

'Together We Achieve'

18th August

No. 25

2022 Calendar of Events

Term 3

August

Fri 26th Pupil free day – Staff Curriculum day
Tues 30th MIPs appointments with Sue Clay

September

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

Term 4

October

Mon 3rd Term 4 commences

*Principal
Jamie Daff*

It has been a very busy week and will continue to be busy until the end of term. Last week we held our Athletic Sports which was a great day when you consider it rained most of the day. Congratulations to all the students; your willingness to be involved and participate was amazing and thank you to all the staff, these days do not run without everyone doing their bit. We have had many staff out on professional learning which will support the school and students with their learning moving into Term 4 and 2023.

Employment

The College currently has a number of different positions up which need to be filled for 2023. These positions are:

- Integration Aide
- Maths Science
- Front Office

If you are interested in any of these positions, please contact me at the College.

Parent/Teacher/Student interviews will be held next Wednesday 24th August; you can now access bookings on Compass.

A reminder that there is a pupil free day on Friday 26th August. During this day, staff will be completing professional learning and planning for Term 4 and 2023.

This week's SWPBS focus:

RESPONSIBILITY

LEARNING SPACES

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 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

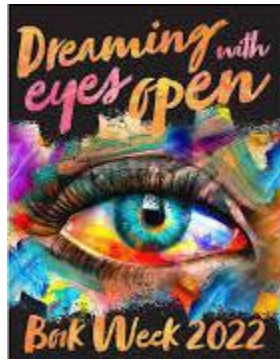
Book Week
29th of August to 2nd of September

Calling all creative students!! If you are interested in designing the secondary school hallway for this year's Book Week, please see Miss Nicholls or Miss Deason. **There will be a meeting this Friday at lunchtime** to discuss the theme and possible design ideas!



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.

SLC

CHARLTON
College

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!**

Years F-6 Coordinator
Kim Fitzpatrick

F-6 Upcoming Events

- Wed 24th Aug – Parent/Student/Teacher Conferences
- **Thurs 1st Sept – Calder Athletics** (note change of date)
- Fri 26th Aug – Pupil free day
- 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

Junklandia

Judging by the noise level, students really enjoyed the Junklandia presentation last Friday where the focus was on recycling rubbish and using it as a musical instrument. An old paint bucket makes a great drum, paint lids make fabulous symbols and plastic bags can also make a great sound. The session culminated in students being part of a band.



Campbell and Harrison



Bailey and Marley



Sections of the band

House Athletics

These will be one to remember! With the pressure of events on the calendar, running the House Athletics on a different day was not a favoured option. This meant students ran, jumped and threw on damp surfaces. Credit to all students who gave everything their best shot. Quite a number of threes were scored on the day despite the conditions, very impressive were those gained in the sprint and hurdles. Thanks to Mr Kemp, Mrs Smyth and the VET Sport and Recreation students for their organisation. Thanks also to Mr Peck for marking the grounds and to all the staff who also got wet feet timing and measuring students.



Isabella winding up to release the discus



Tom putting it all into the shot put



Stella



Campbell and Tyson in the relay



Tom and Eli in the relay

Equal numbers of students from each house competed; there was a lot of green and yellow and purple and blue amongst them. Sam and Stella were selected as the best dressed. House spirit was high, with plenty of cheering. The results were very close, with Calder coming out just on top with 229 points, while Avoca finished on 221 points.



Calder House Captain, Jordan with the F-6 Athletics House shield received from Mr Kemp

Science Week

This would undoubtedly be one of Mrs Fahey's favourite weeks of the year; very inquisitive scientists can be found in Years one and two.

Glass: More than meets the eye is the theme for Science Week. We have been learning how glass is made, used magnifying glasses to look at rocks and discovered that a 3000 year old Egyptian bead is the oldest piece of glass in existence.

The following are reflections from the students about their discoveries:

Wally: Science week is fun because I like the experiments. We made glasses make noises by tracing our fingers on them.

Tom: Fireworks in a Jar was made by putting oil and food dye in hot water.

Campbell: My favourite was making milk change colour with dye.

Cody: We grabbed a knife and banged it on a bottle with some water in it, to make a sound.



