



# MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



## JOKE

What do you call a cow that plays an instrument?

A moo-sician!

HAHAHA

### SPOTLIGHT ON...

OUR 2026 STUDENT ACTION LEADERS (SALS)



Our Student Action Leaders from Years 2-5 met for the first time in Week 5! SALs gather feedback from their classes about how we can improve our school, then bring those ideas to their meetings to discuss and take action. This term they will run our P-2 Easter Bonnet Parade, and throughout the year they help lead our fundraising dress up days. We are also incredibly proud of every student who delivered a speech to try out for SAL. Putting yourself forward takes real courage.



@MONTMORENCYSOUTHPRIMARY



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### UPCOMING EVENTS:

**09.03.26**

Labour Day Public Holiday.

**11.03.26**

Yrs 3 & 5 NAPLAN begins.

**12.03.26**

Garden Market, 3.30-3.45pm.

**18.03.26**

Yr 6 Student Leadership Conference. Foundation cohort firefighter visit.

Whole school assembly, 2.45pm.

**19.03.26**

Regional swimming.

**20.03.26**

Harmony Day.

**22.03.26**

School Fete, 10am-3pm.

**24.03.26**

3 Way Conference- 11am-6:30pm Face to face or WebEx (students encouraged to attend) Students finish at 10:40am.

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## PRINCIPAL'S MESSAGE

### KEYLA JEFFERS

Congratulations to all our Prep students on their participation in the Welcome Smoking Ceremony and Assembly, yesterday.

It was a wonderful occasion to officially welcome them into our Monty South community and the beginning of their fulltime education. know how important this occasion is in the life of a student and one which will be able to look back and reminisce as they progress through school.



It was wonderful to see so many parents and family members attend.

Thank you to all staff for their tremendous effort in ensuring that this event was so successful. I love sharing the history behind the smoking ceremony and presenting our students with their certificates. A special thank you to our Wurundjeri elder- Uncle Ian who enlightens us with history, life stories and anecdotes.

### 3 Way Conferences (3WC)

As part of our Curriculum, Assessment and Reporting Schedule we have several processes that we have in place for communicating and informing you of your child's learning. As we have already had our PIEs and SSG, we are now moving to 3 Way Conferences (3WC) on Tuesday 24 March.

**Students will have a very short day and finish at 10:40am.** TheirCare will be available for before and after school care on the day.

The 3WCs will be held from 11:00am to 6:15pm. All conferences will be of 15-minute duration and will be able to be booked either face to face or via WebEx. Like last year the bookings will be available on Compass. Please make sure that you read the information that will be sent home by teachers, regarding availability and times. The purpose of 3WC is to strengthen home-school connections with families and sharing learning progress. Students are highly encouraged to attend, although teacher parent time will be made available during the 15 minutes if requested.



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## NAPLAN

Every year our Year 3 and 5 students participate in NAPLAN. Although, NAPLAN should never be a surprise in terms of student performance, it gives us a good indication of how our students are tracking for the year. NAPLAN is only one of many assessment tools that we use to track student progress and achievement over time. NAPLAN will commence on Wednesday 12 March, Mr Beever will put out a schedule to the community to ensure that appointments or other events do not clash with your child participating. If your child is in Year 5, please make sure that you have helped them to download the Lockdown Browser. Instructions were posted on how to do this on Compass over the last month, so please refer to older postings on Compass. If you are having difficulties, please let your child's teacher know.

## School Council Outcome

I am pleased to announce that we have a new School Council for 2026. We ended up getting the right number of nominations for the positions available, therefore, we did not have to run an election. We are currently investigating the second community member. We will be holding our first School Council meeting for the new council on Tuesday 17 March, I will post the new list in our next newsletter.



## Mobile Phones

A reminder that the Department of Education has in place a mobile phone ban that requires students who bring mobiles phones to school to have them switched off and securely put away during school hours. Smart devices such as iWatch need to be put on plane mode, if they are going to be worn during school time.

The Department required all schools to ensure the ban was in place and enforced from the beginning of 2024. The ban applies equally to all government schools right across the state. For further information, please visit our school website.

## Child Safe Requirements and Volunteering at School

Thank you to all our parents who are volunteering to support classroom programs. We have already sent information home regarding the required induction to be undertaken by volunteers. Each teacher is individually sending information home, regarding what you need to do prior to attending.



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## **Annual privacy reminder for our school community**

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#) and the [Schools' Privacy Collection Notice](#).

Our Photographing, Filming and Recording Students Policy available on our website, describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn. The consent was sent to you via Compass last week.

We ask parents to also review the guidance we provide on how we use [Google Workspace for Education](#) safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using Google Workspace for Education, please contact the school.

For more information about privacy, refer to: [Schools' privacy policy: information for parents](#).

## **Before and After School Supervision**

As you may all know, I get to school early each day and leave late as well. I have noticed lately that we have several students being dropped off just after 8:00am, who do not attend TheirCare. Please be reminded that students are not to come to school before 8:45 am or leave after 3:45pm, as there is no-one on yard duty after that. I understand that some parents may start early; however, so do we, just so that we can get ready for the day. In the afternoon, staff have meetings until 4:45 so are not available to do duties after 3:45pm. TheirCare is available for out of school hours care. Thank you for your support.

## **FriYaY**

I think we are all glad when Fridays come around as that sees an end to at times very busy weeks. One of our class rewards systems in place across the school is the ability of teachers to use the last session on a Friday as a class reward. This is very individual to every classroom and is not a given that FriYaY will happen in your child's class. Please check with your classroom teachers on how FriYaY is part of their classroom programs. Also note that student do not use devices in their FriYaY session to play games.

I hope you get some rest and relaxation over this long weekend, stay safe.

Keyla Jeffers



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## WELLBEING

### Have you noticed...

I wonder what you notice as you walk around our school. It certainly is a busy and exciting place! I want to highlight a few things to draw your attention, to understand what is occurring and to appreciate our wonderful school.

