MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

COMPASSION INCLUSION RESPECT CURIOSITY LEARNING EVERYDAY!

CIRCLE

SPOTLIGHT ON...

MSPS AFL STATE CHAMPIONS!





JOKE

What are 10 things a teacher can always count on?

Their fingers.

HAHAHA

Off to State Hoop Time!
A huge congratulations to our Future Stars boys, who were crowned finals winners at Regional Hoop Time this week!
Their fantastic efforts have earned them a spot at State Hoop Time in December! What an incredible achievement.
We are so proud of you!

Montmorency South PS

PH: 03 9439 6201

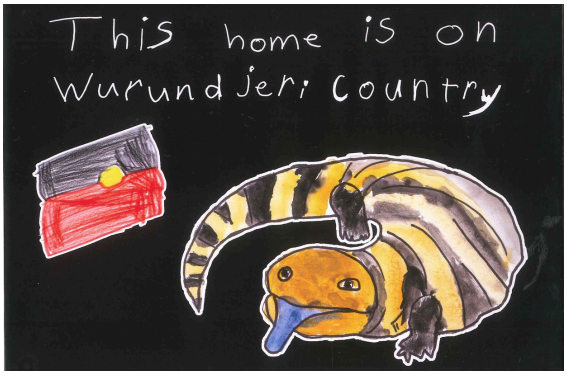
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montysouth.vic.edu.au

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

@MONTMORENCYSOUTHPRIMARY

MONTMORENCY SOUTH PRIMARY SCHOOL



UPCOMING EVENTS:

28.10.26
Third Bridges session for 2027 Foundation students, 9.30-11.30am.

Whole school assembly, 2.45pm.

P&F run movie night at Greensborough Plaza.

29.10.26
State athletics.

02.11.26
Movember begins.

Student free day.

03.11.26
Melbourne Cup public holiday.

04.11.26
Last Bridges session for 2027 Foundation students, 9.30-11.30am.

05.11.26
Garden Market, 3:15-3:45pm.

06.11.26
Whole school pyjama day and Prep Breakfast.

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



PRINCIPAL'S MESSAGE

KEYLA JEFFERS

Dear Monty South Community,

I hope you had a great start to this term! Our students have enjoyed the slower start to this term; however, as we head towards the long weekend, I can see that they are already feeling tired- particularly since daylight savings started.

Our Student Free Day will be held on Monday 2 November, the day before Melbourne Cup Day. Staff will be working on Assessment and Reporting as we head into our reporting cycle for Semester 2. We are also heading into the Student Support Group (SSG) meeting period in weeks 4, 5 & 6. If you participate in SSGs for your child please make sure that you book in over these three weeks, as it is an excellent time to discuss your child's achievements for this year and adjustments that need to be made for them for 2027.

Last week we welcomed our new Foundation students for 2027. It was lovely to meet our new students and their parents. In 2025, we introduced the Parent Bridges Session and again we held the first of four sessions for our new parent community. In last week's session, I shared a bit of everything about Monty South with a general focus on Learning and Wellbeing. My teams will be doing their own presentations over the next three weeks with a deep dive on what we do, why we do it and how we do it.

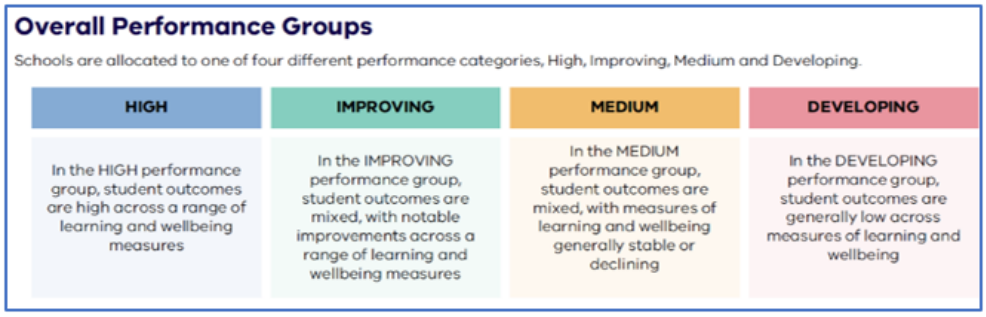
In 2025, we introduced the **Parent Bridges Sessions**, and last week we held the first of four sessions for our new parent community. During this session, I shared an overview of life at Monty South, with a particular focus on learning and wellbeing. Over the next three weeks, members of our leadership team will present additional sessions, providing a deeper insight into what we do, why we do it, and how we do it to support every student to thrive.

Every year following NAPLAN, Semester 2 reports and a few surveys, the Department provides us with a School Performance Report for the year. The report contains details of how the school has performed on a selected set of student outcome measures, compared to all government school, by allocation to a performance group.

