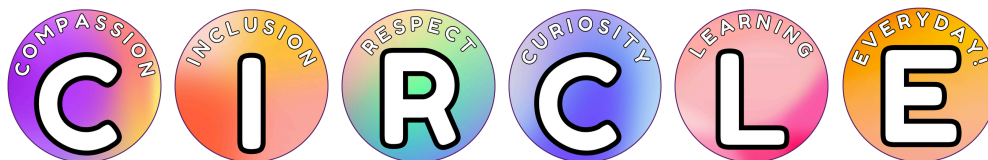




MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



SPOTLIGHT ON...

MSPS AFL

STATE CHAMPIONS!



Our Girls AFL Team took out the State Championships and we couldn't be prouder!

An incredible achievement from this talented group, who displayed determination, teamwork and outstanding sportsmanship throughout the competition.

A huge congratulations to all of our players and Coach Tom on this amazing achievement. What a team!



@MONTMORENCYSOUTHPRIMARY



MONTMORENCY SOUTH PRIMARY
SCHOOL

This home is on
Wurundjeri Country



JOKE

What did
the tree
say to
spring?

What a re-leaf.

HAHAHA

Montmorency
South PS

PH: 03 9439 6201

64 Buena Vista
Drive,
Montmorency,
Vic, 3094

montysouth.vic.
edu.au

montmorency.
south.ps@
education.vic.
gov.au



UPCOMING EVENTS:

18.09.26

Wear your
sports colour
day.

Last day of term,
2.30pm student
dismissal.

05.10.26

First day of Term
4.

Smile Squad
begins.

14.10.26

Regional
athletics.

First Bridges
session for 2027
Foundation
students, 9.30-
11.30am.

15.10.26

Year 4 Camp
departs for
Camp Allambee.
Yr 5 Smoothie
Bar incursion.

16.10.26

Year 4 Camp
returns from
Camp Allambee.

21.10.26

Second Bridges
session for 2027
Foundation
students, 9.30-
11.30am.



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



PRINCIPAL'S MESSAGE

KEYLA JEFFERS

Dear Monty South Community,

What a term! I wanted to begin this newsletter by celebrating the great achievements that we have had at Monty South. Traditionally Term 3 is the busiest term of the year with the added sporting activities that occur; however, our busyness has come from all the other opportunities that we have provided to our students.

A Term in Review!

We started the term with the **State Cross Country** competition, and our students performed incredibly well and participated with great enthusiasm. This was followed by our very own **Yr 3-6 Athletics Day at Willinda Park**, which sets the perfect opportunity for our students to shine and be identified to compete in further **Regional, District and State competitions**. Congratulations to all our students who have participated and represented our school throughout this term, you have done us proud!

By week three, we moved to **French Week** and celebrated **Bastille Day** which was highlighted with the **French Dress Up** day that showcased many representations of France, including the Eiffel Tower. Our students were treated to French pastries and a fortnight of French cooking.

Our **Preps** also enjoyed and celebrated their **100 Days of School** the same week and were treated to everything 100 on the day. The dress ups were very imaginative and contributed to a great environment on the day. Thank you to all parents for helping your child to celebrate such a big milestone.

This term we also had the **Year 5 Camp to Phillip Island**. Organising camps takes a lot of time and effort, and I want to thank my staff for going above and beyond in their organisation and commitment to making sure students have a wonderful experience. This year students participated in some challenging activities, that always tests their perseverance and resilience. Thanks to Lisa and Lucy for organising this year's camp and to Mr Mitchell for stepping in at the last minute to replace Chelsea.



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



One of the highlights of the term every year is the **Book Week Parade**. The day brings about great enthusiasm from our students but also the staff. We all got into the spirit of the day and in the traditional Monty South way, the staff went above and beyond the call of duty. It was amazing to see so many parents attend our book parade! I think in the spirit of the day parents should also join us in the dress ups.

This term we also had our **swimming program** from Foundation to Yr 6. The Year 3-6 program continued the same as what we introduced last year as they got to participate in two intensive half days at Eltham Leisure Centre with a greater focus on First Aid around water. The instructors were able to modify lessons and be responsive to students' needs. The feedback from staff and students again was very positive. As a nation surrounded by water it is imperative that we educate all our students on how to manage themselves around it. I know that we have real 'water babies' at school; however, everyone's experience of open and closed water environments is different.

So, what else have we had, you ask: **School Tree Day**, **Footy State competition** where our girls were the State winners, **GateWays**, **Grandparents Day**, **Incursions and Excursions**, **Maths Olympiad**, **Panorama Heights Kindy** visiting our Bush Block, **RU Okay Day**, **Yr 6 Public Speaking** Network competition, **3WC**, and for the final event of the term- **Sports Colours Day** on the 18 September.