We need to acknowledge our **amazing Year 6 students**. They lead our school in such wonderful ways, and we need to celebrate, support and cheer them on as they continue to evolve into our young adults of tomorrow. A few examples include:

- Embracing their roles as a buddy to our Prep students. The care, warmth, and sense of responsibility has been a joy to see. We are so thankful they have helped our Preps have a really smooth start to school.
- Leading at assembly, in different specialist areas and out in the playground, helping lead, solve problems and share their voice makes our school a better place.
- Focused on learning and growth has been evident as they launch into their final year at school and soak up all the wisdom from staff.

You may have seen our **Wellbeing Windows** spread across our school for all to see and read. There are 8 to find and each slightly different, themed to the different cohorts. At each location, you'll find a variety of wellbeing information, that will evolve over the year. You'll find info such as: our Behaviour Expectations, Respectful Relationships topics, fun playground ideas from our Wellbeing Captains and a look and find challenge, highlighting emotions found in our Zones of Regulation learning. I encourage you to go and read them with your children.

You may have found some of our exciting new ground painting across the school. In the Undercroft area near the Prep classrooms, you will find an **activity track**, especially designed to help students (and adults!) to take a **brain break** and help themselves regulate their body and mind by being active with purpose. I encourage everyone to check it out, use it with your children and encourage them to use this wellbeing resource when they need it. We all need different strategies in our 'toolbox' as we learn and grow together!

You may have heard a cultural theme in terms of our **choice of words and attitude**. At Monty South, we are here to learn and grow, both in curriculum and wellbeing. It is expected that everyone will make mistakes in maths or writing, this is a part of learning. The same can be said for wellbeing and social skills, mistakes and learning are going to happen. We see every mistake as an opportunity to learn and grow, together. We separate the child from the behaviour, meaning, we see and value all our students, even when they may make a mistake, that does not mean they are a bad person. **We all play a part in contributing to the culture** of the school. How we speak, share, react, respond, all matter, as we all work on preparing our students for a full, exciting life, where our values shine through in everything they do, now and into the future.

While I've shared some positive highlights with you, I encourage you to find some more and share them around the dinner table this week.

See you in the playground!

Stuart Beever- Assistant Principal



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## TEACHING & LEARNING UPDATE: LITERACY AT MONTY SOUTH!

From our Literacy Leader, Nerinda Hodgson

### What Are High Frequency Words and Why They Matter for Early Readers?

High frequency words are the most commonly used words in English – words like the, and, is, you, said; that young children will see and use again and again in books, labels, classroom activities and writing. Because these words appear so often, learning them early helps children become confident and fluent readers.

### Why are high frequency words so important?

1. **They appear in almost every book.** A large portion of the words in early readers are high frequency words. When children can recognise them automatically, reading becomes smoother and more enjoyable.
2. **They build reading fluency.** Fluency means reading accurately, smoothly, and with expression. If students have to stop and sound out common words again and again, their reading becomes slow and choppy. When these words are recognised instantly, students can focus on meaning instead.
3. **They support comprehension.** When children are not using all their thinking power to decode simple words, they can concentrate on understanding the story or information.
4. **They strengthen writing.** These same words appear constantly in students' writing. Knowing how to read and spell them confidently helps students become more independent writers.

### Why do we need to practise high frequency words daily?

Learning high frequency words requires:

- Repeated exposure
- Reading them in context
- Saying them aloud
- Writing them regularly

Daily practice helps move these words into a child's long-term memory so they can recognise them automatically.

### How you can help at home

You can support your child by:

- Listening to them read and encouraging smooth reading
- Noticing and pointing out common words in books
- Playing quick word games (e.g., "Can you find the word your on this page?")
- Practising a small number of words regularly rather than large lists at once

Together our goal is for students to read with confidence, expression, and understanding and strong knowledge of high frequency words is a key part of this journey.





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Here is an example of a Year 2 fluency passage where 42% of the passage is made up of high frequency words:

### “Fluency Passage - My Strengths and Achievements

**Everyone has** special skills **and** abilities. These **are** called strengths. Strengths **are** things **you are** good **at** or things **you** enjoy doing. **Some** strengths could **be** drawing pictures, running quickly, or helping others. **You** might **be** great **at** singing, telling interesting stories, or solving problems. **Some** people **are** talented **at** building things or putting puzzles together. **What are your** strengths? **What do you** enjoy doing?

Achievements **are** things **you do that** make **you** feel proud. **An** achievement **is** something **you** work hard **for and** feel happy about **when you** accomplish **it**. Maybe **you** learned **to** tie **your** shoes or finished **a** big puzzle **all by** yourself. Perhaps **you** learned **to** ride **a** bike or read **a** new book. These **are your** achievements, **and you** should feel proud **of them!**

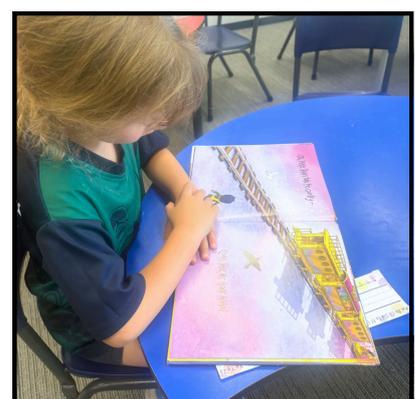
Think **about the** things **you are** good **at**. **Can you** jump really high? **Can you** help **your** family **with** different tasks? **Do you** enjoy drawing, singing, or playing games? **These are your** strengths. **They** make **you** unique **and** special. Always **be** proud **of them!**

**You should always** feel proud **of your** strengths **and** achievements. Keep doing **your** best, **and** remember, **you are** amazing **and** capable **of** achieving great things! Keep learning, growing, **and** trying new things every day. **You are** strong and special!”

Chat to your child at home about the fluency passage they are reading this week in class.

Happy Reading!

