



# TOOTGAROOK TELEGRAPH

Weekly newsletter of

**TOOTGAROOK PRIMARY SCHOOL**

Website: [www.tootps.vic.edu.au](http://www.tootps.vic.edu.au)

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**Vision: Achieving personal excellence, empowering students in a supportive community.**

**Respect**

**Integrity**

**Celebration**

**Honesty**

## CALENDAR

Wednesday 16 <sup>th</sup> October	-	Foundation Swimming starts.
Thursday 17 <sup>th</sup> October	-	"Leaping into Learning" starts at 9.15am
Wednesday 23 <sup>rd</sup> October	-	Children's Week 3.30- 4.30pm
Saturday 26 <sup>th</sup> October	-	School Market 3/4B rostered on
Wednesday 30 <sup>th</sup> October	-	Year 3/4 Briars camp
Wednesday 6 <sup>th</sup> November	-	Rugby Day For 5/6 students
<b>Friday 8<sup>th</sup> November</b>	-	<b>Our School concert held @ EASTBOURNE PS</b>



## CHANGE OF DATES

### Tootgarook Primary School Concert

will be held at Eastbourne PS Hall on

**Friday 8<sup>th</sup> November 2019 @ 7pm**

**Tickets are \$8 + available from the school office.**



As you may have noticed, Foundation enrolments for 2020 are now open. If you have a child who will be starting school with us next year, we would be very appreciative if you could come to the school and sort out all the enrolment details as soon as possible. Our plans for 2020 are well underway. One of the key factors in these plans is the number of classes that we will run. This decision affects our staffing profile, other programs, room organisation, equipment and our budget! We strive to keep numbers small in Foundation classes, and early enrolment is very helpful to us in achieving Foundation numbers less than 20 per class. Come to the office and see the lovely Judy, Justine, Kristy, Sheila or Stella who would be happy to help you get started. Also, if you believe that your family will no longer be attending TPS, or if you know of families who may be new to the school next year, please let us know.

**Swimming for Foundation children has begun**

**- Wednesday 16<sup>th</sup> October. Parents are reminded to pack swimwear and towel in a named bag.**

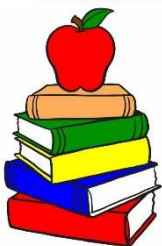
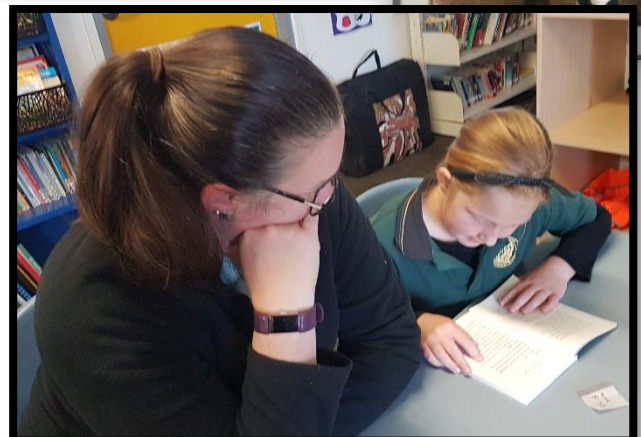




During Term 4 broad brimmed hats are compulsory for students during sport, recess and lunchtime. Please ensure that these hats are clearly named, so that if misplaced can be returned directly to students. If students do not have a broad brimmed hat they will be directed to shaded areas. Our school broad brimmed hats are available from Beleza in Rosebud our school uniform supplier.

## Classroom Libraries

Last Friday the 11<sup>th</sup> of October we held the launch for our Classroom Libraries. The school was lucky enough to secure a grant through the Bendigo Bank to the amount of \$8000 to be used exclusively for establishing our Classroom Libraries. The event was well attended by parents, siblings and friends. We would like to thank the Lions Club, who provided a sausage sizzle breakfast as well as everyone who attended. Thank you to everyone involved in bringing this to fruition.



Samantha, Lacey & Sophie were our raffle winners on the day. Each student received a book.





# Creativity Corner

A great time to be creative as a family is when travelling in the car. Beyond the usual games of I-spy and 20 Questions and the like, you can channel your creativity by telling stories where family members take it in turn to add a sentence or two to the joint story.



Then there are the Number Plate games... Activities range from making words using all the letters (Adults can be handicapped eg their word must contain at least 6 letters), and creating phrases using each of the letters. Try having a 'conversation' using only number plate phrases, select a topic and describe it using words beginning with number plate letters.



Give it a go on your next car journey and I'm sure you'll have an **eXtra Good Time!**

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Dear Parents and Guardians,  
The Walk to School program has now begun. We are inviting Students to walk to school with us on Monday, Wednesday and Friday mornings throughout October. Please arrive at Truemans Road Playground at 8:20 for a 8:30 departure. Any questions please don't hesitate to ask.