MONTMORENCY SOUTH PRIMARY SCHOOL

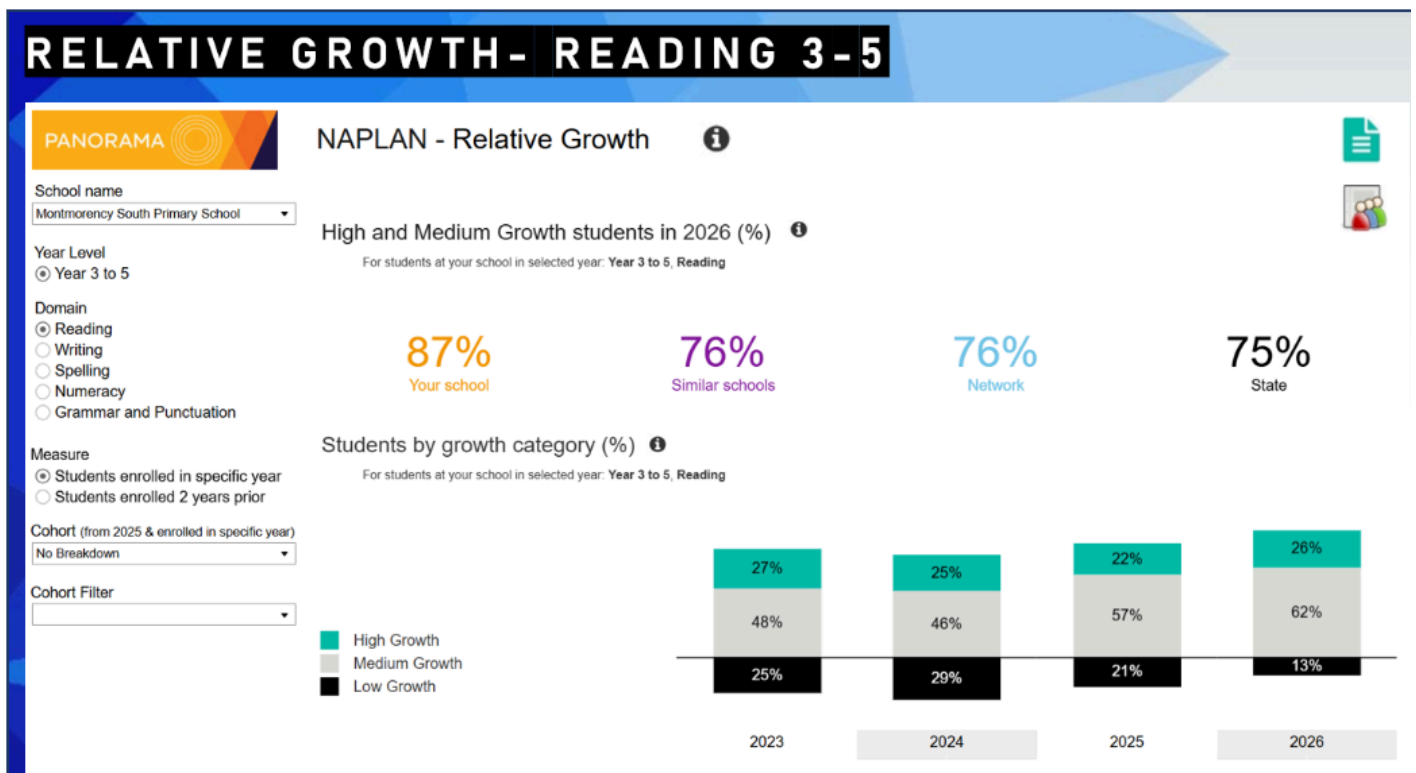
TOGETHER WE LEARN, LEAD & ACHIEVE

School Council (SC)

On Tuesday night we held our second meeting for this term and sixth for the year and as the Executive Officer of SC I would like to bring you up to date with some of the topics that we have been discussing. Although School Council Minutes are not available to the community it is important for you to know that when requested, SC works on topics that have been identified by our school community. However, the main role of SC is to assist with the efficient governance of the school.

At the meeting held on the 11 August, I shared our 2026 NAPLAN results with SC; however, I was away for the last newsletter, so I was unable to share the results with you. These results get shared every year in our Annual Report, but I wanted to highlight the exceptional work that we have been doing at MSPS and the impact that we have had on student progress and achievement over the last two years. As you know, we have made some significant changes over the last three years particularly in aligning our teaching and learning to contemporary pedagogies and department requirements.

The screenshots below highlight the progress our current year five students have made over the last three years. The School Improvement Team is very confident that we are on track to meet our 2028 School Strategic Plan targets.

