

## PRINCIPAL'S MESSAGE

### School Concert!

What a fantastic school concert we had last night. I was so thrilled to see so many families come along to our themed production titled, "Finding our magic in Disney kingdoms". So many families commented about the evening and how much they enjoyed all the performances. The production was produced and managed under the artistic direction of our hardworking dance teacher, Mr. Michael Trikilis. The students just loved working with Mr. Trikilis and he is looking forward to more projects such as this one at our school. So watch this space. Well done to all our fantastic students who shone on the night through dance, singing, and playing musical instruments. All of the students I spoke to commented on how much they enjoyed learning the dance sequences and how much fun it was doing the practice sessions leading up to their performance on the night. A big thank you also to our staff who supported Mr. Trikilis' dance sessions with extra practice sessions and getting them ready with costumes for the big night. Thank you also to our amazing School Council members who also did a fantastic job with the sale of food for the night and also, Mr. Steve, Mr. David, Mr. Grosser, Ms. Melbourne, and Ms. Sumendra who always do a fantastic job setting up and packing away all our furniture and props for events such as this. And so to the many parents and carers who stayed back to help with the packing up after the event. Together we achieve!



### Saying Goodbye!

Ms. Cooke, our Kitchen, and Garden teacher is leaving us this term. Ms. Cooke has successfully won a new position in the Department. I would like to acknowledge the fantastic work Ms. Cooke has done at our school, including winning two funding applications to expand the work of the Kitchen and Garden program. Ms. Cooke has done an amazing job with our students and we wish her all the best in her new position. Ms. Prajita will be taking over this position and is very excited about her new role at our school.

### School Holidays

It has been an extremely busy term and I know our students are looking forward to a well-earned rest during the school holidays. We wish all families a happy and restful school holiday break and we look forward to returning on Monday 11 October for another productive term!

Yours in Education

Maria Albion



DRY SEASON CONCERT



DRY SEASON CONCERT



## COOKING & GARDENING

Hello everyone. I hope you are all finding ways to stay cool as we transition from Gurrulwa guligi (big wind time) into Dalirrang (the build up). I have been busy spending some grants we won in term 2 this year. First working with some native plant experts on where, what and when to plant native edible and season indicator plants in our preschool space. Exciting things happening there so watch this space. Secondly, we have made a number of frog hotels for the frogs in our gardens to hide and shelter. Students have really enjoyed researching what was needed, and then putting the hotels together, and they look great dotted around our garden. Making these hotels were so easy, and pretty cheap, so it might be something you would like to try at home with your children over the holidays if you get the chance.

In the kitchen Grade 5/6 made students made an amazing Sri Lankan jackfruit curry and ate it with Indian flatbreads. Almost all students said they enjoyed the curry, and everyone was fascinated by the cooking process of young jackfruit (which we have grown ourselves of course). We were all so proud to learn that we had used 6 different ingredients from our garden to create this dish. Possibly a new record for 2021. Grade 3/4s made a delicious and healthy Karama roast veggie salad, made with lots of fresh ingredients from our garden, we really enjoyed sharing this tasty and healthy dish together. Early childhood students made some yummy Indian flat breads and tried them with pumpkin hummus, which was a huge success with lots of thumbs up from our students. I have added the recipe for the flat breads and the hummus for you to try at home if you like.

Lastly, I would say what a privilege it has been to be the kitchen and garden teacher at Karama Primary school this year. The students, staff and parents have all been so amazing, and I am sure the program will continue to go from strength to strength with continued support. It is a special thing for the children to have access to education about such important life skills.

### Pumpkin Hummus

- Cup to half a cup of roasted pumpkin
- 2 tsp ground cumin
- 2 tins of chickpeas drained and rinsed
- ½ tsp of salt
- ¼ cup of olive oil plus extra for drizzling
- 1 or 2 cloves of garlic depending on taste
- Juice of one lemon (or more if you like it more tangy)

Add everything to a food processor or blender and blitz for 30 secs or until nice and smooth. You may need to add a little extra water or liquid to get the right consistency. Taste and check for seasoning. Enjoy!

### Indian Flat Bread dough

- 2 tsp salt
- 2 cups of lukewarm water
- 5 tbsp of olive oil
- 1kg plain flour and a little extra for dusting

Pour water into small bowl. Add salt and dissolve. Add olive oil and mix. Put flour into large bowl then liquid from small bowl. Mix well. Sprinkle some flour lightly on clean bench and knead dough for at least 8 mins. Wrap in plastic until needed. When ready to cook break into small balls and roll flat, fry on dry or lightly oil pan until golden brown on each side. Enjoy!



Making the flatbreads



Naz and Kacen proud of their table setting skills, ready to serve our yummy Karama Salad



Making one of our frog hotels. We think they look great!