Thanks,  
Maddy Boyd  
PE Teacher

Congratulations to Aidan on  
representing our school at  
Division Athletics



Ike, Hani & Jade competed in the annual Lion's Club Quiz last Thursday night. They competed against Red Hill & Dromana and came 2<sup>nd</sup> on the night. There are more heats tonight in our school hall and if Tootgarook are the highest scoring second place getters, they will progress to the finals, which will be held next week.

Red Hill 75 - Tootgarook 57 - Dromana 51



The Student Health Ambassadors are very excited to announce our healthy lunch recipe competition. We would like all of our Tootgarook families to submit a healthy recipe idea. They can be placed in the special box in the office. The winning recipe or recipes will be chosen by the SHA team. The Lunch for Everyone parents will then feature the winning recipe as a part of their program in Term 4. We will also put some of the recipes in the newsletter for you to try at home. If you have any questions or concerns, please see Mrs Read. *Keep an eye out for the Healthy food posters that*

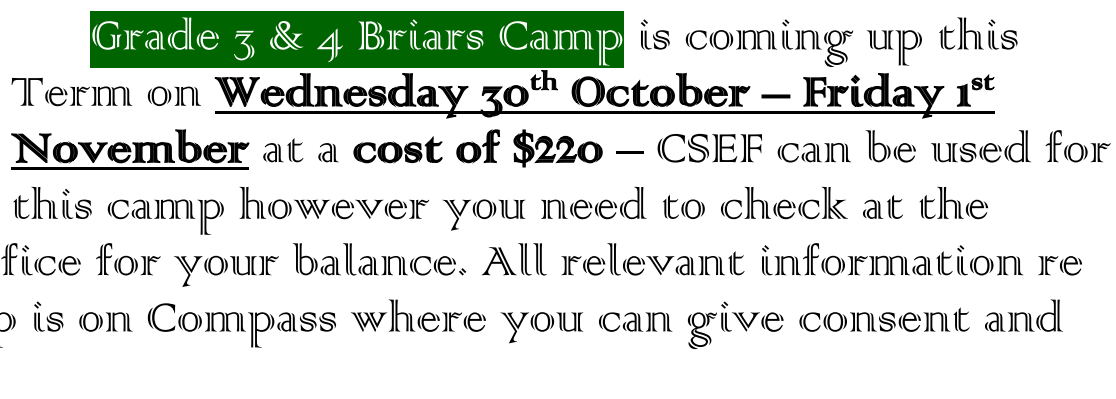
*the student Health ambassadors have created*

## *Healthy Beef Lasagna with Spinach and Basil.*

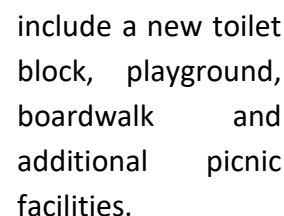
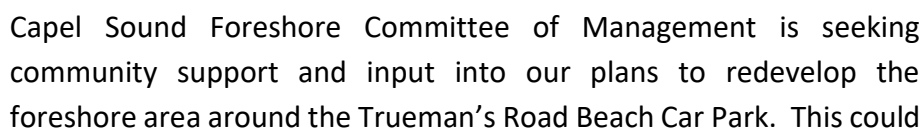
- 12 whole-wheat or gluten-free brown rice lasagna noodles (8-oz)
- 1kg lean ground beef, preferably grass fed
- 4 oz finely chopped mushrooms
- 1 ½ teaspoon dry Italian Seasoning blend
- 2 cloves garlic, minced
- 1- 2 cans crushed tomatoes
- 1 teaspoon salt
- 1 packet of packaged fresh baby spinach
- ½ cup chopped fresh basil, plus more for garnish if desired
- 1 large egg
- 1 16-ounce container part-skim ricotta cheese
- ½ teaspoon ground pepper
- 8 ounces shredded mozzarella cheese, preferably part skim (2 cups)
- 2 tablespoons grated Parmesan or Asiago cheese

