



ELIZABETH DOWNS PRIMARY SCHOOL



MESSAGE FROM THE PRINCIPAL

Sally Summers

Dear families

Wow it is hard to believe we are only 2 weeks away from the end of term 3 where is the year going!!!!

I want to say a huge thank you to all the staff and students at Elizabeth Downs for continuing to work hard to be the best learners, role models and friends they can be. This is reflected in the large amount of 'Caught Being Kind Awards' we see in our box every 3 weeks at assembly time.

The school celebrated **RUOK Day** on 7th September with staff and students wearing yellow and engaging in activities that support them to check in on friends and be kind. Staying connected and checking in on our friends, colleagues and families all the time is such an important message to spread to make sure people are OK.

On Wednesday 14th September our HSC class went to the movies as part of Variety SA. They travelled on the bus and from The Regal Theatre at Kensington to see Minions- The Rise of Gru. They had a fantastic day and showed all our EDPS Values while on their excursion.

I continue to thank families for being vigilant around keeping students at home if they present with any cold or flu like symptoms including headaches and tiredness. I do ask that families ensure they contact the school either by phone, a message on seesaw or a message on skoolbag when their child is absent, whatever the reason. It is essential that a child's absence is explained to the school as unexplained absences are recorded and specific department measures need to be put in place to address this with families.

Mrs Harriott returns on Monday week 9, so I would like to express my gratitude to all the staff, students and families for their support, smiles, kindness and advice while I was in the Principal role for the first 8 weeks of this term.

Have a great last 2 weeks of term 3.

Stay safe and well
Sally Summers

THIS ISSUE:

TERM 3 WEEK 8 SEPTEMBER 2022



IMPORTANT DATES:

PUBLIC HOLIDAY

Thursday September 22

LAST DAY OF TERM

**Friday September 30
2 PM Dismissal**



SCHOOL GATES

While the school is still under COVID protocols we are asking all families to please drop children at the gate. The Heard Street and Coleman Street gates will open as usual in the mornings at **8:30 am**.

The Coleman Street gate will shut at **8:50 am** once the bell goes.

Access after this time will be from the Heard Street (Gate 2).

Please do not go to classrooms or move too far onto the grounds. The exception here is for families of Pre-Schoolers who will need to walk to and from the Pre School gates to drop off and pick up children from staff in Pre School.

Techers R-2 are bringing students to the Heard Street gate at 3:00pm- unless an older sibling collects them. We realise this is a little congested at the moment and we do apologise for the inconvenience we understand there will be times that you may need to come in. **Both gates will re-open at 3pm.**

Caught Being Kind

Jordan James Holland for holding the office doors for a family that was entering.

Levi Holloway for sharing and showing kindness when playing in the sandpit.

Lili Musch for helping to solve a problem with younger students.

Braxton Pepe for playing nicely and sharing in the loose parts play area.

Mauridi Byaese for helping to pick up after a PE lesson.

Spencer Willingham for staying back after class to clean up all the mess.

All other students who were given Caught Being Kind Awards earn a Spirit Point for their House Team.



Pastoral Care News by Tracey

Family Meal Prep course - Term 4 at the Precinct, 112 Coventry Rd, Smithfield

Plains. If you're interested in the program you **MUST** attend this information session to fill out an application form to confirm availability and commitment to the 5 week

program. Monday 26th September, 1pm. Bookings essential
<http://playfordwellbeinghub.eventbrite.com> Please note unfortunately there is no crèche available and this program is not suitable for children to attend.

Women's Health & Wellbeing Expo

Friday 23rd September
10am-12pm
Playford Uniting Church
Corner Curtis Rd & Douglas Drive

Connect or reconnect with what's on for women in Playford.
Meet services such as:
Women's Information Service
Playford Wellbeing Hub
Women's Legal Service
Anglicare SA
My Time

SYC RentRight SA & Lived Experience Engagement Service
Communities for Children
Lutheran Care Financial Counseling
Families Growing Together
Breast Screen SA

Join in activities such as Mindfulness and Art Therapy

Tea / Coffee and Morning tea provided
Children welcome, parent supervision required at all times.

