

11th August

No. 24

2022 Calendar of Events

Term 3

August

Fri	5 th	MIPs appointments with Sue Clay
Mon	8 th	MIPs appointments with Sue Clay
Fri	12 th	House Athletics
Wed	24 th	NCD Athletics at Charlton Park: Yrs 7 - 12
Thurs	25 th	Calder Athletics: F - 6
Fri	26 th	Pupil free day – Staff Curriculum day
Tues	30 th	MIPs appointments with Sue Clay

September

Mon	5 th	MIPs appointments with Sue Clay
Fri	9 th	MIPs appointments with Sue Clay
Wed	14 th	Year 9 Grampians Camp commences
Fri	16 th	Year 9 Grampians Camp concludes
Fri	16 th	End of Term 3: 2.30pm finish

*Principal
Jamie Daff*

On Monday night the school held its information night for students moving into senior school. There have been lots of changes this year which will be implemented for 2023. I would like to thank Meaghan King for all of her work in putting together the new relevant information for parents and students. The night was well attended which was great to see; thank you to the parents for making the time to attend and thank you to all the staff that stayed behind to share their knowledge of their subject areas.

We also have the athletics tomorrow; fingers crossed the rain stays away, please come in your house colours and have a great day.

Whole School Assembly

We celebrated the successes of the term so far at our mid-term whole school assembly last Friday. Many students were acknowledged for their sporting achievements both in and out of school. It was pleasing to have 40 students called up for attending all days so far this term. The lucky attendee was Mason Heenan. Students recording the greatest number of positive behaviours to date were: in F to 6, Eli Cossar and Cody Jenkyn; in 7 to 9, Heidi Start and Leigh Van Boven; and in 10 to 12 it was Abby Thompson.

Positive Behaviour Acknowledgement

Next time the recipient of the Positive Behaviour award will be done a little differently. Each time a staff member acknowledges a student, the student is now given a token. This token has the student's name on it. The student then places the token in the box at the office and one name will be drawn from this box. The more times you are recognised for exhibiting a positive behaviour, the more chance you have of your name being drawn out.

This week's SWPBS focus:

LEARNING SPACES

RESPONSIBILITY

I will

- arrive on time
- be prepared and organised
- be an active learner

*Student Wellbeing
Natasha Saunders*

Why we must inspire courage in our young people - Andrew Fuller

There's a great article written by Clinical Psychologist, Andrew Fuller which can be accessed at the link below. Andrew speaks of the impacts of Covid on our young people & why is it

important to encourage them to be bold & courageous as they face challenges moving forward. It is well worth a quick read.

<https://theparentswebsite.com.au/andrew-fuller-why-we-must-inspire-courage-in-our-young-people/>

headspace group chats

headspace group chats



Students & parents/guardians (& staff!) may be interested in headspace's online group chats for young people & for adults supporting young people. Hosted by mental health clinicians & vocational specialists, these chats cover a range of topics & are a great way to find resources & have your questions answered.

Upcoming group chats include:

- **AUGUST 16:** you don't understand my ADHD
- **AUGUST 25:** teen parties, drinking & other drugs (for adults supporting young people)
- **SEPT 4:** the perfectionism predicament
- **SEPT 20:** 'but we can still be friends'...feeling rejected
- **SEPT 22:** influencing food, fitness & feelings... language matters (for adults supporting young people)

More information can be found at <https://headspace.org.au/online-and-phone-support/join-the-community/chats-by-professionals/>

Catholic Care Victoria (CCV) parent sessions & workshops- Term 3, 2022

Once again, CCV are offering a great selection of parent sessions and workshops. Please refer to the information below for details. Registration can be completed by heading to: <https://www.catholiccarevic.org.au/directory/services/parenting-programs-and-workshops>

SINGLE SESSION PROGRAMS

Tech Strategies for Families

For parents, carers and professionals with/working with kids aged under 12

When: Tuesday 23 August

Time: 7:00 - 8:30pm

Cost: Free

Where: Online Zoom

This is not a tech safety workshop. It will provide strategies for reducing conflict in the home caused by technology.

Tech Strategies for Families

For parents, carers and professionals with/working with kids aged under 12

When: Thursday 25 August

Time: 11:30am - 1:00pm

Cost: Free

Where: Online Zoom

This is not a tech safety workshop. It will provide strategies for reducing conflict in the home caused by technology.

