Hello and welcome to our fortnightly newsletter

Adventure Camp – This week Merryn and Jesse’s class went to the Blackwood Special Schools Outdoor Education Camp at Trentham. They participated in activities such as Mountain Biking, High and Low Ropes Course, Archery and Team Building during the Imagination Trail. They slept in tents on elevated platforms and cooked their meals on the campfire. Thanks to Merryn, Jesse, Russell, Marcus and Darren for giving their students a fabulous experience.

Mothers’ Day High Tea – will be held on Friday, May 6th from 10:20am-11:30 am. Students will be making invitations for their special person so look out for them in communication books!

Mothers’ Day Stall – During session one on Friday May 6th, VCAL students will be running a Mothers Day Stall for all students to purchase gifts for their mum. Gifts will include food items, potted plants and much, much more. Cost of gifts will be from $2 to $7

Mothers’ Day Raffle – Donations for the raffle will be gratefully accepted. These can be left at the front office

Senior School Camp – Next week our Senior School will head to Lake Nillahcootie Camp.

This camp has many on-site activities available for our students and is committed to using outdoor activities to enhance personal development. Adventure learning can benefit all of our students and they will participate in the following activities: Archery, Ball Games, Bouldering Wall, Bush cooking, Bushwalking, Camp Fire, Frisbee, Low ropes course, Spot lighting, Stargazing, Trust & Initiative activities, Flying Fox, Abseiling and Climbing.

Many thanks in advance to all staff who are giving up time away from their families to make this an exciting camp for our Senior Years’ students.

‘Rio goes to Shepparton’ Red Dust Heelers visit – The National Wheelchair Basketball League team the Red Dust Heelers are made up of indigenous and non-indigenous athletes with disabilities. The NWBL is Australia’s elite pathway to Paralympic participation in wheelchair basketball.

The team were in Shepparton for a few days engaging with community groups and encouraging to "Have a go at Life". The team spoke to our students in the library before taking them for some wheelchair based activities on the basketball court.

Anzac Day Service – Next Monday Daniel Simpson, Dom Barlow Tenika Headland and Lana Ingram will proudly represent Verney Road School at the 11:00 am service at the Cenotaph in Shepparton on Anzac Day. They will lay a wreath in honour of our fallen soldiers. Monday is a Public Holiday – no school on this day

Janet Gill Kirkman
Principal
Autumn beef and quinoa salad

Take advantage of seasonal produce with this tasty beef and quinoa salad.

**Ingredients**

- 1 cup (200g) quinoa, rinsed, drained
- 500g pumpkin, peeled, coarsely chopped
- 1 red capsicum, seeded, cut into 2cm strips
- 2 tablespoons extra virgin olive oil
- 300g broccoli, cut into florets
- 100g green beans, trimmed
- 1 tablespoon thyme leaves
- 4 Coles Australian Beef Scotch Fillet Steaks
- 120g pkt Coles Brand Australian Baby Spinach
- 1/4 cup (25g) walnuts, chopped

**Thyme vinaigrette**

- 2 teaspoons thyme, finely chopped
- 1 tablespoon red wine vinegar
- 2 tablespoons extra virgin olive oil

**Method**

1. Place quinoa and 2 cups (500ml) water in a saucepan. Bring to the boil. Reduce heat to low. Cover and simmer for 15 mins or until the liquid is absorbed. Remove from heat. Use a fork to separate the grains.
2. Meanwhile, preheat oven to 200C. Line a large baking tray with baking paper. Place pumpkin and capsicum on tray. Drizzle with half the oil. Season. Bake, adding broccoli and beans to tray for the last 15 mins of cooking, for 25 mins or until vegetables are tender.
3. While the vegetables is roasting, combine remaining oil and thyme in a small bowl. Season. Rub thyme mixture onto beef. Heat a barbecue flat plate or chargrill on medium-high. Cook beef for 2 mins each side or until cooked to your liking. Transfer to a plate. Cover and set aside for 5 mins to rest. Thickly slice.
4. To make the thyme vinaigrette, whisk thyme, vinegar and oil in a small bowl. Season. Combine beef, vegetables, quinoa, spinach, dressing and walnuts in a large bowl. Serve immediately.

