



Friday 24 February 2017

GLENTUNNEL SCHOOL NEWSLETTER

Tena koutou katoa parents and caregivers,

Dates to remember ...

Monday 6 - Friday 10 March
Parent Teacher interviews

Saturday 18 March
Hanmer mountain bike race



On Thursday we welcomed the Malvern Primary Schools to Glentunnel for our annual Top Team Competition. It was a

fantastic day filled with team work, laughter, good times and a lot of wet and smiling children. It was a wonderful event made possible by Sport Canterbury and the lovely staff and helpers from all the schools. Thank you all for contributing to an exciting and adventurous day for our children. I was proud of our students as they were friendly and helpful hosts who were great role models for our visiting schools, tino pai Glentunnel!

We still have some firewood for sale if you need to stock up for the upcoming winter. If you would like to grab a trailer load please contact Mr S or Alison in the office, but be in quick as it won't last long!



A reminder to all that many illnesses are infectious and can be easily spread from one person to another. If your child has been sick with a virus, had vomiting and/or diarrhoea please remember that they should be kept at home for 48 hours

before returning to school to prevent the infection from spreading. If you are not sure more information can be found on the following website <http://www.health.govt.nz/your-health/conditions-and-treatments/school-exclusion> . When returning to the pool after an illness the recommended time frame is 2 weeks before swimming again. Once again this depends on the infection and is a guideline to keep everyone healthy.

Weekly Jokes!

What do you call a dinosaur with no eyes?
Doyouthinkysaraus

Why do bicycles fall over?
Because they are two-tired!

Our parent and student interviews are scheduled for Week 6 of this term. This week you would have received a form to book a time to come and discuss your child's learning with your teacher. This is a great opportunity to connect with the teachers and develop a relationship for the future. We would look forward to seeing you in Week 6.



Parent-Teacher Conferences

Kind regards
Dion Stechmann

Awards this week



Ashleigh Rusbatch - For an awesome effort with her homework this week.

Guy Hardy - For working hard with his reading.

Lexi Thomson Hall - You are showing determination in your learning, pushing yourself to try new strategies.

Zak Kershaw - You are encouraging your classmates and yourself to persevere when learning gets tough.

Kailash Joynes - For joining in well and contributing to your team for Top Team.

Laura Longdin - for fabulous, focused writing about Top Team experiences.

Riley Thomson-Hall - For fabulous reading with Mrs Carston.

Marissa Eade - For a persistent work ethic.

Sam Hardy - For always working well in class on his own and with others.

Maxim Wright - For improvements in backstroke.

And the Star of the Week goes to - Jake Agnew - For being an amazing leader at school and at Kapa Haka. Jake you are a shining star at our school.



Home and School news

Coalgate Tavern meat raffle roster -

Saturday 25th December Russell family

Saturday 4th March Keating family

Coalgate Sale Yard roster -

Thursday 2nd March

Cooking Juanita McAndrew, Kim Thomas

Pie Juanita McAndrew

Baking Rach Moore, Michelle Reid, Kelly Maude

News from Room 1

Friday Market Days (at school) - Year 5 and 6 Camp Fundraising Event



Dion, Jane, and I consider that last year's Friday markets were successful in that surplus produce from within the community was not wasted, but was made available to all those who come into school on a Friday afternoon, and many happy shoppers went home with a bargain. We would like to run Friday markets again in term one, but only once a month. We would like to have a market on Friday 10th March, and Friday 7th April (3:00-3:30 pm). If you are able to support these markets by shopping for surplus produce (and or providing surplus produce) we welcome your support.

In Room One we are writing diary entries. The children are practising developing their personal voice, whilst "chatting" to their diary (writing in an informal tone). They have tried to add some interest to their text by using repetition and humour. See if you can "hear" the writer, and recognise who wrote each text, before you complete reading each entry.

'Hi ya Diary

Today I came on a plane to America I'm at Disneyland now! Ha, ha, ha, no I'm not. I'm at school. Hey listen up. I can tell you're falling asleep.