Helping Kids with Big Emotions

For parents with kids aged under 12

When: Tuesday 30 August

Time: 7:00 - 8:30pm

Cost: Free

Where: Online Zoom

Gaming webinar

Gaming is a very popular activity for many of our students. Parents may be interested in this upcoming webinar.

When: Tuesday 16 August 2022, 7 pm AEST, or at these times in other states.

Duration: 40 minutes, followed by a 20-minute question and answer session

Further details can be found at the following link:

<https://raisingchildren.net.au/guides/podcasts-and-webinars/webinars/gaming-webinar>

Book Week
29th of August to 2nd of September

Book Week celebrations

Charlton College will be celebrating Book Week in the week of 29th of August to 2nd of September. Just to note, this is a week later than the set date by the Children's Book Council of Australia. This year's theme is *Dreaming with Eyes Open*.



The highlight of Book Week is our dress-up day, which will be held on **Friday 2nd September**. We would encourage all students and staff to come dressed as a character from a **book or from the theme**. On Friday morning during Advisory (9.00am) the students and staff will gather outside to see each other's costumes. There will be prizes for the best dressed.

Years F-6 Coordinator
Kim Fitzpatrick

F-6 Upcoming Events

- Fri 12th Aug - Junklandia
- Fri 12th Aug – House Athletics
- Tues 16th Aug – English Competition (select students)
- Wed 24th Aug – Parent/Student/Teacher Conferences
- Thurs 25th Aug – Calder Athletics
- Mon 29th – Fri 2nd – Book Week
- Fri 2nd Sept – Book Week dress up
- Wed 14th Sept – Kinder Transition Meeting
- Fri 16th Sept – End of Term 3

Students of the Week



Found-One: Lochlan Caine for his great reading work.

Year One-Two Matey Award: Connor Caine for displaying enthusiasm in his learning.



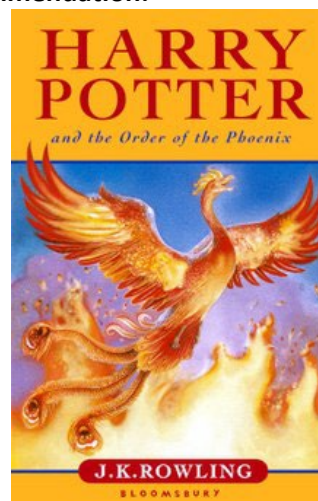
Year Five-Six: Stella Nicolson after she confidently ran assembly in Mrs Fitz's absence.

Reading Awards:



Our first group of students have read for 175 nights. Well done to:
150 nights: Harrison, Tom F
175 nights: Don, Lacey

Book Recommendation:



At assembly on Monday, Tom recommended Harry Potter and the Order of the Phoenix, by JK Rowling. This book is full of adventure and mystery. It is set at Hogwarts (a school for wizards). Tom gives it a 5-star rating and recommends it for the 12 plus age group, admitting he was a little bit naughty reading it.

Junklandia



Tomorrow, prior to participating in the House Athletics, the F6 students will participate in Junklandia.

With a focus on sustainability, Junklandia inspires students to be creative with recycling and how to be more resourceful with their rubbish!

House Athletics

With the excitement of the Commonwealth Games still fresh, TOMORROW we will run our own athletics carnival on the College oval.



Students are encouraged to dress in their house colours, with Calder in **green/gold** and Avoca in **purple/blue**. F-6 students will attend Junklandia and their

events will begin at approximately 11.00am. (after recess). Each student will require a drink bottle and appropriate sporting footwear. Lets hope the weather is kind.

We encourage all parents and friends to come along and cheer on the students.

Timetable of Events:

	Long Distance	Shot Put	Hurdles	Discus	Sprint	Vortex	Long Jump
11:00		11/12	10	9	8	7	5/6
11:15	5/6		11/12	10	9	8	7
11:30	7	5/6		11/12	10	9	8
11:45	8	7	5/6		11/12	10	9
12:00	9	8	7	5/6		11/12	10
12:15	10	9	8	7	5/6		11/12
12:30	11/12	10	9	8	7	5/6	
12:45	LUNCH						
1:15	F-12 NOVELTY EVENTS						
1:40	F-6 RELAYS						
2:10	7-12 RELAYS & 1500m						
2:40	PRESENTATIONS						

Kinder Transition Evening

On Wednesday the 14th September we will hold our "Get to know the College" session for our incoming Foundation students. This will be the first step in our transition process. More information to follow.

