



St Matthew's Catholic Primary School

12 Tebbutt Street
PO Box 406
Windsor 2756

Telephone: (02) 4577 3463

Facsimile: (02) 4577 6461

Email: stmatthews@parra.catholic.edu.au

Web Address: www.stmatthewswindsor.catholic.edu.au

NEWSLETTER WEEK 9

23rd March 2017

CALENDAR DATES TERM 1 & TERM 2 2017

Mar 22-24	Stage 3 Camp Canberra arrive
Mar 27 Mon	Assembly 2:45 pm Presented by Stage 3
Mar 29 Wed	Year 1 Parish Mass
Mar 30 Thur	Mother's Day Gift wrapping Parent helpers needed 9:00 am
Mar 31 Fri	Cross Country 9:30 am Don't Worry Oval, McQuade Park, Windsor
Apr 4 Tue	Easter egg wrapping for Raffle
Apr 5 Wed	SRC to attend ANZAC service Depart 8:00 am Year 3 Road Safety Excursion Depart 8:20 am Kinder Parish Mass 9:00 am
Apr 6 Thur	Easter Raffle draw
Apr 7 Fri	Stage 3 Boys & Girls Touch Football Gala Day End of Term 1
Apr 23 Sun	Father Arthur's farewell All welcome
Apr 24 Mon	First day of Term 2
Apr 25 Tues	ANZAC Day Public Holiday
May 4 Thur	Mother's Day Stall
May 10-12	NAPLAN

Dear Parents and Caregivers,

PBL Academic Partnership

During this year staff are reviewing, renewing and improving our inquiry learning approach. To support us in achieving this objective we have formed an academic partnership with Global PBL Academies and their the Advanced Reasoning in Education (ARIE) team of educators. The role of ARIE team is to partner with us to build upon the work already begun by refining our thinking, planning and implementation of PBL at St Matthew's.

During last week we had a visit from our partners who observed the work of our Stage 3 students and teachers. On Friday Miss Viviani and myself attended a workshop with the ARIE Team to continue the work begun on Tuesday. The ARIE Team left very impressed with the work that students are engaging in across the school and in particular with the work of Stage 3 students.

The ARIE Team mostly will be working with us remotely throughout the year through the use of Google + application, however we will be hosting our partners again, later in the year. They will provide feedback, ideas, help problem solve and be a critical friend to our staff in improving our implementation of PBL.

Catholic Schools Week

On behalf of the school community I would like to express my thanks to all those who made a contribution to Catholic School's Week, especially our Maths afternoon and Sunshine Reading session.

The partnership between home and school is a significant factor in the success experienced by children at school. When the home-school partnership is strong, children are in the best position to achieve results that reflect their true abilities. Your presence is greatly valued.

In partnership, let us continue to work to develop in the children the desire to seek truth in everything they do.

Peace and best wishes

Tim Vane-Tempest
Principal

Target - 90% average
across the school

Every Learner,
Every Day

Attendance in the past
fortnight
88.2%

Changing Pick Up Arrangements for Students

This is a reminder to parents about changing pick up arrangements. If there is a planned change to the pick up arrangements for your child or children we require that the school is informed prior to the pickup to ensure that we are aware of the arrangement. We require that any person asked to pickup children other than the ones on the contact form go to the office so that details can be recorded for our child protection requirements. If the school has not been informed of the change we will attempt to contact parents/caregivers. **If, in the event that the change cannot be confirmed through contacting parents/caregivers, your child or children will not be permitted to leave the school grounds. This is an important part of our Child Protection/Duty of Care obligations.** Contact can be made with school using letter, fax, email or a phone call.

Teachers As Learners

In the past two weeks many of our staff have been involved in a range of professional learning. Mrs Stockman, Miss Viviani, Mrs Climpson and Mr Mallia attending a Numeracy day. As mentioned earlier in this newsletter our Stage 3 teachers were involved with the ARIE team in further developing our understanding of PBL.

Quality Catholic Schooling (QCS) project

Earlier this week all surveys for QCS were sent home to the selected families to provide feedback about our school's cultural behaviour, relationships and learning community. The information will assist us to focus our efforts for improvement by building on our successes to date.