Today's been a normal old Wednesday. Nothing like going on a plane or winning the Lotto but it's okay. The highlight of my day was probably the lunch time swim, and if that was the highlight of my day you can tell it's just been an average day. At lunch in the pool my friends and I did some cheer leading, and Mya (my friend) did a back flip into the pool - she is really good at gymnastics so she's good at cheer

leading. I also got really good at hand stands in the water. Reading, maths and class swim were good, but just not spectacular (a day at Disneyland would be spectacular). I hope in the weekend something spectacular happens, that would be nice.

Tomorrow I'm going to my friend's house after school, and I excited about that. Tomorrow at school we have Top Team and I can't wait for that.

Toodaloo Diary'
Isobel Knights (Year 6)

'Dear Diary

Today is Monday. I really hate Mondays, and when I say I really hate Mondays I mean I really, really hate Mondays, and when I say I really, really hate Mondays I mean... well you get the point. The reason I hate Mondays is because you get tired very quick, and it's the start of the week!

But today wasn't so bad. We went swimming, which was refreshing. And maths was good. I tried challenging myself, I was persevering. It's important to push yourself because it helps you learn.

Today's nearly over, which is good, because it's a Monday and I'm tired and it's the start of the week, but it was a good day because I challenged myself.

I can't wait to go home to see my two dogs ROK and Fade.

Soon it's topic time, which is my favourite subject, apart from science which is really fun.

I have to go now, bye Diary.'

Nate Karst (Year 6)

Privilege – Some Healthy Recipes to Share

Last Friday during privilege some children joined me to do some cooking and making of healthy foods. Our theme for the session was WHITE BEANS.

Firstly we made a guilt free, very healthy, almost refined -sugar-free, chocolate brownie.

The only refined sugar was in the 125 grams of Whittakers 72% dark chocolate (an indulgent addition to the brownie). There was no butter, no oil, and no flour in the brownie. So how did we make it? With white beans of course. I did some of the preparation at home to speed things up. We thought we should share the recipe as it really was tasty – you can clearly see that Jake thinks so . 😊



Now for the recipe:

White Bean Chocolate Brownie

Ingredients

- ¾ - 1 cup dried white beans
- 160 grams dates
- 1 tablespoon cider vinegar
- 1 teaspoon baking soda
- 55 grams cocoa (or less if you want your brownie less intense)
- 6 tablespoons low fat Greek yoghurt (optional)
- 4 eggs
- 1 teaspoon vanilla
- 126 grams Whittakers 72% dark chocolate chopped (optional)

Method:

1. Soak ¾ - 1 cup white beans overnight.
2. Next day, drain the water off, add boiling water and cook until the beans are soft.



3. Add, 160 grams of chopped dates to the cooked beans, and cook for a few minutes (the dates soften within a few minutes)
4. Add 1 tablespoon apple cider vinegar and 1 teaspoon baking soda. Briskly stir/whisk with a fork – the mixture will froth up and the dates will become a pulp.
5. Allow the bean and date mixture to cool (place in fridge or sink of cold water to speed cooling process up).

Preheat oven to 160°C.

Line a cake tin – 20 x 24 cm (or thereabouts).

6. Tip the bean and date mixture into a food processor. Add the eggs, cocoa, vanilla, and yoghurt.
8. Process the mixture until it is smooth.
9. (I find this step necessary, as it is too hard to stir the chocolate though whilst the mixture is in the food processor). Tip the mixture into a bowl and stir through the chunks of chocolate.
10. Pour into your lined cake tin.
11. Bake for 30 – 45 minutes. (When cooked the cake will be firm to touch, but it will still appear quite fudgy).
12. Remove the cake from the tin (it is very fragile, be careful), and allow to cool on a wire rack). (Personally I find the cake best a day or two later. It firms up, and the texture and flavour improve.) I also store this cake in the fridge.

OPTIONAL – you can add a frosting/topping.

Ricotta Frosting

250 grams Ricotta Cheese

2-3 teaspoons sugar-free raspberry jam (I use the St Dalfour brand)

2-3 teaspoons freeze-dried raspberry powder (very intense)

Method: Mix all the ingredients together and spread over the cooled cake.