Puzzles

We have been working on a couple of jigsaws in the building. One was very tough. Together we have finished this wonderful puzzle of colourful seamless sheep and yarn balls.



Edition 2....

Skydeck by Stella

On Wednesday night the 27th of July we went to the Skydeck. We had to be there at 7:00pm. We had a slight mishap when we lost Oli, Xavier and Cooper on the way to the Skydeck coming out of the Flemington Train Station and that set us back a little bit. Next, we walked to the Skydeck, waited there for a little and then went up to the top of the Skydeck. It was 88 floors up. On the way up in the elevator it popped all our ears. After that we paid for the tickets to go out on the edge. Xavier and Jordan played VR. Rhys and Miss D had to go back down because they didn't like how high up it was. Finally, we got to go out on the edge; it was scary but also super fun. The glass was only 4 centre metres thick. Then we took a photo.



Dream City by Mitchell

On Thursday afternoon we went to Dream City just after lunch and we were there till about 3:30pm. The first activity was the flying simulator. The lady taught us how to fly the plane, then we played the tutorial and it was very fun. We got to fly like a pilot.

The next activity was VR and in that we got to be in this caravan and this robot helped us to interact with fireworks, paper planes and the cd disks that made everything look weird for a second.

The next thing was robotics where we had a little robot thing and we had these courses like a ramp or tape line to follow and the robots can go up to a whopping 290kph!

The next activity was a hospital room where we had to look after a crying baby (it was very loud in there), change it's nappy, weigh it, measure it, name it and do all of the paper work.

The final activity was making a news program where Tamsyn, Erin and Mr Kemp did the most important parts, all of the behind-the-scenes stuff like recording and cuts; it was a very fun place and everyone loved the whole of Urban.

Go climb by Oliver

We went to Go climb on Thursday night. It was a pretty long walk but eventually we got there. We strapped on all our gear and the person who ran the place showed me how to climb faster. He then showed us how he climbed. He climbed to the top of a ten-metre wall in under 5 seconds. Everyone did great, especially Cooper because he went up the hardest one twice. Then Mr Kemp did the Leap of Faith. It is where you jump off this platform and hug a boxing bag. Then we went over and played Mini Golf. I did a good job. We then caught the train back to Urban Camp.





This week on the menu we had Broccoli stir-fry with honey soy dressing which was made by the Crabby Coconuts and the Bananabutts. Egg noodles were made by the Cool Carrots and Wonderful Watermelons, and carrot, cumin and herb fritters were made by the Better Beetroots. A couple of students said they don't usually eat broccoli, as they don't like it. After trying the stir-fry, they have now changed their minds! It's great to see everyone being adventurous and trying new things! Thank you to this week's Veggies, Penny and Laura for coming in and joining us. We have shared the stir-fry and fritter recipe in this week's newsletter. Enjoy!

F-4 Camps

Now that the Year 5 and 6 students have been on Urban Camp, everyone is extremely keen for their camping experience this year. A reminder of what these are and when they will take place.

F-1 Late Stay: Monday 31st October 2022 (Melbourne Cup Eve)

Year 2 Sleep Over: Monday 31st October 2022 (Melbourne Cup Eve)

Year 3 & 4 Charlton Camp: 24th-25th November 2022



Chace flipping the carrot and cumin fritters

Around the Classrooms



Year 1 and 2 in their studies of the human body have made skeletons half their size. Don holding his up.



Willow, Nate and Tom rolling the pasta



Mackenzie finding the weight of scissors in blocks.



Handmade egg noodles

**Years 7 – 9 Coordinator
Darcy McCallum**

House Athletics:

At this point in time the house Athletics Carnival will be going ahead; please dress for the weather and bring your jackets!

There will be a best dressed competition at 9.00am and the first event, the 800m run, will kick off at 9:20am. Please see the schedule at the end of this Bulletin.