Nerinda Hodgson  
Literacy Leader





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## RESILIENCE, RIGHTS & RESPECTFUL RELATIONSHIPS (RRRR)

### RRRR GENERAL INFO:

The Resilience, Rights and Respectful Relationships learning materials have been designed for teachers in primary and secondary schools to develop students' social, emotional and positive relationship skills. Efforts to promote social and emotional skills and positive gender norms in children and young people has been shown to improve health related outcomes and subjective wellbeing. It also reduces antisocial behaviours including engagement in gender-related violence.

The Resilience, Rights and Respectful Relationships (RRRR) learning materials cover eight topics of Social and Emotional Learning across all levels of primary and secondary education: Emotional Literacy; Personal & Cultural Strengths; Positive Coping; Problem Solving; Stress Management; Help Seeking; Gender Norms & Stereotypes; and Positive Gender Relationships.

Currently, students across Monty South are working through

**Topic One: Emotional Literacy**

**Topic Two: Personal and Cultural Strengths**

Even though all students are working on the same topic, each cohort's learning will look different as RRRR is designed appropriately to each age group. Research in the field of positive psychology emphasises the importance of identifying and using individual strengths. Social and emotional learning programs which use strength-based approaches promote student wellbeing, positive behaviour and academic achievement.

Resilience, Rights and Respectful Relationships is a mandated curriculum in all public schools in Victoria, with its curriculum beginning at Foundation (Prep) and continues through to Year 12 in high school. There is no option to 'opt-out' of RRRR, but we encourage you to read through the curriculum of your child/ren's year level so that you can engage in positive conversations at home.



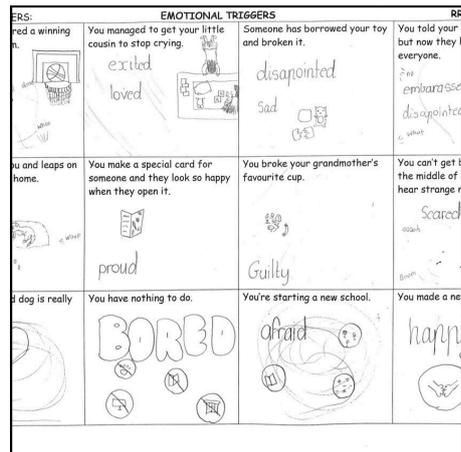
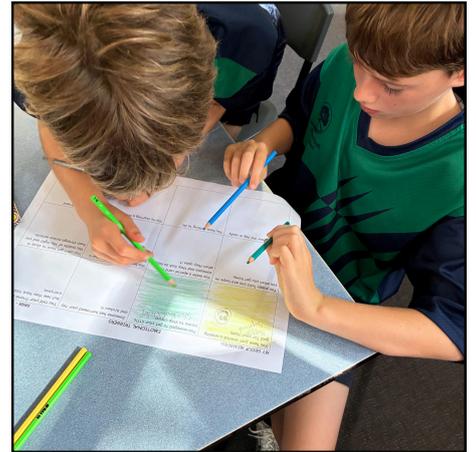
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## RESILIENCE, RIGHTS & RESPECTFUL RELATIONSHIPS (RRRRR)

### IN THE CLASSROOMS





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## STUDENT NEWS & ACHIEVEMENTS

### YR 3 CLEAN UP AUSTRALIA DAY EXCURSION

#### KITCHEN CLASS



#### DISTRICT SWIMMING



#### GARDEN MARKET



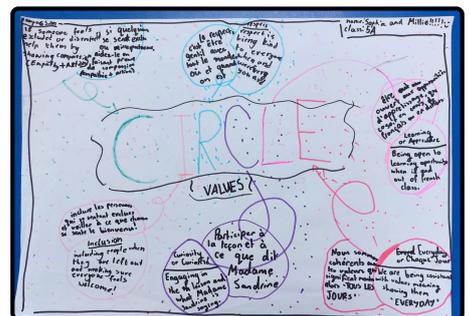
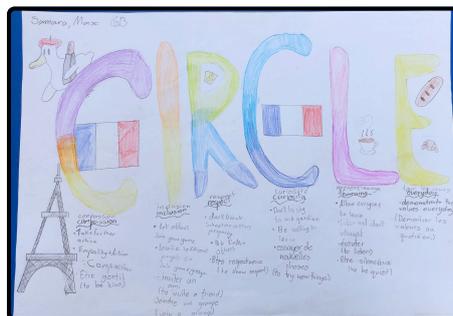
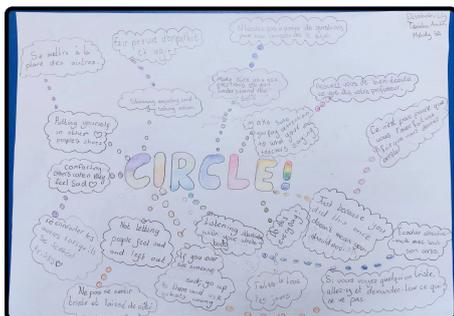
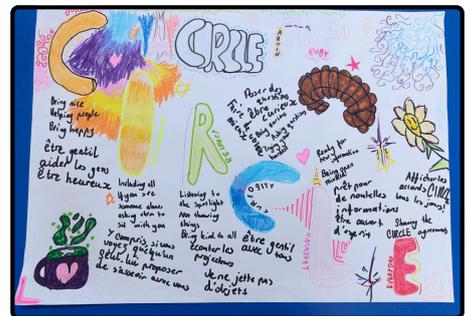
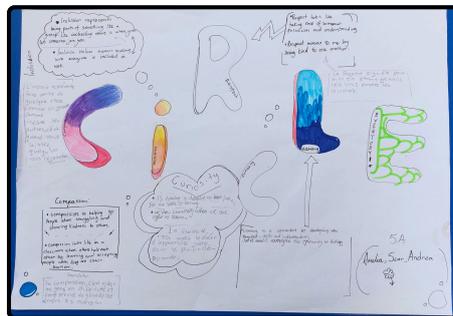
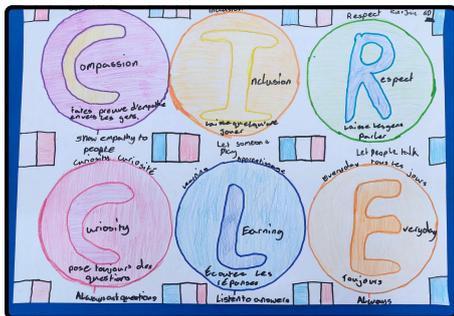
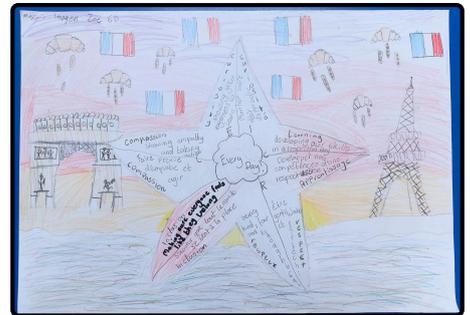
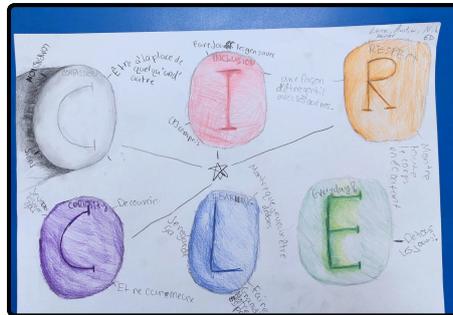
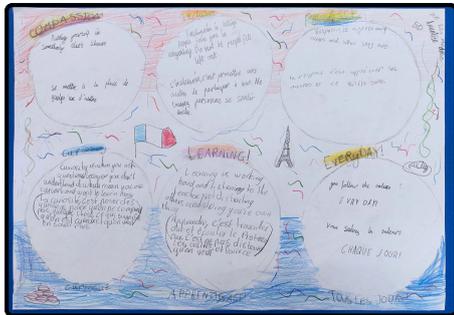
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## FRENCH NEWS

