



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



SPOTLIGHT ON...

YEAR 6 CAMP TO
SOVEREIGN HILL



Last week, our Year 6 students stepped back in time during their Gold Rush camp experience. Students and staff embraced life in the 1800s, dressing in period costume while exploring the mines, panning for gold and learning about Victoria's gold rush history. It was a fantastic opportunity for hands-on learning, adventure and fun. We have loved hearing students share their favourite memories and experiences from this memorable camp.



@MONTMORENCYSOUTHPRIMARY



MONTMORENCY SOUTH PRIMARY
SCHOOL



JOKE

How do
you stay
warm in
the house
in the
winter?

Go to the corner! It's always
90 degrees!

HAHAHA

Montmorency
South PS

PH: 03 9439 6201

64 Buena Vista
Drive,
Montmorency,
Vic, 3094

montysouth.vic.
edu.au

montmorency.
south.ps@
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gov.au



UPCOMING EVENTS:

13.07.26

Term 3 Begins.

16.07.26

State Cross
Country.

21.07.26

Yrs 3-6 Athletics
Day at Willinda
Park.

24.07.26

Interschool
sport.

27.07.26

French Week
begins.

Yrs 5&6 Courage
to Care
Upstander
Workshop
(incursion).

28.07.26

100 Days of
School -
Foundation
student
celebration.

30.07.26

Maths Olympiad.

31.07.26

Interschool
sport.

03.08.26

Yrs 3-4 Water
Safety Program.

05.08.26

Yrs 5-6 Water
Safety Program.



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PRINCIPAL'S MESSAGE

KEYLA JEFFERS

Dear Monty South Community,

I had the wonderful pleasure of attending the Year 6 camp to Sovereign Hill again this year. What a wonderful way to get students to experience history and be part of a living museum. Our first day was so busy that we hardly had time to unpack. Unusually mild and sunny, Ballarat gave our students the opportunity to explore Sovereign Hill as they soon found the Lolly shop and the gold panning area where some definitely got 'gold fever'!



The second and third days were a wonderful- step back in time experience, although Ballarat didn't disappoint and the rain soon came, being 'in school' most of the day kept us generally warm so it wasn't too bad. Immersing students into the 1850s and experiencing what people and children in that time went through was an enjoyable and eye opening experience for the year 6s. Students looked magnificent in their 1850 clothing and enjoyed the opportunity to dress up. Students were in awe of the gold pouring activity, where four students were lucky to be chosen by the 'Mam' to hold the 3 ½ kg bar of gold worth over \$650k.

Mr Mitchell and I also had roles in our class as we were the owners of the 'Building and Undertaker' business and were looking to employee apprentices within our school. We both had so much fun playing our roles but Mr Mitchell was particularly enthusiastic about being in costume and playing the part.

I want to congratulate and praise all our year 6 students for the wonderful behaviour and values that they showed during the three days. A special thank you also to all the staff who went on camp and joint in this unique experience. Thanks to Mr Mitchell, who was the camp coordinator and ensured that everything ran smoothly.



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Reports Semester 1

On Monday 22 June you should have received your child's Semester 1 report. Please read the inside cover of the report as it explains the reasons for some reports not having student comments. As per the media and notifications, the AEU took protected industrial action over Term 2 and one of those actions was that teachers would not write student comments. However, If you would like to follow up anything from your child's report, please contact the classroom teacher directly to arrange a mutual time to meet. There is a lot of work that goes into producing the reports, so I would like to thank all staff for the work that they have done over the last Semester.

Operational

MSPS Child Safe- Code of Conduct

On Tuesday night at School Council, the MSPS Child Safe- Code of Conduct Policy was endorsed. Thank you for the feedback provided during the parent consultation. The feedback was actioned within the policy, and it is now available on our website.

Parent Contributions

As we know parent contributions are an essential component of school resourcing which supports us with the ability to provide access to the very best for experience and programs. These contributions are made up of curriculum contributions and extra curriculum items and activities. Thank you to all our families who have made their parent contributions for 2026. Unfortunately, we are only at 56.39% which is under our estimated collection rate for this time of the year. Please check with Paula for your balance of payment. I would like to thank you in anticipation of following this up.

A big thank you to all the parents who responded immediately to the SAKG payments. As this is a user pay program, we rely on the payments for the Kitchen to run successfully. We still have a small number of parents who are yet to make the payment. If you would like to discuss a payment option, please contact Paula (Business manager) who will be happy to accommodate individual needs.