Years 7-9 Sport:

Yesterday's 7-9 sport class was the final lesson of the 7-9 Olympics. Well done to all students for giving their best effort in all events and encouraging their peers to do so as well!

The 2022 games record holders:

- Long Jump – 3.85m Seb Zagame & 3.76m Elise Fitzpatrick

- Javelin – 16.3m Isaac Bourke & 15.25m Elise Fitzpatrick
- Shot Put – 9.72m Isaac Bourke & 9.93m Isabel Soulsby
- Triple Jump – 7.93m Isaac Bourke & 7.54m Elise Fitzpatrick
- High Jump – 1.4m Seb Zagame, Jye Roberts & 1.25m Elise Fitzpatrick
- Discus – 27.33m Isaac Bourke & 18.56m Heidi Start
- 100m – 16.03 s Joe Monaghan & 14.96 s Elise Fitzpatrick

Overall total accumulated distance thrown/jumped – 100m sprint time

- 1st – 29.97 m – Team England
- 2nd – 26.06 m – Team Australia
- 3rd – 24.84 m – Team USA
- 4th – 22.83m – Team New Zealand



NCTTC News:

Friday the 19th of August the Yr 8 students will be participating in the NCTTC orientation day. Current Yr 9 students have a pupil free day and are not required to attend school that day.

**Years 10 – 12 Coordinator
Meaghan King**

Year 9, 10 and 11 subject selections

Thank you to all Year 9 and 10 students and families who attended Pathways to Progress on Monday night. I am sure there are a number of people who have further questions regarding pathways and subject selections. Please feel free to contact me at the school at 5491 1280 or by email at Meaghan.king@education.vic.gov.au. A reminder to students from Years 9-11 that subject selections are occurring for 2023.

Year 9 students are required to select their VET subject through Mr McKenzie and Mr McCallum, and they may speak to Miss King if they would like to accelerate into a VCE subject.

Year 10 students are required to select their subjects for Year 11. They have been given an expression of interest form, as well as a booklet to guide them through selections. All students will engage in interviews with Miss King.

Year 11 students are required to revise their subject selections. They have also been given an expression

of interest form, and will also engage in interviews with Miss King.

A reminder that students and parents are welcome to access MIPs coordinator, Sue Clay for guidance on career pathways, as well as subjects that are suited to that pathway. MIPs appointments can be booked using the sign-up sheets on the 10-12 board across from Room 5.

Year 12 reminders

EARLY ENTRY PROGRAMS

Charles Sturt Advantage – Close 4th September
Latrobe ASPIRE – Close 16th September
RMIT Early Entry – Close 18th September
ACU Guarantee – Close 23rd September
Deakin Regional access – Close 30th September
Swinburne Early Entry – Close 6th October
Victoria University – Close 7th October
Federation Uni Early Offer – Close 12th December

VTAC COURSE, SEAS, & SCHOLARSHIP APPLICATIONS

Open Now

www.vtac.edu.au

YOUTHRIVE SCHOLARSHIPS

UNIVERSITY - Open 30th June – Close 26th August
www.youthrivevictoria.org.au/scholarships/uni-scholarships/

VTAC information night – Year 12 students

A reminder to Year 12 students that want to apply for courses through VTAC that there will be an information night held on Wednesday 17th August (next week) to guide families through this process. Students have been given a letter outlining the purpose of the night. VCAL students should consider if they would like to apply for any courses through VTAC, and attend if this is the case.

Open days this weekend

Saturday 13th August

Latrobe University - Shepparton Campus
JMC Academy – Melbourne
SAE College – Melbourne
AIE – Melbourne
William Angliss Institute – Melbourne

Sunday 14th August

ACU - Ballarat Campus
Charles Sturt – Wagga Wagga Campus
Deakin University – Warrnambool Campus
Federation Uni – Ballarat, Gippsland & Berwick

RMIT – City & Brunswick Campuses
Longerenong Agricultural College
Photography Studies College – Melbourne
For a list of 2022 Open Days Visit:
www.vtac.edu.au/opendays.html

LONGERENONG OPEN DAY

14th August 2022



Come along to our Open Day and find out everything you need to know about studying at Longerenong College. You will have the chance to tour the campus and farm, meet staff and hear about the many and varied career opportunities that are available in the agriculture industries, scholarships, and course content.

www.longy.com.au/open-day-14-august-2022

National Science Week 2022



This year, National Science Week will take place from **Saturday 13th to Sunday 24th August**.