Cody studying rocks



Archie and Don playing bottle flutes

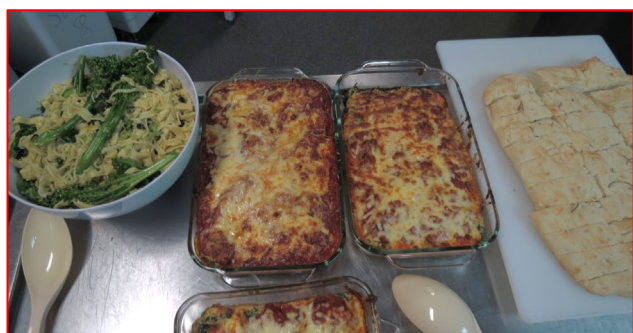


Eli and Harrison examining Rainbow Coloured Milk



This week The Crabby Coconuts picked some rosemary to top focaccias with, while The Bananabutts had a turn to learn how to make pasta by hand. They added it to the broccoli, zucchini and citrus pesto the Wonderful Watermelons prepared. The Cool Carrots and Better Beetroots made a batch each of cheesy gnocchi which was very popular! We harvested parsley, mint, lemon, rosemary and eggs from the garden. It has been fantastic to see the students try different ingredients and enjoy food they

have never eaten before. A Huge thank you to 'Vollies' Penny, Laura and Jackie for joining us and helping out. Attached to this Bulletin is the focaccia and gnocchi recipes. We have a sneaky suspicion some people voted twice as they couldn't decide which was their favourite! Enjoy trying both recipes at home!



It was a tough decision to decide on a favourite dish this week!

Chace Hooper-Dixon made broccoli and honey-soy dressing for his family for dinner this week after cooking it in our class. He tells me it was a hit with his brothers! Well done, Chace!



Chace with his stir fry cooked at home.

VET Sport and Recreation Peer Teaching experience
As part of the VET Sport and Recreation class, the Unit ¾ students had to plan and conduct 3 Physical Education lessons. They have completed this over the last few weeks, focusing on Athletic practice. A very big thankyou to the Primary staff for allowing the VET Sport and Recreation students to teach their students. A very well done to the Unit ¾ students on exceptional teaching – PE Teachers in the making!!

Years 7 – 9 Coordinator
Darcy McCallum

House Athletics:

INDIVIDUAL AGE GROUP CHAMPIONS				
AGE	GIRLS	House	BOYS	House
12-	Heidi	Calder	Seb	Calder
13	Start		Zagame	
14	Sarah Blair	Avoca	Jye Roberts	Calder
15	Elise Fitzpatrick	Calder	Joe Monaghan	Avoca
16	Ebony Start	Calder	Nick Thompson	Avoca
17	Charlotte Stewart	Calder	Bailey Hooper- Dixon	Calder
18- 20	Maddie Fitzpatrick	Calder	Patrick Soulsby	Avoca

Thank you to all staff and students who braved the cool wet weather last Friday and made a great day out of it. Well done to all participants on the day. Congratulations to the two girls who broke College records this year, Heidi Start who broke the 13 Yr High Jump record jumping 1.35m and Ebony Start who threw 26.54m in discus and 29.04m in javelin. Good luck to all athletes who are competing in the NCD Aths at Charlton Park next Wednesday!

Results:

Final Points	Avoca	Calder
	930	870



Individual Champions



Avoca Captains: Abby & Mason



Heidi Start

**Years 10 – 12 Coordinator
Meaghan King**

VTAC Information night

I would like to extend my sincere thanks to the students and parents that attended VTAC information night last night. Your willingness to engage in the evening has made the task of applying for tertiary courses much more streamlined due to all of the administrative tasks being completed last night. The Year 12s have now set up their VTAC account, entered course preferences and applied for Category 1 of SEAS. They now have the opportunity to do extensive research into their course preferences, other SEAS categories, and scholarships during Advisory time, without the pressure of remembering to finalise their account set up and payment.

VTAC, SEAS and Scholarships



A reminder to **Year 12 Students** that the **VTAC Course applications** are now open, and close on 29th September @ 5:00pm.

This closing date doesn't mean that you have to have all your course preferences listed in the correct order, it just means that you must have created your VTAC account and put in some preferences by this date in order to avoid any late fees. You can add in and take out courses right up until after you get your Year 12 Results.

Be aware that there are some courses that close early (this means that these courses **must** be in your preference list by 29th September) – you can find a list of these courses here: www.vtac.edu.au/early-close.html

SEAS and Scholarships Applications both close on October 7th, 2022 @ 5:00pm

Subject Selections – Year 10 and 11

Subject selection expression of interest sheets are due back tomorrow, **Friday 19th August 2022**. While not all students have been interviewed yet, this is an important step towards engaging in course counselling prior to their final decisions being made. Please ensure that the form is signed by both the parent and the student. Further discussions will still occur to ensure that all students are fully aware of the expectations associated with their chosen pathway and subjects.

Interhouse Athletics

I would like to take this opportunity to congratulate our Year 12 students in particular on their participation at a very soggy Aths day last Friday. They showed tremendous spirit and leadership to inspire the younger students to put in their best. I was very proud of the way you conducted yourselves. Best of luck to the students competing at NCD Aths on Wednesday.