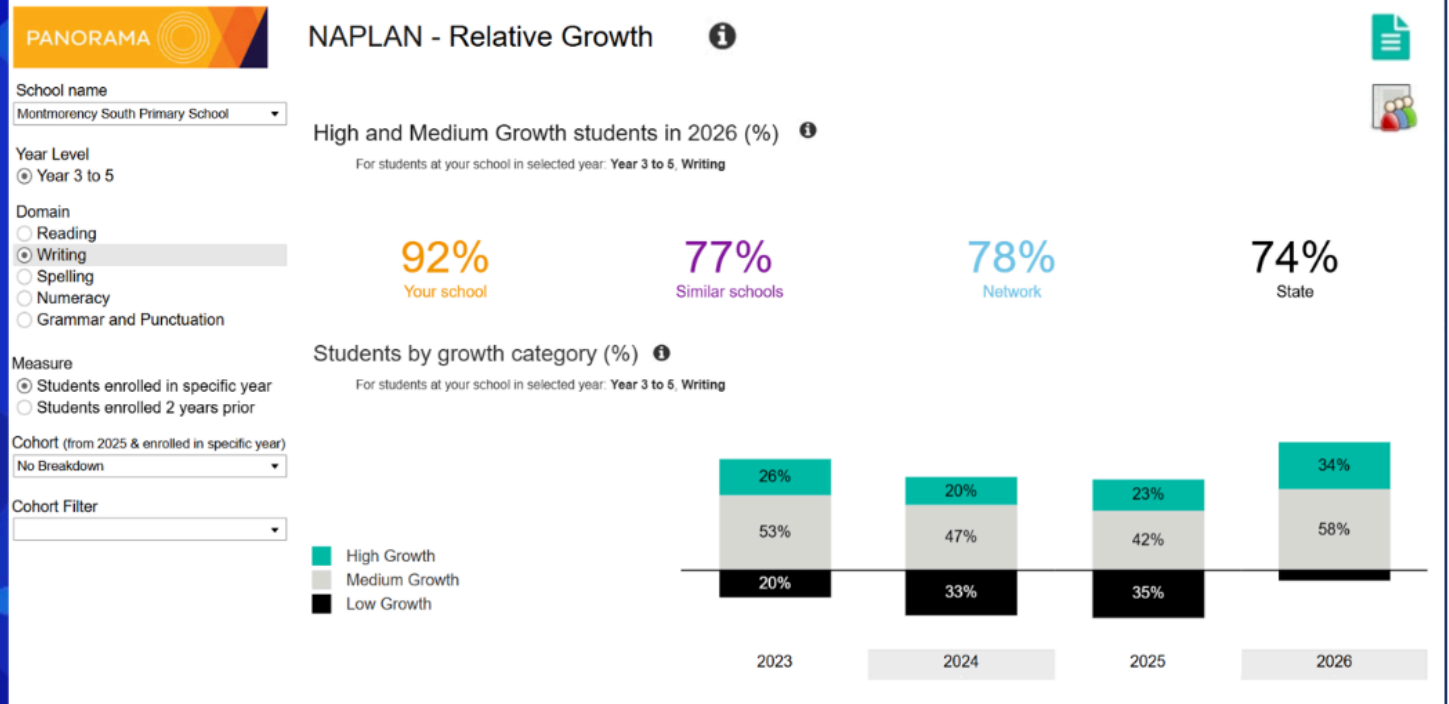




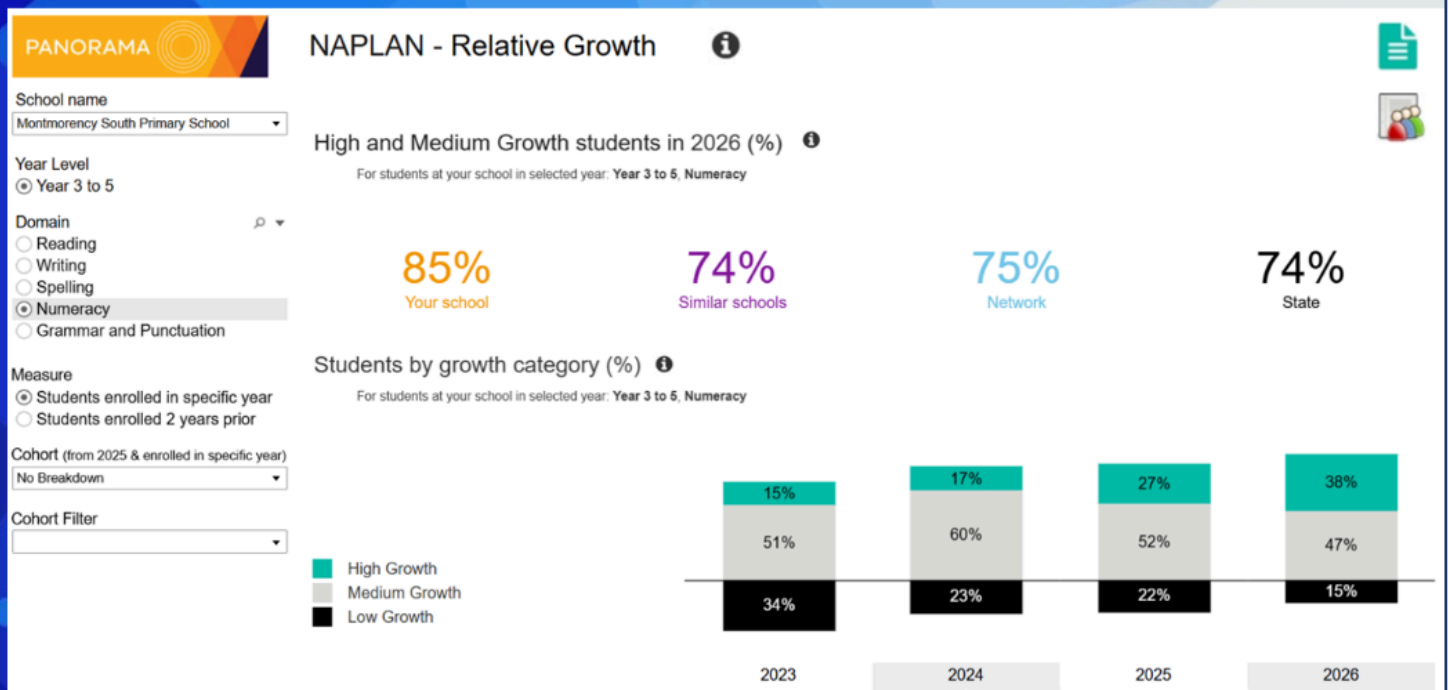
MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

RELATIVE GROWTH- WRITING 3-5



RELATIVE GROWTH- NUMERACY 3-5





MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

OPERATIONAL

Sun Protection Policy

Our Sun Protection Policy (2026) was reviewed this year to encourage behaviours at MSPS to minimise the risk of skin and eye damage and skin cancer. This policy is available on our website, and it links directly to the Department's Sun and UV Protection requirements.

Don't forget:

'First of May- Hats Away' - 'First of September- Hats to remember'

I would highly recommend that you take a few moments to check it out, to ensure that your child/children have the correct head gear during the noted period. The most important take away is that students are required to wear a school hat that protects the face, neck and ears when outdoors eg. broad-brimmed, legionnaire or bucket. Also note that, students who are not wearing appropriate protective clothing or a hat will be asked to play in the under-croft area protected from the sun.

Parent Class Placement Policy Requests 2027

Believe it or not we are coming to that time of the year when I call for Parent Class Placement Requests. Please visit our school website and read the Class Placement Policy to determine under what circumstances you may make a request. All requests need to be sent to me:

keyla.jeffers@education.vic.gov.au no later than the Wednesday following Melbourne Cup Day- no late requests will be considered.

Finally, I would like to advise you that I will be away in the last week of school. Mr Beever will be acting Principal in my absence.

I wish you a relaxing and restful break, see you next term.

