



# The Croppatopic

Croppa Creek Public School

*Play the Game*

Apsley Crescent  
Croppa Creek NSW 2411  
T 02 6754 5215  
F 02 6754 5213  
E [croppackr-p.school@det.nsw.edu.au](mailto:croppackr-p.school@det.nsw.edu.au)

**TERM 2 WEEK 7 2020**

This term we have been working on a new mural as part of our school beautification project. This project started with work around the entrance of the school last year, with the front garden (with cheeky gnomes) and rock water feature, as well as the pencils. It continued with the mural provided by artist Allan Mackenzie, as well as the new flag poles and sprinkler system to be installed in the near future. Now we are looking at adding a series of murals across the school. The first one has been worked on over the last few weeks and has been fully designed by our students. The design has been inspired by work on Aboriginal Art and the progress can be seen in the photos included in this newsletter.

Thanks to Rod Bird for his contribution to tidying up the trees behind the library identified in our recent tree audit as being an area of concern. We really appreciate Mr Bird giving up his time to help make our school safe and tidy.

While restrictions across the state are being relaxed for the community, the status of schools remain the same. We are still restricted in the visitors we can have in the school, with only designated trades people and a limited amount of department officials to visit schools. Incursions and excursions remain barred as do intra-school visits including all sporting events. We are hoping to hear more coming into Term 3 that will allow us more latitude, as long as general spread of coronavirus stays low, but no information in this area has been forthcoming yet.

The students have settled in well since the return to school. They have certainly enjoyed playing together in the playground with very few issues. It has been great to see students working hard to re-establish learning routines in the classroom.

Thank you to Mrs Laidlaw who has been providing us with enhanced cleaning this term. Mrs Laidlaw has worked tirelessly to ensure our school environment is clean and safe as part of the return to school.

**Regards**  
**Michael Sky**  
**Principal**

## CROPPA CREEK P.S. CALENDAR

### Term 2, Week 8

**Mon 15 June – Issue 4 Book Club orders due**

### Term 2, Week 10

**Fri 3 July – end of Term 2**

### Term 3, Week 1

**Tues 21 Jul – Students return for Term 3**

**We will continue to inform our families and community once events and activities begin again in our school.**

**Thank you everyone for your understanding and patience.**

## BOOK CLUB ISSUE 4 IS *Running!*

**TAKE A LOOK**

[scholastic.com.au/book-club/book-club-parents](http://scholastic.com.au/book-club/book-club-parents)



**BOOK CLUB CATALOGUES ARE BACK!**

**SCHOLASTIC**



# Super Spellers



Well Done to:-

Week 6 Gabbi and Lilly

Week 7 Caitlyn, Thomas, Emily, Katie and Millie

for being our Super Spellers

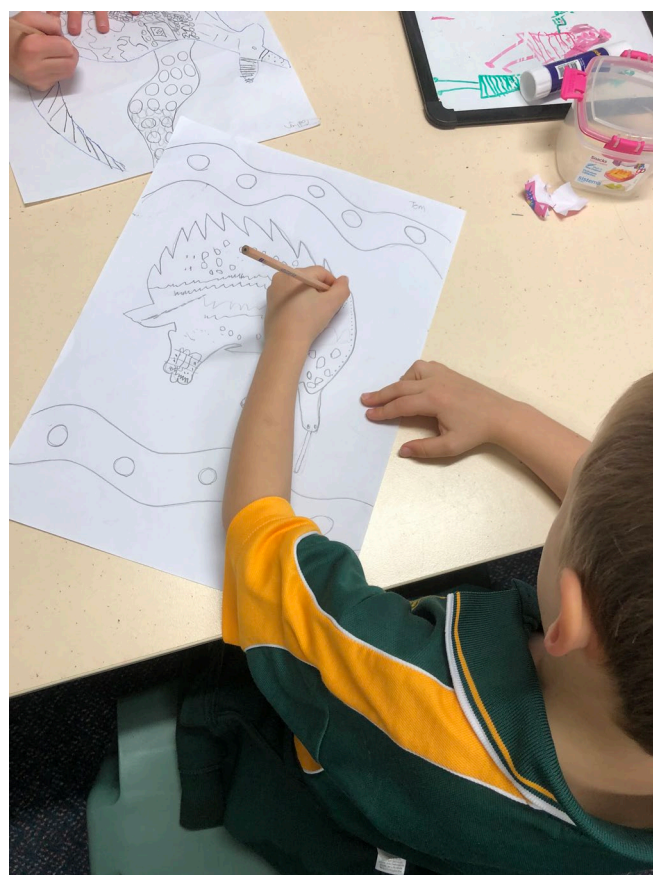
## School Artworks

Preparation of main board





## Creating our designs





## Beginning to fill in the details



We will continue to share our progress over the next few weeks.



# Community Announcements

## Good for Kids good for life

### MANAGING SCREEN TIME

While your family is at home, many activities for learning, fun and keeping in touch will be done using screens.

To keep active make sure you spend time away from screens every day.

Try some of the ideas below:

### TURN OFF SCREENS + get active!

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.



This resource has been developed by Western Sydney Local Health District, published November 2018

Source: Western Sydney Local Health District, November 2018



Health  
Hunter New England  
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

## Good for Kids good for life

### LEARN TO MAKE A HEALTHY LUNCH

Teach kids healthy habits for life!