All around Australia there will be a huge variety of live online events, virtual tours, competitions, and fun activities to participate in and grow your STEM knowledge.

Take a look at what's on and find a whole bunch of resources here: www.scienceweek.net.au/

Year 11 students – Deakin Accelerate Webinar



Wednesday 12th October 2022 6pm - 7pm

Year 11 Students – Do you want to boost your ATAR and get a head-start on your uni studies during Year 12? Deakin Accelerate is a distinctive VCE extension studies program designed to challenge high-achieving students with university-level learning opportunities.

In this program, you'll complete two units of a first-year university subject at the same time as your Year 12 studies either on-campus or on-line.

Don't miss the opportunity to learn more about your study options through Deakin Accelerate.

Find out more: www.deakin.edu.au/student-life-and-services/events/deakin-accelerate-webinar-2022

goIT Girls - Virtual Work Experience Program



The goIT Girls program is a week-long work experience program aimed at female students in Years 10 and 11. At TCS, we are empowering Australian students with the skills they need to be ready for the workplace of the future.

This is a free program for students in years 10-11 enrolled in Australian schools. The program is aimed at young women who are curious about a career in technology. Students do not need any prior experience with technology to participate.

For 2022 Program dates (held online from 9:30am – 1:30pm AEST) Visit:

<https://tcsempowers.tcsapps.com/apac/users/goit-girls-home>

Work Experience

NCD Athletics Catering

Thank you to the parents who have provided \$15 or have purchased an ingredient for us to run the kiosk at the NCD Athletics. Please see our current list below and contact Chelsea to add your names.

Each family is being asked to supply an ingredient below or provide \$15 to cover the cost of un-purchased items. Please message Chelsea with your preference or please send the money to school with your child to be receipted at the front office.

NCD ATHLETICS
24.08.22

KIOSK MENU

- SLICE - \$2.00
- FRUIT SALAD - \$ 5.00
- CHICKEN TENDER WRAPS - \$5.00
- CHICKEN AND VEGETABLE SOUP - \$3.00
- TOASTIE - \$5.00
- YOGHURT AND MUESLI CUP - \$3.00
- SANDWICH / ROLL - \$5.00
- PIE - \$5.00
- MILKSHAKE - \$5.00
- HOT CHOCOLATE - \$5.00
- BARISTA COFFEE - \$5.00

LOLLIES, CHOCOLATE BARS, DRINKS AND WATER

CASH ONLY

The following items will be served at the sports:

- Slices
- Fruit Salad
- Chicken Tender Wraps
- Chicken and Vegetable soup
- Toasties
- Yoghurt and muesli cups
- Sandwiches and rolls
- Pies
- Milkshakes
- Hot chocolates
- Barista coffee

	Parent name
Slice 1 of your choice – no peanuts and uncut	Felicity
Slice 2 of your choice – no peanuts and uncut	Tanya Sajt
Slice 2 of your choice – no peanuts and uncut	Tanya Sajt
Chicken and Veg soup x 1 pot	
1 X white loaf of ham and cheese – no butter and uncut	Heidi G
1 x white loaf of cheese – no butter and uncut	
1 x white loaf of ham, cheese, tomato – no pepper or butter and uncut	
2 x bags of plain muesli (no granola)	

2 x 1kg tubs of vanilla yoghurt	
2 x punnets of strawberries	
1 x bag of grapes 6 x kiwi fruits	
1 x rockmelons 1 x honeydew	
3 x red apples 3 x green apples	
1 x Watermelon	
2 x lettuces 5 x tomatoes	
2 x lettuces 5 x tomatoes	
4 x red onions 1 x bag of carrots	Jennifer Start
1 x Mayonnaise 1 x Margarine	Hayley Soulsby
1 x ice-cream	Jacinta


Dinner tonight at the 2020 Building

Thursday night
Dinner
Year 10 Work Experience students

THURSDAY 11TH OF AUGUST, AFTER
TRAINING
2020 BUILDING

**CHICKEN SCHNITZELS,
SCALLOP POTATOES AND
SALAD**

Adults - \$10
Kids- \$5



ONLY 90 TICKETS LEFT!