Reminders: Year 12 Students

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 *Closing next Friday!*
UNIVERSITY - Open 30th June – Close 26th August
www.youthrivevictoria.org.au/scholarships/university-scholarships/

Open Days This Weekend

Sunday 21st August

Charles Sturt University – Albury/Wodonga Campus

Latrobe University – Albury/Wodonga Campus

Monash University – Parkville Campus

University of Melbourne – Parkville & Southbank Campuses

Victoria University – Footscray Park

For a list of 2022 Open Days Visit:

www.vtac.edu.au/opendays.html

SkillsRoad 360° Virtual Workplace

See what it's really like working in some of Australia's most exciting industries. SkillsRoad's Virtual Reality career advice platform lets you explore different workplaces in a completely new and exciting way.

Industries include:

- Creative
- Construction
- Health Care
- Hospitality
- Manufacturing

Visit: <https://360.skillsroad.com.au/>

Quiz – What's your STEM and Crime Justice career?

From forensics to fighting crime, law, criminal justice, and spy agencies. Discover the exciting world of STEM + crime & justice.

Love STEM but want to work in crime and justice? You can totally combine the two!

From cyber security to forensic science, STEM skills are needed in stacks of crime and justice careers. Take our quiz to get some career inspo and find role models already working in your dream area!

<https://careerswithstem.com.au/category/crime-justice/>

Work Experience

Less Than 20 TICKETS LEFT!

Grab your Thermomix Raffle tickets before the end of August.

CHARLTON
C^ol^le^ge 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.fltktu.com/>

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. All Year 10 students received a hard copy of this list on Tuesday; could families please contact Chelsea (email: Chelsea.deason@education.vic.edu.au) with their preference of ingredient or the request to donate money instead. Money can be handed into the Office, or please drop off ingredients at the front office by next Monday, the 22nd of August.

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

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



CWA Juniors
Tomorrow (Friday, 19th August)
at 3.00pm in the Stadium foyer

APPRENTICE PLUMBER – POSITION AVAILABLE

Hardinghams Plumbing provides quality plumbing and gas-fitting services, to Donald, Birchip, Charlton, St Arnaud.



Are you -

- Interested in an apprenticeship?
- Energetic?
- Willing to learn?
- Looking for a challenge?
- Don't mind a bit of mud?

THEN WE HAVE AN OPPORTUNITY FOR YOU!

If you fit the criteria above, are seeking a great place to work, where you have plenty of scope to learn and work on interesting projects then please call in and see us or send your resume to:

Hardinghams Plumbing and Electrical
94 Woods Street
Donald Vic 3480
03 54971464
Or: plumbing@hardinghams.com.au



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

NEW MEMBERSHIP FORMS!



Scan for Membership Forms

SCIENCE WEEK 2022
AUGUST 13 TO 24

SPECTACULAR STARGAZING IN CHARLTON

To celebrate Science Week you have the chance to explore the night sky over Charlton with members of Bendigo's Astronomical Society of Victoria.

When-Evening of either Sat. Aug 20 or Sun. Aug 21.*
Where - Charlton Park Precinct
Time - From 7pm

FREE EVENT - Bookings essential.
Visit www.charltonnh.org.au or call 0473 759 456.

***Date is dependant on optimal night sky viewing.**

Enquiries re below to Rachael Smyth: 0400042885.



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.



PAEDS
FIRST AID 

LEARN HOW TO
SAVE A CHILD'S
LIFE

BABY & CHILD FIRST AID

CHARLTON



- CPR
- CHOKING
- BURNS
- HEAD INJURIES
- SEIZURES
- BITES & STINGS
- POISONS
- ASTHMA
- ANAPHYLAXIS

Monday 12th September
St Josephs Primary school Charlton
3 sessions to choose from