Anzac biscuits

You just can't beat the classic Anzac biscuit – whip up a batch (or three) of these and watch them disappear!

- 150g (1 cup) plain flour
- 155g (3/4 cup) caster sugar
- 140g (1 1/2 cups) rolled oats
- 80g (1 cup) moist coconut flakes
- 120g butter, melted
- 60ml (1/4 cup) golden syrup
- 1/2 teaspoon bicarbonate of soda
- 1 tablespoon water, boiling

1. Preheat oven to 180C/160C fan forced. Line 2 baking trays with baking paper.
2. Combine the flour, sugar, oats and coconut in a bowl. Make a well in the centre. Add the butter and golden syrup. Combine the bicarb and water in a bowl. Add to well. Stir until combined.
3. Roll tablespoonsfuls of mixture into balls. Place, 5cm apart, on prepared trays. Flatten slightly. Bake for 12-15 minutes or until golden brown. Cool on trays.
ADVENTURE CAMP
AWESOME FUN!!!
BREAKFAST

Why is breakfast the most important meal of the day?
Breakfast means ‘break the fast’, as the previous meal is typically 8–10 hours before waking up in the morning. Breakfast is important in re-fuelling the body with energy and nutrients, kick-starting the day. If breakfast is skipped, the result can be feeling lethargic and tired and lead to difficulty concentrating and behaviour difficulties in the school environment.

Why is breakfast important for children?
Breakfast provides children with energy and essential nutrients, including iron, calcium and vitamins B and C, which are necessary for growth, development and good health. Children who eat breakfast each day are much more likely to meet their daily nutritional requirements, as a good quality breakfast can provide a child with up to a third of their daily nutrient needs. Children who don’t eat breakfast may not make up for the nutrients not consumed within the rest of the day’s intake. Eating breakfast can also reduce the risk of overweight and/or obesity, as breakfast is often replaced by mid-morning snacks that tend to be high in fat, sugar and salt. Skipping breakfast can also lead to overeating throughout the rest of the day, increasing the risk of becoming overweight or obese.

How can breakfast affect children while at school?
Children who have eaten breakfast can concentrate better and have a longer attention span, helping them to learn and study better. They can also perform better physically after eating breakfast as there is more energy available to their muscles. Breakfast can improve behaviour and mood, as children have better concentration and aren’t tired or hungry.

Benefits of a breakfast program (for students who have not had breakfast at home)
• Providing essential nutrition for children and adolescents
• Better health and learning outcomes
• Socialisation
Increase participation and engagement at school

In our breakfast program we have a different menu each day from toasted sandwiches to pancakes and cereal and toast and scrambled eggs. Breakfast is about encouraging positive social behaviour, cutlery skills and good manners.

Bon appetit!

Darren Miles- Social Worker
This term in music we have began to work through the drum rudiments from George Lawrence Stone’s ‘Stick Control’ book.

We are having a great time, playing Piano, Ukulele, Xylophone, listening to musical acts such Devo and Dizzy Gillespie and dancing.
MOTHER’S DAY / SPECIAL PERSONS
HIGH TEA

Will be held at Verney Road School
On Friday, May 6th
From 10:20 am – 11:30 am

Parent/ Special Person will collect
student from their room and assemble in the hall

THANK YOU

Verney Road School would like to thank
Adam from Hunter’s for his generous
donation of goods for our Maths/ Science
Program
‘RIO GOES TO SHEPPARTON’
RED DUST HEELERS VISIT
Middle Years Jo & Justin
This week in B7 we have been very busy. We made our own bread, learning how to pinch the butter through the flour. We were all amazing at kneading dough. The bread tasted delicious fresh out of the oven. This week we are making scones.

Our class has visited the War Memorials in Mooroopna and Shepparton to pay our respects to the soldiers who fought and died for us. Our books have been true stories about soldiers in World War I and we have received an email from one of the authors. There is so much more learning to be done.
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1st prize: Large Pamper Hamper  
2nd prize: Hamper  
3rd prize: Hamper

Prizes drawn Friday, May 6th

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