

# Thursday Notice

Jiggi Public School  
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Relieving Principal - Ms Laura Crompvoets

Term 3 – Week 9

Learning for Life

Thursday, 19 September 2019



## Students of the Week



Vali – for working well to write his story



Lilly-Eva – being a responsible and respectful student.

## Happy Birthday

Happy Birthday wishes to Lucinda and Darcy who are celebrating their birthday this week.



## Week 9 Term 3 2019

Friday 20<sup>th</sup> September

Big Scrub Public Speaking 9.30am

Tuckshop

BBQ lunch with visiting schools

## Week 10 Term 3 2019

Tuesday 24<sup>th</sup> Sept

Cricket Day 3-6  
Balzer Pk Dunoon

Friday 27<sup>th</sup> Sept

Tuckshop

Dear Parents and Carers,

Our 2020 Kindergarten students had a tremendous day at 'big school' yesterday as part of our Westpac Helicopter Rescue day. We all participated in fun filled activities that challenged our thinking and group work skills.

Last Thursday Jiggi PS went to The Channon Oval and had a great time joining in the TEAMS day. It was fantastic to see students demonstrating our PBL values of respectful, responsible, caring, achievers. This year there was a soccer skills clinic, which was a huge success.

## Public Speaking

Tomorrow we will be hosting The Big Scrub Public Speaking Finals. If you are available to help out on the canteen please let Angela know.

## Cricket NSW skills day at Dunoon Oval

Due to reasons out of our control, the new date for the cricket skills day is Tuesday September 24<sup>th</sup> and will include all students from K-6. We will be leaving the school promptly at 8:45am. Please

ensure students have their drink bottles, hats, sunscreen and lunch/recess. There will be a canteen available on the day as well. Students will return by 3pm. Please return your permission note and \$5 as soon as possible.

### Fruit and Veg Month

As fruit and veg month is coming to a close, we will be having a dress up day on the last day of school, Friday September 27<sup>th</sup>. We ask students to be creative and dress up as a fruit and veg superhero.



## Fruit smoothies

**Makes 6 cups; berry, mango, banana, dairy free, kiwi fruit and veggie**

### Ingredients:

- 2 cups of fruit (fresh, frozen, tinned) e.g. soft bananas, mixed berries, mango
- 2 cups reduced fat milk
- 1 cup reduced fat plain yoghurt

### Method:

- 1 Place all ingredients in blender.
- 2 Whizz until all ingredients are combined.
- 3 Divide into cups and pop into the fridge until ready to serve.

### Variations:

**Berry smoothie:** 2 cups of mixed fresh or frozen berries.

**Mango smoothie:** 2 cups of fresh or frozen mango.

**Banana smoothie:** 2 cups of soft, sliced banana (bananas can be peeled, chopped and frozen in zip lock bags ahead of time).

**Dairy free smoothie:** substitute milk and yoghurt for 2 cups of soy milk and 1 cup of soy yoghurt or silken tofu.

**Kiwi fruit smoothie:** 5 peeled and diced kiwi fruit.

**Veggie smoothie:** substitute one cup of the fruit for a vegetable, e.g. 1 cup of banana and 1 cup of baby spinach.

### Tips:

Frozen fruit creates thicker smoothies. This recipe can be multiplied for larger batches.

Add flavour boosters such as a one level tablespoon of honey, malt powder, cocoa powder or a sprinkle of cinnamon or nutmeg.

Add fibre boosters such as one Weetbix, a tablespoon of oat or wheat bran, or a tablespoon of chia seeds.

Laura Crompvoets  
Relieving Principal

### Rescue Helicopter Day

A big 'thankyou' to all the children, they looked wonderful in their bright red, yellow and orange clothing and we raised just on \$60 for the cause. Well done! I think they all enjoyed the construction, modelling and craft activities and the pumpkin scones must have tasted OK too!

**Diamonds** – In maths this week we have been dividing shapes and fractions – halves, quarters, thirds and eighths, and cutting paper shapes to show the different ways the fractions can be made. In Art we made pinch-pots out of clay last week and painted them this week. We have some talented artists in our midst!

**Science** – Diamonds are investigating the type of soils in our playground and will watch how the particles in each sample settle in water.

The Opals have been given a task to research a mineral resource and develop a Flow Chart which shows and explains its process from raw material to a finished product. They will be given time in class next week to research and gather their information. They will present their findings in week 1 next term.

**Woolworths Seeds** – If anyone has any of the little seed containers from Woolworths that they don't want for their own gardens then we would be happy to have them to plant at school – thanks.

Mrs Close



### Tuckshop

Rostered for **Friday 23<sup>rd</sup> Sept 2019**

**Big Scrub Semi Final – BBQ lunch with visiting schools**