As part of our start of year set-up, Year 4, 5 and 6 students created posters to explain what our school values mean to them. Have a look at some of their designs below!





# MONTMORENCY SOUTH PRIMARY SCHOOL

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## SAKG RECIPES: YR 3 ORIENTATION



### Baked Plums and sweetened Greek yogurt

Serves 24 - 30 tastes



#### Ingredients

15 plums  
1 tablespoon brown sugar  
½ teaspoon vanilla extract  
  
2 cups Greek yogurt  
2 tablespoons icing sugar  
½ teaspoon vanilla extract

#### Equipment

Chopping boards  
Knives  
Spoons to mix  
Measuring cups and spoons  
  
Mixing bowls x 2  
6 x baking dishes  
  
Serving bowls and spoons for yogurt

#### What to do:

- Pre-heat oven to 180 degrees Celsius
- Wash the plums well
- Using safe knife skills, cut the flesh off the stone of each plum  
Cut around each plum down to the stone – twist each half to remove the stone, then cut each half into half. (You will have quartered plums)
- Place the plums, brown sugar, and vanilla in a bowl and toss to combine
- Divide plums into baking dishes and bake for 10 - 15 minutes
- While the plums bake, combine Greek yogurt, icing sugar and vanilla in another bowl. Mix well and divide into serving dishes
- Serve plums hot to the tables with the bowls of yogurt



### Tomato, basil and bocconcini bites

Serves 24 tastes



#### Ingredients

1 punnet of tomatoes  
  
1 Bunch of basil, leaves plucked  
  
1/2 punnet of bocconcini  
  
Balsamic vinegar  
Olive oil

#### Equipment

Chopping boards  
Knives  
Salad spinner  
Sieve  
Tooth picks  
  
Serving dishes

#### What to do:

- Put the tomatoes in the sieve and run under cold water to rinse
- Place the plucked basil leaves in the salad spinner, wash and spin dry
- Cut the tomatoes in half
- Drain the bocconcini and cut into quarters
- Assemble the bites by skewering a tomato piece, a cheese piece and a basil leaf with a tooth pick
- Arrange on serving dishes, sprinkle with a little olive oil and a few drops of vinegar - serve

If you are able to help out in our kitchen-perhaps you can help out your child's class-  
you can let our Kitchen Specialist,  
Cathryn Hulme know by emailing her at: [cathryn.hulme@education.vic.gov.au](mailto:cathryn.hulme@education.vic.gov.au).



# MONTMORENCY SOUTH PRIMARY SCHOOL

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## Hummus

Serves 24 tastes  
Source: Cathryn Hulme



### Ingredients

1 can of chickpeas, drained and rinsed  
Juice from 1 and ½ lemons  
¼ cup Olive oil  
¼ teaspoon ground cumin  
1 clove of garlic – finely grated  
1 tablespoon tahini  
Pinch of salt  
  
Parsley – to garnish

### Equipment

Sieve  
Lemon squeezer  
Measuring cups and spoons  
Microplane grater  
Food processor  
Chopping board  
Cake scraper  
  
Serving bowls

### What to do:

- Drain chickpeas and rinse them under running water, using a sieve
- Juice the lemon
- Grate the garlic
- Put chickpeas, lemon juice, olive oil, cumin, garlic, salt and tahini into the bowl of the food processor
- Whiz until it is all well combined
- Divide mixture evenly into serving bowls
- Decorate with parsley and serve

Please note that the blade on the food processor is very sharp. Only the adults will handle and wash this blade.