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

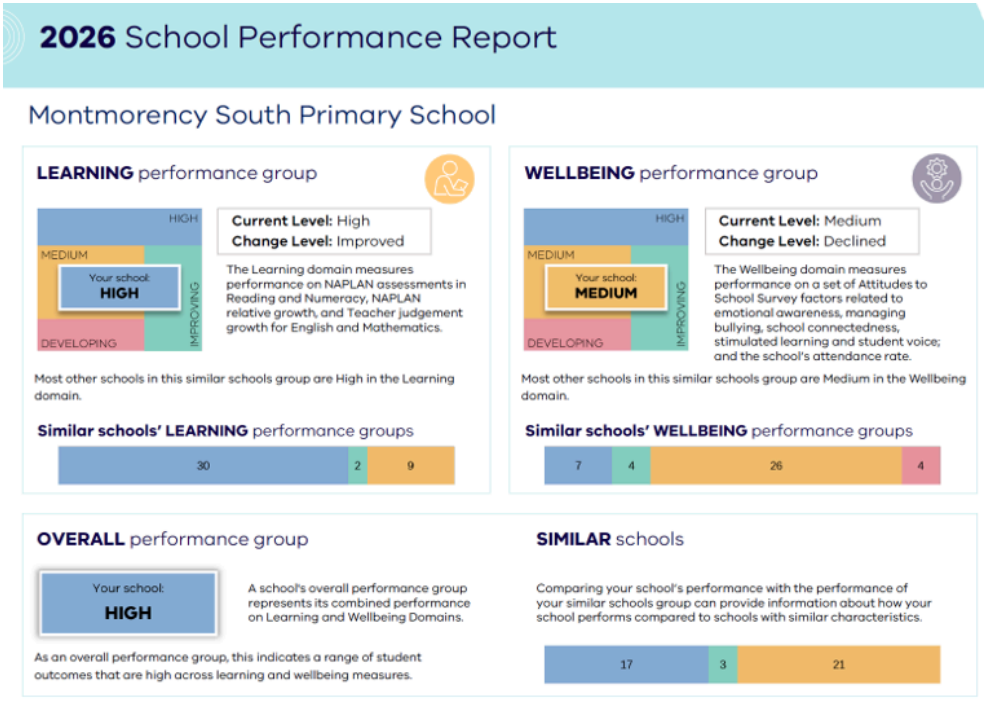
The four performance groups are: High, Improving, Medium and Developing as per the table.



Overall Performance Groups

Schools are allocated to one of four different performance categories, High, Improving, Medium and Developing.

HIGH	IMPROVING	MEDIUM	DEVELOPING
In the HIGH performance group, student outcomes are high across a range of learning and wellbeing measures	In the IMPROVING performance group, student outcomes are mixed, with notable improvements across a range of learning and wellbeing measures	In the MEDIUM performance group, student outcomes are mixed, with measures of learning and wellbeing generally stable or declining	In the DEVELOPING performance group, student outcomes are generally low across measures of learning and wellbeing



2026 School Performance Report

Montmorency South Primary School

LEARNING performance group

HIGH / MEDIUM / Your school: HIGH / IMPROVING / DEVELOPING

Current Level: High
Change Level: Improved

The Learning domain measures performance on NAPLAN assessments in Reading and Numeracy, NAPLAN relative growth, and Teacher judgement growth for English and Mathematics.

Most other schools in this similar schools group are High in the Learning domain.

Similar schools' LEARNING performance groups

30 | 2 | 9

WELLBEING performance group

HIGH / MEDIUM / Your school: MEDIUM / IMPROVING / DEVELOPING

Current Level: Medium
Change Level: Declined

The Wellbeing domain measures performance on a set of Attitudes to School Survey factors related to emotional awareness, managing bullying, school connectedness, stimulated learning and student voice; and the school's attendance rate.

Most other schools in this similar schools group are Medium in the Wellbeing domain.

Similar schools' WELLBEING performance groups

7 | 4 | 26 | 4

OVERALL performance group

Your school: HIGH

A school's overall performance group represents its combined performance on Learning and Wellbeing Domains.

As an overall performance group, this indicates a range of student outcomes that are high across learning and wellbeing measures.

SIMILAR schools

Comparing your school's performance with the performance of your similar schools group can provide information about how your school performs compared to schools with similar characteristics.

17 | 3 | 21

Although Learning and Wellbeing are represented separately, both are then combined to provide the school with an overall performance. Over the last four years we have been tracking in the Medium; however, this year we have reached High. The last time we were in High was in 2017.

I want to congratulate our School Improvement Team and all our staff in working towards this excellent achievement.

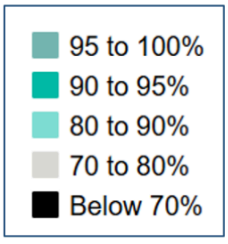
I have shared this excellent news with School Council at Tuesday's school council meeting.

As our school motto says: Together we Learn, Lead and Achieve

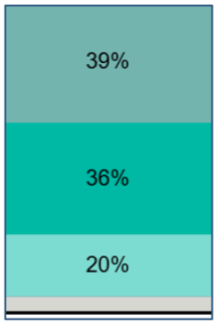
Year to Date Attendance

In working towards improving our student attendance, I would like to share with you, where we are at, at this moment in time. Please be vigilant of your child's absences, particularly in the timing of additional holidays. Don't forget to send Holiday approval requests at least two weeks before departure at: keyla.jeffers@education.vic.gov.au so that they may be approved.

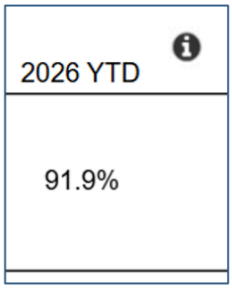
The screenshots indicate that we are at 91.9% attendance for the year and our school target for 2026 is to maintain it at 90% so we are doing well. The second target for us is the average student absence days for the year which is currently at 16.1 and we would like to reduce it to 15.



95 to 100%
90 to 95%
80 to 90%
70 to 80%
Below 70%



39%
36%
20%



2026 YTD

91.9%

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

Operational

Emergency Evacuation

Just a reminder that we will be doing our Emergency Drill on Wednesday 18 November. We have a social story that will be sent out by classroom teachers, which they will use in preparation for the Drill. Please know that it is important for all students to participate, in case we ever need to do a real one. This Drill will be a lockdown drill, that means that students will remain in their classrooms.

Classroom Placements 2027

Don't forget that parent requests for classroom placements are due to me: keyla.jeffers@education.vic.gov.au by Wednesday 4 November. Please refer to our school website for the Classroom Placement Policy.

