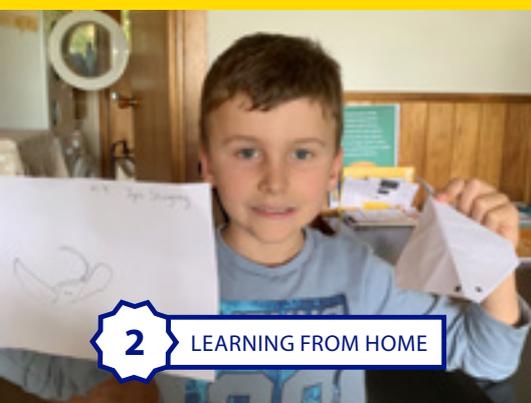




WARRAGUL NORTH PRIMARY SCHOOL NEWSLETTER

#5

20th May 2020



2

LEARNING FROM HOME



3

LEARNING FROM HOME

These resources will need to be returned and signed off in a staged timeline and reset for classroom use. The computers will also need to be scanned for viruses and prepared to be returned to classrooms. All time consuming, labour intensive tasks.)

Tuesday 26th May, 2020 – students in Foundation, Year One and Year Two return to on-site learning at government schools.

Tuesday 9th June, 2020 – students in Year Three, Year Four, Year Five and Year Six return to on-site learning at government schools. (Students of WNPS in Years Three to Six will continue to learn remotely until Friday 5th June, 2020. The existing model of on-site schooling for vulnerable children and children whose parents cannot work from home will remain in place.)

The Department of Education and Training has announced enhanced cleaning in schools for the remainder of Term Two and for Term Three, 2020. This cleaning will be conducted daily for high-touch points and surfaces.

Clear communication with parents and carers will be important to enable a successful transition back to on-site schooling. The Department of Education and Training has published a return to school guide. I have included relevant information for parents and carers in this newsletter. Please read and follow these dot points to ensure as safe as possible return to on-site learning.

Thank you to our school staff, teachers and education support staff for their outstanding work during this state of emergency. Most importantly a big thank you to you our parents and carers for your sacrifices and contribution during remote learning from home.

Principal's Report

Return to On-site Learning

On Tuesday 12th May our Victorian Premier, Daniel Andrews, held a press conference which included a media release. The announcement and media release dated 12th May was headed 'Getting Our Kids Back into the Classroom'. I am sure we are all pleased that our community now has a clear timeline and can plan accordingly.

The following are important dates to note for WNPS families:

Monday 25th May, 2020 – Pupil free day at all schools to give staff, schools and families time to prepare for the change. (At WNPS we have moved various sized student furniture into our BER Building to accommodate children from Foundation to Year Six. We will now move all this furniture out of the BER Building on the 25th May. WNPS has also loaned just under 100 notebook computers to our families.

CALENDAR 2020

| | | |
|------|--------|---|
| Mon | 25 May | PUPIL FREE DAY - VICTORIAN GOVERNMENT DECISION |
| Tues | 26 May | Foundation, Years 1 & 2 return to on-site learning |
| Mon | 8 Jun | QUEEN'S BIRTHDAY HOLIDAY |
| Tues | 9 Jun | Years 3-6 students return to on-site learning |
| Fri | 26 Jun | Last day for Term 2 - 2.30pm finish - NO SCHOOL BUSES RUNNING |
| Mon | 13 Jul | First day of Term 3 |

TERM DATES 2020

TERM ONE
Thursday 28th January to Monday 23rd March

TERM TWO
Wednesday 15th April to Friday 26th June

TERM THREE
Monday 13th July to Friday 18th September

TERM FOUR
Monday 5th October to Friday 18th December

VIRTUAL ASSEMBLY DATES FOR TERM TWO

Friday 22nd May

Friday 5th June

Friday 19th June

Principal's Report *cont.*



Together We Learn

Return to On-site Learning

The Department of Education and Training has published a return to school guide. Relevant information for parents and carers is listed below. Please read and follow these dot points to ensure as safe as possible return to on-site learning.

