Coburg North Primary School
is pleased to offer a free session for 2014 Prep parents in the Moreland area to help prepare themselves and their children for a positive start to school.

Building Resilience in Children
With Chris Daicos

Chris is a well-known and respected training and development consultant with a background in teaching and social work.

Monday 18th November at
Coburg North Primary School
180 O’Hea St, Coburg.
6:30-8:30pm

RSVP on 9354 1660 if you are interested in attending.

This 2 hour interactive workshop for parents/carers will leave you reflecting on your parenting practices. It will encourage you to ‘not to do for their child what the child can do for themselves”. It will provide you with an opportunity to share your own practice wisdom in this important job of raising children and to learn from others some new strategies.

Parents with children of all ages are most welcome!
REMINDER 2014 CALENDARS AND CARDS FUNDRAISER:
ORDERS DUE THURSDAY 14th NOVEMBER
All students should have received a parent order form for the 2014 Calendars and Cards Fundraiser.
Additional forms are available from the school office if needed.
Students have been working on wonderful individual artworks to turn into gorgeous calendars and cards.
All the artwork should be finished by the end of this week.
If you would like to preview your child’s artwork before ordering then there will be the opportunity before and after school on Wednesday 13 November and Thursday 14 November in the Community Room.
Samples of the calendars and cards are also available at the School office.
Easy to post, the calendars and cards make perfect Christmas gifts for family and friends.
Calendars are $12 and a pack of 8 Greeting Cards are $14.

SMEG STOVE
Coburg North has been the recipient of a very generous donation from Christine Storey a friend of Joy Freier’s. Christine donated a large Smeg stove/oven that she was unable to install in her own home. We are thrilled to receive this generous donation as it will make a big difference to the scope of what we can cook in the Kitchen Garden Program. We are now conducting weekly cooking sessions with multi-age groups using our own eggs and vegetable. The children have been making Frittata and salads and the sitting down to a formal lunch at a table they have set themselves. Joy Freier is running this program with regular help from parent Sally Balhorn, Mary’s mum in grade 2. We are always looking for helpers so if you are available on Tuesdays between 12:30 and 1:30 let Joy know. Once again a big thank you to Christine Storey for her random act of kindness!
Below is the recipe we are using to make our yummy frittata.
Individual seasonal frittatas

Equipment:
measuring scales and jug
pastry brush
12-basin muffin pan
baking paper (optional)
tea towel
chopping board
kitchen knife
large, heavy-based frying pan
mixing spoon
medium bowl
large jug
whisk

Ingredients:
olive oil, for brushing and sautéing
fresh seasonal produce and herbs, as below
8 eggs
100 ml fat-reduced cream
freshly ground black pepper
2 small onions or one large one, chopped finely
100 g feta, crumbled

Fresh seasonal produce:
In summer (Term 1), use about 30 halved cherry tomatoes and a handful of basil leaves.
In autumn (Term 2) use 300 g pumpkin cut into 1 cm cubes and roasted for 15 minutes on an oven tray at 180°C, and a small handful of sage (10–15 leaves).
In winter (Term 3), use 10–12 silverbeet leaves. Chop the silverbeet stems and leaves into ½ cm slices and sauté in a tablespoon of olive oil for 5–10 minutes. Add the sliced silverbeet leaves to the batter and toss through. Use a handful of parsley for your herb.
In spring (Term 4), use 3–4 zucchini, chopped into 1 cm dice, sautéed over medium–high heat for about 4 minutes until slightly softened. (Or simply grate the zucchini.) Drain the zucchini so it’s not too soggy and use a handful of mint, marjoram or thyme for your herb.

What to do:
1. Preheat the oven to 180°C.
2. Brush the muffin pan with a little olive oil, or line them with squares of baking paper or paper cases.
3. Prepare your seasonal vegetable element as outlined above.
4. Add a small amount of olive oil to a frying pan, and lightly sauté the onion until it becomes translucent, 3–4 minutes.
5. Wash the herbs, strip the leaves from any woody stems and lightly chop the leaves.
6. Combine the herbs, onion, feta s and your prepared vegetable in a medium bowl.
7. Whisk the eggs and add the fat-reduced cream.
8. Season with a few grinds of pepper; you won’t need salt as the feta is salty enough.
9. Divide the vegetable and feta mix between the basins in the muffin pans.
10. Pour batter over the vegetables and feta mix in each muffin basin until just below the top – they will puff up slightly in the oven.
11. Place the muffin tins into the oven for 20–25 minutes, until set and lightly browned.
12. Cool the frittatas in the pans before removing.
REMEMBRANCE DAY

Poppies and other merchandise for Remembrance Day will be available to purchase at the Junior School council stall on Monday 11th in front of the office at 8:45am.