9:30-11am
11:30-1pm
7:30-9pm

\$30pp
Tickets strictly limited

Up to date training from Paediatric critical care nurses

Light refreshments provided

BOOK HERE



SUPPORTED BY
THE CHARLTON NEIGHBOURHOOD HOUSE
AND
CHARLTON PLAYGROUP



Charlton Neighbourhood House
The Heart of Our Community

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

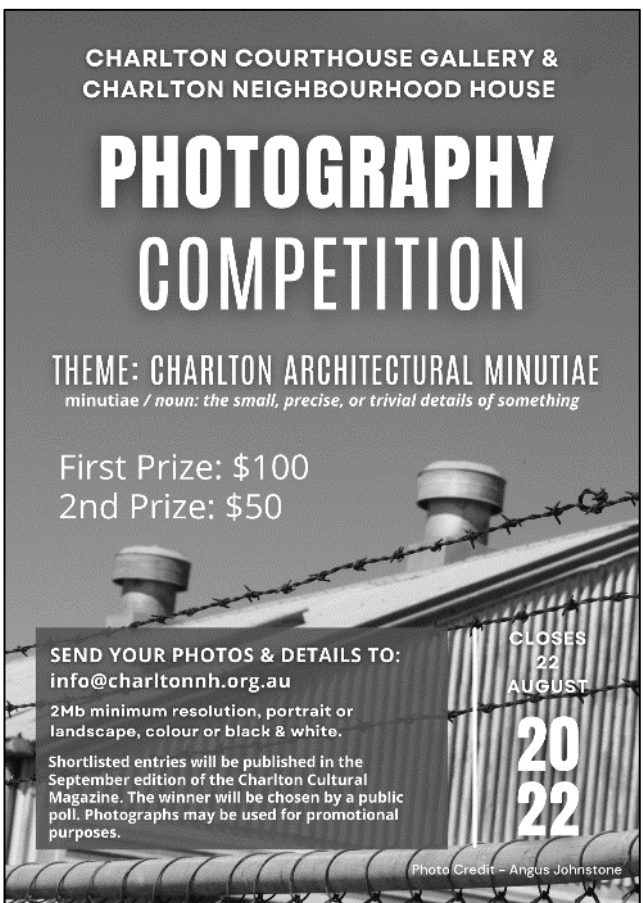
2Mb minimum resolution, portrait or landscape, colour or black & white.

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.

CLOSES
22
AUGUST

20
22

Photo Credit - Angus Johnstone



Join us

Wycheproof SES Unit is recruiting now for a range of exciting volunteer roles including flood and storm response, road crash rescue and more.

What you'll love about VICSES:

- Helping your community
- Making new friends
- Learning new skills
- Experiencing new challenges
- Developing your career
- Personal fulfilment



Find out more at ses.vic.gov.au/volunteer or scan the QR code below

For more info, SES Community Resilience Coordinator Jamie Macri
Mobile 0438 929 942 Email jamie.macri@ses.vic.gov.au

Making a difference in your community starts here



Safer Communities - Together



Scan me

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Wednesday, 7 September 2022

9 am to 4 pm

In front of the Shire Office, High Street

CHARLTON

For more information, go to servicesaustralia.gov.au/mobileoffice



Services
Australia

servicesaustralia.gov.au/mobileoffice

NATIONAL SCIENCE WEEK

13TH - 21ST AUGUST 2022



Health Promotion
EAST WIMMERA HEALTH SERVICE

There are lots of ways you can get involved in National Science Week. Here are two simple but fun experiments you can do with items you might already have at home!

Walking Water

If you think water only runs downhill... this might change your mind!



You'll need:

- 3 to 5 small clear plastic cups
- Water
- Food colouring – several colours
- Some absorbent paper – like paper towel or toilet paper, rolled up or torn into strips

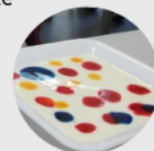
Instructions at: www.questacon.edu.au/learn-and-play/activities/walking-water

Storm in a Saucer

Have you ever wanted to control the weather? Well now you can create your very own storm in a saucer!

You'll need:

- A saucer or small plastic plate
- Full-cream milk
- Food colouring (3 colours)
- Dish-washing detergent
- A small cup
- A toothpick or cotton tip



Instructions at: www.questacon.edu.au/learn-and-play/activities/storm-in-a-saucer

Find more information and fun experiments at: www.scienceweek.net.au/ and www.questacon.edu.au/

Baked Ricotta & Spinach Gnocchi

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, garlic, mint, onion, parsley, spinach

This is a simple recipe that you can have a lot of fun with, especially when rolling out the gnocchi. Students can also decide which herbs to add based on their own taste preferences. Hopefully your pantry will already be stocked with lots of school-made passata! Serve with a salad and some crusty bread to mop up the tomato sauce.

Equipment:

medium saucepan
metric measuring scales, jug
and cups
clean tea towel
chopping board
cook's knife
grater
strainer
large heavy-based saucepan
wooden spoon
large bowl
mixing spoon
small spoon
oven-proof dish

Ingredients:

For the sauce:

1 tbsp olive oil
1 onion, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
½ cup parsley, finely chopped
750 ml tomato passata
salt and pepper, to taste

For the gnocchi:

300 g spinach, chopped
80 g pecorino cheese, grated
80 g mozzarella, grated
large handfuls of parsley, mint and/or basil
(enough to make ½ cup when chopped)
500 g fresh ricotta
½ cup plain flour
salt and pepper, to taste
olive oil, to grease the baking dish



What to do:

1. Preheat the oven to 200°C.
2. Fill the medium saucepan with water and put it on to boil.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Blanch the spinach for about 30 seconds in the boiling water, then drain quickly using the strainer and rinse in cool water to stop the cooking process.