- ☺ All students in the year levels returning to on-site schooling are expected to attend school. Schools are not expected to provide remote learning where parents elect to keep students at home.
- ☺ Playground equipment can be used.
- ☺ Students to bring their own water bottle for use at school as students should not drink directly from drinking fountains at this time.
- ☺ The DET Students Using Mobile Phones Policy remains in place.
- ☺ The Student Transport Program will continue operation with enhanced cleaning and physical distancing from adults (driver and other attendants) where practical. Usual timetables will apply. Students should practise hand hygiene before and after catching school transport (i.e. prior to leaving home and at the end of the school day).
- ☺ Perhaps the most important action school communities can take to reduce the risk of transmission of coronavirus (COVID-19), is to ensure that any unwell staff, children and young people remain at home.
- ☺ Visitors to school grounds should be limited to those delivering or supporting essential school services and operations.
- ☺ Parent volunteers should be discouraged from attending school at this time. Activities dependent on and involving parents (e.g. 1:1 reading) should be cancelled.
- ☺ School assemblies, excursions, camps and other non-essential large gatherings must be postponed or adapted considering use of technology.
- ☺ Schools should encourage staff and parents to observe physical distancing measures by not congregating in areas inside or around the school.
- ☺ Encourage non-contact greetings.

Reflections on Term Two and Remote Learning...

During this term of remote learning from home some children have blossomed and really found their student voice and agency. The amount of hands-on learning and authentic learning as evidenced through videos and photos has been very pleasing and rewarding to see.

The other observation is how as humans we prefer to persevere and complete a task then move onto a break or another task. Not have it broken into artificial time slots. For example if I wish to pull a bridle to pieces, clean it and re-assemble it I would complete the task before taking a break or starting another task.

Another reflection relates to 'necessity being the mother of invention'. I have noticed a huge uptake in using I.T. platforms and improved I.T. skills with staff, parents and students.

Many students will be looking forward to having social face-to-face contact with their friends and peers when they return to on-site learning. However looking at the 'silver lining' during the Victorian State of Emergency reinforces that while students will return to school teaching and learning will return to on-site learning for Foundation to Year Six teaching and learning will not be exactly as it was before the pandemic.

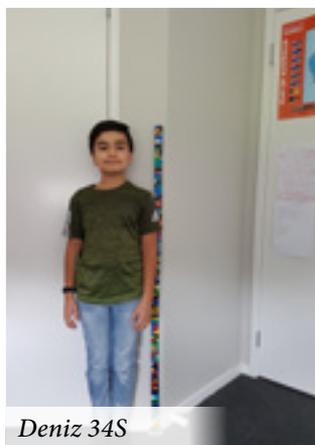
Corinne Collins, Principal



Andrew 3/4S



Bentley 3/4S



Deniz 3/4S



Allison 3GA



Emma 4MA



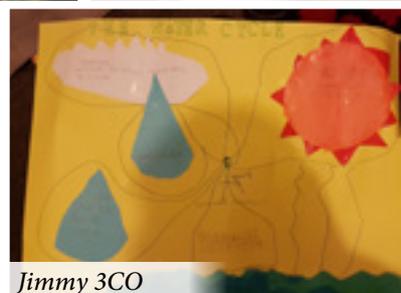
Kaylee V 4CU



Liana 3GA & Emilia 6PR



Logan 3GA



Jimmy 3CO



Jett 4CU



Giang 3GA

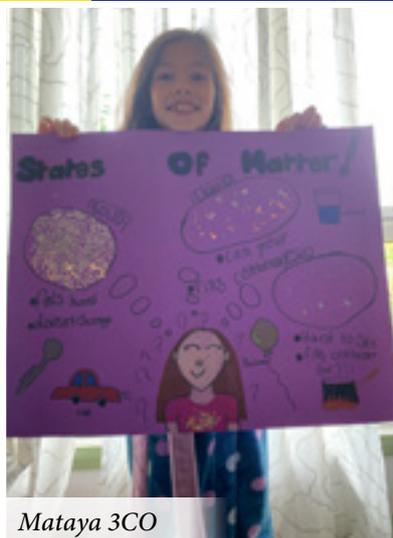


Anna 3GA





Orin 4MA



Mataya 3CO



Kaylee R 4CU



Layla 3GA



Tyler 5WI



Will 3GA



Zoe 4MA

Archie's Skittles Rainbow

First we placed some skittles around a plate and poured some hot water in the centre of the plate.



Then they lost a ring of colour, and then coloured a bit of the water.



