



Carinya School

Coleborne Avenue Mortdale. Phone: 9580 2852 Fax: 95807054



A message from the principal's desk:

It is hard to believe, but Term 1 has flown by and we are ready for our holidays. Term 1 was very busy, with students and staff settling in to new classes and in term 2, we will be welcoming five new students and their families to our school. We are well underway in developing our new 2015-2017 school plan and I thank all the parents and carers who responded to the survey. Your input is very important in planning for future directions for Carinya School. I wish all our families a safe and relaxing break.



Class 4

Class 4 had a very successful and enjoyable start to 2015. On Thursday's we went on Community Access to different venues which included Oatley, Penshurst, Mortdale and Hurstville, we visited the Cenotaphs as we have been studying World War 1. On Wednesday we joined with Class 3 to visit the Maritime Museum Darling Harbour to view the World War 1 exhibition.

As part of our Science program we have built a wall garden. This contains various herbs and vegetables. Next term we will be working on planting other vegetables in the ground.

Devan and Wendy



Dates to remember:

Term 2 2015

Term 2 begins Tuesday 21st April 2015

Sport



During Term 1, the Students at Carinya have participated in a number of sporting events. The sports program at Carinya supports the NSW PDHPE syllabus and relevant programs.

Each Tuesday during sport, selected students have attended Kogarah RSL to participate in Gymnastics activities. Kogarah RSL kindly provided transport to and from the school for students. While at Gymnastics students have been trained by a fully qualified Gymnastics instructor and provided with an opportunity to use professional equipment. The students would like to thank Miss Jenny for organising the venue and transport.

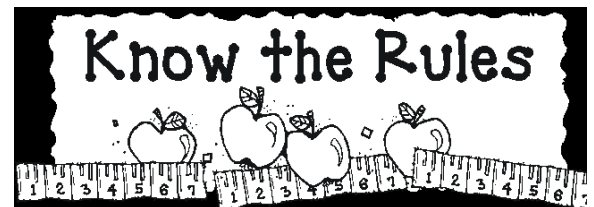
During 4 weeks of the term, cricket NSW visited the school to teach the students throwing, catching and striking skills through fun and engaging activities. It was great to see the students enjoying themselves whilst developing their skills. Thank-you to Gerard and the team at Cricket NSW.

Also at Carinya, 2 mornings a week for 30 minutes, students participate in a fitness program. The students take part in structured and organised competitive games and activities to enhance their FMS (Fundamental Movement Skills).

Students also learn to develop their teamwork and sportsmanship skills.

Term2 will again be a busy and exciting term for sport.

The Sports Committee





2014-2015 Family Energy Rebate



Apply before Midnight
16 June 2015

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
 * eligibility criteria apply

APPLY ONLINE NOW!

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- Up to \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- Up to \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you MUST:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88

EMAIL fer.program@trade.nsw.gov.au

WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

Vocational Education

At the beginning of Term 1, four students commenced T-VET courses.



Khristian - Community Services Youthwork at Ultimo TAFE.

Brandon, Byron and Daniel - Automotive - Paint and Panel at St. George TAFE.



During week 8 (Thursday) 6 students - Sam, Jacob, Brandon, Daniel, Byron and Dylan started Work Experience at Coles Oatley. Khristian will be starting Work Experience at ST. George SSP in Term 2.



"TEAM WORK"

WWW.THEENGLISHSTUDENT.COM

TOGETHER
EVERYONE
ACHIEVES
MORE

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Sailing

In Term 1 a group of students from Carinya went on a sailing excursion. We travelled by bus to Rushcutters Bay. We were excited when we boarded the yacht. We motored out of the mooring and once we were out in the harbour we helped to put up the sails. This was hard work but it was fun. We also took turns to steer the boat. We sailed around the harbour and were fortunate enough to sail under the Sydney Harbour Bridge. It was very interesting to see the other boats, ferries and naval ships. It was a great day.

Joshua

Class 4



Art Report

A great term in Visual Arts with work on our Harmony Day Posters almost complete and ready for display. Our Harmony Day BBQ and our creative posters proved to be a perfect way to celebrate such a special day in our wonderful and blessed country.

Happy Easter to all.

Kathreen Wilson



NEWS FROM CLASS 7

In Class 7, term 1 has been very busy. The students have been working hard in literacy and have written interesting creative stories, apart from working on their journals practically every day.

As part of their HSIE leading up to ANZAC DAY, the students have also been working on their Anzac Day booklets throughout the term.

For Art/Craft this term, the students engaged in painting pieces of bark and their own didgeridoos, using tubular cardboard rolls, and the results were fantastic.

