



Laggan Public School

Term 1 2023 newsletter - Laggan Public School

Another bumper edition with lots of photos and information to read.

Please make a note of the calendar dates in your diary.

We acknowledge the Traditional Owners of the land where we work and live, the people of the Gundungurra Nation, and pay our respects to Elders past and present. We Celebrate the stories, culture and traditions of Aboriginal and Torres Strait Islander Elders of all communities who also work and live on this land.

FOR YOUR CALENDAR



Important dates for your diary

Wednesday 22nd March - Shared Learning day at Bigga Public School

Saturday 25th March - Election Day Fundraiser and Open School at Laggan School

Thursday 6th April - Last day of term 1

Friday 7th April - Good Friday

Term 2

Monday 24th April - Staff return to School

Tuesday 25th April - Anzac Day March

Wednesday 25th April - Students return to School

Friday 28th April - Cross Country Carnival at Taralga (all schools)

Wednesday 3rd May - Small Schools Athletics Carnival at Todkil Park

FROM THE PRINCIPAL'S DESK



1 - Principal, Paul Martin

I would like to welcome back all our returning students and families to another busy year ahead. The school has had work done in both classrooms, library and the kitchen. The painting and new floor

coverings has transformed these rooms, making them bright and inviting environment for our students and staff to work in.

I would like welcome our three new kindergarten students, Violet, Braydon, Dakota and our new family Evie in Year 1 and Heathcliff in Year 3. They have all settled into their class routines and have made friends with their peers at school.

This year our major communication method will be through Sentral Parent Portal for our school. You will be able to receive and sign excursion notes, explain absences and message the school. I encourage ALL parents/carers to ensure they have the Sentral app downloaded to their phone to ensure you are receiving information from the school / class teacher. Remember if you need a new (or additional) Access Key to please call the school.

The start to the term has been busy with shared learning days, a swimming carnival, entries in the Crookwell Show, music and athletics lessons and this Saturday the school will be hosting an open day and fundraiser for the Election Day 25th March.

Be sure to support the school on the day and call in to vote at the school.

Heading into the last two weeks of the term we will also be busy with music lessons, Easter celebrations and an Easter Hat Parade.

Paul Martin

Swimming Carnival

The Laggan Public School has recently competed at the Combined Schools Swimming Carnival in Goulburn with all five students receiving awards during the day.



2 - Zackery, Toby and Heathcliff with swimming awards



3 - Katyanna and Lilly with swimming awards

Crookwell Show Success



ANNUAL SHOW



CROOKWELL
Agricultural, Pastoral and
Horticultural Society
ANNUAL SHOW



MOST SUCCESSFUL EXHIBITOR

Awarded to... Laggan Public School

For... Vegetables & Eggs
(Open Section)

Section... Class... Open

No. ...

ociety

Our School entered the Crookwell Show during February and won a swag of awards across the art, floral, craft, cooking and produce sections. We are very proud of the time and workmanship that went into the preparation for the show entries and chuffed with our results. Next year will be bigger and better!! Please take some time to look through some of the photos from the show achievements.



4 - Very proud of our achievements and awards at the Crookwell Show. Please flick through the stack of photos to see some of the entries.







































Making Fruit Crumbles

We have had excess freshly grown fruit on our trees in the veg patch.

This year it was nectarines and plums we harvested.

The nectarines have been made into fruit crumbles and preserved into jam whilst the plums have been frozen for use later on. We also made some fresh plum jam from some early plums picked.

Farmer Bron has been busy in the patch replanting winter veg and herbs plus re-mulching walkways and preparing other beds ready to plant.

The students have harvested corn, tomatoes, zucchini, peas and beans, potatoes and spinach during our summer months and have frozen tomatoes ready to cook with pasta.

Planted again are peas, beetroot, spinach, some late corn, coriander, shallots, dill, carrots, broccoli, cabbages and leeks. These have also been netted to keep the pesky cabbage moth away.



5 - Maluaki watches on as Piper rubs the butter into the crumble mix used to top the fresh fruit picked earlier from our orchard trees.



6 - Evie and Heath working together to rub butter into the crumble mixture before topping our freshly picked nectarines for a yummy crumble.



7 - The stewed nectarines ready for the crumble topping.

Community Announcements

2 DAY COURSES

MAY & JUN 2023

- FARM FENCING
- TRACTOR OPERATIONS
- QUADS & SIDE BY SIDES
- CHEMICAL APPLICATIONS AQF3
- CHAINSAWS
- LIVESTOCK DRAFTING
- LIVESTOCK HEALTH AND MEDICATION

REGISTER INTEREST FOR MORE DETAILS CONTACT Jo Marshall @
info@australianagriculturalcentre.com or call 0408 976 070

Australian Agricultural Centre 3365 Goulburn Rd Crookwell NSW

Eligibility Criteria:

- Working in the Agricultural industry. This includes cropping, viticulture, horticulture, livestock and fodder production.
- 15 years old or over
- no longer at school
- live or work in NSW
- an Australian citizen, Australian permanent resident, humanitarian visa holder or New Zealand citizen.



Ideas For Your Lunchbox



If you are running short on ideas for your children's lunchboxes have a look at the links below for some more inspiring ideas from the Cancer Council. Simple swaps and a couple of new recipes will set you on your way again with some more fresh ideas.

<https://bit.ly/3Z0XOde>

<https://bit.ly/3LCOqcs>

Nutrition Snippet

SAN CHOY BOW



Ingredients (serves 4)

1 tbsp canola oil
1 clove garlic, crushed
1 cm ginger, crushed
½ carrot, finely grated
1 zucchini, finely grated
½ red capsicum, finely sliced
½ cup frozen corn kernels
400g pork mince
1 tin lentils, drained
2 tbsp oyster sauce*
½ lemon, juiced
2 spring onions, finely chopped
16 cos lettuce leaves

Method

Heat the oil in a large frypan or wok over medium-high heat until hot. Add the garlic and ginger and cook for 1 minute. Add the carrot, zucchini, capsicum and corn and stir fry for 1-2 minutes until soft. Remove from the pan.

Add the mince and cook until brown, breaking up the mince with a wooden spoon. Add the lentils and vegetables back to the pan and stir through.

Reduce heat to low, add the spring onions, oyster sauce and lemon juice and stir to combine.

Serve spooned into lettuce leaf cups.

For this recipe and more visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

8 - San Choy Bow recipe

Sandwich filling ideas



Falafel, hummus and tomato wrap



Tuna, cucumber and mayonnaise roll



Vegemite sandwich on wholemeal bread



Hummus on wholemeal Lebanese bread



Rissolo, lettuce and tomato sauce roll



Cheese sandwich on wholemeal bread

9 - Try these sandwich filling ideas



Avocado, chicken, grated cheese, lettuce, carrot, capsicum and spring onion wrap



Tuna Roll



Mediterranean veggie pita



Turkey, apple and avocado crepe



Bread sushi



Cheese and tomato sandwich

At Laggan Public School we really emphasise fresh food for our breaks through the day.

If parents are struggling with ideas and inspiration, follow this link for some great ideas on what to pack your children for their busy school day.

Try to avoid processed foods like potato chips and swap these for popcorn or a piece of fruit.

https://healthylunchbox.com.au/wp-content/uploads/Snack_Solutions.pdf

CONTACT US

The staff at Laggan Public School are dedicated to the students and the broader school community.

The school is a part of the small schools model, along with Taralga, Binda and Bigga Public Schools.

Laggan Public School

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Visit us on the web at <https://laggan-p.schools.nsw.gov.au/.com>

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