Next the skittles lost some more colour and coloured some more water.



Finally the brown took over.

Rainbow skittles

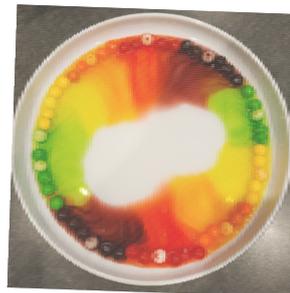
Aim: To see what happens to skittles in hot water.



Materials: Hot water, colourful lollies and a plate.

Method :

1. Put the colourful lollies on the edge of the plate.
2. Pour hot water in the middle of the plate.
3. It will start to dissolve into pretty lines of color.



Jess 3CO

Warragul North Primary School Values

School Values

Literacy

Engagement

Achievement

Respect

Numeracy

Integrity

Nurturing

Getting Along

School Values

Achievement

Student achievement involves the combination of a number of elements in the learning process such as setting goals, understanding the learning intent, thinking, developing skills, feedback, reflecting and exerting effort to achieve. Each student needs to understand that they are the learner and that they are responsible for their own learning.

Teachers can support students to continuously refine and improve their learning and understanding. Teachers can assist students to set learning goals and understand learning intentions. Teachers can then use evidence (what the student can do, say, make or write) to provide feedback and assist students to evaluate their progress, that is their achievements. Teachers can support students to reflect on their learning and the impact of effort on achievement.

Learning requires students to engage in a thinking process and exert effort to achieve. Students striving for excellence can achieve to their potential. Achievement requires effort by learners as they engage in the learning process.

In a 'nutshell' Achievement means accomplishing your learning goals using effort and skill.

LITERACY – *Foundation* – *Derin (0HU)*

ENGAGEMENT – *Year One* – *Amaya (1HI)*

ACHIEVEMENT – *Year Two* – *Jobe (2JO)*

RESPECT – *Year Three* – *Alyssa (3GA)*

NUMERACY – *Year Four* – *Kayla (4HJ)*

NURTURING – *Year Five* – *Elly (5WI)*

GETTING ALONG – *Year Six* – *Henry (6BA)*



Derin 0HU
Literacy



Amaya 1HI
Engagement



Jobe 2JO
Achievement



Alyssa 3GA
Respect



Kayla 4HJ
Numeracy



Elly 5WI
Nurturing



Henry 6BA
Getting Along

REPORTING STUDENT ABSENCES DURING REMOTE LEARNING

The Department of Education and Training sent advice to schools on how student attendance and absences are to be tracked, recorded and reported in Term 2, 2020, in the context of remote and flexible learning.

Schools have to:

- Note and record attendance once a day.
- Continue to keep a record of all student attendance and absences.
- Upload attendance / absence to D.E.T. once a day.

If your child will not be participating in learning from home on any particular day, please use our school's absence reporting line – 0447 503 536 (SMS only) to notify the school. Your child may be ill, attending the dentist or another type of appointment. Thank you in anticipation of your assistance.



WNPS Beanies

Now available from Beleza

During 2019 School Council held the annual review of our compulsory uniform policy and uniform list. School Council approved a WNPS beanie. With winter fast approaching Beleza are now stocking the WNPS beanies. The beanies cost \$11.00. Beleza is open from 9.30am to 5.00pm on Mondays, Tuesdays, Thursdays and Fridays.



PHYSICAL EDUCATION

'Staying Active Achievement Award'

During remote learning Staying Active Achievement Awards have been awarded to the following students. Congratulations!

*Mrs Lisa Pyle, Mrs Deb Magyar and Miss Grace Parker
Physical Education Teachers*



Annabelle 0ME
Foundation



Uday 1HI
Year One



Will 2KI
Year Two



Taigue 3/4S
Years Three & Four



Emily 5PS
Years Five & Six



Hello from the Acorn Room



The global impact of COVID-19 means young people have been spending more time at home – and more time online. There are lots of great ways children can use connected devices to learn and play, but there are also risks.

The eSafety commissioner (<https://www.esafety.gov.au/>) is an excellent resource, adding new content every day to help you and your family stay safe online. As parents and carers, you have the best opportunity to support and guide your children to avoid online risks and have safer experiences. Even if you are at home together, it is not possible to monitor your child's online activities every second of the day. It is important to talk with them about online safety issues to help develop their critical thinking and ability to make good choices.