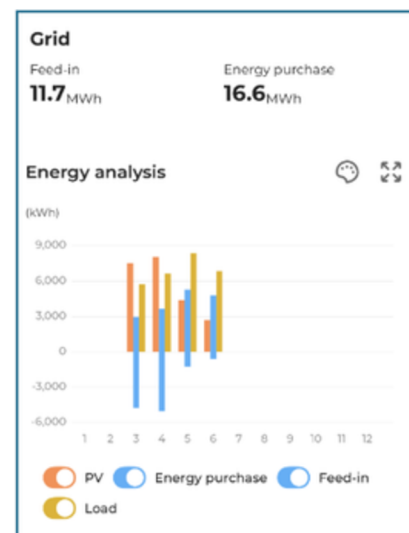
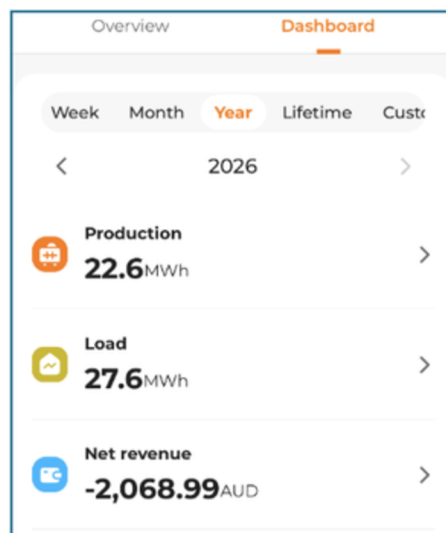
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Solar Panels

It is good to see that we are improving on our environmental footprint as our solar panels are beginning to have an impact in our energy consumption.

The tables to the right indicate our year to date of- production, loading and net revenue. In terms of monetary usage, we have use \$6,152.47, produced \$4,086.96 and have a net revenue of -\$2,069.51 as of this morning. This is great for our utilities consumption.



VSBA and EMP

As you may be aware, we have been following up two major Capital Works programs for several years: Project 1- Drainage, Ramps & Walkways and Project 2- Airconditioning for Prep, Yr 1, Yr 2 and Library. I heard back from the VSBA EMP Division two weeks ago and they have approved Project 1 to the investigation stage. This means that they will engage assessors to determine the cost associated with the repairs. Once they know the cost, they will determine whether it goes through to the next stage. Last year we went through the same process but with a different Division of the VSBA who determined that it was outside of their scope.

Project 2; however, was rejected as the air conditioning should have been installed at the time of the build. At the School Council meeting last night, it was decided that given the VSBA decision on Project 2, the Building Fund, which currently has just over \$40,000, will be used to install air conditioning in a staged approach. We will also be using some of the School Library funds to install air conditioning in the Library. So, a big thank you to all the families who have contributed to the Building fund over the last few years as this will get us started. As we come to the end of the financial year, If you would like to make a tax-deductible contribution to the school, we would very much welcome your support.

If you are travelling during the school holidays have a wonderful time away. If you are having a staycation, have a great time relaxing, I think we all need a bit of a break.

Thank you to all my staff for the last 10 weeks, enjoy a well-earned break.

Keyla Jeffers
Principal



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ASSISTANT PRINCIPAL'S MESSAGE

STUART BEEVER

Education Week!

During Education Week recently, the theme was 'Showcasing our School'. We invited everyone to contribute ideas about what they love about our amazing school. You may have seen how we shared lots of photos and quotes from our students on our social media. **Staff also shared what they love about Monty South, which included:**

- The culture, care and support of each other
- They love that people jump in to do things
- The commitment and focus on wellbeing
- Sense of community
- Some super parents
- They love the happy greetings each morning
- Everyone brings in delicious food to share
- So many happy and kind kids
- The parents who volunteer and support the staff
- The staff culture- love, support, kindness and generosity.
- The teamwork between staff
- Inclusivity- we all belong
- The lovely environment
- All the amazing learning opportunities.

Each class was also given an opportunity to share each day what they love about their school. Here is what the students had to say about some questions we gave them.

What makes MSPS so amazing and special?

- There is great support from the teacher
- Our school values, because they help us understand what we need to do to help each other
- The interschool sport program, as we get to visit other schools
- The kindness of students @ MSPS
- Having the right to have brain breaks if we need to have a break!
- How helpful the teachers are
- Having the support of teachers when we need it
- The support system for wellbeing
- Kitchen because we get to cook yummy food!
- Having trusting teachers we can share our problems with
- We have lots of kind and compassionate teachers and we can feel safe at school.
- I like that our school teaches lots of different subjects
- We have so many kind volunteers at our school that are caring for our garden and lending us their time to help make a better school community.
- Really fun incursions like the Cosmodome and now we get to build a Mars rover
- Making maths really fun!





MONTMORENCY SOUTH PRIMARY SCHOOL

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What we love about learning at MSPS:

- I love fluency because my favourite thing is reading
- Fluency because I have two fluency passages and there are rate goals
- I like PHORMEs because I get to learn new words and rules to help you read and spell
- The learning makes us smarter
- Learning is made fun
- We have different maths groups targeting exactly what we need to learn
- I love writing because you can let your imagination run wild
- I love learning about stories and how to write them
- I love learning about interesting things all to do with science such as volcanoes
- I love learning how to help people in the community
- I love learning about how to read words
- I love learning at MSPS because I get the chance to be free with my creativity and designs
- I love learning in math's because I am grouped by my ability and feel challenged
- I love learning at MSPS because it is routine and I know what is expected of me
- I like the fact that we can actually do the science experiments that we are learning about in class
- Maths because I like putting numbers together
- Writing sentences because I can learn more
- I love learning about numbers because I get to know which way they go
- I love splitting numbers up in maths because it helps me know more things
- I love spelling in the morning because it helps me grow

What we love about Specialist Classes at MSPS:

- I like playing basketball at PE
- I like Digi Tech because we learn new things
- I like Art because I like making new things
- I like learning new sport at PE
- I like performing arts because I like to learn about music
- I like French because we get to learn new words
- We get unique opportunities to learn skills like cooking and gardening
- I like learning about food in kitchen, especially foods from different cultures
- I like P.E because we get to learn about different sports
- I like Art because you get to try different arts styles and mediums
- I like Kitchen because I get to eat the food
- I like Drama because we get to research an artist or band that we are interested
- Library is great because you get to borrow a wide variety of books
- I love PE because I love athletics
- Digi Tech because you get to use iPads
- French because I like the drawing we do
- I love learning about Drama and the different sounds that musical instruments can play
- I love PE because I love to be active



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What we love about the outdoor spaces at MSPS:

- I love the basketball court because i can shoot hoops
- I like going to the bush path to see different animals
- The oval because we can do sports on there
- The gaga pit because I like how everyone has fun
- I like how the whole school respects our outdoor spaces
- I like the trees because it provides oxygen for us
- The monkey bars because it keeps us happy
- The whole school because you get to play whole school tag
- I like the monkey bars because you can swing on it and climb on it

What we love about the Wellbeing programs at MSPS:

- When learning RRRR we get to play games and learn that way
- I learn about including friends
- We learn about respect for each other
- I like focusing on the values at MSPS
- I like the morning circle and making announcements
- We learn about our values (C.I.R.C.L.E) & Respectful Relationships
- The library calm zone, it helps when we have big problems in the yard

Error Free...

We are a learning community, rich in diversity in so many ways. Every day our wonderful students are learning so many skills in such variety of areas. For example, reading, writing, social skills/interaction, maths, emotional regulation, French, personal boundaries, PE, Digi Tech, friendships, values, leadership, planning, organisation, sharing, the list goes on.

In each of the areas, we know that practise and errors are needed for everyone to learn, grow and evolve. Practise does not mean perfect but does work towards progress. We cannot avoid errors or mistakes, that is the reality of our lives. Our staff and families are here to guide, to teach, to care, to forgive, to understand, to restore.

- In maths, when a student gets an equation wrong, we try again, we explain and improve.
- At lunch, when a student pushes another, we try again, practise and restore.
- In PE, when a student kicks the soccer ball out of bounds, we try again and improve.
- When public speaking, when a student stumbles over some words, we support, encourage and try again.
- When socialising and a student speaks in an unkind way, we try again, practise and restore.

I'm sure you'll agree, the students had many wonderful and interesting things to share. May we all continue to value and share all we love about MSPS!



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Regardless, we must each understand that learning at school is a journey, full of errors, mistakes and opportunities to learn, grow and do better together. It will never be flawless, where errors are prevented. But we will teach, respond, guide, and take proactive steps to ensure we all continue to learn and grow together. May our school values guide our attitudes, reactions, care and support for all students as we cheer them on as they learn each and every day at school. See you at the gate!

Stuart Beever- Assistant Principal

Mistakes
are **PROOF**
that you are
Trying!

C	M	S	P	S	I	S	A	F
O	U	G	Z	A	N	L	G	E
M	E	R	R	L	C	E	S	V
P	E	S	I	W	L	A	Z	E
A	L	R	X	O	U	R	D	R
S	C	T	B	K	S	N	F	Y
S	R	A	D	M	I	I	W	D
I	I	S	T	Y	O	N	T	A
O	C	L	G	H	N	G	L	Y
N	T	C	E	P	S	E	R	D

**MSPS
COMPASSION
INCLUSION
RESPECT
CURIOSITY
LEARNING
EVERYDAY
CIRCLE**

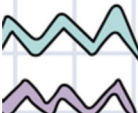


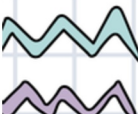
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WELLBEING: TERM 3 & 4 LUNCHTIME CLUBS

 MSPS CLUBS TIMETABLE TERM 3 AND 4 (ODD WEEKS) 		
MONDAY Lunch: Green Thumbs (Garden) Club (Emma and Environmental Captains) Lunch: Junk Journaling/Craft Club (Maddy) Lunch: Gym for Year 6s (but not oval) Gaga pit: Year 1s only	TUESDAY Lunch: Lunchtime Library Years 3-6 (Miss McDonald and Library Captains) Lunch: Pokémon Trading Club (Year 5-6 Moderators) Lunch: Gym for Year 5s (but not oval) Gaga pit: Year 2s only	WEDNESDAY Lunch: SALs Meeting (Mitchell and SALs) Lunch: Dance Club (Ashlee and Performing Arts Captains) Lunch: Colouring Club (Maddy) Gaga pit: Year 3s only
THURSDAY Lunch: Lunchtime Library Years F-2 (Nerinda and Library Captains) Lunch: Coding Club (Jenny and ICT Captains) Lunch: Pokémon Trading Club (Year 5-6 Moderators) Gaga pit: Year 4s only	FRIDAY Lunch: Lego and Duplo Club (Tracey) Lunch: Gym for Year 4s (but not oval) Gaga pit: Year 5s and 6s only	

