

NEWSLETTER

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Tuesday, 24th August 2021

Dear Families,
Here we go again! As we all are struggling with yet another lockdown this week I thought we could all do with some cheering up. I wrote this weeks newsletter to cheer Tamara up!

A lot of people are experiencing COVID fatigue at the moment. Please take the time to read through the document and reach out if you need help. You are not alone.

Today is remote learning pack pick up day.

Also thanks to all those families who made appointments to chat with staff this week. Appointments will go ahead as planned.

This week with so much uncertainty I decided to include some favourite staff recipes in the newsletter for you all to try at home. There will be more next week. Take Care,
Michelle Mitchell



Pandemic Fatigue

While we can all experience pandemic fatigue in different ways, it is possible to counter its effects. Look out for some of these signs in yourself and those around you and take practical steps to be kind to yourself, stay connected, check in with each other, and seek professional support when needed.

Some of the feelings and behaviours you, or someone you know may be experiencing include:

- Tiredness
- Frustration
- Low in energy
- Restlessness
- Irritability
- Hopelessness
- Difficulty looking forward to tomorrow
- Dread
- Not wanting to be with others
- Increased use of alcohol or other substances
- Lack of enthusiasm for things you would normally enjoy

Some of the most effective ways to overcome these feelings include:

- Identify and practice self-care strategies that work for you 
- Keep kids communicating
Let children know it is ok to be worried, and talk it out 
- Get sweaty
Exercise is great for mental health 
- Reach out
To those who may not have connections 
- Follow facts from trusted sources 
- Take a break
Do the things you've been putting off for a rainy day 

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or make contact with any of the services (available 24/7) below:

Coronavirus Mental Wellbeing Support Services: 1800 512 348
Lifeline: 13 11 14
Kids Helpline: 1800 551 800
www.headtohealth.gov.au

Term 3	Coming Up	Term 3	Coming Up
3rd Sept	Fathers Day Stall		Book week TBC
16th Sept	Footy Colours Day & Special Lunch order	17th Sept	Last Day of Term 3—1.30pm Finish

TRICIA'S FAMILY FAVOURITE CHOCOLATE SAUCING PUDDING

1 cup self-raising flour
2 tablespoons cocoa powder
1/2 cup sugar
100 g butter (cooled, melted)
1/2 cup milk
1 egg (lightly beaten)

SAUCE

1/2 cup sugar
2 tablespoons cocoa powder
2 cups boiling water



NOTES – if I use no name Cocoa powder it is very strong so you can use dessertspoons full instead of tablespoons

Method

Preheat oven to 180°C. Grease (I just spray) a 6 cup capacity baking dish.

In a mixing bowl, combine the flour, cocoa and sugar.

In a jug, combine the butter, egg and milk.

Mix the liquid into the dry ingredients until well combined and pour into a greased dish. (mine is about 20cm round Pyrex dish but it can be anything but it must have reasonably deep sides)

Smooth the top.

SAUCE

Mix the sugar and cocoa together for the sauce. Sprinkle over the top evenly.

Gently pour the boiling water onto the spoon so as not to splash the surface.

Bake for 35-40 minutes. Serve with thick cream or ice-cream and fresh berries.

Michelle's Family Favourite Old School Apple Shortbread

3 apples
2tb sugar
1tb water

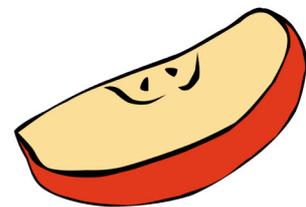
Peel apples and cut into small pieces. Put all together and stew gently. Cook til soft. Cool while making pastry.

Pastry

6oz self-raising flour
2 big tablespoons plain flour
Pinch salt
2 oz sugar
1/4 lb butter
1 egg
1 tb milk

Spare self-raising flour

Sift flour and sugar. Rub in butter then add liquid. Mix well into a ball. Line slice tin with baking paper. Roll half pastry and line tin. Spread with stewed apples. Cover with remaining pastry. Brush with water. Sprinkle with coarse sugar. Bake moderate oven 25 to 30 mins.



Parent Teacher conversations will continue as planned. Thank you to all those who made appointments

Miss Williams Family's Favourite Lemon Meringue Pie

Pastry

- 1 1/2 cup (225g) plain flour
- 1 tablespoon icing sugar
- 140 gram cold butter, coarsely chopped
- 1 egg yolk
- 2 tablespoon cold water

Lemon meringue pie

- 1/2 cup (75g) cornflour
- 1 1/2 cup (330g) caster sugar
- 1/2 cup (125ml) lemon juice
- 1 1/4 cup (310ml) water
- 2 teaspoon finely grated lemon rind
- 80 gram unsalted butter, coarsely chopped
- 3 eggs, separated



To make pastry, process flour, icing sugar and butter until crumbly. Add egg yolk and cold water; process until ingredients come together. Knead dough on floured surface until smooth. Wrap pastry in plastic and refrigerate 30 minutes.

Grease a 24cm round loose-based fluted flan pan. Roll pastry between sheets of baking paper until large enough to line pan. Ease pastry into pan, press into base and side; trim edge. Cover; refrigerate 30 minutes.

Preheat oven to 200°C.

Place pan on oven tray. Line pastry case with baking paper and fill with dried beans or rice. Bake 15 minutes. Remove paper and beans carefully from pastry case. Bake another 10 minutes; cool pastry case, turn oven off.