Movements 2027

Planning has started for 2027 and the most important part to this puzzle is our student numbers. I would appreciate it if you could please let me know if your child will be leaving Monty South in 2026. I am happy for you to email me directly on my email: keyla.jeffers@education.vic.gov.au

Getting to school too early

Just a reminder that students are to arrive at school from 8:30am, as there are no staff on duty before 8:30.

Parent reminders

We need your help in ensuring that all dogs are kept on a leash while on school grounds, and that they are handled by an adult. We had a local resident contact the school as their child was jumped on by a dog being led by a student. Although dogs can be very friendly, we never know how others feel about them.

Additionally, please be reminded that under no circumstances are parents to take photos of students while on school grounds.

Finally, our new air conditioners were ON in the main building (upstairs) for the very first time this week, and staff and students have reported that they are EXCELLENT!

Thank you for your support.

Keyla

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



ASSISTANT PRINCIPAL'S MESSAGE

STUART BEEVER

Our community is awesome!

As you will recall, we have had many celebrations that we have recognised throughout the year, such as Harmony Day, R U OK Day, International Women's Day, etc. Each contribute positively to **building a positive community** within and beyond MSPS.

Within our Personal and Social Capabilities curriculum, we teach Respectful Relationships at our school, which teaches about positive emotional literacy, mental health and our ability to seek help when needed. This is needed both now and into the future **as our students grow and develop into young adults.** Each of our whole school celebrations, reinforces the messages and lessons learnt within this. Our next focus turns our attention towards celebrating and supporting the boys and men in our lives. I think we'll all agree that we have many great roles models in our lives, and they have not become amazing people by accident, they have learnt and practised over time how to be respectful and kind humans, even when faced with health or life challenges.

One of the ways we are complimenting our curriculum focus and current celebration, is by running Movember again this year. Movember is a charity focused on men's physical and mental health. So, this November, we are calling anyone willing, parents, staff, grandparents, etc, to grow a mo, be a champion and raise some money to support the great work of Movember.
We'd love to see a team of people join in, either by growing the mo or donating some money. Please register or encourage your loved one to sign up!

https://movember.com/t/MontySouth-ps-team?mc=1



Another way we are learning about Respectful Relationships and supporting the boys and men in our life, is as a community of students and adults, like many schools in Victoria, we have joined forces with The Men's Project.

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

From their website they describe, The Men's Project supports men and boys to live **respectful, accountable and fulfilling lives** free from violence and other harmful behaviours. We do this through new approaches that improve men and boys' wellbeing, so that we **see more good men, respectful relationships, and safe communities.** As a society we have begun to acknowledge there is a significant problem of violence against women and children. The focus has been, as it should be, on supporting the victims of this violence. But we need to do much more. We need to address the root causes. That's what The Men's Project is doing.

The Department of Education engaged The Men's Project to deliver its MoRE Program in 240 Respectful Relationships schools over a 4-year period. This Initiative aims to challenge unhealthy masculinities and promote healthier identities to help prevent family violence.

To support our community, cheer on our boys and men, and join together as we contribute to a brighter future for all, we have invited The Men's Project to come and run a parent/carer session coming up this term on Tuesday 10th of November. While this may sound like a serious session, it is focused on uniting us as a **community, celebrating our men and encouraging us all as we positively contribute to our children's future.** This session is for everyone, including mums, dads, grandparents. The goal is to come together as one, to learn, inspire and work together. Don't worry, you won't need to sign up to anything, it is simply an info session. Our ambitious goal is to have one family representative registered to come per family. We'll have a free sausage sizzle, drinks, door prizes and fun ready to go. So please take this opportunity seriously, join us and play your part! Stay tuned for registration.

the men's project
A Jesuit Social Services initiative

Thank you to our amazing community who continue to support us as we Learn, Lead and Achieve Together.

See you at the gate!

Stuart Beever- Assistant Principal



OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

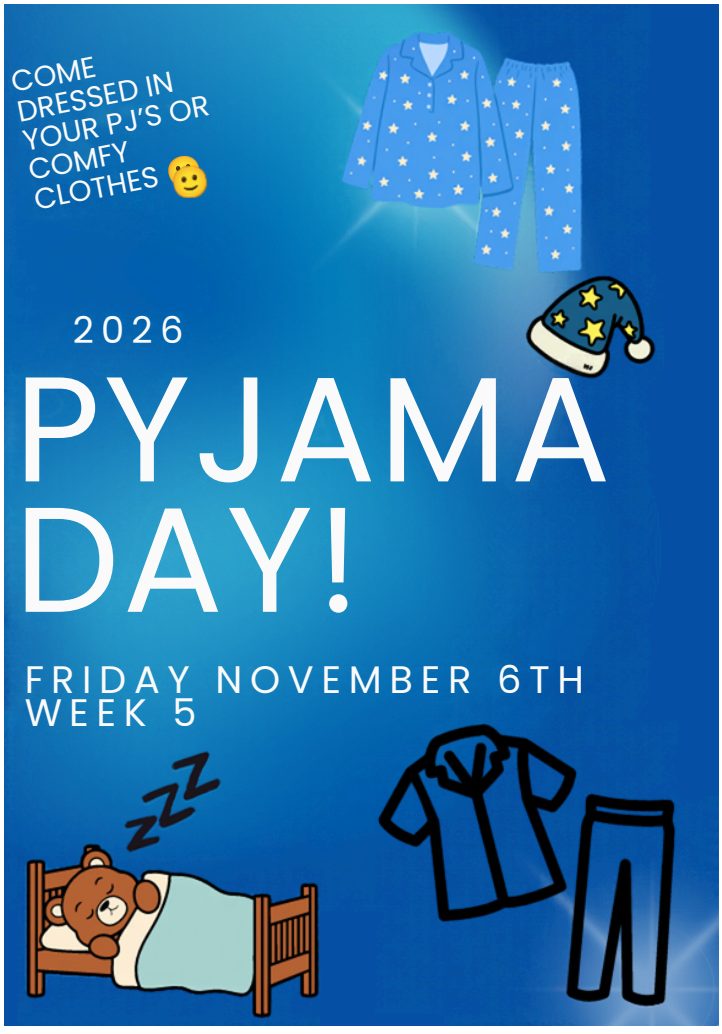
TOGETHER WE LEARN, LEAD & ACHIEVE

FROM THE SALS (STUDENT ACTION LEADERS):