Prices range from $1 - $4

On Monday, a minute of silence and acknowledgement will be held in classrooms at 11am.

WELCOME TO WALK TO SCHOOL 2013

VicHealth’s Walk to School encourages Victorian children and their families to walk to and from school during November, building healthy habits for life.

OUTSTANDING SPORTING ACHIEVEMENTS

After successfully competing at the Regional Championships, last week Ethan P, from grade 6, competed at the State Primary School Athletics Championships in Albert Park in the boys aged 12/13, 800 metre track event. Being the only 12 year old, he ran an unbelievable race and was coming third when he stopped to help another competitor who had fallen. Ethan then continued and completed the race, still managing to finish 6th. Not only should he feel extremely proud of his outstanding achievement but also his compassion and empathy for a fellow competitor. Truly inspirational!!! Ethan was amazed by the stadium, the atmosphere and the thousands of spectators.

Three weeks ago Konstantine K, grade 4, competed at the Regional Championships in Epping, in very windy conditions, in boys aged 9/10 Discus finishing 4th overall. Congratulations Konstantine on your outstanding achievement.

Lyn Evans
SPORTS REPORTS

On Friday we played bat-tennis against Pasco Vale South. The girls’ scores were;

<table>
<thead>
<tr>
<th>Coburg North</th>
<th>Pascoe Vale South</th>
</tr>
</thead>
<tbody>
<tr>
<td>47</td>
<td>27</td>
</tr>
</tbody>
</table>

We won. We had fun and fair games and a lot of us did very good serves and a lot of people smashed the ball, like Ella, Nikoletta, Sayo, Ethan, Malek, Hang, Sophie, and Jasmine.

The boys’ scores were;

<table>
<thead>
<tr>
<th>Coburg North</th>
<th>Pascoe Vale South</th>
</tr>
</thead>
<tbody>
<tr>
<td>38</td>
<td>38</td>
</tr>
</tbody>
</table>

It was a draw. At first Mrs Evans thought the boys’ won by one point, but then they found out that Pascoe Vale South had another point.

We had a fun and fair game and I’d like to thank Mrs Evans for coaching us.

MIXED VOLLEY BALL
On Friday the 1st of November we played a game of volleyball against Pascoe Vale South. We had an entertaining and exciting game.

In the first set we won C.N.P.S 25- P.V.S-20. Second set we lost C.N.P.S 20- P.VS-25 and third set we lost C.N.P.S 18- P.V.S-25.

Everyone did a great job in the last set but we concentrated less and the court we were playing on was half the size of our court so we needed to get used to how hard we need to hit the ball.

We found playing against the girls in P.V.S was quite easy in the first set because they had the sun in their eyes so they couldn't clearly see. We started off having a good game but in the second set we didn’t do that well unfortunately.

We all did a great job and I will like to thank Mr P for coaching us.

SOFTBALL
On the first of November we played a game girls’ softball against Pascoe Vale South.

We had a great game even though a couple of injuries occurred. The scores were 7 to 18, we unfortunately lost. We only had 8 players so Aisha from bat tennis had to come and join us.

I think we did a fantastic job because the other team has made it to regionals and haven't lost a game in two years. Even though the field was too big, we had some great throws and we got some people out.

We also had some people sneaking of bases.

Overall, we did a good job and I’d like to thank Danielle for coaching us.

COBURG NORTH PRIMARY SCHOOL 75TH ANNIVERSARY FACEBOOK PAGE

We have just relaunched the Coburg North Primary School 75th Anniversary facebook page to Coburg North Primary School facebook page. This will now be our school page where the main focus will be posting information from our Parents and Friends blog, school newsletter and links to important information from our website. Another aspect of the facebook page is to connect with past and prospective students and families and the wider community to keep them informed of upcoming events like the Farmers Market etc.

