

# Bowning Public School Newsletter

Principal: Mrs Laura Holt

Ph: 62276093



Term 2, Week 5

27th May 2022

## Calendar of Events

22nd June Shared Learning Day

23rd June Athletics Carnival

Music lessons each even week

Sport each Thursday

Library each Friday

Cooking each even week on a Friday

## PBL Focus

### Whole School Expectations

- We are Safe
- We are Respectful
- We are Learners

## Principal's Message

Dear parents and Caregivers,  
Firstly thank you to all our families for continuing to keep our community safe. A reminder that if students are unwell please keep them home and do a RAT, if they are a close contact they may attend school if they return a negative RAT each morning and have no symptoms. As much as possible we want each child at school so please try and minimise other absences where possible.

**Congratulations** to Bella, Bonnie and Dylan for reaching 50 dojo points this term! It is fantastic to see all our students striving hard to be safe, respectful learners and earning dojo points for their efforts.



We will be making some changes to our playground over the coming weeks to allow for more structured play and quiet play opportunities as well as making the best use of our magnificent, large playground spaces. Stay tuned for updates. In the meantime **we are seeking donations of large toy trucks and vehicles, dolls and doll beds and board games in excellent condition to add to our play spaces.**

Have you heard about our amazing new music teacher? Ask your child about what they are learning and especially about the awesome puppets!

Last week we worked on our reading, mathematical, team work and cooking skills to make some delicious muffins! We made vegan banana cinnamon muffins and chocolate zucchini muffins. Each group got to make a batch each and everyone agreed they were tasty! The recipes are at the back of the newsletter if you'd like to give them a try!

Laura Holt  
Principal

## Online Payments

You can now make online payments for excursions, voluntary school contributions and much more, through our school website. It is as simple as going to:

[www.bowning-p.school.nsw.gov.au](http://www.bowning-p.school.nsw.gov.au) and select payments at the top of the home page.

## Around the school



We enjoyed listening to a story about The Lion and the Mouse this week. We talked about the message that the author wanted to give and we did our own artworks in response.



We read the fable called, The Lion and the Mouse. This story taught us a lesson, that it doesn't matter what size you are, you can still help other people or things. We then drew our own lion following instructions. After that we used oil pastels and our fingers to blend the colours of the lion's mane.

We have been learning about multiplication and division and this led to discussions about fractions. We love using the smartboard to explore ideas. We were also excited to have the guinea pigs visit our classroom.



Mrs Ranie



## *Around the school*

In the primary classroom we have been studying the work of Vincent Van Gogh. In particular we have looked at his use of contrasting colours and large and small brushstrokes to show movement and detail.

This are our amazing sunflower inspired artworks that we created. They are made with oil pastel on black cardboard.





## *Around the school*

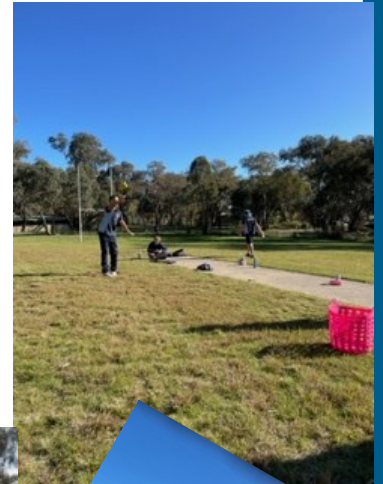
Children thoroughly enjoyed National Simultaneous Storytime, where they joined in the reading of Family Tree by Josh Pyke. We collected some gum leaves and created our own family tree.



## Sports



Children in K-6 have really enjoyed practising their athletic skills during sport on Thursday afternoons. They'll be ready for the carnival in June!





### REMINDER

Hot lunches are to be heated by staff in our pie warmer. If you wish for your child to have a hot lunch please send it wrapped in foil or in a metal container and we will heat it for them.

## Music



The children are enjoying music with Blake this term.

## P&C

Thank you to the wonderful P&C parents who made a delicious lunch for tuckshop today!

Stay tuned for when the next one will be.

Reminder—Athletics carnival 23rd June. P&C are catering so if you can help let Tenaya know.

Thanks

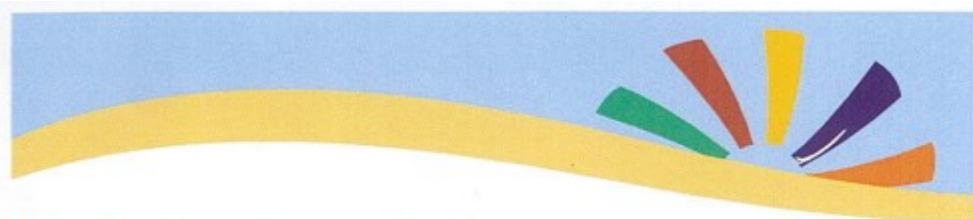
## Community News



HUME  
CONSERVATORIUM

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## Social network for neurodiverse families in Yass

**We are looking to establish a new social network for neurodiverse children and their families in Yass Valley**

The group would:

- Be a safe and inclusive space for neurodiverse children to engage in a range of community activities and connect socially with their peers
- Enable families to socialise and support each other without judgement or expectation
- Be informal, community led, and inclusive.