The SAL's are so excited to start Term 4 as we have so many great ideas! This term is full of events and going to be epic! We have a pyjama day coming up on Friday November 6th which is the same day as the prep breakfast. We have suggestions from the students for another dress up later this term that hopefully can be Christmas theme to be around the same time as carols. We also have some great ideas to improve our school grounds so watch this space!

Keep the suggestions coming and we promise to make this term the best one yet MSPS!

Bye, from your friendly SAL's!



OCTOBER 22ND, 2026 | ISSUE 10

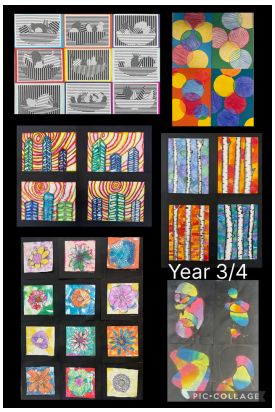
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TOGETHER WE LEARN, LEAD & ACHIEVE

TEACHING & LEARNING UPDATE: THE SPECIALIST TEAM







A year of creativity in Art!

It has been a wonderful year of creativity, exploration and artistic discovery across our art classes! Students from all year levels have explored a wide range of artmaking techniques, including drawing, painting, collage, printmaking, weaving and papier-mâché. Along the way, they have experimented with a variety of materials, including chalk and oil pastels, watercolour pencils, paper, fabric, yarn, paint, food dye, crayons and markers. These hands-on experiences have encouraged students to explore new techniques, discover different textures and express their ideas in imaginative and individual ways.

Throughout the year, we have explored a variety of visual art elements and concepts, including line, shape, pattern, colour and form. Students have investigated colour theory, symmetry, perspective and abstraction, learning how artists use these elements and principles to create interesting, balanced and meaningful artworks. From experimenting with colour combinations and repeating patterns to creating detailed drawings and three-dimensional forms, students have continued to develop their artistic skills, confidence and creative thinking.

Collaboration and celebration have also been an important part of our artistic journey. During NAIDOC Week, students worked collaboratively to create a mural, celebrating Aboriginal and Torres Strait Islander histories, cultures and achievements. We also celebrated International Dot Day, encouraging students to embrace creativity, explore their artistic potential and discover how even a simple dot can inspire something extraordinary. In addition, students created beautiful wall hangings for their classrooms, using their creativity and a range of materials and techniques to produce unique artworks that brighten their learning spaces.

We are incredibly proud of the imagination, enthusiasm and growing skills our students have demonstrated throughout the year. It has been wonderful to see them experiment, take creative risks, share ideas and bring their artistic visions to life. We look forward to another year filled with colour, creativity and exciting artistic adventures

Sally and Chloe



OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

Physical Education Program – Beginning of Term 4

To start term 4, students across Prep to Year 6 are participating in a range of exciting and engaging Physical Education topics!

Below is a brief summary on what each year level is currently learning in P.E.

- **Prep – Athletics:** Developing running, jumping and throwing skills through fun, athletics-based activities.
- **Year 1 & 2 – Overhand Throw:** Practising throwing technique, accuracy and coordination through skill-based activities and games.
- **Year 3 – Recreation Games:** Exploring inclusive recreational activities that promote teamwork and gaining a deeper appreciation for the various ways you can stay active.
- **Year 4 – Newcombe Ball:** A modified version of volleyball that allows players to catch and throw the ball, rather than the traditional volleyball hits. This introduces them to court positioning and ball placement.
- **Year 5 – Fitness:** Investigating how our bodies respond to exercise, including changes in heart rate and breathing, and the importance of physical activity for health and wellbeing.
- **Year 6 – Volleyball:** Developing fundamental volleyball skills, including digging, setting, spiking and serving, while applying teamwork and tactical awareness through gameplay.





A Wonderful Year of French! 🇫🇷

What a fantastic year of language learning and cultural discovery! Students across all year levels have developed their French vocabulary and communication skills through a variety of engaging activities. Year 1 students explored greetings, colours, numbers, animals and French celebrations, while Year 2 learnt about pets, transport, clothing, seasons and expressing preferences. Year 3 practised telling the time and discussing families, routines and hobbies, while Year 4 explored school vocabulary and created French restaurant menus.

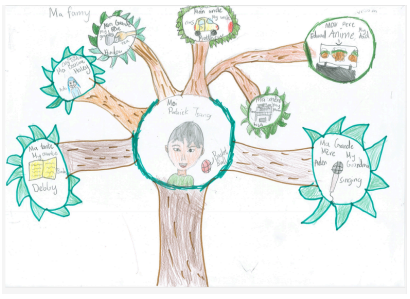
Year 5 investigated French personalities, school life and places around town, while Year 6 researched regions of France, created presentations and practised giving directions.

It has been wonderful to see students grow in confidence and enthusiasm as they explore the French language and culture.

Bravo, tout le monde!









OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

F–1 Performing Arts Update

In Foundation, students have begun exploring puppetry, using their hands and pillows to create characters and bring imaginative stories to life. Puppetry provides a wonderful way for younger students to experiment with character, expression and voice in a way that feels comfortable and playful.