Mrs Sheryn Cutler
WNPS Chaplain

Warragul North Primary School offers chaplaincy and pastoral care to students and families on Tuesdays and Thursdays. Mrs Cutler can be contacted on those days via her e-mail sheryn.cutler@education.vic.gov.au or her mobile 0482 470 272.

Here are 10 top tips to help protect your children online.

1 Build an open trusting relationship around technology — keep communication open and supportive so your child knows they can come to you if something goes wrong or does not feel right online.

2 Co-view and co-play with your child online. This will help you better understand what they are doing and why they enjoy an app, game or website, as well as providing a great opportunity to start conversations about online safety.

3 Build good habits and help your child to develop digital intelligence and social and emotional skills — such as respect, empathy, critical thinking, responsible behaviour and resilience — and practice being good online citizens.

4 Empower your child — wherever possible, help them make wise decisions for themselves, rather than telling them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.

5 Use devices in open areas of the home — this can help you manage and be aware of who your child interacts with online through phones, tablets, smart TVs, gaming consoles and other connected devices.

6 Set time limits that balance time spent in front of screens with offline activities — a **family technology plan** can help you to manage expectations around where and when technology use is allowed — you could even fill in an Early Years **Family Tech Agreement**.

7 Know the apps, games and social media sites your kids are using, making sure they are age-appropriate, and learn how to limit **messaging or online chat** and **location-sharing** functions within apps or games, as these can expose your child to unwanted contact and disclose their physical location. For more advice

- **The eSafety Guide** includes information to help parents and carers choose safer apps and report and block unwanted contact and sexual approaches.

8 Check the **privacy settings** on the games and apps your child is using and make sure their profiles are turned on to the strictest privacy setting. Restrict who can contact your child or ask them to check in with you before accepting new friends.

9 Use available technologies to set up **parental controls on devices** that can filter harmful content, monitor your child's use and limit or block their time on connected devices or functions (e.g. cameras, in-app purchases).

10 Be alert to signs of distress and know where to go for more **advice and support**.

- Report harmful online content to eSafety at [esafety.gov.au/report](https://www.esafety.gov.au/report).
- Contact a free **parent helpline** or one of the other many great **online counselling and support services** for help. Kids, teens and young adults can contact **Kids Helpline** online or by phone on 1800 551 800 and the service also provides guidance for parents.



FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2020 or you did not apply in 2019.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.



FOUNDATION Pyjama Day

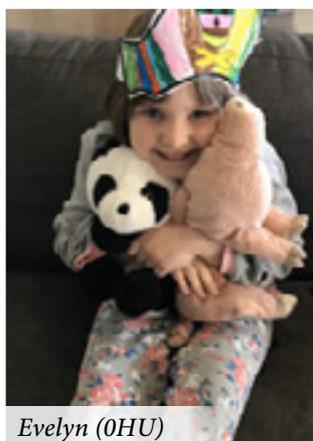
Wednesday 6th May was pyjama day for Foundation students and teachers. As part of their remote learning the children were learning about the phoneme 'P'. Children and teachers were able to wear their pyjamas all day at home and some children even dressed up as pirates. The children made popcorn and then compared the weight of the popcorn to other items in their home e.g. television remote, mobile phone. The children enjoyed eating the popcorn whilst they watched a movie at home with their families.



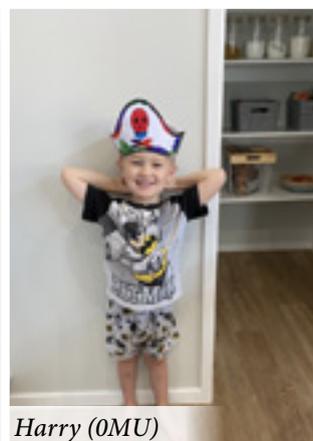
Archie (0MU)



Cruz (0BU)



Evelyn (0HU)



Harry (0MU)



Jacob (0BU)



Kayla (0BU)



Louie (0HU)



Melodie (0BU)



Savannah (0BU)