Grate a little chocolate over the top to garnish.



Here is an alternative frosting

2 avocado

4 tablespoons cocoa

natural sweetener to taste (agave or Natvia or maple syrup)

1 tsp vanilla

Blend the above ingredients together in the food processor until smooth, and spread over the cooled cake.

During privilege we also made some dips, melba toast, pita chips, and chopped some vegetables to eat with our dips.

Here are two dips that we made:

White Bean Dip

1 cup cooked white beans (or 1 can cannellini beans, drained and rinsed)

2 cloves garlic.

2 tablespoons fresh lemon juice

$\frac{1}{8}$ – $\frac{1}{4}$ cup chopped parsley

Method:

Put all ingredients into a food processor and blend until smooth.

Corn Dip (adapted from a Nadia Lim recipe)

3 cobs of fresh corn (or 3 cups corn kernels)

$\frac{1}{8}$ – $\frac{1}{4}$ cup chopped parsley

$\frac{1}{4}$ - $\frac{1}{2}$ cup finely grated cheese (aged tasty cheddar or parmesan)

1 tablespoon tomato relish (or any savour relish/chutney or your choosing)

Method:

1. Cook the corn, and allow to cool a little.
2. Place the corn cut from two cobs (or 2 cup of corn kernels) into a food processor along with the cheese and relish (or chutney). Process until smooth.
3. Stir through the parsley and remaining corn cut from one cob (or remaining 1 cup of cooked corn).



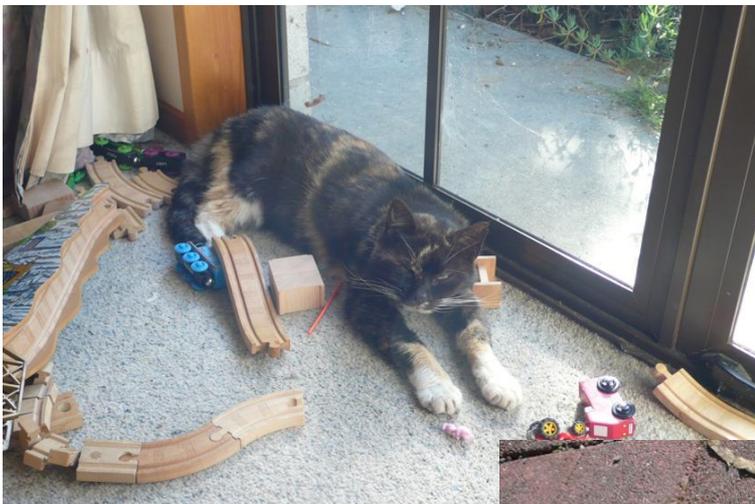
Year 5 & 6 Camp Fundraising

On Sunday 5th March Jane and I (hopefully with the help of some of our Year 5 and 6 students) we will be running a Market Stall at the Selwyn Parenting Network Children's Day event, to be held at Rolleston. We intend to sell home-baked goods, seasonal produce, home preserves, lemon cordial, and fudge. Does anyone have any lemons that are hanging around on a tree that are surplus to their requirements, and would like to donate them to Room One, for our cordial making fundraising venture? If so, we would love to see them sometime early next week.

Community Notices

Missing Cat – Fluffy - Fluffy got lost from her new home at 584 Wairiri Road on Wednesday night (22nd Feb)

If you see her please contact Kim on 021 614494 or 3186637



2017 SCHOOL YEAR

TERM 1 Monday 30 January to Thursday 13 April

TERM 2 Monday 1 May to Friday 7 July

TERM 3 Monday 24 July to Friday 29 September

TERM 4 Monday 16 October to Friday 15 December

PUBLIC HOLIDAYS

Waitangi Day Monday 6 February

Good Friday Friday 14 April

Easter Monday Monday 17 April

Easter Tuesday Tuesday 18 April

Anzac Day Tuesday 25 April

Queen's Birthday Monday 5 June

Labour Day Monday 23 October

Anniversary Day Friday 17 November