 MSPS CLUBS TIMETABLE TERM 3 AND 4 (EVEN WEEKS) 		
MONDAY Lunch: Green Thumbs (Garden) Club (Emma and Environmental Captains) Lunch: Junk Journaling/Craft Club (Maddy) Lunch: Gym for Year 6s (but not oval) Gaga pit: Year 1s only	TUESDAY Lunch: Lunchtime Library Years 3-6 (Miss McDonald and Library Captains) Lunch: Pokémon Trading Club (Year 5-6 Moderators) Lunch: Gym for Year 5s (but not oval) Gaga pit: Year 2s only	WEDNESDAY Lunch: School Captains rehearse SOTW (Daniel and PALs) Lunch: Dance Club (Ashlee and Performing Arts Captains) Lunch: Colouring Club (Maddy) Gaga pit: Year 3s only
THURSDAY Lunch: Lunchtime Library Years F-2 (Nerinda and Library Captains) Lunch: Coding Club (Jenny and ICT Captains) Lunch: Pokémon Trading Club (Year 5-6 Moderators) Gaga pit: Year 4s only	FRIDAY Lunch: Lego and Duplo Club (Tracey) Lunch: Gym for Year 4s (but not oval) Gaga pit: Year 5s and 6s only	



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TOGETHER WE LEARN, LEAD & ACHIEVE

1

Ask them to
stop



2

Walk away



3

Drink water



4

Deep breaths



**Coping
Strategies
& Problem
Solving**



5

Find someone else
to play with



6

When you're ready
talk to the people
you're upset with



7

Restore the
friendship!



Have Fun!





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FROM THE SALS (STUDENT ACTION LEADERS):

The SALS have been very busy this term with organising so many fun events! We started the term with an exciting opportunity set by Mrs Jeffers, we were allowed to choose the mural that is now painted on the BER! We love seeing the colourful artwork every day.

We are continuing to take your suggestions on board and create fun events.

The next dress up day we have coming up is our 'Crazy Sock Day' on the last day of term, Friday June 26th.

On this day you can wear colourful socks, odd socks or even have sock puppets!

We know that next term is full of events already and we are hoping to even have an event where we raise money for charity so watch this space.

That's it from us! We hope you have a safe and happy winter holidays!

From your friendly SALS team.





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TEACHING & LEARNING UPDATE: STEM IN YEAR 5

Year 5 students have had a fantastic time this term learning about Light, Heat, Energy and Forces. Through a range of hands-on investigations and experiments, students have been highly engaged, showing curiosity, enthusiasm and a willingness to explore new ideas. It has been wonderful to see students actively participating in discussions, making predictions and developing their scientific thinking.

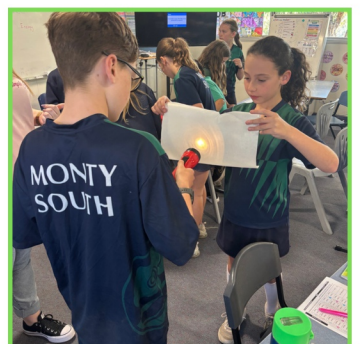
Students explored how light travels by testing different materials to determine whether they were transparent, translucent or opaque. They enjoyed making predictions, conducting tests and discussing their findings with their classmates.

Students also investigated electrical energy by creating their own electrical circuits. Through experimenting with different components, they learned how circuits work and what is needed to make them complete.

Another memorable activity involved creating rainbows as students explored how light can be bent and separated into the different colours of the spectrum.

A class favourite was designing and building solar-powered s'mores ovens. Using cardboard, foil and plastic wrap, students used the Sun's energy and the reflective properties of foil to generate heat and melt chocolate and marshmallows. This tasty experiment helped students develop their understanding of solar energy while putting their learning into practice.

It has been fantastic to see students work collaboratively, ask thoughtful questions and apply their learning throughout these engaging science experiences.





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TEACHING & LEARNING UPDATE: STEM IN YEAR 6

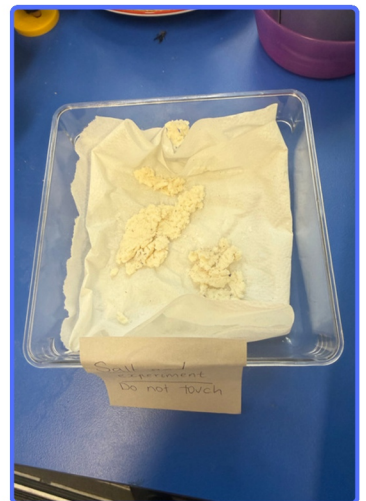
Reversible and Irreversible Changes

Our Year 6 students have had an exciting and hands-on term in STEM as they explored the fascinating topic of Reversible and Irreversible Changes. Throughout the unit, students investigated what makes a change reversible or irreversible and learned how scientists identify the differences between the two. They explored reversible changes such as dissolving substances and changes of state, where materials can be returned to their original form. Students also examined irreversible changes, including cooking and rusting, where entirely new substances are produced and the original material cannot be recovered.

A key focus of the unit was understanding how reversible changes are linked to recycling materials and why this is important for creating a more sustainable future. Students discussed how many materials can be reused and recycled through reversible processes, helping to reduce waste and conserve resources.