Call Christie on 0434 856 904 or email christie.button@sa.gov.au for more information

PLAYFORD WELLBEING HUB

PEST MANAGEMENT WORKSHOP
Practical tips to minimise pests in your vegetable garden

Friday 16th Sept
10am-12pm
The Precinct Community Garden

GROW IT LOCAL



IN THE KITCHEN THIS WEEK WE ARE MAKING:

- Pizza with Greens**
- 30 Minute Dinner Rolls**
- Lemon Crinkle Cookies**
- Mulberry and Coconut Slice**

PIZZA WITH GREENS

EQUIPMENT

Board mat, chopping board, knife, garlic crusher, wooden spoon, cup, tablespoon, rolling pins, baking trays



INGREDIENTS

- ☛ 4 cups of self-raising flour
- ☛ 4 cups of Greek yoghurt
- ☛ Large bunch of Chard
- ☛ ½ cup olive oil
- ☛ 4 cloves of garlic
- ☛ 1 tablespoon of salt
- ☛ 1 x 500g bag of mozzarella
- ☛ Bunch of rosemary
- ☛ Bunch of parsley
- ☛ Large handful of parmesan
- ☛ Salt and pepper to taste

WHAT TO DO:

1. Mix together the yoghurt and flour with a wooden spoon until it comes together
2. Knead with hands until smooth – add some more flour as you go if needed
3. Divide dough into 4 and roll out onto a large baking tray covered with baking paper
4. Meanwhile, wash and chop the chard, and herbs
5. Peel and mince the garlic using a garlic crusher
6. Add the olive oil, salt, and garlic to a small bowl and mix well
7. Top the pizza bases with the garlic oil, then the grated mozzarella, parmesan, greens, and herbs
8. Then drizzle over some extra olive oil and cook for about 20-25 minutes or until crispy
9. Cut into wedges and serve

30 MINUTE DINNER ROLLS

EQUIPMENT

Stand mixer, dough attachment, 1 cup, 1/3 cup, tablespoon, teaspoon, large measuring cup, 2 baking trays, baking paper



INGREDIENTS

- ☛ 2 1/2 cups warm water
- ☛ 2/3 cup oil
- ☛ 4 tablespoons yeast
- ☛ 2 teaspoons castor sugar
- ☛ 3 teaspoon salt
- ☛ 2 eggs
- ☛ 7 cups plain flour

WHAT TO DO:

- Preheat oven to 200 degrees
1. In the bowl of the stand mixer combine water, oil, yeast and sugar.
 2. Allow the mixture to rest for 15 minutes
 3. Mix half the flour, the salt, and egg into the yeast mixture using the dough hook
 4. Add the remaining flour, 1 cup at a time
 5. Shape the dough into 32 balls and place on a baking trays that have been lined with baking paper, then allow to rest for 10 minutes
 6. Bake for 10 minutes or until tops are golden brown

LEMON CRINKLE COOKIES

EQUIPMENT

Scales, jug, stand mixer, teaspoon, cup, baking trays



INGREDIENTS

- 💡 1/½ cups plain flour
- 💡 ¼ teaspoon baking powder
- 💡 ¼ teaspoon salt
- 💡 ¼ teaspoon bicarb soda
- 💡 1 cup castor sugar
- 💡 110g soft butter
- 💡 1 egg
- 💡 1 teaspoon vanilla extract
- 💡 1 lemon
- 💡 1 cup icing sugar

WHAT TO DO:

1. Preheat oven to 180 degrees
2. Line baking trays with baking paper
3. To a medium bowl add flour, baking powder, salt, bicarb and set aside
4. Zest and juice the lemon
5. Beat butter and sugar together in the stand mixer until creamy
6. Beat in eggs, vanilla, lemon zest, and juice until well combined, then add the flour mixture to form a soft dough
7. Scoop dough using a tablespoon, into smallish, 1 inch rounds, then roll in the icing sugar
8. Place on baking trays, press down to flatten slightly and bake for about 12 minutes
9. Cool slightly before eating

MULBERRY AND COCONUT SLICE

EQUIPMENT

Food processor, slice tray, spatula, ¼ cup, cup,



INGREDIENTS

- 💡 Base:
 - 💡 1 ½ cups plain flour
 - 💡 150g butter
 - 💡 ½ cup of icing sugar
- 💡 Filling:
 - 💡 1 packet of mulberries
 - 💡 ¼ cup plain flour
 - 💡 ¼ cup castor sugar
- 💡 Topping:
 - 💡 3 eggs
 - 💡 ¼ cup raw sugar
 - 💡 2 cups desiccated coconut

