small food processor (just for the
almond cream)

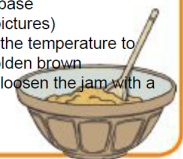


Description:

This is a delicious French type of
apple tart, topped with apple
slices and drizzled with apricot
jam

Instructions:

1. Mix the tart base: mix the butter with the flour and sugar to resemble coarse sand then add the eggs to form a dough but do not over work the dough or it will be tough.
2. To prepare the almond cream, mix all the ingredients in the bowl of a small blender
3. Peel and slice the apples (see the pictures)
4. Roll the dough and put it in the tart base baking pan (see pictures)
5. Scoop the almond cream inside the prepared tart base
6. Top the almond cream with the apple slices (see pictures)
7. Bake in a 200 degree oven for 15 minutes. Lower the temperature to 170 and bake for 30 minutes more, Or until it is golden brown
8. Get it out of the oven and brush with apricot jam, (loosen the jam with a spoon)
9. Cut into wedges then serve it (preferably warm)



From Ahmad (6G)

CHILDREN WHO ARE UNWELL

From the NSW Department of Education - A reminder for all families

Students must not attend work or school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms must be sent home and not return to school unless:

- they have isolated for 10 days, when no medical certificate is available
- they have a negative COVID-19 test result and **are symptom free**.

In circumstances where children have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

Have a lovely weekend everyone,

Denise Minifie, Principal