Staff as well as all students from Years 3-6, will complete an online survey before the survey closes on 31st March.

Thank you to those parents who have already completed and returned their survey to school. If you have been sent a survey, I would encourage your participation. Your feedback is very much valued and assists the staff in their work with your children, to identify our strengths and also areas in which we can focus our efforts for further improvement.

The survey will take about 20-30 minutes to complete. Thank you to the parents who have already completed the survey either on paper or online.

Survey consultants Insight SRC have been engaged to manage the data collection. The survey data will be kept strictly confidential and no individual will be identified to the school or the Catholic Education Office.

NAPLAN 2017

Students in Years 3, 5, 7 and 9 sit for the [National Assessment Program Literacy and Numeracy](#) (NAPLAN) test in May. The assessments are an opportunity for students to demonstrate what they have learned in class. Teachers use these results to meet the individual literacy and numeracy needs of all students. The dates for NAPLAN 2017 are 9th-11th May.

There are four tests covering numeracy, reading, writing and language conventions (spelling, punctuation and grammar).

	Tuesday 10th May	Wednesday 11th May	Thursday 12th May
Year 3	Language Conventions <i>40 minutes</i> Writing <i>40 minutes</i>	Reading <i>45 minutes</i>	Numeracy <i>45 minutes</i>
Year 5	Language Conventions <i>40 minutes</i> Writing <i>40 minutes</i>	Reading <i>50 minutes</i>	Numeracy <i>50 minutes</i>

The NAPLAN assessments will be conducted in the Year 3 and Stage 3 learning spaces. Year 6 will relocate for the assessment times.

Enrolling for 2018

The enrolments are open for Kindergarten 2018. If your child turns 5 before the 31st July, 2018 and you would like them to start at St. Matthew's please contact the school office to pick up or have an enrolment pack sent to you. If you know of any family who are seeking enrolment for this year or 2018 and are not yet connected with the St. Matthew's School please pass on this information. We look forward to welcoming you to St. Matthew's School in the near future.

Enrolment Policy

Our Enrolment policy is in-line with the Diocesan Policy. The enrolment criteria is included below: Children of Catholic families who:

i) live within the geographic boundaries of the parish (or parishes) for which the school was established, on which the school depends;

OR

ii) live outside the parish geographic boundaries but regularly attend such a parish.

Children of Catholic families who are parishioners of a parish other than the parish of the school they intend their child to attend provided there are no vacancies at the child's own designated community parish school

Children of other Christian churches who, with their parents, respect and agree to support the Catholic mission of the school including the religious education it offers for their children.

Children of other faiths who, with their parents, respect and agree to support the Catholic mission of the school including the religious education it offers for their children.

Children who, with their parents, respect and agree to support the Catholic mission of the school including the religious education it offers for their children.

We are continuing to accept applications for enrolment for Years 1-6 for 2017.

The school office can be contacted on 4577 3463 for an enrolment pack or to have any enrolment questions answered.

ANZAC Day March

St Matthew's students have been invited to witness and participate in the annual ANZAC Day commemorations that are to be held at McQuade Park on the 25th April. We are extending an invitation to all students and their families to attend this important local and national day of commemoration. The commemoration service will begin at 6:00 a.m. and will conclude by 7:00am.

The school has been invited to lay a wreath at the Dawn Service, which will be done on behalf of the school by a selected delegation of students. Following the ceremony the children parents/carers are invited to make their way to the Windsor RSL Club for a complimentary light breakfast and refreshments.

For those attending we will assemble as a school community at 5:30am on the green beside St Matthew's Church. I ask that all students wear their winter uniform if they are joining us in the commemoration. **Any students who are entitled to wear the medals of a departed relative are invited to do so. All medals must wear them on the right hand side of the shirt/jacket.**



Greetings St Matthew's School Community!

Catholic School's Week was such a success! There were so many interested parents and grandparents in the school supporting their children and grandchildren, giving encouragement and praise. We are very blessed to have a community that is connected to God and so many people in the service of Catholic Education. Thank you to everyone who came and celebrated this important occasion.