To make the sauce:

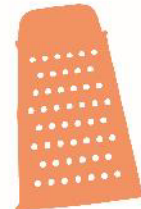
1. Heat the olive oil in the saucepan, then add the onion, garlic and parsley. Cook on a medium heat for 1–2 minutes or until onion is translucent.
2. Add the passata, season to taste, then stir to combine.
3. Cook on low heat for about 30 minutes.

To make the gnocchi:

1. Mix together all of the gnocchi ingredients, except the mozzarella and the olive oil, in the large bowl.
2. Form balls about 3 cm round using a small spoon.
3. Grease the oven-proof dish with oil and arrange the gnocchi in the dish.

To cook the gnocchi:

1. Drizzle the cooked tomato sauce over the top of the gnocchi, scatter over the grated mozzarella and bake in the oven for 15–20 minutes, until the cheese has baked to a beautiful golden brown.
2. Serve hot.



Basic Focaccia

Season: All

Makes: 30 tastes or 6 serves at home

Fresh from the garden: seasonal herbs, fruit and vegetables

Note: A focaccia is an Italian flat loaf of chewy bread with a crispy outside and a spongy centre. You can top the focaccia with seasonal herbs, fruit and vegetables from the garden. This recipe provides a tactile experience, kneading the sticky dough. Unlike other doughs, please resist the urge to add more flour during the kneading process, as the sticky dough will come together with time and persistence. The water content is important to achieve the focaccia's spongy centre and crispy outside.

EQUIPMENT

metric measuring scales, jug and spoons
bowl – 1 small, 2 large
pastry brush
2 clean tea towels
baking tray, large
baking paper
fork
chopping board
cook's knife
serving platter



INGREDIENTS

400 ml lukewarm water
1 tsp honey
3 tsp dried yeast
2 tbsp olive oil, plus extra for oiling the bowl and brushing the top of the focaccia
600 g plain white or bread flour
1 tsp salt, plus a pinch

WHAT TO DO

1. Activate the dry yeast by placing it with the water and honey in the small bowl and mixing with the fork. Leave it in a warm place for 5 to 10 minutes. It will start to look frothy as the yeast ferments the sugar into carbon dioxide.
2. Place the flour and salt into a large bowl. Create a well in the centre.
3. Add the yeast mixture into the well.
4. Use the tips of your fingers to incorporate the yeast mixture into the flour, mixing just until the dough clings together into a shaggy dough.
5. Add 1 tbsp of the olive oil over the shaggy dough. Cover the bowl with a clean tea towel and rest for 5 minutes or, preferably, overnight in the fridge.

6. Form the shaggy dough into a ball and tip onto a clean, dry workbench. Start kneading with your hands flat to minimise the dough sticking to them. Knead the dough for at least 5 minutes until it can be shaped into a ball that is likely still sticky when you touch it. (The dough might become very sticky. By keeping the dough moving, the gluten in the flour will absorb the water and a tacky ball should form. Resist the urge to add more flour; if it becomes too uncomfortable, clean your hands, lightly cover them with a little oil and return to kneading the dough.)
7. Lightly oil a large bowl and place the dough in it. Drizzle 1 tbsp of oil over the top of the dough. Cover the bowl with a tea towel and leave for 15 minutes in a warm spot.
8. Using your fingers, pick the dough up from the far side of the bowl and pull it towards you, folding it into the centre of the bowl. Turn the bowl 90 degrees and repeat three more times. Turn the dough upside down. Cover the bowl with a tea towel and leave for 10 minutes in a warm spot.
9. Preheat the oven to 200°C.
10. Line a baking tray with baking paper. Tip the dough onto the baking tray. Spread the dough out into a rectangle shape that is about 2 cm thick.
11. Brush with oil to cover the dough (use up the excess oil left in the bowl or a little extra if needed).
12. Make indentations in the dough using your fingertips (so it is completely covered in indentations). Leave for 10 minutes in a warm spot.
13. Sprinkle with a pinch of salt and cover with any seasonal toppings you are using. Bake it in the oven for 15 to 20 minutes or until toppings are golden brown.
14. Remove the baking tray from the oven and allow the focaccia to cool. Cut it into slices and place it on a serving platter.



COMMUNITY PARTNER

coles