Keyla
Principal





MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



ASSISTANT PRINCIPAL'S MESSAGE

STUART BEEVER

Resilience

Life is often very full. As children and adults, we are **constantly navigating the world** around us. Friendships, learning, sports, hobbies, family, interests, socialising, choices, work, regret, energy levels, news, additional needs, experiences, set backs, the list goes on.

How do we handle the pressures of life? Rather than just survive, how do we thrive? How can we help our children and set them up well for the future?

In order to thrive in life, each of us **must practise and strengthen our resilience.**

Unfortunately, resilience is often learned, strengthened and understood when each of us go through difficult challenges in life.

This is when we learn deeper about ourselves, where we consider our values and attitude, when we lean on the support and modelling of trusted connections, and when we refine and strengthen our growth mindset.

Resilience was often a word used in 2020 and 2021, encouraging everyone to bounce back, to pivot, to bounce forward, etc. But this word, this attitude, is **critical in children's and adult's lives today.**

I recently went on the Year 5 Phillip Island Camp. It was an amazing experience, surrounded by wonderful students and awesome staff. We were overall fortunate with the weather. We did have extreme rain at the start of the second day, but the students wore their raincoats, pushed ahead and strategically used the bus until it was better conditions to explore.

"Persistence and resilience only come from having been given the chance to work through difficult problems."

—Gever Tulley



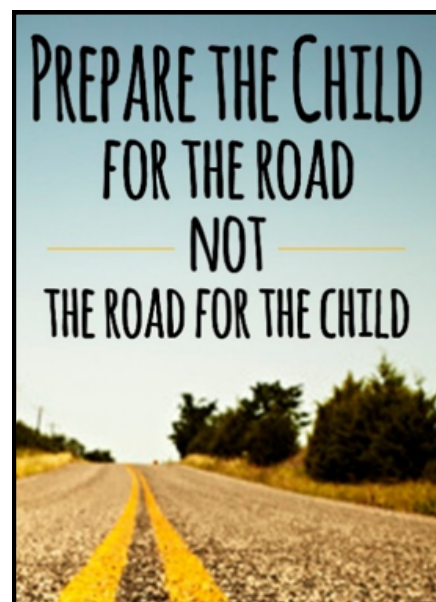


MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

Later an afternoon coastal walk was planned for one group, but due to timing and a change of tides, the return beach walk to the bus was made more challenging with the beach covered in water. But our amazing students and staff pushed ahead, trudged ahead together in ankle deep water, encouraged each other along the way and eventually made it back to the bus later than planned. It was challenging, it was cold, it wasn't planned but we did it anyway. We finished, **proving to ourselves that we are capable and stronger for it.**

In life, **there are going to be challenges, problems**, issues that need to be navigated. I encourage each adult, while in love it may be tempting to protect or remove a problem or 'speed hump' from a child's 'road' of life, instead, I encourage you to consider how you can model/help/prepare them to navigate the 'potholes' along the road. **Show and encourage them** how to live by values, how to show kindness, how to forgive, how to build up, how to take personal responsibility, how to navigate challenges themselves, how to grow from mistakes, how to express themselves calmly, how to seek help, how to show self-control and how to make the world around them a better place.



Resilience is a gift, only learned by doing and experiencing.
May we each continue to strengthen our resilience muscle always.

Stuart Beever- Assistant Principal

RESILIENCE



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



WELLBEING:

Thursday, 10th of September

R U OK?

R U OK? Day is all about being kind,
and checking up on people.

We all feel down sometimes, and it's
really important to help them when
they are in need of support.

This day encourages everyone to take
action, and help others.

All it takes is asking "R U OK?"

WEEK 9, THURSDAY

WEAR
YELLOW

Wellbeing Captains

TOGETHER WE LEARN, LEAD & ACHIEVE



From your friendly SAL's!

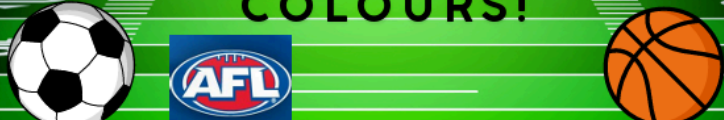
SPORTS COLOURS DAY!

18TH OF SEPTEMBER

LAST DAY OF TERM
3



DRESS IN SPORTS
COLOURS!





MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



TEACHING & LEARNING UPDATE: BOOK WEEK

Montmorency South Primary School was filled with creativity, imagination and a love of reading as our community celebrated Book Week 2026. This year's theme, "Symphony of Stories", invited students to celebrate the many different stories, characters and adventures that make reading so special – and our Book Week celebrations certainly hit all the right notes!

The annual Book Week Parade was once again a highlight of the week, with students proudly showcasing an amazing array of costumes inspired by their favourite books and characters. From much-loved classics to modern favourites, our students brought their characters to life with incredible creativity and enthusiasm. The effort that went into the costumes was fantastic, and the parade was a wonderful reminder of the joy that books and stories can bring.

Our staff also embraced the spirit of Book Week with their much-anticipated performance. This year, the staff transformed into characters from Shrek, entertaining students with a lively musical performance. Rather than a traditional skit, the staff took to the stage to perform a song, with plenty of laughs, dancing and enthusiasm along the way.

Book Week at Montmorency South was a wonderful celebration of reading, imagination and the stories that connect us. From the incredible costumes to the staff performance, the week was filled with opportunities for students to share their love of books and celebrate the magic of storytelling.

As we wrapped up our celebrations, we were reminded that every book has a story to tell, every story can take us somewhere new, and there is always another adventure waiting to be discovered.

Nerinda Hodgson
Literacy leader





MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



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 Six: Help-Seeking

Topic Seven (Yr 6) : Gender norms & stereotypes

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.