Both year levels have been exploring 'process drama' techniques, using picture books as a springboard for imagination and role-play. Students step into the shoes of different characters, exploring how they move, speak, think and feel. These experiences build skills that help students develop confidence in expressing themselves, empathy for others, creativity and the ability to collaborate as they work together to tell a story.

Year One students have been busy preparing for their performance of Tiddalik the Frog next month. This is a wonderful opportunity for students to build confidence and develop a love of performing in a relaxed, supportive setting, where fun and laughter are more important than the final performance. Rather than worrying about perfection or the nerves of performing on a big stage, students are encouraged to have a go, express themselves and enjoy bringing a story to life together.

We would love to invite Year One families and our Foundation students to come along, celebrate their hard work on Friday 13 November at 2:30 pm in the gym.

Years 2-6 Performing Arts Update

It has been an exciting semester of creativity, collaboration and performance in Drama!



- **Year 2** students became fairytale investigators as they explored The True Story of the Three Little Pigs. Working in groups, they created alternative endings and performed their scenes using props and costumes, developing their storytelling and performance skills.
- **Year 3** students have been busy over the past term, working on the skills of performance. In small groups of 5, students worked together to follow a simple script focusing on the elements of voice, character, movement, script understanding and collaborating. In week 1 of this term students presented their plays to the class, and all did a wonderful job, giving support and providing feedback to each other



- **Year 4** students explored puppetry, designing and creating their own puppets before bringing them to life through performances. A special incursion with Melbourne Puppet Kerfuffle extended their learning, while this term has seen students develop their improvisation skills through drama games and spontaneous performances.



- **Year 5 and 6** students stepped back in time to explore radio plays, creating original scripts, characters and sound effects. Working collaboratively, they brought their stories to life through voice acting and creative soundscapes.
- **Year 6** students have also begun rehearsals for Graduation and their final Christmas Carols, working with a local dance school to develop choreography and performances. We can't wait to see their hard work come to life!

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

Garden

Our Prep students absolutely loved their Nature Play sessions in the bush block during Term 3! They discovered the wildlife living in our reserve - planting trees and creating habitats to support them. This term, they've turned their curiosity to minibeasts, and it's safe to say we have some snail enthusiasts on our hands! Earlier in the year, they were captivated by their Life Rocks incursion and loved joining their year 6 buddies for Schools Tree Day.





We are reaping the rewards of produce planted by our Year 3 students in Semester 1. They had become so confident and self-sufficient in the garden, tending to their crops and taking real ownership of their growing spaces. Our Year 5 students have taken over the beds and are gearing up to reopen the garden market stall by Week 3.



We have something extra special on offer this year - Lime Marmalade! Generously made by the family of our Environment Captain, Zoe Milne, using school produce. If you haven't visited the garden lately, make sure you stop by to admire the incredible mural Zoe painted on our shed in Term 3 - an amazing contribution to our school.

Have you visited the new Olympic Reserve playground? Next time you're there, take a moment to appreciate the native plants growing throughout the space. These were planted by our very own students during an excursion with Banyule Council in Term 2. It's wonderful to see our students' efforts contributing to greener spaces beyond our school grounds.





So, what's next? Our Year 4 students are busy dreaming up their own garden innovations! One student is designing a bee watering station, while another is exploring how to make tea from our medicinal herbs. Watch this space!



OCTOBER 22ND, 2026 | ISSUE 10

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 Seven: Gender norms & stereotypes

Topic Eight (Yr 6) : Positive gender relations

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.

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE



RESILIENCE, RIGHTS & RESPECTFUL RELATIONSHIPS (RRRR)

IN THE CLASSROOMS













OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

STUDENT NEWS & ACHIEVEMENTS

FOUNDATION LOCAL WALKING EXCURSION





YEAR 4 CAMP

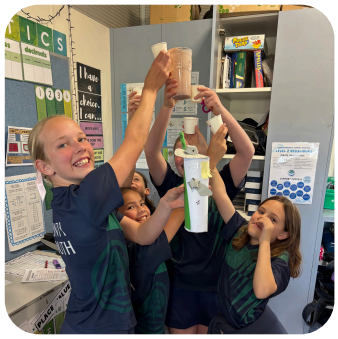


















FRONT LAWN OPENS







YEAR 5 SMOOTHIE BAR INCURSION

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

MEDICAL OFFICER NEWS:

THUNDERSTORM ASTHMA – BE PREPARED THIS POLLEN SEASON

Grass pollen season in Victoria usually runs from October to December. During this time, asthma and hay fever symptoms can get worse. There is also an increased risk of thunderstorm asthma.
https://www.betterhealth.vic.gov.au/thunderstorm-asthma

Ten years ago, Melbourne experienced the largest thunderstorm asthma event in the world. Thunderstorm asthma can be sudden and serious. It can be life-threatening, especially if a person's asthma or hay fever is not well controlled. https://www.betterhealth.vic.gov.au/health/videos/thunderstormasthma-mohamed

Monty South will have measures to keep our school community safe.
Many of our staff are trained in asthma first aid. We will monitor VicEmergency for thunderstorm asthma warnings. When needed, we will keep students indoors if the weather forecast shows a higher risk.