Through a range of engaging experiments and investigations, students also explored how the amount of heat energy added to a substance can affect whether a change of state occurs or whether an irreversible chemical change takes place. They made predictions, observed outcomes, recorded results, and drew conclusions like real scientists.

The highlight of the unit was the many practical activities that allowed students to see science in action. There was plenty of excitement as students experimented, observed surprising changes, and shared their discoveries with their classmates. Their enthusiasm, curiosity, and willingness to ask questions made learning both meaningful and enjoyable. It has been wonderful to see our Year 6 students developing their scientific thinking skills while having so much fun exploring the world of STEM.





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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 Four: Problem Solving

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)

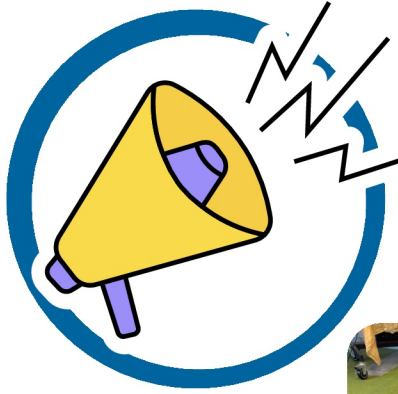
I N T H E C L A S S R O O M S





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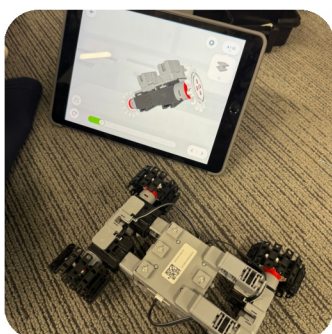
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STUDENT NEWS & ACHIEVEMENTS

YEAR 6S BRING ROBOTS TO THE PREPS

IN THE GARDEN



WOMBAT HABITATS IN STEM



BUILDING MARS ROVERS IN YR 2 STEM



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MSPS GARDEN NEWS: MEET OUR NEW CHICKENS!

We are excited to welcome three new chickens to MSPS! Although they hatched over the summer, they have only recently joined us after being rescued from life on an egg farm.

The hens are slowly settling into their new enclosure and have been enjoying plenty of kitchen scraps from our kitchen program. It has been wonderful watching them explore their surroundings and become more comfortable in their new home.

Two of our newest chickens are black, which can make them a little tricky to tell apart. If you look closely, you'll notice that their red markings are in different places, helping us identify who is who.

Meanwhile, T-Pecks has been making sure the newcomers know exactly who is in charge! She has been busy asserting her dominance and reminding everyone that she is still the boss of the coop.

As they continue to grow, our new hens will eventually become even larger than Tyrannosaurus Pecks!

Help Us Name Our New Chickens!

Our new feathered friends are still waiting for their names, and we'd love the MSPS community to help! A Google Form has been created where students, staff and families can submit their name suggestions. See the link below to have your say and help us choose names for the newest members of our school community.

[Name the chickens here!](#)





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SAKG KITCHEN NEWS

This term in Kitchen, students have enjoyed an exciting journey around the world through food as we explored Mexico, Iran, Germany, The United Kingdom and Russia. Students loved trying new flavours, learning about different cultures and listening to music from each country. Some favourite experiences included twisting their own pretzels, making butter from cream and baking apple strudels. We are incredibly grateful for our volunteers, whose time and support make these hands-on learning experiences possible. It has been wonderful to see students so enthusiastic and adventurous in the kitchen this term.

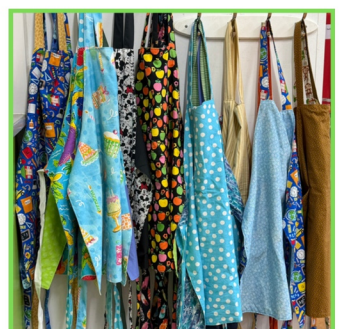
Monty South would like to extend a very special thank you to Evelyn Marchioro's amazing Nan, Sue, for her incredible generosity and kindness. Sue has lovingly cut and sewn thirty beautiful new aprons for our students to wear in our Stephanie Alexander Kitchen.

We are incredibly grateful for the enormous amount of time, care, and materials Sue freely gave to make this possible. Her generosity and community spirit are truly appreciated.

We would also like to thank Edie Geerling's Nan, Louise, for generously giving her time to help Sue with the apron-cutting process.

Thank you, Sue and Louise, for your wonderful contribution to our school community!