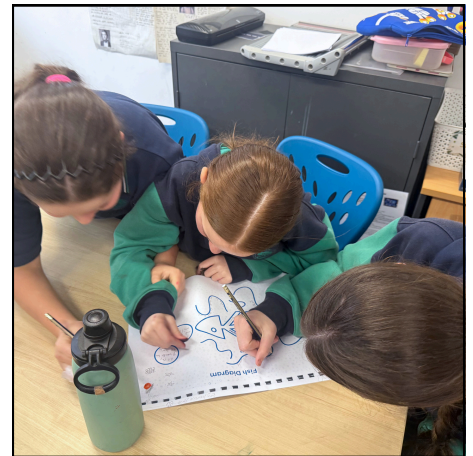
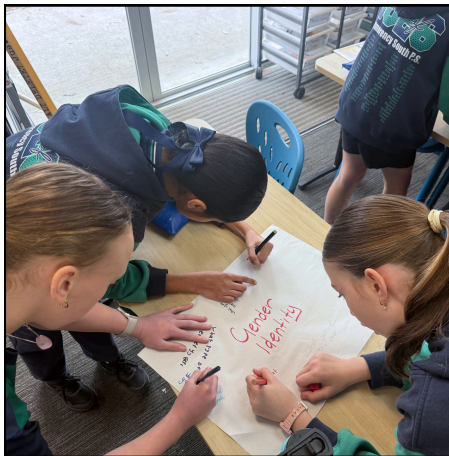
MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



RESILIENCE, RIGHTS & RESPECTFUL RELATIONSHIPS (RRRRR)

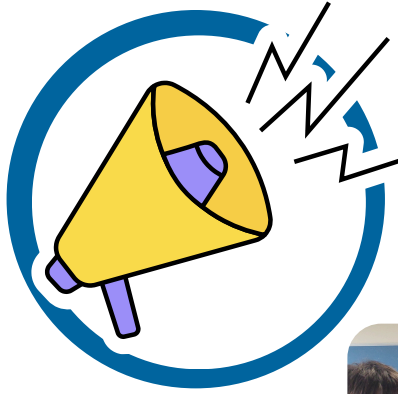
I N T H E C L A S S R O O M S





MONTMORENCY SOUTH PRIMARY SCHOOL

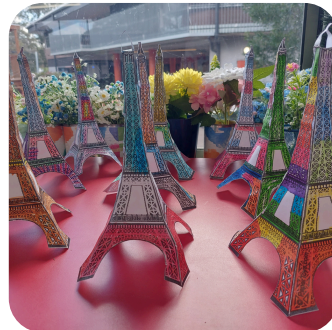
TOGETHER WE LEARN, LEAD & ACHIEVE



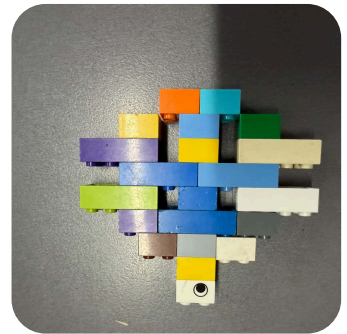
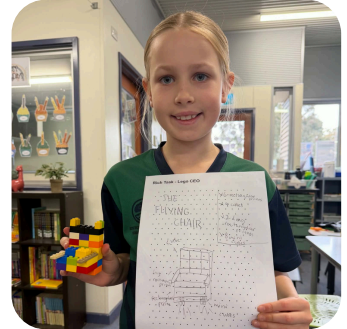
STUDENT NEWS & ACHIEVEMENTS

MINI EIFFEL TOWERS IN FRENCH

FATHER'S DAY STALL



MATHS IN YEAR 3



YEAR 4 EXCURSION TO POLLY WOODSIDE



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



Top tips for sunscreen at school

Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma.

Teachers at school are not expected to apply sunscreen to students but SunSmart does ask that schools have strategies in place to help remind children to apply sunscreen before they go outside.

Choose SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Monitor the expiry date and store it below 30 degrees.

It is best to apply a generous amount of sunscreen to any exposed skin around 20 minutes before going outdoors. Sunscreen should be reapplied every **TWO** hours even if the stated level of water resistance is 4 hours.

Always use sunscreen with other sun protection measures - clothing, a hat, shade and sunglasses. Don't just rely on sunscreen.

Sunscreen application strategies

- Request children BYO SPF30 (or higher) broad-spectrum, water-resistant sunscreen – one that suits their skin. They could try a clip-on and hang it on their school bag. Not only is it easy for storage but it also acts as a visual reminder.
- Include sunscreen on the school booklist so each child has their own supply
- Download the free [SunSmart app](#) - set the sunscreen reminder
- Add the [SunSmart widget](#) to the school's website so everyone can check the daily sun protection times and see when they need to use sun protection each day.
- Style up your sunscreen bottle so it is attractive and fun to use. Check out the [stop-motion video](#) showing some examples. Students could create their own.
- Appoint sunscreen buddies so children can help each other.

- Have sunscreen monitors
- Store sunscreen with lunchboxes and/or hats so when children grab their food or hat before going outdoors, they will also be reminded to slop on sunscreen. If sunscreen is kept in the cooler section of the lunchbox, it will be cold when applying - especially nice on a hot day. By the time the food has been eaten, the sunscreen should have had time to bind to the skin.
- Set up sunscreen stations with a mirror and tissues for wiping hands. Try a sunscreen pump pack or roll on (they are usually easier to use).
- Encourage children to put a dot of sunscreen on each cheek, their nose and chin and rub it in with squiggles on their arms and legs. Try sunscreen letters and numbers.
- Post reminder notes near the door or on the board.
- Student leaders can make application reminder announcements over the PA
- Play [You've got to be SunSmart](#) or the [SunSmart Countdown song](#) before the recess bell as a prompt for sun protection
- Create a sunscreen application chart to keep track of applications, add a sticker or mark each time sunscreen is applied. Which student or team are the sunscreen application champions? Perhaps they can win some free time?
- Remember the value of teacher role modelling
- Include information about sunscreen in the school newsletter. Use one of SunSmart's sample [family notes](#).
- If a school supplies sunscreen it is best to notify parents of the sunscreen and its ingredients
- For [SunSmart resources](#) go to sunsmart.com.au or call 13 11 20



Last updated: April 2021



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



SAKG RECIPES: AFGHANISTAN

In Weeks 7 and 8 we were looking at Afghanistan, inspired by the Year 5's reading 'Boy overboard' by Morris Gleitzman. We discovered Bolani, a pan-fried bread stuffed with mashed potatoes and leek. Groups also made Dal Shorba, a red lentil soup, Kabuli Pulao, a celebration rice dish with carrots and sultanas, a refreshing Salata Afghan, and the popular dessert, Kulcha-e Khatai-Cardamom Shortbread.