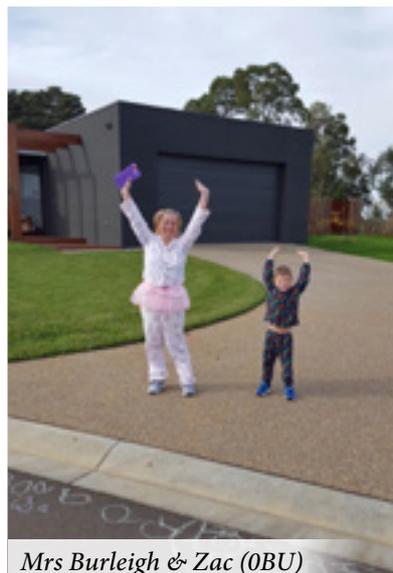
Summer (0MU)



Tyrin (0HU)



Mr Mumford



Mrs Burleigh & Zac (0BU)



Sage (0MU)

WNPS Environment and Sustainability News

INTERNATIONAL COMPOST WEEK Held Monday 3rd May to Sunday 10th May 2020

Compost ... This may sound like an insignificant topic, but it really has a much bigger impact on our lives than many of us realise. Composting is probably one of the most important things we can do for the future of the planet as it's one of the ways we can tackle the growing problem of climate change ... and it's easy!

Why should we Compost?

- Reduces food waste. Food waste in landfill creates methane gas (this is 25 times more potent than carbon dioxide in contributing to greenhouse gases and global warming)
- Turns food waste into something we can use in plant pots or gardens
- It sets a good example for future generations about sustainability

The link below, contains a great movie about why composting is so important to the health of the planet.

<https://safeshare.tv/x/ss5eac57463b62>

How do we do compost or reduce our waste?

Here some ideas to try:

- Start a compost bin;
- Start a worm farm;
- Chooks – backyard chickens are great for the kids and they eat many of your food scraps. What's more, you get eggs!
- Aim to reduce food waste – freeze food, reheat leftovers, reduce serves if food is being wasted;
- Create a list of what's in the freezer, and tick it off as you use it.

Students at Warragul North PS were challenged to try some of the ideas at home and send pictures of what they'd tried.

How do you Compost? It's easy!

The following websites contain videos that show how easy it can be to compost your waste.

- <https://safeshare.tv/x/ss5eaba55b58160>
A student friendly video about composting
- <https://safeshare.tv/x/Z5ozNM-Hb0w>
A video about very easy DIY worm farming. It's so easy,

but just one way of doing it.

- <https://safeshare.tv/x/ss5eabad1a52857>
Building a worm farm from old pallets (for how to fill it, refer to the first student video). Alternatively, you can buy the commercially made compost bins available at hardware stores.
- <https://safeshare.tv/x/HqzXkv-d5Yg>
A video about alternative composting options

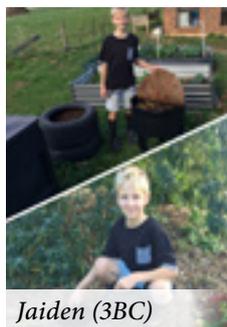
Now that we're at home, it's the perfect time to start!

Happy Composting!

Mr Cox ☺

Environment and Sustainability Co-ordinator

Doing your bit for the planet: If not "you", then "who"?



Jaiden (3BC)



Mr Cox



Patrick (3GA)



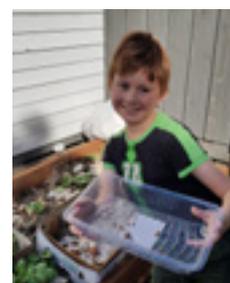
Mrs Coghlan



WNPS Worm Farm



Veggie Garden



Phoenix (3GA)

WNPS Environment and Sustainability News

7/5/2020

Dear Mr Cox,

I wanted to tell you about the things we do in my family to help reduce our impact on the environment.

We have two compost bins at our house, one for kitchen scraps and one we use for grass and weeds. Our scrap bin is also a great home for worms, so which we use to feed our pet turtle Cooper.

We have three pet chickens who give us eggs and when we clean the coop, we put the old mulch into the compost bin.

My mum teaches us so much about food and where it comes from, In her cooking she uses eggs from the chickens and veggies and herbs from our veggie patch, and every year we get fresh homegrown lamb from Nan and Pa.