On Tuesday the 21st of March, the St Matthew's School community acknowledged Harmony Day. Year 4 and their teachers organised a very prayerful and informative Liturgy celebrating the many cultures and communities in our school and our country Australia. We pray that Our Mother Mary continues to protect our school and country. Thank you Year 4 students and teachers.

We are moving into the Third week of Lent. Last Friday we celebrated St Patrick's Day by wearing Mufti clothing with a dash of green to honour this great saint: St Patrick. Thank you for the money that was donated. The money will be donated to Project Compassion to assist the poor and needy all around the world and Australia.

Suggestions for Lent-

Prayer and Reflection.

Read together as a family- John 4: 5-42.

Gospel - The woman at the well.

Is there anyone in our life that we don't treat very well like the Samaritan woman?

If so, how can we change our approach to them?

Do we ever feel a thirst for God's love?

(Taken from- Lead us to Living Water. Life Marriage and Family Office. 2017)

Stations Of The Cross with the students.

In Week 11, each class will have the opportunity to pray The Stations of The Cross with their class. Each class will have prayers appropriate to their year and have the opportunity to pray outside on the Green and COLA or go into the Church and pray there.



Voices From The Classrooms

In Year 2, students are donating fresh fruit and vegetables each week for the Hawkesbury Community Kitchen. This is a volunteer organization in Windsor and their motto is "People Helping People." The students are very generous and the group at Windsor are very grateful. Thank you to all the families of Year 2 for their generosity. With the cold of Winter coming very soon, if you have any blankets that you don't need anymore, the families in need would really appreciate them. The students and teachers in Year Two are actively showing the love of Christ to others with this wonderful initiative to help and give to the poor and needy in our community.

Thank you Year Two! May God bless you and your good works.



Next Sunday's Gospel is - The Third Sunday of Lent.

John 9: 1-41

Farewell To Fr. Arthur

Fr. Arthur is retiring from Parish life and leaving the Diocese at the end of April, 2017. A celebration to say thank you for his dedication and hard work is planned on Sunday, 23rd of April. After the 9am Mass there is a morning tea followed by a B-B-Q lunch. This is a great opportunity to say thank you to Fr. Arthur and wish him well in his retirement.

God Bless,
Ann Climpson

Jesus in our hearts - Forever!

Our Lady of Fatima - Pray For Us.

Dates to remember-

- ** Fr. Arthur's Farewell - Sunday, 23rd of April, 9am Mass.**
- ** Week 11- Stations Of The Cross - (On the Green and COLA - days and times to be arranged by individual classes - information to follow.)**
- ** Term Two - Week Two: Sunday the 7th of May. Parish/School Mass and Hospitality. (St Matthew's to provide morning tea for after the 9 am Mass.)**

LOST PROPERTY

As we are heading towards the end of Term 1, and there are several items in lost property. Please check lost property cupboard near canteen.

Any items of clothing not claimed will be handed to the clothing pool.

TERM 1 SCHOOL FEES ARE NOW OVERDUE

School fees can be paid by BPAY/EFTPOS or cash at the school office.

If you are experiencing any difficulties, please do not hesitate to contact Stacey Roberts or make an appointment to discuss with Tim Vane-Tempest.

Sports Update



The St Matthew's Cross Country Carnival will be held NEXT week on Friday March 31. The fun will begin around 9:30 am and conclude around midday. The day will begin with the younger students completing their runs first this year and building up with the 12 year olds finishing off the day. The Colour House Captains have been working hard creating some new and inventive chants, please bring along your team spirit and bright colours on the day!

To ease the children into performing at their best there will be training for cross country during sports lessons each week. It is encouraged that children practise running moderately long distances wherever possible, building up to their required distance. Other suggested family fun activities to help build their stamina would be swimming, skipping and bike riding to name a few.



The Stage 3 Touch teams have been training for their Touch Gala Day which will be held on the last day of Term 1 (Friday April 7th). A note will be going home next week in regards to any additional information. We are still waiting for a couple more notes to be returned so please ensure your child's note has been returned by Monday March 27. We are looking forward to representing St Matthew's at the annual event.