**KULCHA-E KHATAI
AFGHAN CARDAMOM
SHORTBREAD COOKIES**
SERVES 24-30 TASTES
SOURCE: ADAPTED FROM AROMATICESSENCE.CO

INGREDIENTS	EQUIPMENT
3 cups Plain flour 1 cup icing sugar 1 and a ½ tsp baking powder ¼ tsp salt 1 tsp ground cardamom ½ cup (115g) softened butter ¾ to 1 cup vegetable oil 1 Tablespoon rosewater Cardamom for garnish	Mixing bowl Sieve Baking tray Baking paper Pastry brush Wire cooling rack

WHAT TO DO:

- Preheat the oven to 160°C (fan-forced) and line a tray with baking paper.
- Sift the flour, baking powder, salt and cardamom into a bowl.
- Stir in the icing sugar, then add the melted butter, oil and rosewater and mix to a soft dough.
- Roll the dough into 24 small balls and place on the tray, flattening slightly with your palm.
- Sprinkle Cardamom on top of cookies
- Bake for 15-18 minutes until pale golden underneath.
- Cool on the tray for 5 minutes, then transfer to a wire rack to cool completely.

**KABULI PULAO
AFGHAN RICE WITH CARROT
& SULTANAS**
SERVES 6
SOURCE: ADAPTED FROM COOKWITHMANALI.COM

INGREDIENTS	EQUIPMENT
2 cups basmati rice, soaked 20 min 2 Tbsp oil 1 large onion, sliced 2 large carrots, matchsticks ½ cup sultanas 400g tin chickpeas, drained 1 tsp ground cumin ½ tsp ground cardamom ½ tsp ground cinnamon Pinch saffron, soaked in 2 Tbsp warm water 3 cups vegetable stock Salt and pepper	Large heavy-based pot with lid Frying pan Chopping boards Knives Measuring cups and spoons Sieve Wooden spoon Anti slip mat 6 serving plates

WHAT TO DO:

- Heat 1 Tbsp oil in a frying pan and fry half the sliced onion until deep golden and crisp. Set aside for garnish.
- In the same pan, saute the remaining onion with the carrot matchsticks for 5 minutes until softened. Stir in the sultanas and set aside.
- Heat the remaining oil in a large pot. Add the drained rice, cumin, cardamom and cinnamon and stir for 1-2 minutes.
- Add the chickpeas, stock, saffron water and salt. Bring to the boil, then cover and reduce heat to very low. Cook for 15-18 minutes until the rice is tender and the liquid is absorbed.
- Gently fold through most of the carrot and sultana mixture, keeping some aside to serve.
- Spoon onto a platter or 6 plates, topped with the reserved carrot mixture and crispy fried onion.

We love having the support of our volunteers, whose time and effort make these hands-on learning experiences possible.

If you would like to volunteer, please contact Natalia:
natalia.gainsmith@education.vic.gov.au 0425810995



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



DAL SHORBA AFGHAN RED LENTIL SOUP

SERVES 6 MAINS OR 24-30 TASTES
SOURCE: ADAPTED FROM
FORKANDSALT.COM



INGREDIENTS

2 Tbsp olive oil
1 brown onion, diced
2 cloves garlic, finely chopped
2 carrot, diced
1 stick celery, diced
1 cup (200g) red split lentils, rinsed
1 tsp ground cumin
½ tsp ground turmeric
8 cups vegetable stock
Salt and pepper
Juice of 1 lemon
Handful fresh coriander or mint,
chopped, to serve



EQUIPMENT

Large pot
Chopping boards
Knives
Measuring cups and spoons
Wooden spoon
Ladle
Stick blender (optional)
Anti slip mat
6 serving bowls



WHAT TO DO:

- Heat the olive oil in a large pot over medium heat. Add the onion, garlic, carrot and celery and cook for 5 minutes until softened.
- Stir in the cumin and turmeric and cook for 1 minute until fragrant.
- Add the lentils and stock. Bring to the boil, then reduce heat and simmer for 20-25 minutes until the lentils are tender.
- Season with salt, pepper and lemon juice. For a creamier soup, blend with a stick blender until smooth.
- Ladle into stock jugs and pour into small soup ramekins and garnish with chopped coriander, if using.



BOLANI POTATO & LEEK STUFFED FLATBREAD

SERVES 6
SOURCE: ADAPTED FROM
FOODTASIA.COM



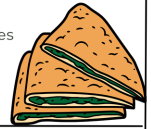
INGREDIENTS

Dough:
2 cups plain flour
½ tsp salt
2 Tbsp oil
¾ cup warm water
Filling:
2 potato, peeled and diced
1 leek, white part only. Waxed and sliced
2 spring onions, sliced* If available
1 tsp coriander
½ tsp cumin
Salt, pepper & extra oil



EQUIPMENT

Mixing bowls
Measuring cups and spoons
Rolling pin
Chopping boards
Knives
Large pot, for potatoes
Frying pan
Tea towel
Anti slip mat
6 serving plates



WHAT TO DO:

Combine the flour and salt in a large bowl. Make a well in the centre and add the oil and warm water. Mix until a soft dough forms, adding a little extra water if needed.

