

19 Carson Street East Victoria Park WA 6101 Ph: 9361 7500 Fax: 9361 6363

Email: carsonst@iinet.net.au Home Page: www.carsonst.wa.edu.au

September 2008

Room 5 went on the school bus and then took the train to Fremantle as part of this term's topic - Transport. Room 5 had their morning tea in the grounds of the train station. We walked from the train station to the fish and chip shop, where there was a big aquarium with baby shark, sting ray, and other tropical fish.

The children had an enjoyable trip!



The Early Intervention class has been busy in term 3 learning about farm, pet and zoo animals.

To consolidate our learning on zoo animals we visited the Perth Zoo on 11th Sept and had a fantastic time!

The highlight of the day was when we visited the monkeys and one came to say hello to our children and was touching and following the children's hands through the glass. It was very entertaining!



THANK YOU

Congratulations to the winners of the P&C's Father's Day Raffle: Ben Brewer, Jackie Wilson, Carol Palmer
The P&C raised \$141.00 from this raffle. Thank you to everyone that assisted and participated in this year's quiz night - again a huge success with over \$11000 raised!

Special thanks to Liz Green and Jessica & Cherie from Metier for their fabulous efforts.

From the Principal's Desk

Welcome to almost the end of a very busy school term both in terms of extra curricular activities for our students of which photos and brief articles appear throughout the newsletter, and new staff appointments. We are particularly sad to have lost the services of our long standing head Cleaner Mr Mark Travers. Fortunately Mark has only taken 12 months leave without pay and we are confident he will see the error of his ways and return to us at the end of this period. Mark is remembered for his sense of humour and his willingness to go that extra step to make sure the cleaning of the school was kept to the highest standards. In addition we are currently working though a number of job applications for permanent Education Assistant positions to start next term. We wish the best of luck to all the applicants.

Standards and Review Visit

Last Tuesday David Price, Director, Schools from Canning District visited our school to discuss how we were progressing. A report on the outcomes and his comments for further improvement is expected in due course. The visit was an opportunity to draw his attention to ways we could progress Conductive Education and meet the needs of the mounting waitlist. We are currently advertising for an additional 2 teacher-conductors in the hope of attracting suitable applicants to sunny Western Australia.

My Cause

The school has joined forces with this online fundraising program. It can be accessed from the home page of our website. That is <http://www.carsonst.wa.edu.au/> Anybody interested in donating or raising funds for the school through participation in a sporting event can do so using this method. We are pleased to announce that we already have our first fundraiser James Lumsden and you can follow his efforts by visiting the site.

Mycause.com.au is an online fundraising website where individuals design and implement their own group fundraising campaigns for any number of causes. This is a phenomenon known as **viral fundraising**, or grassroots fundraising, where - *An individual or group creates an on-line page and sets a fundraising goal on behalf of a non-profit organization or project. The initiator (fundraiser) then emails friends and family requesting financial support for the cause. The friends respond to the personal message and click to donate, being receipted immediately. The donations then are forwarded to the recipient.*

REMINDER

- ◆ School finishes on Friday 26th September.
- ◆ Staff return on Monday 13th October.
- ◆ Students return on **Tuesday 14th October.**
- ◆ The Term 4 Professional Development Day on Monday 13th October will see all school staff involved in a session designed to increase communication competencies and a session on team building strategies. Staff will also be involved in team meetings and forward planning

Happy Birthday to you...

Solomon	CE	1st August
Mirza	Belmay	6th August
Tallen	EI	6th August
Tony	Rm 9	9th August
Courtney	Rm 7	9th August

CompleanÔs Feliz ...

David	EI	9th Sept
Stephanie	Rm 2	20th Sept
Callum	EI	1st October
Anastasia	Rm 9	6th October
Ailyah	CE	26th October
Brayden	Rm 7	31st October



All Donations \$2.00 and over made to **Carson Street School Gift Fund** are tax deductible

Touch Screen

Room 2 students have been exploring the direct computer access skill using the new Touch Screen monitor purchased by the P&C for the students. Students who previously had no interest in the computer suddenly found that it was fun. We were just working out all the glitches before we let everyone else have a turn but have decided to keep it for ourselves and ask the P&C for more!!!!



Wait And See



What fun we all had when the Jowett-made Bradfield lorries made a stop a Carson Street prior to their across Australia rally. We had drivers, passengers and all round rev heads enjoying the thrill of times past—and much, much slower.