To volunteer for next term, please contact Natalia
natalia.gainsmith@education.vic.gov.au 0425810995





MONTMORENCY SOUTH PRIMARY SCHOOL

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SAKG RECIPES: THE UK



ROYAL CREAMY CINNAMON RICE PUDDING WITH PEARS

SERVES 5 OR 24 TASTES
ADAPTED FROM: TINEATS.COM



INGREDIENTS

5 & 1/4 cup milk
1/3 cup sugar
2 tsp vanilla extract
1 cup medium grain white rice
1/2 cup sultanas
3/4 tsp cinnamon
1/4 cup cream

Pears:

4 Pears
1 cup water
1/2 tsp cinnamon
1 Tablespoon white sugar



EQUIPMENT

Measuring cups and spoons

Saucepans
Wooden spoon
Slotted spoon

6 serving Bowls



WHAT TO DO:

- Place milk, sugar and vanilla in a saucepan over a medium high heat. Bring to a simmer, stirring to dissolve the sugar. Do not boil, it will split the milk.
- Add rice, sultanas and cinnamon and stir. Cook with a lid on medium heat, stirring often for approximately 25 minutes until rice is tender.
- Whilst pudding cooks, prepare the pear topping.
- Peel and thinly chop pears. Place in a second saucepan with water, sugar and cinnamon.
- Bring pears to the boil, then turn to a simmer and cook until pears are cooked and softened.
- Divide pudding into 6 serving bowls, use the slotted spoon and dish pears onto each pudding.
- Drizzle cream onto each dish before serving.



IRISH WHOLEMEAL SODA BREAD WITH SEEDS

SERVES 12 BREAD ROLLS OR 24-30 SMALL TASTES
ADAPTED FROM: HAIRY BIKERS - BBC FOOD



INGREDIENTS

225g self-raising white flour,
plus extra for dusting and
rolling
225g plain wholemeal flour
1 teaspoon soft brown sugar
1 teaspoon bicarbonate of soda
1/2 teaspoon salt
250g full-fat natural yoghurt
175ml milk
Milk for brushing
2 Tablespoons pumpkin seeds
2 Tablespoon sunflower seeds



EQUIPMENT

Measuring cups and spoons
Mixing bowls
Tea towels
Oven trays
Baking paper
Scales
Knives
Chopping board
Anti slip mat
20 x 30 cm slice tin
Baking paper
6 Serving plates



WHAT TO DO:

- Preheat the oven to 200 degrees celsius. Line two baking trays with baking paper. Spray lightly with oil spray.
- Put the white and wholemeal flour in a large bowl and stir in the sugar, bicarb and sea salt. Tip onto a clean bench and scoop into a heap. Make a well in the centre.
- Mix the yoghurt and milk in a jug until smooth. Pour a fifth of the milk mix into the well and mix some of the flour into the liquid with a wooden spoon. Add a little more and continue to draw the flour into the liquid. Keep adding and mixing until all the liquid and flour are combined.
- Using your hands, knead the dough for a couple of minutes, or until light and spongy. You may need to add a little extra flour if the dough is sticky, but try not to add too much as you want the bread to be light and airy.
- Divide the dough into 12 portions and roll into balls. Place on the baking trays, evenly spaced apart. Use your hands to flatten slightly - to about 4 cm high.
- Brush the rolls with a little milk, and scatter over the combined seeds. Bake for 15 minutes or until well risen and golden-brown. The crusts should be ice and crisp.
- Serve hot with a wedge of butter.





MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



MULLIGATAWNY BROWN WATER SOUP

SERVES 24-30 TASTES OR STARTER FOR 4-6
ADAPTED FROM HAIRY BIKERS - MUMS KNOW BEST



INGREDIENTS

25g butter
1 Tablespoon olive oil
1 brown onion, chopped
2 cloves garlic, chopped
2 medium carrots, peeled and finely diced
2 sticks celery, diced
1 large sweet potato, peeled and diced
1 apple, peeled and diced
½ cup red lentils
1/2 Tablespoon medium curry powder
5 cups vegetable stock
1 Tablespoon tomato paste
1 Tablespoon mango chutney
100g basmati rice

Garnish:

Natural yoghurt
Chopped parsley



EQUIPMENT

Measuring cups and spoons

Large pot for soup

Knives
Chopping boards
Anti slip mat
Peeler
Wooden spoon
Ladle
Stick blender

Small ramekins for individual serves



WHAT TO DO:

- Melt the butter in a large saucepan with the oil. Stir in the onion, carrots, celery and sweet potato. Cook over a medium heat for 10 minutes, stirring, or until the vegetables are starting to soften and brown lightly. Stir in the apple pieces and curry powder. Cook for 2 minutes, stirring.
- Add the lentils and stock. Stir in the tomato paste and mango chutney. Bring to the boil and leave to simmer for 20 minutes or until the vegetables are soft. Stir occasionally.
- While the soup is simmering, half fill a medium saucepan with water, and bring to the boil. Add the basmati rice and bring back to the boil. Simmer for 10 minutes. Drain rice into a sieve and rinse under cold water until cold.
- When soup is ready, blend with a stick blender until smooth. Stir in the rice. Serve into individual bowls.
- Garnish with a dollop of yoghurt and a sprinkle of parsley. Serve.



ENGLISH POTATO, PEAS & CHEESE SALAD

SERVES 24-30 TASTES OR SIDE SALAD FOR 4-6
SOURCE: ADAPTED FROM RECIPETINEATS.COM



INGREDIENTS

300g baby potatoes, peeled and cut into 8's
6 eggs
1 cup of peas, defrosted
1 crunchy lettuce, torn into pieces
1 cucumber, peeled and sliced
150g tasty cheese, diced/cubed
1 Tablespoon chives, cut into small pieces with scissors
Dressing:
2 Tablespoons Greek yoghurt
2 Tablespoons olive oil
Zest from ½ a lemon
1 Tablespoon lemon juice
½ teaspoon Dijon mustard
Pinch of sugar
Salt and pepper to taste.