## Pitta chips

Serves 24 tastes  
Source: Cathryn Hulme



### Ingredients

1 Packet of white or wholemeal pitta breads  
  
Olive oil spray or olive oil to brush

### Equipment

Baking trays  
Cake cooling rack  
Tongs  
Oven mitts  
Pastry brush  
  
Serving dishes

### What to do:

- Pre heat oven to 200 degrees
- Place the pitta breads on baking trays
- Spray each side of the breads, evenly and lightly with olive oil spray or brush a small amount of olive oil onto each side of each bread
- Bake in the oven for 10 minutes, turning them over with tongs after about 5 minutes
- Remove from the oven and allow to cool for a few minutes
- Break into small pieces, divide into serving bowls and serve



## Tzatziki

Serves 24 tastes  
Source: Mr Wilkinson's Vegetables



### Ingredients

Tzatziki  
2 Lebanese cucumbers, grated and liquid squeezed out  
350 grams Greek style yogurt  
1 clove of garlic (microplane)  
White pepper and salt  
1 teaspoon white wine vinegar  
2 tablespoons olive oil

### Equipment

Chopping board  
Knives  
Grater  
Microplane grater  
Measuring cups and spoons  
Mixing bowl  
Measuring scales

### What to do:

- Grate the cucumber, squeeze out extra liquid
- Grate the garlic – using a microplane grater
- Combine the yogurt & cucumber in a bowl
- Add the vinegar, olive oil, salt and pepper – mix to combine
- Then finally add the garlic and stir well.
- Scoop into serving bowls, and drizzle with a little extra olive oil



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## SAKG RECIPES: GREEK

During weeks 3 & 4 the students discovered the flavours of Greece with our Greek menu. Greece is located on the Mediterranean Sea, with land in Europe and 6000 islands in its territory. The islands have been influenced by many civilisations that have ruled during its long history. Culture and food traditions can vary widely from island to island. Our menu was oven baked pita breads, zucchini fritters, white bean soup (fasolada), Greek salad and Greek plum cakes. During the same time the grade 3 students made their very first dishes in the kitchen. Their menu was pita chips, tzatziki, hummus, tomato and basil bites and baked garden plums.

### Plum cake (Κέικ με δαμάσκηνα)

Source: miakouppa.com  
Serves: 24 – 30 tastes

Ingredients	Equipment
1 & ½ cups plain flour 1 teaspoon baking powder ½ teaspoon bicarb soda 1 teaspoon cinnamon ¼ teaspoon ground ginger 2 eggs 1/3 cup sugar ½ cup canola oil 1 teaspoon vanilla extract ¼ cup orange juice 10 ripe plums, stone removed, cut into 8 pieces each	Handheld beaters Mixing bowl Cake scraping spatula Measuring cups and spoons Knives Chopping boards Wooden spoon  2 x 12 hole muffin trays & muffin papers
<p><b>What to do:</b></p> <ul style="list-style-type: none"> <li>Pre heat oven to 180 degrees</li> <li>Place the muffin papers in the muffin trays</li> <li>Wash and cut the plums</li> <li>Place sugar and eggs in a mixing bowl and beat together for 4 minutes until they become light and fluffy</li> <li>Add the vanilla and oil, beat to combine</li> <li>With the mixer set to low add the flour, baking powder, bicarb, spices and orange juice, mix until combined</li> <li>Divide the mixture evenly into the muffin tins</li> <li>Top each cake with pieces of plum</li> <li>Place in the oven and bake for 10-15 minutes, or until cake tester comes out clean</li> <li>Cool and serve</li> </ul>	

### Greek Salad

Serves 24 tastes  
Source: S Alexander, Kitchen Garden Cooking with kids

Ingredients	Equipment
1 lettuce from the garden 1 cup green beans 1 Lebanese Cucumber 1 stick of celery, washed and sliced 1/2 punnet of cherry tomatoes 2 spring onions 1 capsicum ½ cup Kalamata olives 100 grams feta, diced <u>Dressing</u> 3 tablespoons olive oil 3 teaspoons red wine vinegar Salt and pepper  Dried Greek oregano (Rigani) to garnish	Measuring cups and spoons Measuring scales Small saucepan Chopping board Small saucepan Knives Mixing bowls Fork Tea spoon Wooden spoon Measuring scales Salad spinner Serving bowls
<p><b>What to do:</b></p> <ul style="list-style-type: none"> <li>Place a small saucepan of water on the stove and bring to the boil.</li> <li>Wash the beans. Trim off the top and bottom and cut into 3.</li> <li>Place the beans into the boiling water and cook for 1 minute. Drain and plunge the beans into cold water to stop the cooking process. Set the beans aside to cool completely and then drain again.</li> <li>Tear the lettuce into bite size pieces, wash and spin dry in the salad spinner</li> <li>Halve the cucumber lengthways and using a teaspoon, scoop out most of the seeds from the centre of the cucumber. Cut the cucumber into 2cm dice</li> <li>Cut the tomatoes in half, slice the celery</li> <li>Wash and trim the spring onions, removing the root. Slice into 1/2 cm pieces</li> <li>Cut the capsicum into 1cm dice</li> <li>De – seed the olives by pressing down with the flat side of a chef’s knife onto the olive</li> <li>Combine the dressing ingredients in a jar with a tight-fitting lid, shake well</li> <li>Combine the beans, lettuce, cucumber, tomato, celery and spring onions in a large mixing bowl. Add the dressing and toss to combine</li> <li>Divide the salad into serving bowls</li> <li>Scatter with olives, diced feta and a pinch or two of rigani (dried Greek oregano), and serve</li> </ul>	

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## Zucchini & Haloumi Fritters

Serves 24 tastes  
Source: taste.com.au



### Ingredients

4 small Zucchini (or equivalent), grated, excess liquid squeezed out  
1 cob corn, kernels removed  
1 potato, grated, excess liquid squeezed out  
1 small onion, grated  
100 gms haloumi cheese, diced small  
Grated zest from 1 lemon  
2 Eggs, beaten  
½ cup plain flour  
¼ cup chopped mixed fresh herbs from the garden  
Pepper to taste

Olive oil for shallow frying  
The zested lemon can be sliced and used as a garnish

### What to do:

- Grate the zucchini and potato using the course side of the grater
- Place the grated zucchini and potato in a clean tea towel and squeeze out any excess liquid
- Cut the kernels from the corn cob
- Combine the zucchini, potato, grated onion, haloumi, parsley, pepper, and eggs in a bowl and combine.
- Add the flour and stir well
- Heat a little oil in a non-stick frying pan over a medium heat. Gently drop tablespoons of batter into the pan, flatten slightly. Cook for two minutes on each side or until golden brown.
- Drain on paper towel
- Keep warm in a low oven if necessary