Knead the dough on a floured surface for 5 minutes until smooth.

Cover with a tea towel and rest for 20-30 minutes.

Filling: boil the diced potato in salted water until tender, about 10 minutes. Drain well.

Heat 2 Tbsp oil in a frying pan and saute the leek and spring onion for 5 minutes until soft.

Stir in the coriander, cumin, salt and pepper. Add the drained potato, mashing roughly to combine. Set the filling aside to cool.

Shaping and frying: turn over recipe card.



BOLANI POTATO & LEEK STUFFED FLATBREAD

SERVES 6
SOURCE: ADAPTED FROM
FOODTASIA.COM



WHAT TO DO:

Shaping & Frying

Divide the rested dough into 6 equal pieces. Roll each piece into a thin circle, about 20cm across.

Spoon the potato and leek filling over one half of each circle, leaving a small border. Fold the other half over and press the edges together to seal.

Heat a little oil in a large frying pan over medium heat. Cook each bolani for 3-4 minutes on each side, until golden and crisp. Cut into wedges and serve.



SALATA AFGHAN TOMATO & CUCUMBER SALAD

SERVES 6
SOURCE: ADAPTED FROM INTERNATIONALCUISINE.COM



INGREDIENTS

4 ripe tomatoes, finely diced
1 cucumber, finely diced
1 cos lettuce
1 red onion, finely diced
½ bunch coriander, finely chopped
2 Tbsp lemon juice
1 Tbsp olive oil
¼ tsp ground cumin, optional
Salt and pepper



EQUIPMENT

Chopping boards
Knives
Mixing bowl
Measuring spoons
Anti slip mat
6 serving bowls



WHAT TO DO:

- Pull lettuce apart and wash well. Tear into small pieces.
- Finely dice the tomato, cucumber and red onion into small, even pieces. Add to a mixing bowl, add lettuce.
- Wash and finely chop the coriander, then add to the salad mix.
- Whisk together the lemon juice, olive oil, cumin, salt and pepper.
- Pour the dressing over the salad and toss gently to combine.
- Serve immediately in 6 small bowls.



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



SAKG RECIPES: JAPAN

To finish out the term, students will explore Japan. Did you know that Japan is made up of nearly 7,000 islands? Students will prepare and enjoy Shokupan bread, Miso Soup, Okonomiyaki (Cabbage Pancake), Goma-ae Spinach salad with sesame dressing and Matcha Mushipans (Steamed cupcakes).



**OKONOMIYAKI
JAPANESE CABBAGE
PANCAKE**

SERVES 6 OR 1 PANCAKE PER TABLE
ADAPTED FROM: MOCHIMOMMY.COM

INGREDIENTS	EQUIPMENT
Batter: 225g plain flour ½ teaspoon salt ½ teaspoon sugar 1 teaspoon baking powder 270ml stock ½ a head of cabbage, finely shredded and well-drained, no core 1 carrot, peeled and grated 6 Tablespoons pickled red ginger, chopped 6 eggs 5 shiitake mushrooms, diced Mayonnaise 2 Spring onions, finely sliced Okonomiyaki sauce: 3 Tablespoons tomato sauce 1 Tablespoon caster sugar 2 Tablespoons Worcestershire sauce 1 Tablespoon Tamari sauce	Large frying pan(s) with lids Mixing bowls Grater Scales Measuring cups and spoons Spatulas Chopping boards Knives

WHAT TO DO:

- Mix flour, salt, sugar, baking powder and dashi into a batter. Rest if time allows.
- Fold in eggs, mushrooms and pickled ginger, then fold in the cabbage a third at a time.
- Heat oil in a pan. Pour a one cup portion of batter and shape into a round about 15cm across.
- Cook on medium-low for about 5 minutes.
- Flip, press gently to fix the shape, cover, and cook a further 5 minutes.
- Flip once more if needed, and cook uncovered for 2 minutes.
- Mix Okonomiyaki sauce ingredients together until sugar dissolves.
- Serve one pancake on a plate for each table. Drizzle with mayonnaise and okonomiyaki sauce then mayonnaise in a grid pattern.
- Sprinkle with spring onion.

**MISO SOUP
JAPANESE SOUP WITH DASHI,
DAIKON & SHIITAKE**

SERVES 6 STARTERS OR 24-30 TASTES
ADAPTED FROM: JUSTONECOOKBOOK.COM

INGREDIENTS	EQUIPMENT
Dashi/Stock 12 cups water 5 grams of kombu 200 grams firm tofu, diced 3 Nori sheets, torn into small pieces 2 garlic cloves, crushed 5 dried shiitake mushrooms, diced 3 Tablespoons white miso paste 2 Tablespoons soy sauce 300g daikon or white turnips, peeled and thinly sliced into half-moons 2 spring onions, sliced	Large pot Fine mesh sieve Chopping boards Knives Peeler Ladle Small serving soup ramekins

Rice side:
2 cups of rice
2 cups of water

WHAT TO DO:

- Rice side:** Whilst soup is cooking, combine rice and water in the rice cooker. Once cooked, divide and serve one bowl per table.
- Combine water and Kombu in a pot over a medium heat. Simmer for 10 minutes then remove kombu. Sieve stock if needed.
- Add thinly sliced daikon or turnips and simmer soup for 10 minutes.
- Add tofu and mushrooms, simmer for 5 minutes.
- Turn off heat, add miso paste and soy (if using) and dissolve into the soup.
- Use stock jug to pour soup into small soup ramekins. One for each person. Add a few small pieces of nori into each soup ramekin and use a spoon to stir them through.
- Add spring onion just before serving.