Mum is good at making lots of different meals from one thing, like when she turned spaghetti bolognaise sauce into loaded nachos, taco bowls and pesto bolognaise pinwheels. She sometimes uses left over veggies and makes them into fritters and has turned left over roast chicken into chicken and corn soup. They are just some of the ways she reduces our family's food waste.

Mum and Dad include my little brother and sister and I in the kitchen and teach us about how important it is to make food from scratch to keep us healthy.

Something else mum is passionate about is redoing old furniture she has done lots of different pieces in our house getting them from op shops or online. She did up a table set for my little cousin Gracie at Christmas and now she is working on a big bed and bedside table for me. Dad and mum made our veggie garden out of my brother's old sandpit dad built, and just made it bigger. They teach me a lot about reuse, reduce, recycle which is good.

I love that as a family we can do our part to help the environment by reducing our waste.

By: Charlotte Prigg 3CO

IMPORTANT MESSAGE TO ALL BUS USERS



Please note that there will be **NO** government school buses operating on **FRIDAY 26TH JUNE, the last day of Term Two** (Warragul Regional College has a pupil free day). The connecting town bus will also not operate on Friday 26th June. Parents need to make alternative transport arrangements for their children to attend school on Friday 26th June.

SCHOOL CANTEEN CLOSED

The school canteen will not re-open during Term Two. Lunch orders will not be available. A decision regarding reopening the canteen next term will be made at the beginning of Term Three.

Pupil of the Week Awards

| GRADE | FRIDAY 1 ST MAY | FRIDAY 8 TH MAY | FRIDAY 15 TH MAY |
|-------|----------------------------|----------------------------|------------------------------------|
| 0BU | Krystal PERSISTENCE | Mason CONFIDENCE | Hunter PERSISTENCE |
| 0HU | Jasper PERSISTENCE | Evelyn CONFIDENCE | Tekoah CONFIDENCE |
| 0ME | Alyssa PERSISTENCE | Mason PERSISTENCE | Adel PERSISTENCE |
| 0MU | Sage RESILIENCE | Harry PERSISTENCE | Harrison CONFIDENCE |
| 1BO | Aidan PERSISTENCE | Billy CONFIDENCE | Aibel CONFIDENCE |
| 1DE | Sam RESILIENCE | Summer CONFIDENCE | Max PERSISTENCE |
| 1HI | Cody PERSISTENCE | Delia PERSISTENCE | Jye PERSISTENCE |
| 1SP | Skye CONFIDENCE | Leona ORGANISATION | James PERSISTENCE |
| 2HE | Skyla ORGANISATION | Tom PERSISTENCE | Shayla CONFIDENCE |
| 2JO | Edison RESILIENCE | Channing PERSISTENCE | Keira PERSISTENCE |
| 2KI | Rachel ORGANISATION | Roly RESILIENCE | Ailish GETTING ALONG |
| 2RA | Nathan CONFIDENCE | Lilah CONFIDENCE | Isiah PERSISTENCE |
| 3BC | Phoenix RESILIENCE | Ava GETTING ALONG | Sam ORGANISATION |
| 3CO | Jessica ORGANISATION | Archie PERSISTENCE | Charlotte RESILIENCE |
| 3GA | Elizabeth CONFIDENCE | Logan GETTING ALONG | Sapphire GETTING ALONG |
| 3/4S | Maddie ORGANISATION | Taigue PERSISTENCE | Deniz CONFIDENCE |
| 4CU | Maisie CONFIDENCE | Lawson ORGANISATION | Sienna CONFIDENCE |
| 4HJ | Ella PERSISTENCE | Evan RESILIENCE | Eve CONFIDENCE |
| 4MA | Maya CONFIDENCE | Henry ORGANISATION | Zoe CONFIDENCE |
| 5JE | Blayn CONFIDENCE | Winter PERSISTENCE | Milena ORGANISATION |
| 5PS | Ryan PERSISTENCE | Lochie ORGANISATION | Issy ORGANISATION |
| 5TH | Cohen PERSISTENCE | Aidyn ORGANISATION | Evie ORGANISATION |
| 5WI | Summer ORGANISATION | Bas PERSISTENCE | Ava North CONFIDENCE |
| 6BA | Sahara ORGANISATION | Claire ORGANISATION | Mitchell Meyer PERSISTENCE |
| 6LE | James ORGANISATION | Josh CONFIDENCE | Leo Robley PERSISTENCE |
| 6PR | Svana ORGANISATION | Mitchell PERSISTENCE | Jaya Germershausen ORGANISATION |
| 6TB | Narelle PERSISTENCE | Jayla ORGANISATION | Railie Jinks CONFIDENCE |



Sebastian (2RA) & Jasper (2HE)



Eve (4HJ)

News from the Art Room

With the return of students to the art room following Covid-19 restrictions, it is important to ensure everyone's safety by noting the following.

