



Broken Hill Public School

# Central Preschool



## Newsletter

Term 2, Week 8- 2019



### Worm Farm

We are very excited to say, we have new worms in our worm farm. The children have been learning about what foods worms eat and do not eat.

During morning tea, we collect food scraps and feed the worms after morning tea.

The worms like to eat scraps from apples, watermelon, broccoli, bananas and more.

They also eat pumpkin skins, if you have any vegetable scraps at home. Feel free to bring them into Preschool for the worms.

We will also be doing some more gardening with seeds that grow in the winter months.

Thank you for your support with our worm farm and gardening.



### Spaghetti Bolognese

(Recipe idea from a Maari Ma Cookbook)

- Mince
- Onion (cut into small pieces)
- Zucchini and Carrots (Grated)
- Jar of Bolognese sauce
- Spaghetti
- Cheese to top when cooked
- Garlic bread on the side

(Portions depends on number of serves-yes the children ate vegetables)

### Friendly Reminders

Have you put your Preschool expression of interest or Kindergarten enrolment form in for 2020?

### Cooking Interest

In Preschool, we have continued our interest in cooking by making Spaghetti Bolognese with garlic bread. We also catered for allergies and individual needs to ensure all children were able to be involved in the experience and taste their cooking. During group time, we discussed the ingredients needs and the technique of cooking. The children grated vegetables, added ingredients, stirred and observed cooking. The aromas in the Preschool were beautiful all day!

Every day, at meal times we focus on table manners, healthy eating, communication, quiet voices and respect for others. The day we ate our Spaghetti Bolognese, we set the tables as a big long table and pretended we were at a restaurant with table manners from using the fork to sitting properly, quiet voices, manners to the servers. We spoke about personal experiences in a café or restaurant and making it a special meal for the children.

The children enjoyed tasting the Spaghetti Bolognese, garlic bread and sharing a meal all together with their friends. Some children liked it more than others but it was wonderful to see all children try it.

We look forward to cooking more in Preschool throughout the year.

### Last Day of Term Two

Session One: Wednesday, July 3<sup>rd</sup>

Session Two: Thursday, July 4<sup>th</sup>

### First Day of Term Three

Session One: Tuesday July 23<sup>rd</sup>

Session Two: Wednesday July 24<sup>th</sup>