### Equipment

Measuring cups and spoons  
Frypans  
Knives  
Chopping board  
Mixing bowl  
Whisk  
Spoon  
Measuring scales  
Serving plates



## Pitta Bread

Serves 30 tastes  
Adapted from: Bread from around the world. Ingram & Shapter



### Ingredients

500g strong bread flour  
2 teaspoons dry yeast  
280 ml warm water  
2 tablespoons olive oil  
2 teaspoons salt

### Equipment

Measuring cups and spoons  
Measuring scales  
Dough cutter  
Large mixing bowl  
Wooden spoon  
Rolling pin  
Baking trays

### What to do:

- Put the flour into a large bowl and add the salt, and the yeast, mix to combine
- Pour in the water and add the oil
- Mix the ingredients together until you have a smooth, soft dough and you've picked up all the flour from the sides of the bowl
- Pour a little oil onto your work surface and place the dough on it – knead for 5-10 minutes or until you have a smooth and elastic dough
- Place into an oiled bowl, cover and put in a warm place and allow to rise for an hour
- Pre heat oven to 230 degrees
- Place 3 large baking trays in the oven – you want VERY hot trays for puffy pita!
- Tip the dough onto a lightly floured surface, and knock back / punch down the dough
- Divide the dough evenly into 12 pieces, and shape each piece into a ball, allow to rest for 5 minutes
- Flatten each piece with your fingertips and roll out into a flat oval with a rolling pin – make sure they are very thin and even about 3mm thick, cover with a tea towel and allow to rest for 5 minutes
- The trays should now be very hot and the bread rested. Place 2 pittas per tray (6 in total) onto the hot trays and bake in the oven for 4-6 minutes
- They should puff up – but do not need to brown.
- When they are cooked, transfer them to a wire rack and cover them with a clean tea towel, here they will steam and become soft and delicious
- Repeat with the remaining dough
- Serve warm (they are best eaten the day they are made)



## Fasolada – Greek white bean soup

Serves 24 - 30 tastes  
Source: SBS.com.au



### Ingredients

2 carrots, peeled and diced  
2 onions, peeled and diced  
2 sticks of celery, including leaves, sliced  
1 potato, peeled and diced  
2 cloves of garlic, chopped  
1/4 cup olive oil  
5 cups vegetable stock  
1 sprig each of sage, thyme and oregano  
1 bay leaf  
2 x 400g cans of cannellini beans, drained  
2 tablespoons tomato paste  
Salt and pepper to taste  
Soup garnish  
Chopped parsley

### Equipment

Measuring cups and spoons  
Large pot for soup  
Knives  
Chopping boards  
Wooden spoon  
  
Small ramekins for individual serves

### What to do:

- Place the onion and olive oil in a large pot, over a medium heat, cook for 4 minutes or until onion is cooked
- Add the garlic, carrots, celery, potato and herbs, stir well and cook for 2 minutes
- Add the vegetable stock and the tomato paste
- Stir in the drained cannellini beans
- Bring to the boil and simmer (covered) for 20 minutes, stirring occasionally
- Ladle soup into the serving bowls
- Garnish with a sprinkle of chopped parsley, serve



# MONTMORENCY SOUTH PRIMARY SCHOOL

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## SAKG RECIPES: ITALIAN

Weeks 5 & 6 saw lots of Italian flavour in the kitchen. Inspired by the Winter Olympics in the northern Italian alps, we discussed some of the famous dishes/ingredients that come from 'the north'. Bolognese sauce, lasagna, Parmigiano and balsamic vinegar have their origins there. Our menu was focaccia, summer vegetable frittata (with zucchini and multi coloured beans from the garden), orecchiette pasta with a tomato sauce, bean salad with an Italian dressing and the last of the summer plums were made into a dense polenta bustrengo 'cake'.

 <b>Polenta and plum bustrengo</b> Serves: 24 - 30 tastes Source: Adapted from Jamie's Italy – Jamie Oliver		
<b>Ingredients</b> 100g Polenta 2 cups milk  50g brown sugar 2 eggs 50g plain flour 2 tablespoons olive oil 100g sultanas 50g prunes, quartered Zest from 1 orange  6 plums, stone discarded, sliced  Castor sugar to sprinkle	<b>Equipment</b> Mixing bowl Measuring cups and spoons Measuring scales Saucepan Whisk Spoon Knife Chopping board Peeler  Microplane to zest lemon and orange  Gratin dishes x 6	
<b>What to do:</b> <ul style="list-style-type: none"> <li>• Pre heat oven to 180 degrees Celsius</li> <li>• Pour the milk into the saucepan and bring to a gentle simmer, sprinkle in the polenta. Cook by stirring constantly for 5 minutes or until thick &amp; all the milk is absorbed</li> <li>• Remove from the heat, spread mixture onto a plate and allow to cool for 5-10 minutes</li> <li>• While the mix cools prepare the fresh and dried fruits, zest the orange</li> <li>• When the polenta has cooled but is still warm place it into a mixing bowl and add the sugar, flour, oil &amp; zest</li> <li>• Mix well, then add the eggs and mix until smooth</li> <li>• Gently stir in the dried &amp; fresh fruits</li> <li>• Spoon into oven dishes, flatten slightly</li> <li>• Sprinkle with a little castor sugar</li> <li>• Bake for 10 - 15 minutes or until golden and heated through</li> <li>• Serve</li> </ul>		