Hand Hygiene:

As we will be using shared materials in the art room, all students will be required to wash and sanitise their hands as they arrive and leave the art room. Cleaning of surfaces will be conducted after each class.

Art Smocks:

Previously, students could borrow a smock from the art room if they forgot their own. This will no longer be permitted. To be allowed to participate in Art, students must bring their own art smock to every class. It is recommended that these are taken home and washed regularly.

Kmart have smocks in small sizes for \$5, and Belesa (uniform supplier) offer options in a range of sizes for approximately \$14. Alternatively, an oversized long sleeve shirt with thick fabric will suffice. Students who do not have a smock will not be permitted to participate in the regular art program.

Artist of the Week awards were presented at the virtual assembly on Friday 8th May. It doesn't seem as though learning remotely has stopped the flow of creative juices from the WNPS students. Great job everyone!

Mrs Natasha Glaister and Ms Jo Draisma
Visual Arts Teachers



Brooklynn (2KI)



Blake (4CU)

OUTSIDE SCHOOL HOURS CARE

Foundation, Year One and Year Two students return to on-site school from Tuesday 26th May. If you require before or after school care you must book in via the numbers provided below.

During the current remote learning situation a restricted Outside School Hours Care service has been operating for the families of essential services workers and vulnerable children. Not surprisingly it has been rather quiet at the house as only a few children have been attending. The children have enjoyed cooking, craft, watching movies and having competitions on the wii.

OSHC is available on a permanent or casual basis. Some sessions are fully booked and a waiting list is held for those sessions. Please remember that the Office or OSHC must be notified if your child is not going to attend a session they have been booked in for. That place can then be used for a casual booking.

Phone numbers for bookings and cancellations are:

School Office 5623 4066

OSHC Mobile 0418 662 225

Hours for OSHC are:

Before School Care: 7am. to 8.45am.

NO EARLY DROP OFFS

After School Care: 3.30pm. to 6pm

NO LATE PICK UPS

Judy Eastwell

OSHC Co-ordinator



Community News

COPING WITH COVID 19 IN YOUR FAMILY

Beyond Blue has some great information about how to talk to children about the pandemic. Of course we need to explain the situation without causing too much stress and use language that is age appropriate

How to talk about the Covid 19 pandemic with children and teens

One of the best ways to help children cope with the Covid 19 pandemic is to make sure they and you are getting enough sleep and are keeping in their routines

Find out ways to improve sleep during the pandemic

Washing our hands well and regularly is a really important way to stop the spread of the virus. ABC kids has prepared a fun video aimed at primary school aged children.

Watch this video on how to wash your hands well



Ants on a Log

Ingredients:

- 5 sticks of celery
- ½ cup of peanut butter or cream cheese
- ¼ cup sultanas

Method:

1. Cut celery stalks in 3.
2. Fill the groove with peanut butter or cream cheese.
3. Dot sultanas in a line.
4. Eat them!!



EASY PUMPKIN SOUP

INGREDIENTS

- 2 tbsp olive oil
- 750gm butternut pumpkin
- 2 large potatoes chopped
- 2 chopped brown onions
- 2 finely chopped cloves garlic
- 3 cups chicken or vegetable stock
- Salt and ground black pepper
- Toast to serve

METHOD

Peel and chop pumpkin and potatoes into chunks.

Heat oil in large saucepan over medium heat. Add onion and garlic, cook, stirring often for 5 minutes. Add pumpkin and potato, and cook, for 2 minutes.

Add stock, cover and bring to the boil. Reduce heat to medium-low and cook, stirring occasionally for 25-30 minutes until vegetables are very tender.

Puree until smooth. Season with salt and pepper to taste and ladle into bowls or mugs and serve with toast.