### INSTRUCTIONS

1. Preheat oven to 220 degrees . Coat your baking dish with cooking spray.
2. Bring a large pot of lightly salted water to a boil. Cook lasagna, stirring occasionally until soft and pliable but not yet al dente, about 5 minutes. Drain and rinse with cold water.
3. Meanwhile, coat a large non-stick skillet with cooking spray. Add beef, mushrooms and Italian Seasoning and set over medium-high heat. Cook, breaking up beef with a wooden spoon until no longer pink and the liquid is evaporated, 7 to 8 minutes. Add garlic and cook, stirring 30 seconds. Add tomatoes and salt and stir to combine. Bring to a simmer, while adding baby spinach by handfuls, stirring to wilt until the whole amount is completely wilted into the beef mixture, 3 to 4 minutes. Remove from the heat and stir in basil.
4. Beat egg in a medium bowl. Add ricotta and pepper and stir until completely combined.
5. Spread ½ cup tomato mixture in the bottom of the prepared baking dish. (Tip: Remove any large chunks of beef and add them back to the skillet of sauce.) Layer three lasagna noodles vertically into the baking dish; cut one more noodle as necessary and place horizontally to fill in the space at the end of the other three. Top with 1 ½ cups tomato mixture. Dot with half of the ricotta mixture. Sprinkle with ¾ cup mozzarella. Top with 3 ½ more noodles, 1 ½ cups tomato mixture. Dot with the remaining half of the ricotta mixture and top with ¾ cup mozzarella. Top with the remaining noodles. Spread the remaining tomato mixture (about 1 cup) evenly over the top. Cover with aluminum foil.
6. Bake until the lasagna is steaming hot all the way through, 40 to 50 minutes. Remove foil, sprinkle with the remaining ½ cup mozzarella and Parmesan. Bake until the mozzarella on top is just melted but not browned, about 10 minutes.
7. Let lasagna cool 10 to 15 minutes before sprinkling with additional basil and slicing it into 12 servings.



**ORDERS WILL BE CLOSED MONDAY EVENING  
CONTACT THE OFFICE TUESDAY MORNING  
UNTIL 9.15AM  
Pizza Muffins**



We are holding an open session from 9am-11am Saturday 19<sup>th</sup> October onsite at the Trueman's Road Beach Carpark. Committee members and the Landscape architect will be there to



<sup>1</sup> The Department of Health, Education and Social Services, 107 Avenue des Arts, 1050 Brussels, Belgium.

[illegible]

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1 of 3  
 SAT: 11/11/17  
 SAT: 11/11/17

Land  
will

be there

ct	
to	

answer any questions and to get community input and feedback. Click on the link below or scan the QR code to go to our webpage to view a digital copy of the plans. This webpage also allows you to submit any feedback you might have if you are unable to attend on the day  
<https://www.capelsoundforeshore.com.au/truemansroad>





## Now taking Foundation 2020 enrolments Tootgarook Primary School



*Achieving personal  
excellence,  
empowering students  
in a supportive  
community.*

Leap into Learning commences Thursday 17<sup>th</sup> October at 9.15am and will run for 5 weeks. Pick up for students is 10.45am. During the final session, 14th November 2019, there will be a morning tea and information session for parents.



RYE FIRE BRIGADE PRESENTS

# OPEN DAY!

SATURDAY 2ND NOVEMBER 2019  
10AM TO 2PM

face-painting

balloon art

truck display

sausage sizzle

animal farm

firetruck races

fire education

fire station play house

SES display

captain koala

and much more...!

everyone  
welcome!





RYE FIRE STATION 23 COLLINGWOOD STREET, RYE



Looking for the best Early Learning Experience for your child?

The People: Highly qualified, nurturing Teachers and Diploma Educators support and facilitate your child's individual learning needs. All staff are experienced, knowledgeable and committed.

The Place: At Tootgarook Pre-School we provide a safe, relaxed environment. Your child will benefit from our art play spaces, new refurbished outdoor area and programs.

**ENROLMENTS OPEN AND AVAILABLE FOR 2020!**

**3 Y.O AND 4 Y.O GROUPS**

5 hours per week for 3 Year Old Groups  
15 hours per week for 4 Year Old Groups

Tours:  
Please contact us to find out more or to arrange a tour  
(03) 59 85 3314



# Coming Events



## OCTOBER

WELCOME BACK TO TERM 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>14</p> <p>Grade Six Graduation Photo 9am</p>	<p>15</p>	<p>16</p> <p>Foundation Swimming</p> <p>LUNCH FOR EVERYONE</p>	<p>17</p> <p>Leaping Into Learning 9.15am</p> <p>Lions Quiz</p>	<p>18</p>
<p>21</p>	<p>22</p>	<p>23</p> <p>Foundation Swimming</p> <p>LUNCH FOR EVERYONE</p>	<p>24</p> <p>Leap into learning 9.15am</p> <p>Lions Quiz</p>	<p>25</p> <p>MARKET SAT 26<sup>TH</sup> 3/4B rostered on.</p>
<p>28</p>	<p>29</p>	<p>30</p> <p>Year 3/4 Briars Camp</p> <p>LUNCH FOR EVERYONE</p>	<p>31</p> <p>Leap into learning 9.15am</p> <p>Year 3/4 Briars Camp</p>	<p>NOVEMBER 1</p> <p>Year 3/4 Briars camp return.</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>School concert 7pm</p>

## PLAY LEAGUE STARS:

DATE: 23/10/2019  
TIME: 4.00pm - 5.00pm  
WHERE: Tootgarook Primary School



**LEAGUE  
STARS**