Stage 3 girls Soccer Trials will be held on Thursday April 6th. The soccer gala day will be held mid term 2. Training will be held every Thursday at lunch in term 2 leading up to the gala day.



Boot camp has been a great success so far this year, excluding the rainy days. If it is going to be called off due to weather the school will notify you via the Skoolbag app as well as Facebook on a Wednesday afternoon. We are hoping for dry Thursday mornings for the rest of the term!!

Why be active?

- To help your body grow properly, giving you strong bones, muscles, lungs and heart.
- To have good flexibility, balance and coordination, so you can move well.
- To meet up with your friends and make new ones.
- To learn how to run, throw, jump, catch and kick, which are part of lots of sports.
- To improve your fitness.
- To help you stay healthy and not get sick.
- To feel happy and full of energy.
- To help you keep at a healthy weight.
- To help you feel relaxed and confident.
- To help you sleep better.
- To improve your posture.
- To learn new skills and challenge yourself.
- To have fun!

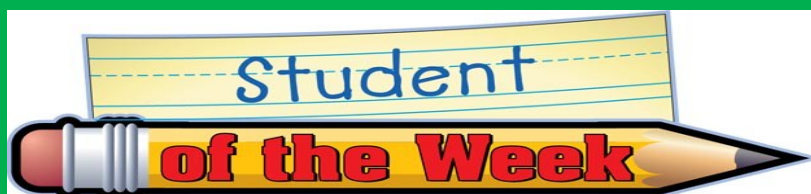
healthykids
eat well, get active

EASTER EGG RAFFLE

We are having an Easter Egg Raffle and are asking families to donate Easter eggs for our huge Easter Raffle by Friday 31st March.

Raffle tickets have been sent home. Please see the front office if you require more raffle tickets.

The raffle will be drawn on Thursday 6th April.



Kinder	Phoebe Cook - For being a focused and active participant during class discussions. Amandha Sevilla - For always trying her hardest in Kindergarten. Hayden McKay - For being a focused and active participant during class discussions. Henry Smith - For always striving to do his best.
Year 1	Melissa Su - For excellent problem solving in maths. Ben Nicholas - For his positive and hardworking attitude in all tasks. Zahlia Baldacchino- Working mathematically to solve addition and subtraction problems. Mackenzie Howden - For her positive and hardworking attitude in all tasks. Abigail Quigley - For writing an interesting and well structured narrative on Pelican Pete.
Year 2	Joshua Baffo - For consistently contributing thoughtful ideas in class discussions about informative texts. Jacinda Gawthrop - For consistent effort and hard work in all areas of her learning. Well done! Ryan Henson - For excellent focus and using great reading strategies during reading groups. Mia Smith - For excellent focus and using great reading strategies during reading groups.
Year 3	Joel Birdsey - Teaching his peers how to play a new warm up maths game. Leihem Haines - Teaching his peers how to play a new warm up maths game. Hannah Kent - Being a consistent hard worker in all Literacy task. Allison Rose - Being a consistent hard worker in all areas of the curriculum.
Year 4	Noah Beattie - For a great PBL presentation. Christian Dagher - For always trying to extend his learning in maths. Jessica Rix-Watt - For a great PBL presentation. Brendan Russell - For finding a range of solutions in his maths.
Stage 3 Blue	Ella Karberis - For always working diligently and trying her very best. Danijela Prasnicky - For extending her thinking in Mathematics and recording her working out logically. Jude Deguara - For working hard to find multiple solutions to open ended problems in Maths. Charlotte Reeve - For settling in to the St Matthew's community and showing a positive attitude towards learning.
Stage 3 Gold	Edward Kennedy - For using his time effectively to complete set tasks. Kiera Gaul - Her mature approach to learning and collaboration skills. Isabella Spiteri - Her eagerness to learn and taking pride in a job done well.
Stage 3 White	James O'Neil - For demonstrating outstanding focus within the classroom. Linkin Cowled - For demonstrating outstanding effort in all key learning areas. Alexis Hart - For showing kindness and care when looking out for the needs of others.