 <b>Green bean salad with Italian dressing</b> Serves: 24 - 30 tastes Source: Cathryn Hulme		
<b>Ingredients</b> 1 Lettuce, torn into smaller pieces, washed and spun dry 2 cups green beans, cut into 3 cm pieces, blanched 1 small cucumber, diced 1 tin cannellini beans, drained and rinsed 2 large tomatoes, diced ½ cup olives, pitted  <u>Dressing</u> 3 ½ tablespoons olive oil 2 tablespoons white wine vinegar 2 tablespoons chopped basil 1 tablespoon finely grated parmesan cheese ½ teaspoon Dijon mustard ½ clove garlic, crushed Salt and pepper to taste	<b>Equipment</b> Knives Chopping board Salad spinner Mixing bowls Measuring cups and spoons Saucepan  Stab blender Jug  Serving bowls	
<b>What to do:</b> <ul style="list-style-type: none"> <li>• Tear the lettuce into smaller pieces, wash and spin dry in the salad spinner</li> <li>• Rinse and cut the green beans, blanch in boiling water for 1 minute. Drain and plunge them into cold water to stop the cooking process</li> <li>• Dice the cucumber</li> <li>• Drain and rinse the cannellini beans, dice the tomato, halve the olives</li> <li>• Make the dressing by combining all ingredients in narrow jug, whizz well with a stab or immersion blender</li> <li>• Place lettuce, tomato, beans and cucumber in a mixing bowl and toss together</li> <li>• Add dressing and toss to coat, divide between serving bowls, scatter olives over the salads and serve</li> </ul>		

If you are able to help out in our kitchen-perhaps you can help out your child's class- you can let our Kitchen Specialist, Cathryn Hulme know by emailing her at: [cathryn.hulme@education.vic.gov.au](mailto:cathryn.hulme@education.vic.gov.au).



# MONTMORENCY SOUTH PRIMARY SCHOOL

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## Summer vegetable frittata

Serves: 24 - 30 tastes  
Source: Adapted from Stephanie Alexander – Kitchen Garden Cooking with kids



Ingredients	Equipment
1 small onion, diced 2 cloves of garlic, chopped 1 small zucchini, diced 1 cup green beans, cut into 3 1/2 punnet cherry tomatoes, halved 1 cob of corn, kernels removed 1/2 cup mixed herbs from the garden, washed and dried 6 large eggs (more eggs if small) Salt and pepper Olive oil	Saucepan of boiling water – steamer basket and lid Chopping boards Knives Measuring cups 3 mixing bowls Whisk 2 non-stick fry pans Egg lifter 2 Large plates
<b>What to do:</b> <ul style="list-style-type: none"> <li>Place a saucepan of water on the stove over a high heat, bring to the boil</li> <li>Cut the zucchini and beans</li> <li>Blanch the zucchini and beans in the boiling water for 2 minutes, drain and place in a bowl of cold water to arrest the cooking process, when cold drain</li> <li>Chop the onion and chop the garlic</li> <li>Heat 1 tablespoon of olive oil in a pan and sauté onions until transparent, add garlic and cook briefly (take care not to burn the garlic) - set aside to cool</li> <li>Put 2 mixing bowls on your bench. You are making 2 frittatas</li> <li>Crack 3 eggs into each bowl, add salt and pepper, whisk well to combine</li> <li>Now evenly divide (between the 2 bowls /2 frittata mixtures) onion &amp; garlic, drained zucchini and beans, diced tomato, corn kernels, chopped herbs</li> <li>Heat 2 non-stick fry pans over a medium heat. Drizzle a little oil into each pan, when the oil is hot, carefully pour the contents of each bowl into each pan, arrange the vegetables evenly across the egg</li> <li>Reduce the heat to low and cook for 5 minutes or until the bottom is set and golden brown. Use the egg lifter to check this. The top will still be moist.</li> <li>Slide the frittata out onto a large plate, place another plate over the top and being very careful, flip the frittata onto the second plate.</li> <li>Slide the frittata back into the pan and complete cooking for 3- 4 minutes</li> <li>Slide the cooked frittatas out onto a clean chopping board and divide for serving</li> </ul>	



## Orecchiette with tomato sugo and basil oil

Serves: 24 - 30 tastes  
Source: Adapted from Kitchen Garden Foundation Syllabus



Ingredients	Equipment
1 packet of orecchiette <b>Sauce</b> 2 tablespoons olive oil 1 clove garlic, chopped 1 red onion, diced 2 large tomatoes, diced 400g tin chopped tomatoes Pinch dried chilli flakes 1 Bay leaf Salt and pepper to taste <b>Basil oil</b> ½ packed cup basil leaves, washed 4 tablespoons grated parmesan cheese 3 tablespoons olive oil 1 tablespoon pumpkin seeds 1 clove garlic, chopped  Extra parmesan to serve	Knives Chopping board Saucepan Wooden spoon  Small food processor Measuring cups and spoons Grater  Large pot for the pasta
<b>What to do:</b> <ul style="list-style-type: none"> <li>Place a large pot of well salted water on the stove and bring to the boil and cook according to packet instructions</li> <li>Meanwhile make the sauce</li> <li>Add the olive oil, onion and garlic to the saucepan and cook over a medium heat until the onion is translucent</li> <li>Add the remaining sauce ingredients and bring to a simmer, cook uncovered for 15 – 20 minutes or until thick and glossy</li> <li>Make the basil oil by combining all ingredients in the small processor and whizz well, add a little more oil if the mixture is too dry</li> <li>Once the pasta is cooked reserve some pasta cooking water and drain</li> <li>Return the pasta to the pot, add the tomato sauce and a little of the reserved liquid. Stir well over a medium heat until the pasta is well coated in the sauce</li> <li>Divide pasta into serving bowls topped with a drizzle of basil oil and a handful of extra grated parmesan, serve while hot</li> </ul>	



## Onion and rosemary focaccia

Serves: 24 - 30 tastes  
Source: Women's Weekly, Muffins, scones & breads



Ingredients	Equipment
450 grams strong bread flour ¼ teaspoon salt 2 teaspoons yeast 3 tablespoons olive oil 350 ml warm water  <b>Topping</b> 1 onion, finely sliced 1/4 teaspoon salt 1 ½ tablespoons olive oil 2 to 3 sprigs of rosemary, leaves only	Knives Chopping board Oven tray Baking paper Grater Mixing bowl Measuring spoons Measuring scales