Managing asthma and allergies matters. During this pollen season, there are some things you can do to protect yourself and your family:

- If your child has ever had asthma, talk to your doctor about your Asthma Action Plan and to make sure symptoms are well controlled.
- If your child has hay fever, talk to your pharmacist or doctor about a hay fever plan and check if you need an asthma reliever puffer.
- If your child has cough or wheeze with hay fever, talk to your doctor to make sure they don't also have asthma.
- Take asthma medication as directed by your doctor, as the good control of symptoms can prevent thunderstorm asthma.
- Follow the VicEmergencywebsite or app. Where possible, avoid being outside during thunderstorms – especially during the winds that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.
  https://www.emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast
- Know asthma first aid. If you are not sure if someone is having an asthma attack, you can still use a blue asthma reliever puffer. https://asthma.org.au/kids/asthma-info-kids/asthma-first-aid-for-kids/

Find out more

For more information, speak to your doctor. You can also:

- Speak with an asthma educator on 1800 ASTHMA (1800 278 462). This is a free service from 9 am to 5 pm, Monday to Friday
- Refer to Better Health Channel. This includes information in different languages.
  https://www.betterhealth.vic.gov.au/thunderstorm-asthma

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

SAKG RECIPES: VIETNAME

So far this term in Kitchen, students have discovered some interesting facts about Vietnam.. Did you know Australia is around 23 times the size of Vietnam, yet they have a population of around 100 Million people?
Our groups folded rice paper rolls, kneaded and steam-baked Bahn Mi, cooked delicious Tomato and Tofu soup, made a Vietnamese cabbage salad and put together baked coconut and banana cakes.



GỎI BẮP CẢI
VIETNAMESE CABBAGE SALAD

SERVES 6, ONE SHARED BOWL PER TABLE
TERM 4, WEEKS 1 & 2

INGREDIENTS

½ green cabbage, washed and finely shredded
½ teaspoon salt
2 carrots, peeled and grated
3 spring onions, sliced
1 bunch mint, leaves torn
½ bunch coriander, leaves torn
2 Tablespoons sesame seeds

Dressing:
3 limes, juiced or 6 Tablespoons juice
2 Tablespoons Tamari sauce
2 Tablespoons caster sugar
2 Tablespoons rice vinegar
1 Tablespoon vegetable oil
1 garlic clove, crushed



EQUIPMENT

Large mixing bowl
Grater
Dry frying pan
Small bowl and whisk
Chopping boards
Knives
Serving bowls



WHAT TO DO:

- Put cabbage in a large bowl, sprinkle with salt and scrunch with clean hands for 1 minute.
- Add carrot, spring onion and torn herbs.
- Toast sesame seeds in a dry pan for 2-3 minutes until golden.
- Whisk dressing ingredients together until the sugar dissolves.
- Just before serving, pour dressing over and toss well.
- Divide into 6 bowls, one per table, and sprinkle with sesame seeds.



BÚN RIÊU CHAY
VIETNAMESE TOMATO & TOFU NOODLE SOUP

SERVES 6 STARTERS OR 24-30 TASTES
SOURCE: ADAPTED FROM VIET WORLD KITCHEN

INGREDIENTS

1 Tablespoon olive oil
1 brown onion, peeled and diced
3 garlic cloves, peeled and crushed
4 ripe tomatoes, chopped
400 gram tin diced tomatoes
2 Tablespoons tomato paste
8 cups vegetable stock
2 Tablespoons Tamari sauce
1 teaspoon caster sugar

200 grams firm tofu, diced into small cubes
100 grams rice vermicelli noodles
1 bunch Asian greens, washed well, diced (leaves and stems)

3 spring onions, sliced
4 sprigs coriander, washed, leaves chopped
1 lime, juiced

EQUIPMENT

Large pot
Mixing bowl
Chopping boards
Knives
Kitchen Scissors
Ladle
Stock jug
Small serving soup ramekins



WHAT TO DO:

- Heat oil in a large pot. Cook onion and garlic for 3 minutes.
- Add fresh tomatoes and cook for 5 minutes until soft.
- Add tomato paste, tinned tomatoes, stock, Tamari and sugar. Bring to the boil, then simmer for 10 minutes.
- Soak noodles in boiling water for 5 minutes. Drain and snip into short lengths with kitchen scissors.
- Add tofu and Asian green stems, simmer for 5 minutes. Add the leaves for the last minute.
- Stir in lime juice.
- Put a pinch of noodles in each ramekin, ladle soup over, and top with spring onion and coriander.

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

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

GỎI CUỐN CHAY
VIETNAMESE RICE PAPER ROLLS

MAKES 18 ROLLS, 6 PIECES PER TABLE
SOURCE: ADAPTED FROM WOK AND KIN

INGREDIENTS

16 rice paper sheets
100 grams rice vermicelli noodles
200 grams firm tofu, cut into 18 strips
1 Tablespoon each olive oil and Tamari sauce
2 carrots, peeled and cut into matchsticks
2 Lebanese cucumbers, cut into thin sticks
1 lettuce, washed well and leaves torn
1 bunch mint, leaves picked
½ bunch coriander, leaves picked
Dipping sauce:
¼ cup hoisin sauce
1 Tablespoon Tamari sauce
1 Tablespoon rice vinegar
1 lime, juiced or 2 Tablespoons juice
2 Tablespoons warm water
1 teaspoon sesame oil
1 small garlic clove, crushed

EQUIPMENT

Frying pan
Heatproof bowl
Shallow dish for water
Clean tea towels
Chopping boards
Knives
Peeler
Small dipping bowls
Deep baking dish

WHAT TO DO:

- Soak noodles in boiling water for 5 minutes (adult help). Drain and rinse under cold water. Cut into 10 cm lengths.
- Fry tofu strips in oil for 3-4 minutes each side until golden. Splash with Tamari and cool.
- Whisk dipping sauce ingredients together and pour into 6 small sauce bowls.
- Fill a deep baking tray with warm water. Dip a rice paper sheet in the water for 5 seconds and lay it on a damp tea towel.
- In the middle of the bottom third, layer lettuce, noodles, carrot, cucumber, tofu and herbs.
- Fold the bottom up over the filling, fold in the sides, then roll up towards the top tightly.
- Cut each roll in half. Serve 5 pieces on a plate for each table with dipping sauce.