While you have more time at home, teach your children how to make their own healthy lunch. When regular school routines return, they can help pack lunchboxes!

#### Rainbow Wraps

1. Prepare ingredients: put out wrap breads and a range of fillings on plates (try grated carrot, lettuce, cheese and lean ham)
2. Show your child how to choose fillings and roll up a wrap
3. Let your child prepare healthy wraps for the family
4. Share photos of your delicious creations with friends and enjoy a healthy lunch.



For more lunch box ideas, check out the 'healthy lunch box builder' and recipes at <https://healthylunchbox.com.au/>

Source: Northern Sydney Local Health District



Health  
Hunter New England  
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>



Kerry Cannon's

## CERAMIC BREAK SCULPTURE PARK

WARIALDA NEW SOUTH WALES

With the easing of some government imposed restrictions in response to the COVID-19 pandemic, Ceramic Break Sculpture Park will now be open from June 1st 2020 with some restrictions.

Visitors are asked to adhere to social distancing regulations while visiting the park and to make use of the hand sanitisers available. All visitors must provide their name, address and contact details during this time. These details will be kept in a secure area and only used for contact tracing if required by health officials. In the interest of the health of our staff and visitors Ceramic Break requests if any visitors are feeling ill that they delay their visit to a later date.

Ceramic Break Sculpture Park is open Thursday – Sunday from 10 – 5pm. All other times are by appointment only.



# EAT WELL... NOURISHING WINTER WARMERS

Colourful and nourishing, these vitamin-rich fresh veggie meals are sure to please hungry kids on cold winter days.

This vibrant Mexican-style soup is brimming with fresh carrots and teams perfectly with creamy avocado, coriander and lime.

Kumara (orange sweet potato) takes centre stage with apple in this easy tray bake with chipolata sausages. The natural sweetness of the tender roasted kumara and Granny Smith apples complements the chipolatas. Fresh green beans add a dash of colour and crunch.



## ROASTED KUMARA, APPLE & CHIPOLATA TRAY BAKE

Prep 15 mins | Cooking 40 mins | Serves 4

600g kumara (orange sweet potato), peeled and cut into bite-sized pieces  
1 medium Granny Smith apple, cored and cut into thin wedges  
12 chipolata sausages  
½ cup cranberry sauce  
1 garlic clove, crushed  
2 tbs olive oil  
175g green beans, trimmed  
¼ cup flat-leaf parsley, chopped

**Step 1** Preheat oven to 200°C fan-forced. Toss kumara, apple and sausages in a large baking pan lined with baking paper.

**Step 2** Warm cranberry sauce in an oven-proof bowl in the microwave for 10-20 seconds until runny. Stir in garlic and oil. Brush cranberry mixture over sausages and vegetables to coat. Roast, tossing occasionally, for 35-40 minutes or until vegetables are tender and chipolatas are golden and cooked through.

**Step 3** In the last few minutes of cooking, plunge beans into a medium saucepan of boiling water and cook for 2-3 minutes until just crisp. Drain. Toss beans and parsley through the bake. Serve with crusty bread if liked.



## MEXICAN CARROT, JALAPENO & BLACK BEAN SOUP

Prep 20 mins | Cooking 45 mins | Serves 4-6

1 tbs olive oil  
1 red onion, finely chopped  
3 garlic cloves, finely chopped  
1 red capsicum, deseeded and chopped  
1 tsp ground cumin  
1 tsp ground coriander  
2 jalapeno chillies, deseeded and chopped  
400g can chopped tomatoes  
6 cups chicken or vegetable stock  
800g carrots, chopped  
400g can black beans, drained and rinsed  
2 tbs lime juice  
½ cup coriander leaves, finely chopped (+ extra leaves to serve)  
¼ cup reduced fat sour cream  
½ ripe avocado, flesh diced  
pan-fried tortillas and lime wedges, to serve

**Step 1** Heat oil in a large saucepan over medium heat. Add onion, garlic, chilli and capsicum and cook, stirring often, for 4-5 minutes until softened.

**Step 2** Stir in ground cumin and coriander and cook for 1 minute. Add carrots and cook, stirring often, for 5 minutes. Stir in stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Remove from heat and set aside to cool slightly.

**Step 3** Using a hand-held blender, blend soup until smooth. Stir in black beans, lime juice and chopped coriander. Season with salt and pepper to taste.

**Step 4** Ladle soup into serving bowls. Top with sour cream, avocado and coriander leaves. Serve with pan-fried tortillas and lime wedges.

Fresh for Kids publication is produced by

**SYDNEY MARKETS**

PO Box 2 Sydney Markets NSW 2129  
Phone: (02) 9325 6295 Fax: (02) 9325 6288  
Email: [freshforkids@sydneymarkets.com.au](mailto:freshforkids@sydneymarkets.com.au)

**FRESH  
for  
KIDS**

Browse our websites for more  
interesting information and recipes!  
[www.freshforkids.com.au](http://www.freshforkids.com.au)  
and  
[www.sydneymarkets.com.au](http://www.sydneymarkets.com.au)

Proud sponsors of  
**SCHOOL  
SPORT  
FOUNDATION**

**PSC**  
Premier's Sporting Challenge