



METUNG PRIMARY SCHOOL

... the village school

Term 4

Weeks 3-4

Friday 28th October 2022

"It takes a village to educate a child"

90 Stirling Road,
METUNG 3904
Phone: 5156 2259

metung.ps@education.vic.gov.au
www.metungps.vic.edu.au
School no.3050

Principal
Julie Butt-Henley

Metung Primary School acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.  

REMINDERS

LUNCH ORDERS—No lunch orders from Metung Bakery until further notice

METUNG P.S. PLAY GROUP—Each Friday 9-11am

ASSEMBLY—Each Friday from 3.00pm

ICY POLES—Each Wednesday

DURING TERM 4 IT IS COMPULSORY FOR STUDENTS TO WEAR A HAT

DATES TO REMEMBER

SWIMMING LESSONS

(please note changes to original dates posted in our last newsletter)

Monday Nov 7th, Tuesday Nov 8th,

Monday Nov 14th, Thursday Nov 17th, Friday Nov 18th

All are double lessons and will run from 12.30pm-1.15pm & 1.30pm-2.15pm

REMEMBRANCE DAY—Friday November 11th

METUNG FUN RUN—Sunday November 13th

ANNUAL MUSIC CONCERT—Wednesday November 30th

GRADE 6 GRADUATION & FAMILY BBQ—Wednesday December 14th

UPCOMING PUPIL-FREE DAYS

Monday 31st October

Friday 25th November

PREP TRANSITION DAYS

Tuesday 15th November

Tuesday 6th December

**OUR FULL NEWSLETTER IS EMAILED TO FAMILIES EACH FORTNIGHT.
PLEASE ENJOY ALL THE INFORMATION IT CONTAINS.**

FROM THE PRINCIPAL

Dear Metung PS families,

We have enjoyed another fantastic, but (rather wet) fortnight here at school. In line with so much water falling, our students were thrilled to be visited by East Gippsland Water last week as part of National Water Week. All of students took part in the 2022 Poster Competition and we were thrilled to discover that Grace Hutchins, Kaiabelle Hare and Piper Crawley had received prizes and recognition for their entries. Kris Gaffney came to make a formal presentation to our school on behalf of East Gippsland Water.

The competition was open to all primary school students in the East Gippsland region. This year's poster theme was 'Our water stories' and it was a fantastic opportunity for our students to demonstrate their knowledge of local water issues uniquely. The winning entries can be viewed online.



Today the senior students have taken the initiative and are making 'toasties' for all the students for lunch today. This is due to the Metung Bakery being temporarily unable to provide lunch orders for our students. We are currently looking for an alternative for the students for next Friday. New lunch order details will be sent home when these details have been confirmed.

In music our students are working with Ms Keane towards performing at our evening Annual Music Concert to be held on November 30. Please save this date on your calendar, it's going to be a great night!!

We are looking for volunteers to assist Peta Smith with preparing items for the Grade 6 graduation in December, please contact Peta Smith in person or Ingrid at our front office to register your interest. Assistance large and small would be greatly appreciated.

I would like to thank Andrew Quintmere, our talented chef who has been a volunteer in the Stephanie Alexander Kitchen Garden program all year at Metung Primary School. Andrew has worked alongside our children cooking tasty treats. Andrew is leaving us due to work commitments and we are therefore looking for a volunteer to assist us in the kitchen on Thursday mornings. If you enjoy cooking and would like to be part of our fantastic program, please pop in and have a chat with myself or Lisa.



Our whole school swimming program begins on November 7th at Lakes Entrance Aquadome; we are looking forward to watching the students further their swimming and water safety skills in this important area. Wishing Piper Crawley a fantastic experience as she competes in the State Athletics in shotput next week, Metung Primary School is very proud of her sporting achievements.

Our next school council meeting is Wednesday November 2. We have recently undergone the School Review process and new targets have been set for the next four years. It promises to continue to be an exciting time of growth for our school.