Jaiden , Grace, and Hannah G won the colouring competition. Follow their trip at www.waitanddsee.net.au

Science Week Assembly

All the kids enjoyed dressing up for our Science Week assembly. From creatively dressed "Life Cycle of the Butterfly" all sorts of insects and mini beasts, to Mad Scientists. Everyone had a lot of fun.



Music Program

A significant injection of funds for musical instruments from the P&C has enriched the music program for students at Carson Street. The new tuned and un-tuned percussion instruments, including a full drum kit, provide motivation and fun for the whole school community. Many thanks to our wonderful P&C for their generous support.



FROM THE HEALTH CENTRE.

Parent Morning Tea Tuesday 16th September.2008

We were very fortunate to have Dolly Bhargava -A Speech Pathologist and Augmentative Communication Consultant, come along as our guest and provide an excellent presentation. The 7 parents that attended found it very interesting & informative. Dolly was able to include everyone in the exercises and they were able to apply the information they received to their own situations with their own children.

A big thankyou to Dolly, who has offered to return in term 4 for another presentation. If anyone would like a handout from the session, please contact Nola.

SOCCER CLINIC

We have enjoyed a great term with the students showing a lot of improvement in their skills and in their fitness as well.

Last Tuesday was the final session for this term. **Soccer starts again in week 2 of term 4. That is Tuesday 21st October.**

A big thank you to Dianne for your much appreciated support with our soccer clinic, and thank you to all the parents for picking their children up on time.

ORGANIC VEGETABLE GARDEN

The vegetable garden has produced some wonderful produce of which some has been picked, cooked and eaten by the students. (in fact some broccoli grown by Room 2 was taken by another class & eaten before Room 2 were able to harvest it themselves !!) The positive aspect of this is that 12 months ago none of the children would have eaten steamed broccoli for morning tea!!! Planting has commenced for the spring & summer crops. A big 'thank you' to Peter, Ken and Les for their interest & contribution.

AGAIN How much is enough ??????

Health authorities recommend that adults & children eat at least 2 serves of fruit and 5 serves of vegetables per day.

What is a serve?

- Half a cup of cooked vegetables or legumes
- 1 medium potato
- 1 cup of salad vegetables

One serve of fruit is 150grms of fresh fruit or.....

- 1 medium piece (eg Apple)
- 2 small pieces (eg Apricots)
- 1 cup canned or chopped fruit

Fibre is also a daily requirement and here's an example of including it into a hamburger:

Use lean mince, and mix in a bowl with toasted muesli and egg.

Make into hamburgers & fry in a frying pan sprayed with olive oil.

Place inside a wholemeal bun with salads of your choice.

(Lettuce or baby spinach, slices of tomato, cucumber, sliced beetroot, mushrooms or grated carrot or cheese.)

Here's a recipe with very little saturated fat and can be cut up & used in lunchboxes. **Carrot, zucchini & parsnip frittata fingers.**

- 2 tspns light olive oil
- 80g (½ cup, firmly packed) coarsely grated zucchini
- 60g (½ cup, firmly packed) coarsely grated carrot
- 60g (½ cup firmly packed) coarsely grated parsnip
- 2 shallots, ends trimmed, finely chopped
- 3 eggs, lightly whisked
- 1/3 cup coarsely grated cheddar cheese.
- 2 tbs fresh continental parsley, chopped.
- 1 tbs plain flour.

- Pre-heat oven to 180 C. Spray a shallow square 18.5 cm cake tin with olive oil.

- Line the base & 2 opposite sides with non-stick baking paper, allowing the sides to overhang.

- Heat the oil in a medium saucepan over medium heat. Add zucchini, carrot, parsnip and shallot and cook, stirring for approx. 4-5 mins or until the vegetables soften. Set aside to cool for 10 mins.

- Combine the vegetable mixture, the egg, cheese, parsley and flour in a large bowl. Spoon the mixture into the prepared pan & smooth surface. Bake in oven for 12 minutes or until set.

Set aside in the pan for 10 minutes to cool before transferring to a plate to cool completely. Cut into fingers to serve.

PLEASE feel free to ring Nola, Micki & Jenny if you have any problems/ questions at any time.

Best wishes for a great holiday, see you in Term 4