Grab your Thermomix Raffle tickets before the end of August. Only 90 tickets left, get in quick!

CHARLTON
Cles E Year 10 Work Experience Fundraiser
Thermomix Raffle!

\$20 a ticket - Win a Brand new TM6 thermomix
Scan the QR code or access the link below
Drawn on August 29th, 2022



<https://thermomixyr10fundraiser.oktu.com/>



CHARLTON
Cles E THE
**BEST FREE
BREAKFAST**

SLC's next Special Breakfast will be on:
**Friday 19th of August - Week
6!**

They will be making:
BACON AND EGG ROLLS!
**Milo, cereal and toast still
available!**





Community Opening

Thursday 25th August, 2022
9:30am to 11:30am
with a 10:00am welcome.
Light refreshments provided.


CHARLTON
EARLY YEARS CENTRE

Charlton & District Preschool welcomes the community to come visit the new Charlton Early Years Centre. If you are a past student, parent or would just like to see this beautiful facility our kinder kids now enjoy, please join us.

CHARLTON COURTHOUSE GALLERY &
CHARLTON NEIGHBOURHOOD HOUSE

PHOTOGRAPHY COMPETITION

THEME: CHARLTON ARCHITECTURAL MINUTIAE
minutiae / noun: the small, precise, or trivial details of something

First Prize: \$100
2nd Prize: \$50


SEND YOUR PHOTOS & DETAILS TO:
info@charltonnh.org.au

CLOSES
22
AUGUST

**20
22**


Shortlisted entries will be published in the September edition of the Charlton Cultural Magazine. The winner will be chosen by a public poll. Photographs may be used for promotional purposes.

Photo Credit - Angus Johnstone


CHARLTON COMMUNITY GYM

Chairperson: Darcy McCallum Secretary: Chelsea Deason Treasurer: Kelly Wright
www.facebook.com.au/charltoncommunitygym
charltoncommunity.gym@gmail.com

NEW MEMBERSHIP FORMS!



Scan for Membership Forms

Time	13 Boys	13 Girls	14 Boys	14 Girls	15 Boys	15 Girls	16 Boys	16 Girls	17 Boys	17 Girls	18 Boys	18 Girls
9:20	800m											
9:40	Shot Put	Javelin	Shot Put	Javelin	Triple Jump	Discus	Triple Jump	Discus	Break	Long Jump	Break	Long Jump
10:10	100m											
10:40	Javelin	Break	Javelin	Break	Discus	Shot Put	Discus	Shot Put	Long Jump	Triple Jump	Long Jump	Triple Jump
11:10	200m											
11:30	Break	Long Jump	Break	Long Jump	Shot Put	Javelin	Shot Put	Javelin	Triple Jump	Discus	Triple Jump	Discus
12:00	400m											
12:20	Long Jump	Triple Jump	Long Jump	Triple Jump	Javelin	Break	Javelin	Break	Discus	Shot Put	Discus	Shot Put
12:50	Triple Jump	Discus	Triple Jump	Discus	Break	Long Jump	Break	Long Jump	Shot Put	Javelin	Shot Put	Javelin
1:15	P-12 Novelty Event											
1:40	Discus	Shot Put	Discus	Shot Put	Long Jump	Triple Jump	Long Jump	Triple Jump	Javelin	Break	Javelin	Break
2:10	RELAY											
2:20	1500m											

Carrot, Cumin & Herb Fritters with Yoghurt Sauce

Season: Autumn/Winter/Spring

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: carrots, coriander, edible flowers, eggs, garlic, lemon, mint, onions, parsley, soft herbs

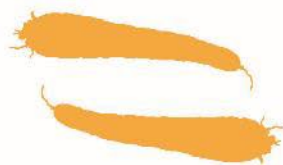
Recipe source: Desley Insall, Kitchen Specialist, Collingwood College, Victoria

The yoghurt sauce for this recipe can be flavoured in a variety of ways, depending on your taste and what you have on hand. Mint, honey, tahini or other fresh herbs are popular options, but students can use their imaginations to create a sauce of their own.

Note: Volunteers should check that there is at least one fritter per student.