WHAT TO DO:

1. Preheat oven to 180 degrees
2. To make the base, mix the base ingredients in the food processor to make a dough
3. Spread the dough out to cover the base of the tin and smooth with the back of the spoon
4. Bake for 10-15 minutes until lightly golden
5. Meanwhile make the filling:
6. Mix the filling ingredients together in a bowl
7. Mix all the Topping ingredients together in a bowl
8. Once the base is set, add the mulberry filling on top of the base, and then sprinkle with the topping ingredients
9. Bake again for about 15-20 minutes until golden
10. Slice to serve

Book Week 2022



NEWS FROM MIRILYAENDI

RM 3

In Mirilyaendi we are learning about recycling to save the planet. We are recycling paper, bottles/cans, soft plastics, and compost.

Did you know that soft plastics marked with the hollow recycling symbol can be collected and taken to Woolworths, Coles, and Foodland for recycling?

We have been carefully checking our rubbish at school to dispose of it correctly!





Mindfulness Minutes

How Does Mindfulness Help the Brain?

- Mindfulness regulates the stress response by strengthening the ‘noticing’ or ‘thinking’ part of the brain in the frontal lobes.
- Mindfulness also engages parts of the brain that help us to regulate emotions and create a sense of safety.
 - Mindfulness helps all parts of the brain work together as an integrated whole.
- Over time there is a decreased activation in Default Mode Network – wandering ‘Monkey Mind’ – less
 - Higher order brain functions are strengthened – attention & connection
- Links between amygdala and pre-frontal cortex are weakened – therefore less ‘reactivity’

I would love to hear any feedback you have about the benefits you may have shared with your children/ family around Mindfulness.

Namaste Kerry D

MINDFUL WALKING



- * Take a slow walk around the room or outside.
- * Notice each step you take.
- * Notice how the body moves with each step.
- * Notice which muscles you are using to make the movements.
- * Option: anchor your attention to your walking by taking a breath in as you lift your leg and breathing out as you place your leg down.

Mindful Movements

TENSE & RELAX



- * Tense each part of the body from your toes to your head.
- * Scrunch up each part as tight as you can and then let the muscles go.
- * Do this twice for each area of the body.
- * Be aware of each muscle area tighten and then loosen.
- * Allow yourself to just relax on the floor and notice any sensations in your body.

Long Meditations



Elizabeth Downs Primary School

Expectations - Diversity - Perseverance - Supportive

EDPS Values Award

Winners:



Congratulations to all of our award winners for this fortnight!

Room 3 Cohan Flynn & Nick Willingham Koop

Room 7 Toby Hodder & Nathaniel Faggotter

Room 8 Boss Glomb & Jihad Khweiled

Room 9 Sara Akbari & Yahya Bakhshi

Room 10 Ali Akbari & Amabel Fathiya

Room 11 Khaled Alsankari & Isack Baelomona

Room 12 Emelia Jolly-McColl & Lucas Velez

Room 13 Siunaa Siunna & Nevaeh Newman

Room 15 Namit Tripathi

Room 16 Henry Newman & Clementine Salongo

Room 18 Holly Roberts & Mason Williams

Room 19 Levi Holloway & AK Sutton

Room 21 Cing Kem Lun & Anita Nowela

Room 22 Harry Metz, Angeth Arou & Amina Zazai

Room 23 Achieu Arou, Aman Agoot & Keyna Abwe

Room 25 Timeea Velez & Happy Baelomona



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Our Breakfast Club is a very busy and happy place to be. Serving up lots of fresh hot toast to many students daily from 8:30am till 8:50am. ALL WELCOME!

STAY INFORMED AND KEEP UP TO DATE WITH ALL THE LATEST NEWS FOR EDPS

Skoolbag

Facebook

Newsletter



Elizabeth Downs Primary School

Expectations - Diversity - Perseverance - Supportive

SCHOOL DAY TIMES:

8:50 am- School Starts

10:40 am- Recess

12:40 pm- Lunch Eating

12:50 pm- Lunch Play

3:00 pm- Home Time

