

COLLINGWOOD ENGLISH LANGUAGE SCHOOL NEWSLETTER

The monthly school newsletter



KEY DATES FOR YOUR DIARY

What's coming up

Wednesday 23rd June

Craigieburn Campus Primary and Secondary
Graduation Ceremonies

Friday 25th June

Broadmeadows Campus Primary and
Secondary Graduation Ceremonies

Collingwood Campus Primary and Secondary
Graduation Ceremonies

Friday 25th June

Last Day of Term 2

Monday 12th July

First Day of Term 3

Inside the June issue:

- Key dates for your diary
- Principal's Message
- Thomastown Update
- Healthy Lunchbox Ideas
- Kids Talk poster:
encouraging your kids
- Lino cuts, perspective
drawings and ceramics at
Collingwood Campus
- The Rainbow Program at
Craigieburn Campus

Above: Students at Collingwood Campus enjoying being back at school together after our two weeks of remote learning.

PRINCIPAL'S MESSAGE



Dear Parents and Guardians,

This is the final week of term 2.

School finishes at 2 p.m. on Friday.

We are again saying goodbye to some students. I know they will enjoy their new school or TAFE. It won't take long before they settle in and make some new friends.

This week I have given out CELS transition scholarships. These scholarships are for refugee students who have worked very hard on learning English and about their new country. We also look for students who demonstrate our values of Respect, Kindness and Learning.

I am very proud of these students and know they will work hard in their new schools to be successful in the future. The students who received transition scholarships are:

Raad Aljebaya
Abed and Stalon Askro
Maryam and Hidreen Shamoon
Joodiyyat Yousif
Steven Al Baba Essa
Maribelle Shmouni

Congratulations to you all.

I hope everyone enjoys their holidays and I look forward to seeing the students return for term 3 on Monday 12th July.

Stay safe.
Catherine

Catherine McMahon
Principal



This term, Lower Primary has been trying unusual fruits and describing them in our writing. Can you guess what this fruit is?

It's called Buddha's Hand! It smells like lemon but it tastes like nothing!



Students at Thomastown Outpost play with their "well-being bears" after returning back to face-to-face learning.

Healthy Lunchbox Ideas

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

Nutrition Australia

VICTORIA State Government

A healthy lunch is essential for your child's brain and learning as well as their body.

Here is a useful poster which shows a healthy, balanced lunchbox, and gives you advice on making your own.

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)

VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (in small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silver-side, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebabs sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip:

Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps/crisps
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



Kids talk

75 Ways to Encourage Children

In the Family

- 1 Please
- 2 Thank you
- 3 How thoughtful
- 4 You're the bees knees!
- 5 I love you
- 6 What a lovely smile
- 7 Thank you for sharing
- 8 You are a great help
- 9 Let's make dinner
- 10 I'm very proud of you!
- 11 That was a kind thing to do
- 12 You are being very gentle
- 13 I like being with you
- 14 I like doing things together
- 15 Let's take turns
- 16 You are playing so well with your brother/sister
- 17 You did a great job with your chores
- 18 How was your day?

With Friends

- 19 You are fun to be with
- 20 You're being a wonderful friend
- 21 That's excellent sharing!
- 22 Being together is great
- 23 Your friend is being very caring

Reading and Language

- 24 This is my favourite book too
- 25 Let's read together
- 26 What an imagination!
- 27 What do you think about that?
- 28 Brilliant idea!
- 29 That was very polite
- 30 Well spoken!
- 31 You choose a book
- 32 Shall we read together?
- 33 I would love to read you a story
- 34 Let's sing a song
- 35 What's your favourite book?
- 36 What a funny joke
- 37 Can you tell me a story?

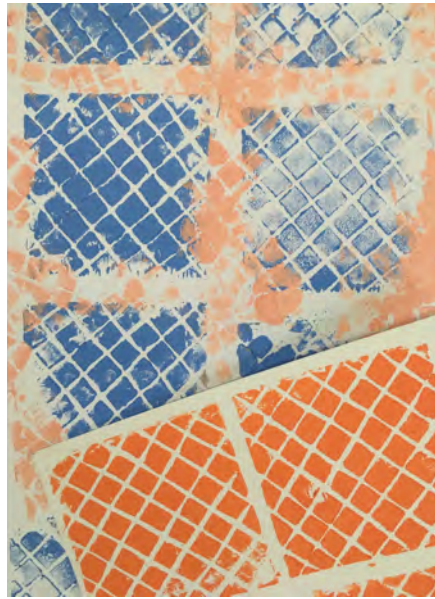
Well Done!

- 38 You're on the right track
- 39 You can do it!
- 40 Good thinking!
- 41 You did that well
- 42 Way to go!
- 43 You seemed to really enjoy doing that
- 44 You must have been practising
- 45 Good trying
- 46 I reckon you could have a go at that
- 47 That's the best you have ever done
- 48 That's a real improvement
- 49 You remembered everything!
- 50 I'm proud of the way you worked!
- 51 Fantastic!
- 52 Good work!
- 53 Amazing—How did you do that?
- 54 That took effort
- 55 Now that's what I call a fine job
- 56 You planned that well
- 57 Good on you mate
- 58 You've tried hard
- 59 You're a star!
- 60 That's wonderful!
- 61 You're learning fast

At Play

- 62 What a good idea!
- 63 Well done—You should be proud of yourself!
- 64 Let's play
- 65 You play well together
- 66 You are trying hard
- 67 You've worked it out!
- 68 That's coming along well
- 69 Now you've got it!
- 70 You're good at this game
- 71 What would you like to play?
- 72 That's very creative
- 73 What a lovely painting
- 74 Can we put that up on the wall for everyone to see?
- 75 Tell me about what you made

More Linocuts at Collingwood Campus



Last month's newsletter featured pictures of Secondary students at Collingwood Campus making linocuts. Here are some of their finished designs.



The Rainbow Program at Craigieburn Campus



The Rainbow Program is a program for students from refugee (or refugee-like backgrounds) that aims to develop resilience, emotional healing, and communication skills. The students participated in various art activities about identity and emotions. They also discussed the different journeys they had to reach Australia and the challenges and positive experiences from coming here.



Ceramics in AP4



Perspective Drawing in AP2



AP2 class at Collingwood has been learning about how to draw perspective. It is a hard thing to do. Normally, teachers teach how to draw perspective to kids who are 11 or 12 years old! But AP2 are great listeners and hard workers, and they did it!

CELS Transition Scholarships

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