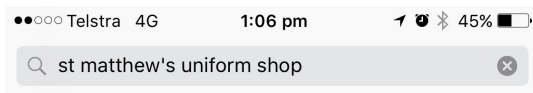
The St Matthews Uniform Shop App is now available for ordering uniforms.

Please search St Matthews Uniform Shop in the App Store to download- a guide for first time users of the app is below.

Orders will be delivered to the school on a fortnightly basis. To receive delivery in time parents will need to place orders by close of business on Monday the week of delivery. The next delivery date is located on the top of the app and will change accordingly.

Try on samples are held at the school.

St Matthews Uniform Shop App Guide for First Time Users:



St Matthew's Primary
Uniform Shop
SASSCO Pty Ltd

OPEN

Step 1: Download St Matthews Uniform Shop App from the App Store.

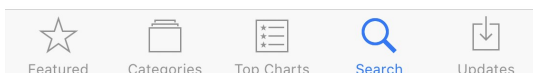
Step 2: Choose the school uniform items you would like to purchase and add them to your cart/basket.

Step 3: Once in your cart/basket please select the delivery option you would like- either pick up from school (the next delivery date) or delivery to your home or work address. Please note the next school delivery date is located at the top of the app and is changed regularly.

Step 4: Click checkout and fill out your details, child's details and your credit card details. Please note you will be able to use your email and password to login and reorder the next time you wish to place an order.

Step 5: Click send order. Once your order has been approved you will receive an email confirmation within a few days stating that your order has been received and when it will be delivered.

If you have any problems please email elle@ozfashions.com.au.



Uniform Shop Hours

Friday 9:00 am - 12 noon

Uniform orders for socks, bags and hats can be placed at the front office or the form can be downloaded from the website.

Amanda will be able to assist you on Fridays only between the hours of 9:00 am & 12 noon.

As winter is approaching remember we sell jumpers and vests.

Bishop Office

Diocesan News & Events

The Diocese of Parramatta is developing an app to help you keep in touch with what is happening in the Catholic Church in Western Sydney and the Blue Mountains. You will be able to find the latest news, events and local Mass times. To sign up to be the first to know when the app is released go to: <http://parracatholic.org/app/>

You can also keep up-to-date with news and events across the Diocese of Parramatta and beyond by subscribing to Catholic Outlook's website to receive daily updates: <http://catholicoutlook.org/subscribe/>

Positions vacant

The Diocese of Parramatta is seeking applications for three positions: Facilities Management Coordinator and Property Officer located in Parramatta; Parish Secretary at St Finbar's Parish at Glenbrook. For further details, go to <https://parracatholic.org/employment/> Applications for these positions close on Monday 27 March 2017.

Scripture Reflection Evening: 29 March

We invite you to join the Institute for Mission (IFM) for a Scripture reflection evening during this season of Lent. Starts 6.45pm on Wednesday 29 March (tea, coffee and snacks available from 6.30pm) at the Institute for Mission, 1-5 Marion St, Blacktown.

The focus will be on the Gospel of Matthew with the theme: Jesus and our personal lives in the 21st Century.

How is Jesus relevant to our: Relationships? Emotional health? Self-regard? Lifestyle & peace? Come and be welcomed by the IFM team and allow Dr Laurie Woods to unpack personal treasure from the Gospel of Matthew. This evening will be a great way to connect with the word of God in preparation for our upcoming Easter celebrations. To register for this evening please contact Charbel at the IFM tel (02) 9831 4911 or email charbel.dib@ifm.org.au RSVP 27 March.

Discernment Afternoon for the Permanent Diaconate: 2 April

Single men and married couples aged 35-55 who are interested in the ordained ministry of the permanent deacon are invited to a discernment afternoon to meet the permanent diaconate vocations team. The discernment program consists of five sessions and each session deals with a different aspect of the permanent diaconate. The session on Saturday 2 April is the start of the 2017 program. From 3.00pm-5.00pm at St Anthony of Padua Parish, 27 Aurelia Street, Toongabbie. Inquiries to Deacon James deacon@stanthonyschurch.org.au or Deacon Tan deacontan@john23rd.org.au

