

# CONGEWAI PUBLIC SCHOOL

## NEWSLETTER

MAY 30 2013



### SUCCESS FOR CONGEWAI!

Congratulations to our student athletes for their excellent performance yesterday at the Small Schools Athletics Carnival. The day got off to a slow start with the drizzle, which forced the postponement of the Infants Carnival (see below). However the rain stopped, and the full program for the Senior Carnival went ahead. I was very proud of the high level of participation of our students, who lived up to the 'have a go' spirit of the day. There were many excellent performances by Congewai students; we will provide full details of the results and Zone qualifications when they come to hand.

At the end of the day the overall trophies were announced. Mulbring PS won the overall points tally, and **CONGEWAI PS** won the Small Schools Handicap trophy (total points divided by number of students). Every student who participated in events on the day contributed to our win!

A special thankyou to our wonderful school parents and grandparents who helped out on the day. Thankyou also to Ms Dunstan and Miss Naysmith for your help throughout the day.

**Mr Howe**

#### Upcoming Events

- **May 31st**— Infants Sports Carnival at
- **May 31**— Edalive orders due
- **June 4th**—Kes in for printmaking
- **June 12th**—P&C Meeting



### INFANTS CARNIVAL

The infants carnival has been rescheduled for this **FRIDAY, MAY 31st** at Paxton PS.. All of our students will attend, with our K-2 students competing and our 3-6 students joining the senior class. Mr Howe will be away at a Principal's Meeting, but Mrs Newton and Miss Naysmith will be supervising on the day.

Students can be dropped off at Paxton between 8.30 and 9.00. with events starting around 10.00. The Paxton canteen will be open for recess and lunch - a canteen menu will be sent home for those wishing to buy food.

Students will return to Congewai after lunch for pickup by parents at 3.00pm. Parents are very welcome to attend the day!

## VEGETABLE GARDENS AND VEGETABLE SOUP!

Things are happening in the vegetable garden! The snow peas planted by the students a few weeks ago are sprouting in the greenhouse. The rocket and the pak choy are flourishing, as are the herbs. Today students planted cabbage seeds and dwarf bean seeds which they will use in science experiments to observe how light, soil and water affect the health of a plant. Vanessa has set up a jar in the kitchen with bean and cabbage seeds, where students will be able to observe the germination process. Parents, come in for a look, and check out the garden journal at the same time.

In the kitchen children prepared Roast Vegetable Soup with Garlic and Herb Croutons (herbs from the garden of course!). Thanks Bronwyn for coordinating this—the students and staff loved the soup. See the recipe below.

In the classroom students talked about the food groups and have commenced a food diary, to record what they eat on a daily basis and see where the food fits on the 'food pyramid'.

**THANKYOU** to the families who have been bringing in compost materials. Donations of these materials, or wooden boxes for bee hives, or compost itself, are very welcome.



### ROAST VEGETABLE SOUP WITH GARLIC AND HERB CROUTONS

**Ingredients:** 1/4 pumpkin cubed, 1 sweet potato cubed, 6 potatoes cubed, 5 large carrots cubed, 2 sticks of celery sliced, 1 parsnip cubed, 1 turnip cubed, 1 onion diced, a handful of green beans, 1 zucchini chopped.

**Method:** Roast pumpkin, sweet potato, parsnip, turnip, carrots and potato. Fry onion with a tablespoon of butter, add celery, and then zucchini and beans.

Combine all vegies in a pot and cover with water. Bring to the boil, then simmer. Add two vegie stock cubes, a pinch of curry powder, salt and pepper to taste.