EQUIPMENT

Chopping Board
Anti slip mat
Knives
Salad spinner
Peeler
Measuring cups and spoons
Mixing bowls
Scales

6 serving bowls
6 mini tongs

WHAT TO DO:

- Wash and cut the potatoes. Place them in a pot of salted simmering water, cook until nice and tender
- While your potatoes are cooking wash and spin dry the lettuce, tear into bite size pieces and place in the large mixing bowl
- Peel and slice the cucumber, add to the lettuce. Add the defrosted peas and toss to combine.
- Drain the potatoes once cooked, allow them to sit in the colander for 5 minutes - so any excess water will evaporate.
- Boil the eggs. Place the eggs in a saucepan of cold water. Bring the eggs and water to the boil. As soon as the eggs begin to simmer, set your timer for 8 minutes. When the timer beeps, drain the eggs and plunge them into cold water. When they are cool, remove the shells and cut into 6ths.
- Make the dressing by combining all ingredients with a whisk in a small bowl.
- Place the potato into the salad (While they are still warm) along with the dressing and toss together well.
- Divide salad into 6 serving bowls. Top with diced cheese, sliced eggs and scatter of snipped chives.



SCOTTISH RUMBLEDETHUMPS BUBBLE AND SQUEAK

SERVES 6 BAKES OR 24-30 TASTES
SOURCE: ABEL & COLE



INGREDIENTS

1 kg root vegetables, (potatoes) swedes, carrots)
3 cloves garlic, flattened and peeled
Salt and pepper
2 teaspoons butter
1 Tablespoon milk
3 cups greens (silverbeet, cabbage, spinach) finely slice
1 brown onion, finely chopped
½ a leek, leaves separated and washed well, sliced
A drizzle of olive oil
150g cheddar or tasty cheese
Parsley to serve

EQUIPMENT

Chopping Board
Anti slip mat
Knives
Peeler
Large pot for root vegetables
frypan for greens
Potato masher
Measuring cups and spoons
Mixing bowls
Scales

• Gratin dishes for baking

WHAT TO DO:

- Preheat the oven to 200 degrees Celsius
- Tumble your chopped roots and spuds into a large pot of boiling water, add garlic and a pinch of salt.
- Cook until vegetables are tender. Drain. Mash with butter and milk. Season to taste.
- While the potatoes are boiling, prepare the leafy green vegetables.
- Heat a large fry pan, add oil, leek and onion. Cook until tender and glossy. Add the cabbage and leafy greens and soften until they have wilted. Remove from the heat while the vegies are still bright green.
- Stir the green vegetables through the mashed root vegetables.
- Pop the cabbage/ mash medley into the gratin baking dishes. Scatter over the cheese.
- Bake in the oven until the cheese is golden - about 10-15 minutes
- Serve with a scatter of fresh chopped parsley.



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



SAKG RECIPES: GERMANY



KARTOFFELSUPPE - GERMAN POTATO SOUP

SERVES 24-30 TASTES OR STARTER FOR 4-6
ADAPTED FROM KITCHENSTORIES.COM



INGREDIENTS

3 Tablespoon olive oil
700g potatoes
2 carrots
2 sticks celery
1 brown onion
½ leek
½ cabbage
7 ½ cups stock
4 sprigs fresh parsley
1 ½ teaspoon dried marjoram
1½ teaspoon mustard powder
½ teaspoon nutmeg
1 teaspoon Salt
½ teaspoon Pepper



EQUIPMENT

Measuring cups and spoons

Large pot for soup

Knives
Chopping boards
Anti slip mat
Peeler
Wooden spoon
Salad spinner
Ladle



Small ramekins for individual serves

WHAT TO DO:

- Peel and dice potatoes, carrots, and onion. Wash and dice celery. Wash and slice leek. Wash and chop parsley, use salad spinner.
- Heat oil in soup pot and add chopped onion and sauté until onion is translucent. Add diced potatoes, carrots, leek and celery. Sauté for 5-10 mins then add vegetable stock. Add marjoram and let cook for 10-20 mins or until potato is soft and cooked.
- Reserve ½ of soup vegetables in a bowl. Use an immersion blender to purée the majority of the soup in the pot.
- Put previously removed vegetables back in soup, and add mustard, pepper, nutmeg, and salt. Leave to simmer for 5 mins. Serve soup into small soup ramekins with some chopped parsley sprinkled on top. Enjoy!