BÁNH MÌ
VIETNAMESE BAGUETTE ROLLS

MAKES 12-14 BREAD ROLLS
SOURCE: ADAPTED FROM RECIPE TIN EATS

INGREDIENTS

Dough:
500 grams bread flour
7 grams instant yeast
2 teaspoons caster sugar
1 ½ teaspoons salt
320 mils lukewarm water
1 Tablespoon olive oil



EQUIPMENT

Baking trays
Baking paper
Sharp knife
Water spray bottle
Wire rack
Dough whisk
Pastry brush

WHAT TO DO: SHAPING & BAKING

- Preheat oven to 220 degrees celsius. Place an empty baking tin on the bottom shelf.
- Divide the dough into 12 equal pieces. Roll each one up tightly into a small baguette with pointed ends. To form baguettes: Make a rough ball. Use the non-floured bench to push the ball back and forth, side to side, to shape an oval.
- Place on lined trays, cover with a tea towel and rest for 10 minutes, if time allows.
- Cut a slash along each roll and brush with water.
- Pour 1 cup of hot water into the tin on the bottom shelf, this will help create steam in the oven. Place bread roll tray on top shelf and cook for 15-18 minutes until golden.
- Serve each table with 2 bread rolls to share.

BÁNH CHUỐI NƯỚNG
BAKED BANANA & COCONUT CAKES

MAKES 24 SMALL CAKES
SOURCE: ADAPTED FROM BUN BO BAE

INGREDIENTS

3 ripe bananas
6 slices white sandwich bread
400 mil tin coconut milk
200 grams sweetened condensed milk
2 eggs
30 grams butter, melted
1 teaspoon vanilla extract and a pinch of salt
2 Tablespoons caster sugar



EQUIPMENT

Two 12-hole muffin tins
Large mixing bowl
Jug
Whisk
Fork
Chopping board
Knife
Measuring spoons
Scales
Wire rack
Cupcake wrappers



WHAT TO DO:

- Preheat oven to 180 degrees celsius. Set up two 12-hole muffin tins with wrappers.
- Tear bread into small pieces in a large bowl.
- Whisk coconut milk, condensed milk, eggs, melted butter, vanilla and salt. Pour over the bread, squish together and soak for 5 minutes.
- Mash 2 bananas and stir into the bread mixture.
- Finely dice the other banana into and toss with the sugar.
- Spoon mixture into the muffin wrappers and top each with some diced banana.
- Bake for 15-20 minutes until set and golden.
- Cool in the tins for 5 minutes, then lift out and serve warm. One cake per person. Adjust number of cupcake wrappers to suit class size.

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

SAKG RECIPES: ITALY

In weeks 3 and 4, students will explore Italy and enjoy Grissini, Pasta and Bean Soup, roll and shape Potato Gnocchi, Asparagus and Egg salad and Lemon and Ricotta cakes.

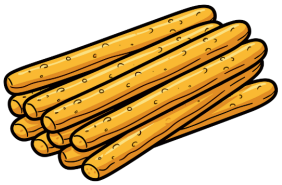


GRISSINI
ITALIAN BREADSTICKS

MAKES 24-28 BREADSTICKS
TERM 4, WEEKS 3 & 4

INGREDIENTS

Risen dough from the last class
Extra flour for dusting
1 Tablespoon olive oil, for brushing
2 sprigs rosemary, leaves finely chopped
1 pinch salt flakes



EQUIPMENT

Baking trays
Baking paper
Knife or pizza cutter
Chopping board
Pastry brush
Wire rack



WHAT TO DO: SHAPING & BAKING

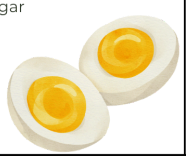
- Preheat oven to 200 degrees celsius. Line 3 baking trays with baking paper.
- Press the dough out on a floured bench into a rectangle about 1 cm thick.
- Cut the dough into 24-28 strips. Roll and stretch each strip into a thin stick about 25 cm long. Thin sticks go crisp, thick ones stay bready.
- Lay the sticks on the trays, not touching, and brush lightly with olive oil.
- Sprinkle with chopped rosemary and salt flakes.
- Bake for 12-15 minutes until golden and crisp. Swap the trays halfway through.
- Serve each table with 4 breadsticks to share.

INSALATA DI ASPARAGI
ASPARAGUS & EGG SALAD

SERVES 6, ONE SHARED BOWL PER TABLE
TERM 4, WEEKS 3 & 4

INGREDIENTS

2 bunches asparagus, woody ends snapped off, cut into 3 cm pieces
6 eggs
1 cos lettuce heart, washed and leaves torn
30 grams parmesan cheese, shaved with a peeler
4 sprigs parsley, washed, leaves chopped
Dressing:
1 lemon, juiced or 2 Tablespoons juice
3 Tablespoons olive oil
1 teaspoon caster sugar
1 pinch salt



EQUIPMENT

Medium pot
Slotted spoon
Large bowl for iced water
Colander
Jar with lid
Peeler
Chopping boards
Knives
Serving bowls



WHAT TO DO:

- Boil eggs in a pot of water for 9 minutes (adult help). Lift into a bowl of iced water. Keep the water boiling.
- Cook asparagus in the boiling water for 2 minutes until bright green. Scoop into the iced water, then drain well.
- Shake lemon juice, olive oil, sugar and salt together in a jar.
- Peel the eggs and cut each one into quarters.
- Divide cos into 6 bowls, one per table. Top with asparagus and 4 egg quarters.
- Just before serving, drizzle with dressing and scatter with parmesan and parsley.