Because this is a school facebook page we have implemented very strict privacy settings and the administrator is Kerrie Thomson (mum to Olivia 2A and Jesse 1A ) who will keep it updated. If you have any queries, or information you would like to share, please either message the page or contact her at kerriethomson@optusnet.com.au

Please Like and Share  [https://www.facebook.com/CoburgNorthPS](https://www.facebook.com/CoburgNorthPS)
THIS WEEK FROM PARENTS AND FRIENDS......

Since last week’s meeting it has been busy, busy, busy – the term just seems to be flying by. You will have seen the forms go out for the cards and calendar fundraiser which the kids have been working hard on – I hear the artwork being produced is fantastic. As well as this the team have been finalising the Cadbury fundraiser, planning our social drinks this Friday, organising supplies for the Bunnings BBQ and researching items for the Christmas stall.

Our next meeting will be on **Monday 11th November straight after assembly** we would love to see you there.

SOCIAL NIGHT – 8TH NOVEMBER – THIS FRIDAY!

With the start of a new term it’s time to head out for a drink, something yummy to eat and the chance to chat with fellow CNPS parents. Once again we will be holding a Social evening at the Post Office Hotel in the Beer garden on **THIS FRIDAY 8th November from 6pm**.

Last term saw a huge turnout which was fantastic and heaps of fun – let’s see if we can do even better this term.

For more information see the posters around the school or alternatively email cnps_pf@hotmail.com

PREMIERS’ READING CHALLENGE

To our successful PRC readers I am happy to announce that the honour roll is now available on-line for anyone to view by going to www.education.vic.gov.au/prc and following the prompts.

Each student who has completed the Challenge will have been given a letter with more detailed instructions on navigating the PRC website. Certificates should arrive some time this month and will be delivered to classrooms.

Well done to all concerned.

Beth (in the Library)

ENROLMENTS

Prep places for 2014 are quickly filling up so I would urge any families who have yet to enrol their 2014 prep to do so. Please pass the word around to your friends & neighbours that it is now time to enrol. School tours are available by appointment.

NEWSPAPERS

We are in need of newspapers again to prepare some of our grounds for more planting next year. Could you drop any newspapers you are finished with into the office or the box at the front of the office.

We love Saturday’s Age! Thank you.
COBURG NORTH PRIMARY PRESCHOOL STORY TIME 2013

Every Thursday morning from 9:00am until 10:00am in the Community Room. Come along and join in with stories, music, dance, play and craft activities. Meet other parents and children in your local area. This session is free and is run by our prep teacher.

DIARY DATES 2013

<table>
<thead>
<tr>
<th>November</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Coburg North Farmer’s Market – Grade 3/4B</td>
</tr>
<tr>
<td>15</td>
<td>Rd 9 Interschool Sport</td>
</tr>
<tr>
<td></td>
<td>2014 Prep Transition -Week 1</td>
</tr>
<tr>
<td>18</td>
<td>Parent Forum – new prep parents</td>
</tr>
<tr>
<td>18-21</td>
<td>Week 1 Swimming Program</td>
</tr>
<tr>
<td>22</td>
<td>Rd 10 Interschool Sport</td>
</tr>
<tr>
<td></td>
<td>2014 Prep Transition -Week 2</td>
</tr>
<tr>
<td>23</td>
<td>Coburg North Farmer’s Market – Grade 5/6A</td>
</tr>
<tr>
<td>25-28</td>
<td>Week 2 Swimming Program</td>
</tr>
<tr>
<td>28</td>
<td>School Council Meeting 6.30pm</td>
</tr>
<tr>
<td>29</td>
<td>2014 Prep Transition -Week 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>December</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>2014 Prep Transition -Week 4</td>
</tr>
<tr>
<td>11</td>
<td>Carols Night</td>
</tr>
<tr>
<td>14</td>
<td>Coburg North Farmer’s Market – Grade 5/6A</td>
</tr>
<tr>
<td></td>
<td>Bunnings BBQ</td>
</tr>
<tr>
<td>18</td>
<td>Grade 6 Graduation</td>
</tr>
<tr>
<td>20</td>
<td>Last day of term 4 1:30 dismissal</td>
</tr>
<tr>
<td><strong>22 SUNDAY</strong></td>
<td><strong>EXTRA COBURG FARMERS MARKET</strong></td>
</tr>
</tbody>
</table>