

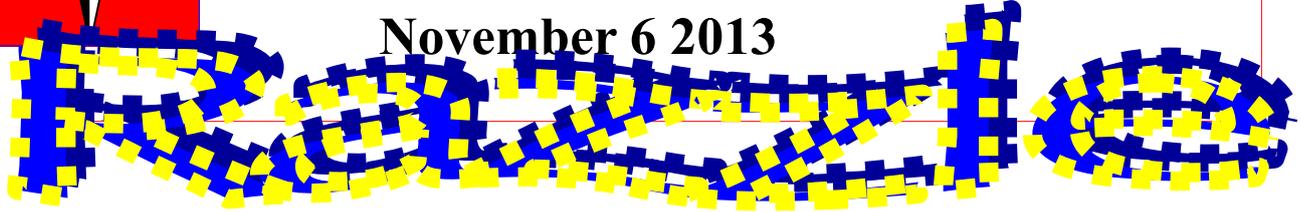


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November 6 2013



Principal's Report

Dear Families,
I hope you enjoyed Melbourne Cup day yesterday and were lucky enough to pick a winner as well as enjoy the gorgeous weather.

Last week Orbost North had a great week. We were very proud to watch the school perform a couple of songs at the opening of the annual Flower Show, then to view the fantastic entries from all the students and community of Orbost. We'd like to thank the Uniting Church for their generous gifts to us, for this event. The children always enjoy participating in it and it was the perfect day for a picnic in the park.



Our Year 3 /4 camp to Eden and Merimbula was also a wonderful success. We were very lucky to have calm

weather while we were on the Cat Balou, watching for whales and no one was sea sick, or dropped



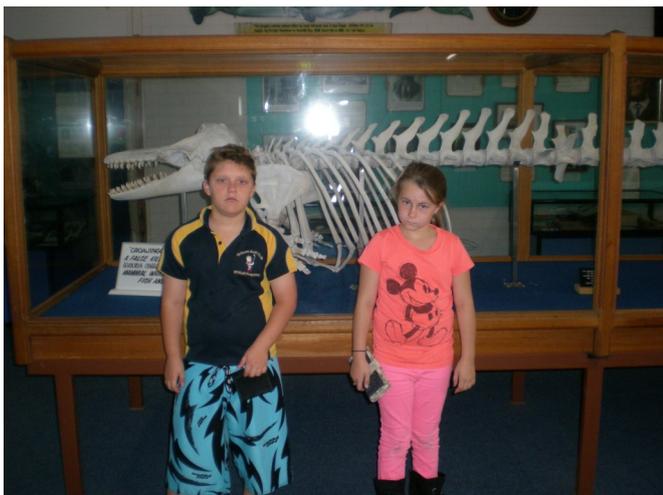
anything into the sea when a huge Humpback swam right in front of our boat!! It was "the experience of my life" to quote one boy. If you know one of the camp students ask them for a fact on sea creatures, it's amazing what they learnt.

This week Julie is continuing with the Japanese cooking to complement Emma's great Japanese lessons and Parent Cooking with Cathy Prendergast will go ahead next Thursday, 14th Nov. at 11 am.

Wednesday mornings are still our Prep transition mornings and we are enjoying seeing our new enthusiastic students for another few weeks. All are welcome!

Have a lovely week.

Jo Dacy-Broome
Principal



WHAT'S ON?

Mon 11 Nov—Active After School

Wed 13 Nov— Let's Play Schools
Active After School
School Council

Thurs 14 Nov—Incredible Years
Program 9.30

Parent cooking session 11am

Fri 15 Nov—Life Ed van visit

Mon 18 Nov—Active After School

Wed 20 Nov—Active After School

Wed 18 Dec—Mystery Tour

Thurs 19 Dec— Last day students

Wed 29 Jan—First day for students
Term 1, 2014

Let's Play Schools (for 2014 preps)

Continues to be held every Wednesday starting at 9:00am and concluding at 11:15am. Future students are asked to bring a snack so they can stay to be involved in the recess experience before being picked up to go home. Don't forget to bring a piece of fruit to have at morning recess.

SUSHI ROLLS

CHEFS - Maggie and Alex

NORI SHEETS

2 CUPS SUSHI RICE (OR WHITE SHORT GRAIN)

CUCUMBER - thin strips

CAPSICUM, thin strips

TUNA - drained

CARROT - thin sticks

VINEGAR DRESSING

$\frac{1}{4}$ CUP OF VINEGAR

1 TABLESPOON CASTOR SUGAR

1 TEASPOON SALT

Bamboo rolling mat

While the rice is cooking prepare the vinegar dressing. Place vinegar, sugar and salt in a saucepan and heat gently stirring until sugar is dissolved. Do not let mixture boil.

Once rice is cooked, add vinegar dressing, mix through and let cool but not cold.

Place nori sheet shiny side down on a bamboo mat. With wet hands, take a golf ball size ball of rice and spread evenly on sheet. Leave approx. 2cm gap from the bottom.

Place vegie ingredients in lines along the centre of the rice.

Use thumbs to lift the edge of the bamboo rolling mat closest to you.

Roll mat away from you, pressing roll to keep it together.

Lift the top of the rolling mat while continuing to roll the nori. You may need a little water on the edge of the roll to stick together.

Cut into pieces and place in fridge.

Enjoy with wasabi (very hot!) pickled ginger and / or soy sauce.

ENJOY !



Don't forget HATS this term!