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



MUSHI PAN STEAMED JAPANESE MATCHA CUPCAKES

SERVES 24-26 PATTY PAN CUPCAKES
ADAPTED FROM: ANGIESAGIRL.WORDPRESS.COM



INGREDIENTS

2 cups plain flour
4 teaspoons baking powder
¾ Tablespoon Matcha powder
4 eggs
230 mls milk
½ cup caster sugar
70 mls vegetable oil



EQUIPMENT

Large sauce pan with lid
Steamer baskets
Foil lined patty pan liners
Mixing bowls
Whisk
Scales
Measuring spoons
Measuring cups
Skewer
Wire rack

WHAT TO DO:

- Fill a large sauce pan with water about 3 cm deep. Wrap the lid in a tea towel to stop condensation dripping. Bring water to a boil. Then turn to a simmer.
- Whisk flour, Matcha and baking powder together in a bowl.
- In a separate bowl, whisk eggs, milk, sugar and oil until the sugar dissolves.
- Pour the wet mixture into the dry and mix until just combined and smooth. Do not overmix.
- Using a measuring spoon, scoop a heaped Tablespoon of batter into lined patty pan liners. It is easier if the liners are in the steamer basket already.
- Place the steamer basket onto the boiling water, cover, and steam at a low rolling boil for 8 minutes, until a skewer comes out clean.
- Cool slightly on a wire rack. Serve warm or at room temperature. Try to make one patty pan per person



GOMA-AE JAPANESE SPINACH SALAD WITH SESAME DRESSING

SERVES 6, ONE SHARED BOWL PER TABLE
ADAPTED FROM: JUSTONECOOKBOOK.COM



INGREDIENTS

4 Tablespoons toasted white sesame seeds
4 Tablespoons soy sauce
1 Tablespoons sugar
1 Tablespoon of sesame oil
1 ½ teaspoons salt, for blanching
500 grams spinach

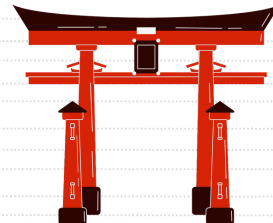


EQUIPMENT

Dry frying pan
Mortar and pestle
Large pot
Mixing bowls
Chopping boards
Knives
Serving bowl

WHAT TO DO:

- Toast sesame seeds in a dry pan over medium-high heat until fragrant.
- Grind in a mortar and pestle, leaving some seeds whole for texture. Mix in soy sauce, oil and sugar.
- Bring a large pot of water to the boil, add salt. Blanch spinach for 30-45 seconds.
- Plunge into iced water for 1 minute, then squeeze out the water.
- Cut spinach into short lengths and toss through the sesame dressing.
- Divide into 6 bowls, one per table.



SHOKUPAN JAPANESE MILK BREAD

SERVES 12 BREAD ROLLS
ADAPTED FROM: MOCHIMOMMY.COM



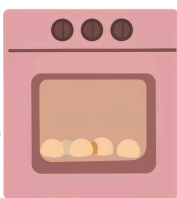
INGREDIENTS

Yudane:

50 grams bread flour
60 mls boiling water

Dough:

30 grams sugar
1 teaspoon salt
310 grams bread flour
2 Tablespoons milk powder
2 teaspoon instant yeast
200 mls warm water
40 grams softened unsalted butter
1 Tablespoon milk



EQUIPMENT

Baking trays
Mixing bowls
Scales
Tea towel
Wire rack



WHAT TO DO: SHAPING & BAKING

- On a lightly floured bench, divide the dough into 12 equal pieces. Shape each into a smooth ball and place on baking trays, evenly spaced out and covered with a glad wrap for 15 minutes.
- Preheat oven to 190 degrees celsius.
- Remove glad wrap. Using a pastry brush, brush tops of the rolls with milk. Bake for 20 - 25 minutes or until golden.
- Serve each table with 2 bread rolls to share.



MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



COMMUNITY NEWS



thank you



A huge thank you to Oscar. M's mum, Kelly, for thinking of our school when her workplace had an excess of brand-new, packaged items available for donation.

The generous donation has been put to wonderful use across our school – supporting our Foundation program, kitchen program, craft clubs, future school events and student-led activities.

What may otherwise have gone to waste is now providing valuable resources and opportunities for our students. We are incredibly grateful to Kelly for her generosity and for thinking of our school community.

VICTORIAN SCHOOLS

END OF TERM UNIFORM DELIVERY INFORMATION



TERM 3 BREAK
2026

8

SEPT

FINAL ORDERS

need to be placed by Tuesday 8th Sept

11

SEPT

FINAL DELIVERY TO SCHOOL FOR TERM 3

Friday 11th Sept (approx ETA)
There is no uniform delivery to school in the last week of term.

BREAK

HOLIDAY BREAK

orders placed during the break will be held for despatch when school reopens

9

OCT

FIRST DELIVERY TO SCHOOL FOR TERM 4

Friday 9th Oct (approx ETA)

During the Holidays

SPARTAN SCHOOL WORLD STORES
Trading as normal

HOME DELIVERY
Available as normal

CLICK & COLLECT
Available as normal

Need Help? Please contact us at:
onlineorders@spartanss.com.au

Eltham High School Fete & Open Day Rides



Rides include:

- Dodgem Cars
- Cyclone
- Cup and Saucer
- Cha-Cha
- Atomic Drop Slide
- Mega X-Treme Obstacle Course
- Trackless Train



PRE ORDER YOUR UNLIMITED RIDE WRISTBANDS NOW!

USE OUR LINK BELOW OR SCAN OUR QR CODE

PRE ORDER - EARLY BIRD \$50

ON THE DAY \$55

INDIVIDUAL RIDE TICKETS ALSO AVAILABLE ON THE DAY

[HTTPS://WWW.TRYBOOKING.COM/AU/Event/1644947](https://www.trybooking.com/AU/Event/1644947)

30-60 Withers Way
Eltham 3095

10 AM - 3 PM

11 OCTOBER 2026



FREE ENTRY