To conclude, I wish you all a safe and happy family time together as you head into the long weekend.

Julie

JUNIOR GRADES—MRS. BENNETT

Wow! What a fantastic time we had on the first school camp for our class!

Everyone was very excited upon our arrival at the camp and we were so fortunate to have very dedicated Camp Coolamatong leaders delivering such a great program.

We commenced the first day with a tribal challenge (the favourite activity of many of our happy campers!). The children had their faces painted to represent their chosen tribe before constructing walls using branches from the bush. They then threw water balloons at the opposing team with much fun and laughter.

Our second activity of the day involved spending time on the farm getting to know the animals. We loved holding chickens, collecting eggs and patting lots of different farm animals. A highlight was seeing the big cow, Boss!

Our final activity for the first day was a ropes course which provided the opportunity for our more adventurous students to climb an outdoor rock wall with a harness. Some students chose a horizontal climbing wall to practice their skills which was also challenging.

After dinner we set off on a night hike with our torches to the beach. Our camp leader shared his local knowledge of the area which was very informative. We then returned to camp for supper and played board games before heading off to our cabins for bed. Lots of tired but happy campers!

On Friday morning the children enjoyed some free time activities including unicycle riding, table tennis, billiards, basketball and table football. We then spent a session exploring our camp theme of 'Kindness'. Everyone worked together to complete a chalk collage of the letters of 'Kindness' on the footpath. A cooperative and team building activity.

We all enjoyed a walk through the bush for our bush cooking session. The children worked hard to build their own campfires and made a great morning tea of pancakes, popcorn (in jaffle irons) and damper on sticks.

Our final activity to conclude the camp was geocaching. We worked in small groups using GPS trackers to discover six clues which led us to a special reward of lollies located in boxes with codes to solve. A challenging activity which we enjoyed.

The children are to be congratulated on their excellent behaviour throughout the camp. It was wonderful to have the opportunity to spend the two days with them. They were a pleasure to take away.

A huge thank you to Leonie Kugelmann and Peter Robertson for all their hard work on the camp. I am so appreciative of their commitment in ensuring that the children had the best time ever!!

Camp
Coolamatong



CLASSROOM NEWS

Camp
Coolamatong



Tribal challenge



CLASSROOM NEWS

Camp
Coolamatong



Farming



CLASSROOM NEWS

Camp
Coolamatong



Rock climbing

CLASSROOM NEWS

Camp
Coolamatong



Bush cooking

CLASSROOM NEWS

MARC LIBRARY
with Mr. Robertson



ROASTED BEETROOT, FETA AND SILVERBEET TART

Recipe taken from: donnahay.com.au

Servings: 6 or aprox 24 samples

Cook: 30 mins

Ingredients

600g mixed heirloom beetroots, trimmed

¼ cup (60mls) apple cider vinegar

1 tbs honey

Sea salt and cracked black pepper

180g shredded silverbeet

200g feta, crumbled

¼ cup (25g) walnuts, finely chopped

1 tbs chopped fresh dill or ½ tbs dried

Wholemeal hot water pastry

100g unsalted butter, chopped

1/3 cup (80mls) water

1 ½ cups (210g) wholemeal flour

½ tsp sea salt flakes

1 tsp caraway seeds, chopped



Method

- Step 1 Preheat oven to 200°C. Place the beetroots on a large piece of aluminium foil. Add the vinegar, honey, salt and pepper and wrap to enclose. Place on an oven tray and cook for 40 minutes or until tender. Set aside to cool slightly. Halve the beetroots and toss in the cooking liquid. Set aside.
- Step 2 To make the wholemeal hot water pastry, place the butter and water in a medium saucepan over high heat and bring to the boil. Remove from the heat, add the flour, salt and caraway seeds, and mix well to combine. Turn out the dough onto a clean surface and knead until smooth. Roll out on a large sheet of non-stick baking paper to a 30cm round. Place on an oven tray.
- Step 3 Place the silverbeet and feta in a small bowl and mix to combine. Arrange the silverbeet mixture over the pastry, leaving a 5cm border. Top with the beetroot and walnut, and fold over the edges of the pastry, pressing lightly to seal.
- Step 4 Cook for 30 minutes or until the pastry is cooked. Sprinkle with dill to serve.