### What to do:

- Put flour and salt into a large bowl
- Stir in yeast
- Pour in oil and water, combine into a soft dough
- Turn dough out onto a floured surface and knead for 5-10 minutes or until dough is smooth and elastic
- Place dough in a lightly oiled bowl, cover with plastic wrap and allow to rise for about an hour, or until doubled in size
- Pre heat oven to 220 degrees
- Gently tip dough onto a large baking tray lined with baking paper
- Gently press the dough, using your fingertips to fill the tray, cover with a tea towel and allow to rise/rest for 10 minutes
- Meanwhile, slice the onion & tear the leaves off the rosemary stalks.
- Sprinkle the dough with the onion & rosemary
- Use your fingertips to make deep indentations all over the surface of the dough – pushing in some of the herbs and onion.
- Sprinkle over the oil and salt
- Bake in the oven for 20 -25 minutes – or until golden and crisp
- Allow to cool slightly, cut and serve



# MONTMORENCY SOUTH PRIMARY SCHOOL

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## COMMUNITY NEWS



### ✦ Refer a Friend - Share the Love

Know a family looking for care? Refer a friend to Launchpad and both families receive one week of free care once enrolment is confirmed. Because good things are better when shared.

### 🌟 50% off Casual Care Throughout January & February

Need a little extra flexibility? We're offering 50% off casual care throughout January and February, perfect for families needing short-term or additional days while still enjoying the Launchpad experience.

### 🕒 Half-Day Sessions Available

We offer 6-hour half-day sessions for \$80, giving families greater flexibility while maintaining the same high-quality care, learning, and nurturing environment.

### ★ 4-Day Subsidised Care Option

Families can access 4 days of subsidised care with 9-hour sessions, supporting working families with consistent routines, affordability, and quality early learning.

SCAN ME



(03)84183999

lowerplenty@launchpadelc.com.au



FOLLOW US



Eltham High School

## OPEN EVENING

Monday 30 March, 2026

### School Tour - 5.30pm

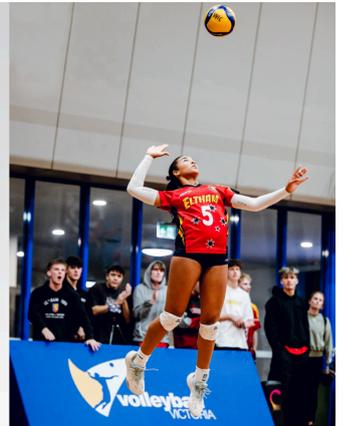
- Interactive student activities
- Meet teachers from key learning areas
- VET Hospitality catering

### Information Session - 7.00pm

- Symphonic Band performance
- Hear from the Principal
- Student presentations
- Enrolment processes

FURTHER INFORMATION  
[www.elthamhs.vic.gov.au](http://www.elthamhs.vic.gov.au)

BOOKINGS REQUIRED  
[www.trybooking.com/DJKPK](http://www.trybooking.com/DJKPK)



Withers Way, Eltham | [eltham.hs@education.vic.gov.au](mailto:eltham.hs@education.vic.gov.au) | T 9430 5111 | [www.elthamhs.vic.gov.au](http://www.elthamhs.vic.gov.au)



## OPEN DAY

*Inspiring Hearts*  
SHAPING FUTURES



SUNDAY, 15 MARCH | 11am - 3pm

Principal's Address 11am, 12pm and 1pm

SCAN OR CODE TO REGISTER YOUR ATTENDANCE

Now accepting Year 7 2028 enrolments Secure your place today  
Limited places available for Year 7 2027 | Applications close 14 August 2026

[marcellin.vic.edu.au](http://marcellin.vic.edu.au)

# ECO Festival

Sunday 15 March  
11am - 4pm  
Petrie Park  
Mountain View Road, Montmorency  
[www.banyule.vic.gov.au/EcoFestival](http://www.banyule.vic.gov.au/EcoFestival)



# MONTMORENCY SOUTH PRIMARY SCHOOL

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## Conversations about Consent

Talking about affirmative consent helps young people build healthy, respectful and safe relationships.

This FREE online parent session will give you the tools and confidence to have the hard conversations.



**Tuesday, March 10**  
7pm-8.30pm ONLINE

In this session you will learn:

- About the law and the recent Victorian affirmative consent legislative changes.
- How to increase your confidence to have real-life conversations.
- What resources are available to support you in having these important conversations.



**CONTACT  
JESS SAYERS  
0468753812**

FREE session for Parents and Carers of young people



**REGISTER HERE**

## Respectful Relationships

Parents play an important role in helping young people build respectful, safe relationships, and young people tell us they want these conversations at home.

This FREE online parent session will explore what influences their views and give you simple, practical tools to start positive conversations about respect.



**Tuesday, April 28**  
7pm-8.30pm ONLINE

In this session you will learn:

- Strengthen your understanding of respect, relationships, and our shared role in preventing gender-based violence.
- Build confidence to have conversations about respect, with tips based on research and real experiences.
- Discover resources to support these important conversations.



**CONTACT  
JESS SAYERS  
0468753812**

FREE session for Parents and Carers of young people



**REGISTER HERE**

## Viewbank College 2027 INTAKE SUBJECT TOUR

**Monday  
23<sup>rd</sup> March**

Tours beginning from 9:15am in different co-curricular areas followed by a general information session at 10:30am in the PAC  
**Bookings essential**



**BOOK NOW**



- ✓ Tour the school while in action
- ✓ Meet teachers and hear from students
- ✓ Subject specific tours
- ✓ An opportunity to ask questions

## Viewbank College 2027 Acceleration & Enhancement Program Testing

**Saturday  
22nd August  
10am**

Viewbank College  
1 Warren Road  
Viewbank 3084  
**Bookings essential**

- ✓ Designed for highly motivated students
- ✓ Fast-paced, compacted curriculum
- ✓ Opportunities for deeper learning
- ✓ Selective entry process

**BOOK NOW**

For students eligible to apply: <https://aus.edutest.com.au/D/?t=503f7saj>

For more info visit us: [www.viewbank.vic.edu.au](http://www.viewbank.vic.edu.au)