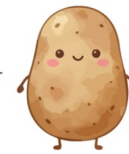
KARTOFFELPUFFER POTATO PANCAKES

SERVES 24-30 TASTES OR SIDE SALAD FOR 4-6
SOURCE: ADAPTED FROM THESPRUCEEATS.COM



INGREDIENTS

1 Tablespoons olive oil per pancake
1 kg potatoes
3 eggs
4 Tablespoons plain flour
1 brown onion
1 teaspoon salt
10 cracks pepper
½ teaspoon ground nutmeg
4 sprigs fresh dill, washed and finely chopped or 1 teaspoon dried dill



EQUIPMENT

Chopping Board
Anti slip mat
Knives
Peeler
Grater

Measuring cups and spoons
Mixing bowls

6 serving plates



WHAT TO DO:

- Peel and coarsely grate the potatoes.
- Place the grated potatoes in a sieve and squeeze out as much of the liquid as you can, discard liquid.
- Put potatoes into a bowl.
- Peel and grate the onion and add to potato mix.
- Add the salt, pepper, nutmeg, dill and eggs. Mix thoroughly. Add flour and mix again.
- Heat 1 Tbsp oil over medium-high heat in a large skillet, preferably nonstick, until it begins to shimmer.
- You are making 6 pancakes. Carefully drop ⅓ of the potato mixture (approx ⅓ to ½ cup) into the hot oil and flatten with the back of a spoon. Fry, undisturbed, 4 to 5 minutes on each side or until golden brown. Adjust heat as needed to fry but not burn.
- Serve each table with one potato pancake.



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GURKENSALAT - CUCUMBER SALAD

SERVES 24-30 TASTES OR SIDE SALAD FOR 4-6
SOURCE: ADAPTED FROM RECIPE TINEATS.COM



INGREDIENTS

2 cucumbers
1 head of cos lettuce
Dressing:
½ cup Greek yoghurt
1 Tablespoon white vinegar
1 teaspoon white sugar
1 Tablespoon fresh dill, *finely chopped*
½ teaspoon salt
6 cracks black pepper



EQUIPMENT

Chopping Board
Anti slip mat
Knives

Measuring cups and spoons
Mixing bowls

6 serving bowls
Spoon and fork for each serving bowl

WHAT TO DO:

- Peel cucumbers and very finely slice
- Wash lettuce leaves, tear into bite sized pieces and dry with salad spinner
- Mix dressing ingredients in a small bowl.
- Toss cucumbers and lettuce with dressing.
- Chill in fridge for 10 minutes before serving.
- Divide into 6 serving bowls.



APFELSTRUDEL - APPLE STRUDEL

SERVES 24 SMALL CUPCAKES
ADAPTED FROM: BEYONDKIMCHEE.COM



INGREDIENTS

3 sheets frozen puff pastry
dough, thawed in room
temperature
1 kg apples, such as Granny
Smith
4 Tablespoons white sugar
2 Tablespoon plain flour
1/2 tsp cinnamon
¼ cup raisins



Egg wash:

1 beaten egg with 1 tsp water,
for brushing

EQUIPMENT

Measuring cups and spoons
Measuring scales
Mixing bowls

Baking trays
Baking paper

6 serving plates



WHAT TO DO:

- Preheat the oven to 190 degrees celsius. Line two baking trays with baking paper and set aside.
- To make the apple filling, peel, core, and coarsely grate apples. Place them in a bowl and add the sugar, flour, and cinnamon. Toss well and set aside for 10 minutes so the apple can release its juice.
- You are making 6 strudels. To assemble each one, cut each sheet of pastry in half, into two rectangles. Roll out the thawed puff pastry with a rolling pin on a lightly floured work surface to stretch it out a little. Spoon ⅓ of the apple mixture on top of the middle of each pastry (about ½ cup)
- Lift the front side of pastry and fold over the filling. Lift the opposite side of pastry and fold over. Pinch the sides down to seal. Carefully transfer the strudel to a prepared baking sheet, placing the seam-side down. Tuck both ends under. Repeat the same process for remaining 5 pastries.
- Brush the strudels with egg wash and make slits for the steam to escape. Bake the strudel in a preheated 190 °C oven for 20 minutes until golden brown. Let the pastry cool for 10 minutes, then serve one per table.



BREZEL - PRETZELS

SERVES 6 PRETZELS OR 24-30 SMALL TASTES
ADAPTED FROM: QUICKGERMANRECIPES.COM



INGREDIENTS

2 ¼ teaspoons instant dry yeast
1 Tablespoon sugar
1 ½ cups warm water
1 Tablespoon unsalted butter,
melted
1 teaspoon salt
3 ½ to 4 cups plain flour
Salt flakes for topping



EQUIPMENT

Measuring cups and spoons
Mixing bowls
Tea towels
Oven trays
Baking paper
Scales
Knives
Chopping board
Anti slip mat
20 x 30 cm slice tin
Baking paper
6 Serving plates

WHAT TO DO:

- Preheat the oven to 205 degrees celsius. Line two baking trays with baking paper. Spray lightly with oil spray.
- Take dough out of dough bowl and cut into 6 portions.
- Roll each portion into a long rope, 40-50 cm in length.
- Form a circle with the dough by bringing the 2 ends together at the top of the circle. Twist the ends together. Bring the twisted ends back down towards yourself and press them down to form a pretzel shape.
- Bring baking soda and 9 cups of water to the boil in a large pot. Carefully place 1 pretzel into the boiling water for 20-30 seconds. Any longer and your pretzels will have a metallic taste. Using a slotted spatula, lift the pretzel out of the water and allow as much of the excess water to drip back into the pot. Place pretzel on baking tray.
- Repeat with remaining pretzels. Sprinkle tops of pretzels with salt flakes.
- Bake for 12 to 15 minutes or until dark golden.



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