BROAD BEAN & AVOCADO DIP

Recipe taken from: taste.com website

Prep: 20 mins

Cook: 5 mins

Serves: 8

Ingredients

- 1 cup fresh (150g) or frozen broad beans
- 2 small Hass or Shepard avocados,
stoned, peeled & coarsely chopped
- 1 tbs lemon juice
- 1 spring onion, thinly sliced



Method

Step 1

Cook the broad beans in a medium saucepan of boiling water for 2 mins or until heated through. Refresh under cold water. Drain. Peel broad beans and place in a large bowl.

Step 2

Place the avocado, lemon juice, three quarters of the broad beans and half the spring onion in a food processor. Pulse until the mixture is just smooth. Season.

Step 3

Spoon the avocado mixture onto a serving platter. Sprinkle the dip with the remaining broad beans and remaining spring onion and serve with crusty bread or naan bread.

CREAMY SILVERBEET SOUP

Recipe taken from: taste.com.au website

Servings: 4 or aprox 12 samples

Prep: 20m

Cook: 35mins

Ingredients

- 1 bunch silverbeet, centre removed & shredded
- 1 tbsp olive oil
- 1 large brown onion, roughly chopped
- 2 (400 g) lady christl potatoes, peeled & chopped
- 2 cloves garlic, crushed
- 1 tbs white wine vinegar
- 2 Massel vegetable stock cubes
- 1 litre boiling water
- 1 cup pure cream



Method

- Step 1** Remove and discard the stems from the silverbeet. Shred leaves. Heat oil in a saucepan over medium-high heat. Add onion, potato and garlic. Cook, stirring occasionally, for 5 minutes or until onion has softened. Add wine or replacement liquid. Simmer for 2 minutes or until reduced by half.
- Step 2** Place boiling water in a heatproof jug. Crumble stock cubes into jug. Stir to combine. Add to onion mixture. Cover. Bring to the boil. Reduce heat to low. Simmer for 8 – 10 minutes or until potato is tender. Add silverbeet leaves. Cook for 2 minutes or until just wilted. Set aside for 2 minutes to cool slightly.
- Step 3** Blend in batches until smooth. Return to pan over low heat. Season with pepper. Stir in cream. Cook for 2 minutes or until heated through. Serve with bread, or in our case, roasted beetroot, feta and silverbeet tart.

Beetroot Dip

Recipe taken from: taste website

Prep: 10 mins

Servings: 8

Ingredients

1 x 450g can baby beetroot, drained

250g (1cup) natural Greek yoghurt

1tbs lemon juice

1 tsp ground cumin

1tsp ground coriander

Salt and ground black pepper to taste



Method

Step 1

Combine all ingredients in a food processor and process until smooth and creamy. Serve with flat bread.

PREP ORIENTATION & INFORMATION DAYS 2022



Metung Primary School Preps 2023 Transition Program

We are looking forward to welcoming you to our
Prep Orientation and Information Days 2022

Please bring:

- Fruit
- Play lunch (named)
- Drink bottle (named)
- Hat (named)
- Your brightest smile



| | |
|--|-----------------|
| SWAN REACH & DISTRICT PRE-SCHOOL VISITING DAYS – all welcome | |
| Monday July 18 2022 All Kindergarten attending by bus | 9.30 – 11.30 am |
| Wednesday August 10, 2022 Come along with your parent/carer | 9.30 – 11.30 am |
| Book Parade – Book Week August 26, 2022 'Dreaming with eyes open' Come dressed as your favourite book character Come along with your parent/carer | 9.30 – 11.30 am |

| | |
|---|---|
| TRANSITION TUESDAYS 2022 – all welcome | Join Mrs. Bennett in the Junior classroom |
| August 30 | 9.00 – 11.30 am |
| September 13 | 9.00 – 11.30 am |
| October 4 | 9.00 – 11.30 am |
| October 25 – please bring a packed lunch | 9.00 – 2.00 pm |
| November 15 – please bring a packed lunch | 9.00 – 2.00 pm |
| December 6 – please bring a packed lunch | 9.00 – 2.00 pm |

'It takes a village to raise a child'



03-5156 2259

metung.ps@education.vic.gov.au

HOME READING

AT-HOME READING

Metung Primary School values the importance of reading and encourages students to read at home each night.

Each time students reach a series of 25 nights reading, they will receive a special award.

The more they read, the more awards they receive!

This has proven to be a very popular incentive for the children, with many records broken last year.

Watch this space.....HAPPY READING EVERYONE!

CONGRATULATIONS TO THIS WEEK'S WINNERS:

| | | | | | |
|--------------------------------|------------------------------|-------------------|-------------------|---------------------------|-------------------|
| 25 Nights | 50 Nights | 75 Nights | 100 Nights | 125 Nights Zack | 150 Nights |
| 175 Nights Kaiabelle | 200 Nights Talitha | 225 Nights | 250 Nights | 275 Nights | 300 Nights |

SCHOOL NEWS



Happy birthday! Happy birthday!

Happy birthday! Happy birthday!

NOVEMBER

*No children at our school
were born in the month
of November.*

Happy birthday! Happy birthday!

ASSEMBLY AWARDS

STUDENT ACHIEVEMENT

To **Emily** for capably solving addition and subtraction equations to 99. Well done!

To **Eddy** for showing pleasing improving in his handwriting skills (including correct letter formations).

To **Talitha** for reading and spelling the most common 500 words.

SCHOOL NOTICES

SCHOOL UNIFORM



We have plenty of school uniform items in our preloved boxes at the school. There are a variety of sizes to choose from, so please feel free to take or swap any items your child may need.



BEFORE & AFTER SCHOOL CARE

Before School Care is available from 7.45am-8.45am every day.

After School Care is available from 3.20pm-4.20pm every day.

Each session costs \$5 per child – a cost which is heavily subsidised by the school, and is significantly less than other local services.

Please let us know in advance if your child will be attending.

PLAY GROUP

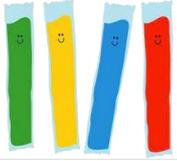
Play Group @ Metung Primary is held each Friday of the school term, between 9.00am and 11.00am for children aged 0-5 years.



Our program is designed to familiarise children, and parents & carers, with the school environment, staff and routine for an easier transition into primary school.

PLAY, LEARN & HAVE FUN

SCHOOL NOTICES



ICY POLES

Icy Poles on sale at school each **WEDNESDAY**.
50 cents each

SCHOOL LUNCH ORDERS

Lunch Orders are available on Fridays.



Please place your order directly with the **Metung Bakery & Café** in person or online, by 10am Friday.

COMMUNITY NOTICES



JPSD
JAN PIANTA SCHOOL OF DANCE

Enrolments for 2023
now open

To discuss the best classes for your child call or email us:
0437853570



Classical Ballet
Jazz
Tap
Hip Hop
Contemporary
National
and more....

www.janpantaschoolofdance.com.au
danse1@exemail.com.au
Facebook / Instagram



METUNG LANDCARE
COMMUNITY MEETING



A new landcare/coastcare group is on the cusp of life in Metung and they're excited to hear from interested locals.

Friday November 4th, 2022 From 5.30pm
St John's Church Hall, Stirling Rd Metung
metunglandcare@gmail.com
Refreshments provided