Equipment:

metric measuring spoons,
scales and jug
clean tea towel
chopping board
cook's knife
grater
whisk
2 heavy-based frying pans –
1 large, 1 small
wooden spoon
bowls – 2 medium, 1 large
mixing spoon
spatula
paper towel
baking tray
aluminium foil
fork
serving platter



Ingredients:

For the fritters:

2 tbsp olive oil
3 onions, finely chopped
1.5 kg large carrots, coarsely grated
1 large handful of coriander
leaves, chopped
1 large handful of parsley, chopped
4 garlic cloves, finely chopped
900 g plain flour, plus extra if needed
1½ tsp baking powder
3 tsp cumin seeds, toasted
900 ml reduced-fat milk, plus
extra if needed
6 eggs, lightly beaten
¼ tsp salt
¼ tsp pepper
vegetable oil, for shallow frying
edible flowers and soft herbs,
to garnish

For the yoghurt sauce:

375 g–750 g reduced-fat yoghurt, flavoured
with one of the below options:
1 small handful of mint, finely chopped, OR
2 tbsp honey, OR
2 tbsp tahini, juice of 1 lemon and a pinch
of ground cumin, OR
1 small handful of mixed soft herbs,
finely chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Preheat the oven to 150°C.
3. Heat the olive oil in the small frying pan over a high heat.
4. Add the onion and sauté, stirring frequently, until golden brown. Remove from the heat and transfer to the large bowl.
5. Add the carrot, coriander, parsley, garlic, flour, baking powder and cumin seeds to the large bowl. Stir the ingredients to combine.
6. Combine the beaten egg with the milk in a medium-sized bowl and whisk to combine.
7. Gradually add the egg and milk to the carrot mixture, stirring to combine. You may need to add a little more flour or milk, depending on how thick your batter is – you don't want it too runny or too thick.
8. Season with the salt and pepper.

To cook the fritters:

1. Place the large frying pan over a medium heat. Carefully pour in enough vegetable oil to cover the base of the frying pan. (This is quick shallow-frying, so you need hot oil to ensure that the fritters don't get soggy and saturated with oil.)
2. Test the oil with a small drop of the carrot batter. If it sizzles, the oil is hot enough to cook the fritters. If not, wait another couple of minutes.
3. ***When the oil is hot, carefully place 1 tablespoon of the fritter mixture into the pan and cook for two minutes.**
4. Gently flip the fritter over with the spatula and cook for another minute.
5. Repeat this process to cook the rest of the fritters. You should have enough fritters to serve one per diner.
6. Place the cooked fritters on paper towel on the baking tray. Cover with foil to keep warm until serving.

To make the yoghurt sauce:

1. Pour the yoghurt into a medium-sized bowl.
2. Add your preferred flavouring and stir with a fork.
3. Keep the sauce in the fridge until serving.



To serve the fritters:

1. Serve the fritters with the yoghurt sauce on the side or with 1 teaspoon of yoghurt sauce on each fritter.
2. Garnish with edible flowers and soft herbs.

*Adult supervision required.



Broccoli Stir-Fry with Honey Soy Dressing

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, coriander, garlic, onion, spinach

Note: This dish uses the **Basic Egg Noodle** recipe (page 117).

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
small bowl
mixing spoon
wok
wok sang
serving platters

Ingredients:

5 tbsp soy sauce
2 tbsp honey
1 tbsp sunflower oil
1/2 brown onion, peeled and sliced
3–4 garlic cloves, peeled and minced
2 cm knob of ginger
1 1/2 heads of broccoli, cut into small florets
5 spring onions, finely sliced
2 large handfuls of spinach
1 quantity **Basic Egg Noodles**
1 handful of coriander, torn
50 g sesame seeds



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Combine the soy sauce and honey in the small bowl and set aside.
3. Heat the wok over a high heat.
4. Add the oil, and swirl to coat the wok.
5. Add the onion, then the garlic and ginger, and stir-fry for 2 minutes.
6. Add the broccoli and stir-fry for 3 minutes.
7. Stir in the spring onions and spinach.
8. After a minute add the noodles and toss to combine.
9. Add the sauce mixture and stir through the noodles and vegetables.
10. Divide between serving platters and sprinkle with coriander and sesame seeds.