The group would aim to support all children to be themselves and participate however, and to whatever extent, they choose. There would be no judgement or demands, just acceptance and support.

**Interested in finding out more?**



Join us at:  
'Yass Valley Neurodiverse Families Network'



# School Attendance

With the colder months approaching we know that children may get sick.

It is important to keep them home when sick and just as important to make sure they are at school for all other days so they are not missing vital learning. Just 5 days a term adds up to **over a year of school missed** by the time they leave school.

If a student is a close-contact and symptom free they can attend school if they test negative. The school has space RATs if you run out.

Please also remember to send in a note with an explanation of any absence.

NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn      Make friends      Build skills through fun

education.nsw.gov.au



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
<b>1</b> day per fortnight 	<b>4</b> weeks 	Over <b>1</b> year missed
<b>1</b> day per week 	<b>8</b> weeks 	Over <b>2.5</b> years missed

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### Bowning Public School

147 Bowning Road, Bowning  
Ph: (02) 6227 6093  
[bowning-p.school@det.nsw.edu.au](mailto:bowning-p.school@det.nsw.edu.au)  
Principal: Mrs Laura Holt



DATE: \_\_\_\_\_

#### ABSENTEE NOTE

CHILDS NAME: \_\_\_\_\_

I wish to advise that my child was/will be (strike out one) absent on: Date \_\_\_\_\_

The absence was due to:

\_\_\_\_\_  
\_\_\_\_\_

Parent/Caregiver name: \_\_\_\_\_ Signed \_\_\_\_\_



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## Vegan Banana Muffins



These vegan banana muffins are moist and yummy. You can't tell at all that these muffins don't have any dairy or eggs. My kids and husband polish them off as soon as they are out of the oven!

By MIEKO1

**Prep:** 15 mins

**Cook:** 30 mins

**Total:** 45 mins

**Servings:** 12

**Yield:** 1 dozen muffins



### Ingredients

3 cups all-purpose flour

1 cup white sugar

½ cup brown sugar

2 teaspoons ground cinnamon

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon ground nutmeg

1 teaspoon salt

2 cups mashed ripe bananas

1 cup canola oil

1 cup coconut milk

### Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper liners.

Mix flour, white sugar, brown sugar, cinnamon, baking powder, baking soda, nutmeg, and salt together in a large bowl. Stir bananas, canola oil, and coconut milk together in a separate bowl; stir banana mixture into flour mixture until just combined. Divide batter among the muffin cups, filling each about 3/4 full.

Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 30 to 35 minutes.

### Nutrition Facts

**Per Serving:** 451 calories; protein 4.1g; carbohydrates 59.2g; fat 23.2g; sodium 386mg.

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## Chocolate Zucchini Muffins

Hidden veggies! Freezer friendly, with zucchini and yummy cocoa...you can almost pretend they are chocolate! Dairy free and so very yummy, this easy to bake recipe will become a family favourite. Best ever chocolate zucchini muffins.



4.84 from 6 votes

Course: **lunchbox**    Cuisine: **Modern Australian**    Prep Time: **10 minutes**  
Cook Time: **20 minutes**    Total Time: **30 minutes**    Servings: **18 cupcakes**  
Calories: **156kcal**    Author: **Kylie**

### Ingredients

- 2 cups grated zucchini (this was 3 medium zucchini weighing in at around 540 grams)
- 1/2 cup shredded coconut
- 2 eggs
- 1/2 cup caster sugar
- 1/2 cup brown sugar
- 1/2 cup coconut oil
- 1 tsp vanilla
- 1/2 cup wholemeal self raising flour
- 1/2 cup self raising flour
- 1/2 cup cocoa powder

### Instructions

1. Preheat your oven to 180 degrees.
2. Line a cupcake pan (or use a silicone one like me if you prefer them nude).
3. Put the eggs, oil, vanilla, coconut sugar and raw sugar in the bowl of a mixer. Mix on low for 30 seconds then on high for 1 minute.
4. Add the cocoa, flours and mix for 30 seconds on low.
5. Add the zucchini and coconut, mix briefly.
6. Leave to sit in the bowl for 10 minutes.
7. Mix to combine completely (you will notice the zucchini will have given off a fair bit of liquid, changing the texture of the mixture).
8. Spoon into the cupcake tray.
9. Bake for 20 minutes (cupcake size), then cool in the pan for 10 minutes before removing to a wire rack.
10. Makes 18 cupcakes.
11. I made 12 cupcakes and 12 mini cupcakes (only need 15 minutes in the oven).