Meanwhile, combine cornflour and 1 cup caster sugar in a medium saucepan; gradually stir in juice and the water until smooth. Cook, stirring, over high heat, until mixture boils and thickens. Reduce heat; simmer, stirring, 1 minute. Remove from heat. Stir in rind, butter and egg yolks. Cool 10 minutes.

Spoon the lemon filling into the cooked, cooled pastry case; spread the filling out evenly, covering the base completely and taking it to the edge of the pastry case. Use a fork to roughen the surface of the filling. Cover; refrigerate 2 hours.

Preheat oven to 220°C.

Beat egg whites in a small bowl with electric mixer until soft peaks form; gradually add remaining sugar, beating until sugar dissolves.

Spread meringue mixture onto roughened surface of filling. Bake about 2 minutes or until meringue is browned lightly.

<https://www.womensweeklyfood.com.au/recipes/lemon-meringue-pie-11625>

Miss Halket's Favourite Easy Chocolate Brownies

180g cooking chocolate
¾ Cup brown sugar
2 eggs
1 Cup plain flour
¼ Cup cocoa powder
1 Teaspoon vanilla essence
Chopped chocolate or chocolate chips if desired

Method:

Preheat oven to 180 degrees Celsius
Grease and line rectangular slice tray
Break up chocolate and melt with butter in microwave for 1 minute intervals until there are no lumps
Stir in sugar
Carefully stir in eggs so as not to cook in the warm mixture
Add in vanilla
Stir in flour 1/3 at a time
Add in extra chocolate if desired
The mixture should be sticky and slide into the slice pan
Cook for 20-25 minutes
Allow to cool slightly before removing from pan
Cut into squares and hide most of them for yourself :)

Miss Darby's Favourite Zucchini Slice

375 gram zucchini, finely grated
1 large onion, finely chopped
3 rashers bacon, finely chopped
1 cup grated cheddar cheese
1 cup self-raising flour
½ cup vegetable oil
5 eggs
salt, pepper
parsley sprig, to garnish



Preheat oven to 180°C (160°C fan-forced).

In a large bowl, combine zucchini, onion, bacon, cheese, sifted flour, oil, and lightly beaten eggs. Season with salt and pepper.

Pour into a well greased lamington tin (16cm x 26cm).

Bake for about 30-40 minutes, or until well browned.

Cut into squares and garnish with parsley, if desired, before serving.

<https://www.womensweeklyfood.com.au/recipes/zucchini-slice-6436>

STRAWBERRY



BANANA



CHOCOLATE

LIME BLUE HEAVEN



**MORE VERY
HAPPY STUDENTS WHO HAD
ENOUGH POINTS FOR A
SPECIAL MILK
SHAKE FROM
THE EAGLE
EXCHANGE
PROGRAM**



CARAMEL



Junior Cricket

Expressions of interest for parents to join the Junior Cricket Committee

**Please contact Peter Griffiths 0418984624
yarramanddistrictcc@gmail.com**

Thank you Thank you Thank you

A big thank you for the Scott family for donating a compost bin to our school. We really appreciate your contribution and we are looking forward to turning our food waste into beautiful compost for our gardens.

TUCKER NIGHT

FRIDAY 27th AUGUST

TAKE AWAY MENU

Pre-orders strictly from

5.00pm

Please phone through orders where possible

For pick up

5.30-8pm

PHONE 51977369

If engaged
0429977415

Lasagne—Home made, rich, creamy... Yummy Chips & Slaw \$14.00

Loaded Fries—Crunchy chips topped with bacon, pulled pork, cheese sauce and caramelised onions \$13.00

Flathead Chips & Slaw \$16.00

Seafood Basket \$17.00

Chicken Schnitzel Chips & Slaw \$15.00

Chicken Parma Chips & Slaw \$17.00

Texas Parma - Snitz topped with Napoli sauce, BBQ pork, bacon, cheese mix and battered onion rings. Chips & Slaw \$18.00

1/2 size Meals

Schnitzel, Flathead, \$11.00

Kids Meals - \$5.00

Fish & Chips Nuggets (5) & Chips Lasagne & Chips

Gluten Free— available

Chocolate Mousse \$3.00

QR Code located at entry for you convenience

Eftpos is available

BAR WILL NOT BE OPEN

GORMANDALE RECREATION RESERVE

STRICTLY NO EATING IN THE CLUBROOMS



FOOTY COLOURS DAY

Thursday 16th Sept 2021



The Junior School Council along with Parents Club have organised a Footy Colours Day in conjunction with Term 3 Special Lunch Order Day.

Come in your favourite Footy Colours and have a Pie & Prima for lunch. \$5.00 per student.

Please fill in the form below and return to school by Monday 13 September 2021.



Student's Name _____

Student's Class _____

Footy Colours Donation _____ at \$1ea

Pie & Prima _____ at \$4ea

Total enclosed \$



Student's Name _____

Student's Class _____

Footy Colours Donation _____ at \$1ea

Pie & Prima _____ at \$4ea

Total enclosed \$



100 Days of School

We had the best time on Friday having a party to celebrate reaching 100 days at school last week. The students were invited to wear their favourite party clothes and bring some food to share. We had some craft activities and spent 100 minutes with our buddies. When we were with our buddies we went on a 100

number hunt, completed a 100 exercise course, drew a 100 monster, collected 100 things and completed a 100 themed questionnaire.

