



# FRIDAY NOTICE

5<sup>th</sup> September 2014

[www.cottageschool.tas.edu.au](http://www.cottageschool.tas.edu.au)

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## What's happening in September/October:

<b>September</b>	10	Wednesday	Biggies Environment Day (am only)
	<b>10</b>	<b>Wednesday</b>	<b>The Great Book Swap – 3pm on the Green Space</b>
	10	Wednesday	Garden Market from 3 – 3.30pm
	<b>13</b>	<b>Saturday</b>	<b>Working Bee (starting at 9am)</b>
	15	Monday	Middlies 3/4 Environment Day
	17	Wednesday	Kinder and Littlies Environment Day
	18	Thursday	Biggies to performance at Montagu Bay Primary School
	24	Wednesday	Open Day
	24	Wednesday	Garden Market from 3 – 3.30pm
	25	Thursday	Concert Day
	26	Friday	Last Day Term Three
<b>October</b>	13	Monday	STAFF MEETING (STUDENT FREE DAY)
	<b>14</b>	<b>TUESDAY</b>	<b>NB - First Day Term Four for Students</b>
	23	Thursday	Show Day
	24	Friday	NO SCHOOL

**Golden Handshakes:** This week's recipients are :-

- *Toby Upton* for always working hard and subsequently being able to help others and
- *Kai Reeves* for being welcoming and kind to a Kinder visitor.

**Cottage School Food and Nutrition:** Food plays an essential role in building community and relationships. Shared fruit and shared lunch are cornerstones supporting the school's philosophy of participating in community activities. Just as families come together to share food at working bees and manure digs, our students come together to share food at morning break and lunch. During morning tea and lunch we sit, eat, talk together or listen to stories.

Shared lunches and cooked lunch give children the opportunity to expand their tastes by eating foods they may not have tried at home. It can be challenging for children to try new foods but the rewards are well worth the temporary angst. Resilience does not come without challenges.

Please read our Food and Nutrition Policy (it's on the website). You'll find suggestions for morning tea (eg sliced vegetables) and lunches (some nutritious sandwich fillings). Some other suggestions for morning tea and/or lunch are:

- Dips with vegetable slices
- Roasted/toasted seeds
- Cheese (not plastic cheese, please!)

Perhaps you could provide a bag of carrots or a block of cheese on Monday and not bring anything for the rest of the week (check with your child's teacher first so there aren't 15 blocks of cheese and no fruit and vegetables for a week).

Some things that are important when selecting food are:

- Food miles (how far has the food travelled – could you have purchased something produced locally that didn't require as much fuel to transport it?)
- Seasonal food – it's always better to purchase food that's in season. If it's not in season it probably has a lot of food miles clocked up.
- Packaging. Try to reduce the amount of packaging that you purchase. Yes - those little cartons of sultanas are very cute – but how wasteful is the packaging when one large box can replace 10 small boxes?

If you have questions about our Food and Nutrition policy but you can't find the answer you're looking for in the policy, ask your child's teacher.

**The Great Book Swap:** Is on Wednesday! We will be conducting a book swap (of children's and adult's books) to support Indigenous Literacy on Wednesday 10th September at 3 pm on the green space (weather permitting... otherwise in the Biggies classroom). You can bring your book(s) donation to the Biggies classroom before the actual day (Wednesday) so we are able to get set up. Don't forget to bring your gold coins along on the day You may have to save some extra coins as the book swap is the same day as the Garden Market.

Any questions? Contact Kath at [kwindfel@bigpond.net.au](mailto:kwindfel@bigpond.net.au) or check out the Indigenous Literacy foundation website.

**Garden Market:** At our next Garden Market we will join with the Great Book Swap (on the Green Space if the weather cooperates!) So to give you energy for all that book browsing come over and fill up on a delicious snack or pick up some garden produce to whip up a storm for dinner! See you there!

**Working Bee:** The jobs list is attached to this week's notice and some jobs have already been allocated. Please check this list and then choose a job and write your name next to it on the master list on the wall beside the White Cottage. Please do not email Penny or Annette and ask them to put your name on the list. Please take **ownership** of your job, find out exactly what is required by talking with the WB Coordinators and then make sure you bring the named tools and equipment that you will need to complete the job with you on the day.

If you are able to bring extra tools/brooms/wheelbarrows these are always very handy.

Some jobs will take 4 hours whilst others will only take an hour or so after which you get to choose another job!

Some last minute jobs will be added to the master list in the coming week, so look out for new additions.

We realise that the Working Bee clashes with the Bellerive Junior Soccer Club presentation day. If your family is involved with this event we understand that this will require some juggling & time away from the Working Bee. Please choose your Working Bee jobs accordingly.

Thanks from the Working Bee Coordinators

**What's On:**

CARTOONING CAMP: We are once again coming to the Hobart to run our annual Cartooning Camp. Please check the notice board outside the Littlies Cottage for more information.

**Hobart (Tasmania) October 6<sup>th</sup> - October 10<sup>th</sup> , 2014**

Sandy Bay Scout Hall  
617 Sandy Bay Road,  
Lower Sandy Bay.

ROSNY LINC SEPTEMBER WHAT'S ON: There is a flyer in the notice board outside the Littlies Cottage if you would like more information or check the LINC website at [www.linc.tas.gov.au](http://www.linc.tas.gov.au)  
They are also having a 'Talk Like a Pirate Day' on Friday 19 September from 10.45am-11.45am. Check their website for more details.

READY SET GO: Volunteer mentors are urgently required to assist Clarence community members to gain the number of hours necessary to receive their provisional licence. Ready, Set, Go! Will support mentors and supply a late model vehicle.

Contact them by ph: 0405 976 865 or via email at [rsg.readysetgo@gmail.com](mailto:rsg.readysetgo@gmail.com)

**Attachments:** Working Bee Job List