On the 20th of March, Class 7 celebrated Harmony Day with parents visiting the classroom and painting their hands on a large mural which is now up in our class room back wall.

From all the students and staff in Class 7, have a safe Easter break and see you next term.

Class teachers

Sam Nadile and Cathy Zeleny.



Class 3

This term Class 3 has had a wonderful time. We have been learning about fossils, natural disasters and World War 1. Please feel free to ask the children any questions about these subjects. They have shown a real interest in World War 1.

We have also completed many experiments, including making a volcano, recreating a tsunami, making our own fossils and making our own trenches.

We are all looking forward to another term of fun and interesting learning.

Melissa and Jacqui

Food Technology Report

Term 1 has been a mighty successful term with all students busy in the Food Tech room creating wonderful mains and snacks and of course building upon their knowledge of healthy food choices. The attached Fruit and Vegetable Table/Chart from the Healthy Kids Association, outlines strategies for providing healthy diets for all our children.

Happy Easter

Kathreen Wilson

FRUIT & VEG

KIDS ARE NOT EATING ENOUGH

HERE'S WHAT
KIDS ARE EATING
EVERYDAY

HERE'S WHAT THEY
SHOULD BE EATING
EACH DAY

YOUNG KIDS (AGE 4 - 6)



KIDS (AGE 9 - 13)



BIG KIDS (AGE 14 - 16)



ONLY 6% OF AUSTRALIAN ADULTS EAT THE RECOMMENDED SERVES OF BOTH FRUIT & VEG



EATING FRUIT & VEG IS VERY IMPORTANT! **KEEP IT UP!**

Intake figures have been approximated from the 2007 Children's Nutrition and Physical Activity Survey. Recommended intakes have also been rounded. The point is, we need to eat more!

www.healthy-kids.com.au

*The
Easter
Bunny paid
a visit to
Carinya
School
this week.*



Sweet Surprise

Filled with gooey melted chocolate eggs, these fluffy muffins are made even more irresistible with MasterFoods® Vanilla Sugar. Happy Easter.

Easter egg muffins

Makes 12/preparation 15mins cooking 20mins

340g (2 $\frac{1}{4}$ cups) self raising flour

155g (3/4 cup) caster sugar

1 egg

125ml (3/4 cup) milk

12 mini chocolate Easter eggs, unwrapped

55g (1/4 cup) MasterFoods Vanilla sugar, for dusting

1. Preheat oven to 180c/160c fan forced.

Line 12 1/3 cup capacity non-stick muffin pans with paper patty cases.

2. Sift flour into a bowl and stir in sugar, and then make a well in the centre. Combine egg, oil and milk in a jug and pour mixture into the well. Using a large metal spoon, stir until just combined. Do not over mix.
3. Spoon $\frac{3}{4}$ of the mixture into prepared cases. Press an Easter egg into the centre of each muffin making sure to cover Easter eggs completely. Sprinkle tops of muffins liberally with Vanilla Sugar (approximately 1tsp per muffin).
4. Bake for 20 minutes or until muffins are light golden and spring back when lightly pressed at centre. Stand in pan for 2 minutes before turning out onto a wire rack. Serve warm.

Tip Muffins are best eaten on day of baking. Once cooled, you can wrap individually in plastic wrap and freeze for up to 3 months. Leave to defrost and eat at room temperature or warm slightly in microwave.



www.MyEasterClipart.com 206



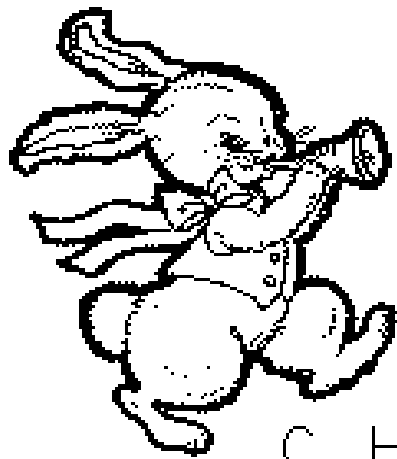


Sailing

2015



Maritime Museum



Easter Word Hunt

C H I C K L I L Y D H
N C J N E G G S L Y R
F G H E F W V U Z E R
B R I S P R I N G F A
U A D T A L C D R L B
N S E A R C H A W O B
N S W P A L M Y Q W I
Y F I N D B A S K E T
L A M B E A S T E R S
D H U N T U L I P S I

BASKET
BUNNY
CHICK
DYE
EASTER
EGGS
FIND

FLOWERS
GRASS
HIDE
HUNT
LAMB
LILY
NEST

PALM
PARADE
RABBIT
SEARCH
SPRING
SUNDAY
TULIPS