For the rest of term 4, we will be cooking dishes from Morocco, Thailand and the student-favourite, pizza fortnight!

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

PASTA E FAGIOLI
ITALIAN PASTA & BEAN SOUP

SERVES 6 STARTERS OR 24-30 TASTES
TERM 4, WEEKS 3 & 4

INGREDIENTS

2 Tablespoons olive oil
1 brown onion, peeled and diced
2 carrots, peeled and diced
2 celery sticks, diced
2 garlic cloves, peeled and crushed
2 Tablespoons tomato paste
400 gram tin diced tomatoes
400 gram tin cannellini beans, drained and rinsed
6 cups vegetable stock
1 sprig rosemary

150 grams macaroni

4 sprigs parsley, washed, leaves chopped
30 grams parmesan cheese, finely grated

EQUIPMENT

Large pot
Wooden spoon
Chopping boards
Knives
Potato masher
Grater
Ladle
Stock jug
Small serving soup ramekins





WHAT TO DO:

- Heat oil in a large pot. Cook onion, carrot and celery for 6-8 minutes until soft.
- Add garlic and tomato paste and stir for 1 minute.
- Add beans, tinned tomatoes, stock and the rosemary sprig. Bring to the boil, then simmer for 10 minutes.
- Add macaroni and simmer for 8-10 minutes, stirring now and then, until the pasta is soft.
- Lift out the rosemary sprig. Squash a few beans against the side of the pot with a potato masher to thicken the soup.
- Ladle soup into ramekins and top with parmesan and parsley.

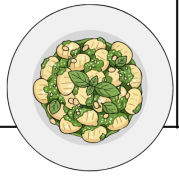
GNOCCHI AL PESTO
POTATO GNOCCHI

SERVES 6 MAINS, ONE SHARED BOWL PER TABLE
TERM 4, WEEKS 3 & 4

INGREDIENTS

Gnocchi:
1.2 kilograms potatoes, boiled whole in their skins and cooled (prepared by teacher)
1 egg
250 grams plain flour, plus extra for dusting
1 teaspoon salt

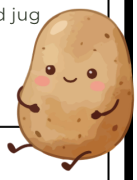
Broad bean top pesto:
2 big handfuls blanched broad bean tops (about 150 grams), thawed and squeezed dry
40 grams parmesan cheese, finely grated
1 garlic clove, peeled
½ lemon, juiced
80 mils olive oil
1 pinch salt



EQUIPMENT

Large pot
Box grater
Large mixing bowl
Food processor
Chopping boards
Knives
Forks
Slotted spoon
Scales
Measuring spoons and jug
Serving bowls





WHAT TO DO:

- Fill a large pot with water and a big pinch of salt. Bring to the boil (adult help). Start this first.
- Peel the cooled potatoes with your fingers or a small knife. Grate on the coarse side of a box grater into a large bowl.
- Make a well. Add the egg and salt, sprinkle over most of the flour and mix gently with your hands into a soft dough. Only add more flour if very sticky.
- Cut the dough into 6 pieces. Roll each into a 2 cm thick snake on a floured bench and use the dough cutter to cut into 2 cm pillows. Arrange on a floured tray.
- Blitz the broad bean tops/silverbeet greens, parmesan, garlic, lemon juice and salt in the food processor. Pour in the olive oil and blitz until smooth.
- Cook the gnocchi in batches. When they float, cook 30 seconds more, then lift out with a slotted spoon.
- Toss the gnocchi with the pesto. Divide into 6 bowls, one per table.

TORTINE AL LIMONE
LEMON RICOTTA CAKES

MAKES 24 SMALL CAKES
TERM 4, WEEKS 3 & 4

INGREDIENTS

75 grams butter, melted
150 grams caster sugar
2 lemons, zested, 1 juiced
2 eggs
250 grams ricotta cheese
80 mils milk
225 grams self-raising flour and a pinch of salt
1 Tablespoon icing sugar, to dust



EQUIPMENT

Two 12-hole muffin tins
Large mixing bowl
Whisk
Spatula
Zester or fine grater
Juicer
Measuring spoons and jug
Scales
Wire rack
Cupcake wrappers
Small sieve



WHAT TO DO:

- Preheat oven to 180 degrees celsius. Set up two 12-hole muffin tins with wrappers.
- Rub the lemon zest into the sugar with your fingertips in a large bowl until it smells lemony.
- Whisk in the eggs, then the ricotta, milk, melted butter and 2 Tablespoons of lemon juice.
- Add flour and salt. Fold gently with a spatula until just mixed. A few lumps are fine.
- Spoon mixture into the muffin wrappers, about two-thirds full.
- Bake for 15-18 minutes until risen and golden.
- Cool in the tins for 5 minutes, then lift out and dust with icing sugar. One cake per person. Adjust number of cupcake wrappers to suit class size.

OCTOBER 22ND, 2026 | ISSUE 10

MONTMORENCY SOUTH PRIMARY SCHOOL

TOGETHER WE LEARN, LEAD & ACHIEVE

COMMUNITY NEWS

Upcoming Roadworks – Grand Boulevard and Buena Vista, Montmorency

Banyule City Council has advised that asphalt resurfacing works will take place at the roundabout intersection of Grand Boulevard and Buena Vista in Montmorency.

Dates: Wednesday 4 November to Friday 6 November 2026
Times: 9:30am – 3:00pm daily (weather permitting)

During this time, parking restrictions and traffic management will be in place. Local access will be maintained, although motorists may experience delays.

Families and community members are encouraged to allow extra travel time, follow traffic directions and exercise caution around workers, machinery and newly laid asphalt.

Works may be rescheduled at short notice due to weather or unforeseen circumstances.

For further information, please contact Asphaltech on 9303 7833.

Thank you for your patience and understanding.