Journey through Holy Week with Catholic Youth Parramatta: 9 & 14 April

All are invited to join youth and young adults of the Diocese for the Palm Sunday Procession, WYD Mass & Event at St Patrick's Cathedral in Parramatta on Sunday 9 April. The procession down Church Street with Bishop Vincent will depart at 5.30pm from Parramatta Town Hall following a short liturgy. On Friday 14 April the Good Friday Night Walk will take place at 10pm through the night departing St Patrick's Church at Blacktown and concluding at St Patrick's Cathedral in Parramatta at 7am. Building on the success of more than 1300 participating last year the journey will again take us through the Parishes of Blacktown, Seven Hills, Toongabbie, Wentworthville, Merrylands and Parramatta. Further details on Catholic Youth Parramatta Facebook Events page. Inquiries to James Camden, Director of Catholic Youth Parramatta, (02) 8838 3428 or jcamden@parra.catholic.org.au

Nigerian Mass in Igbo: 9 April

Rev Fr Chukwunonyerem Akamadu, Chaplain to the Nigerian Catholic community, will celebrate Mass at 11.30am at Our Lady Queen of Peace Parish, 198 Old Prospect Road, Greystanes. Contact Fr Akamadu tel 045 11 744 38, Stella Nwosu 0405 478 472.

Invitation to Fr Arthur Cook's farewell: 23 April

Fr Arthur Cook is retiring from parish life and will be leaving the Diocese of Parramatta at the end of April. To mark the occasion and to thank Fr Arthur for his years of service to the parishes of the Diocese, there will be a celebration on Sunday 23 April at St Matthew's Catholic Church, 12 Tebbutt Street, Windsor. An invitation is extended to anyone who would like to farewell Fr Arthur. The celebration will start with morning tea after the 9am Mass and will be followed by a BBQ lunch. For catering purposes, please RSVP by 12 April 2017 to the parish office, tel (02) 4577 3073 (BH) or send an email to stmcc@tpg.com.au

FAMILY DAY OUT



SOUTH WINDEOR FAMILY CENTRE

Behind Milleham Street Netball Complex

Sat 25th March, 2017
10:00 am—1:00 pm

Barnyard Animals Tumbletown Play Centre
Ukulele Band **FREE** Face Painting
Pony Rides **EVENT** NSW Police
Giveaways Art & Craft Local Services
Puddles the Dragon BBQ Jumping Castle
NSW Fire & Rescue Pancakes


This is an all weather event.
For more information, please visit our website at www.peppercornservices.com.au, email dropsin@psinc.com.au or call us on 02 4577 9804.

Mufti Day

Thank you for your kind donations.


\$308 will be donated to Caritas Australia's Project Compassion 2017.



THANK YOU


PROJECT COMPASSION

As we support our vulnerable neighbours worldwide to create safe, resilient communities, our own lives are enriched and transformed.

 **Caritas AUSTRALIA**
The Catholic agency for international aid and development.
To see how your money is helping to end poverty, promote justice and spread hope, visit www.caritas.org.au

ST MATTHEW'S CATHOLIC CHURCH

12 Tebbutt Street, Windsor



MASS TIMES

Monday - Saturday: 9.00am
(Thursday Hospital): 10.45am
Saturday Vigil: 6.00pm
Sunday: 7.30am, 9.00am & 5.00pm

SUNDAY CHISHOLM PRIMARY MASS: 9.30am

INDIVIDUAL RECONCILIATION

Saturday: 9.30-10.30am

Telephone: 4577 3073
Office Hrs: 9.30am-4.00pm ~ stmcc@tpg.com.au

On Saturday 8 April 2017 the Hawkesbury Historical Society will hold their next

'Back to Tebbutt's Evening'

Come along and be part of this popular event

What can you expect to see?

Large Telescopes will be on site to observe the second quarter Moon. Jupiter will be in the NE sky, also many star clusters and nebulae. Starting time 6 PM

As well as observing there will be a tour of the Observatory

Drinks & light snacks will be served at the conclusion
Please wear comfy shoes, a warm jacket - the evenings can be cool
bring insect repellent as the mosquitoes may also be there.

Cost per person \$12 - Children under 15 free
Bookings are necessary, as there will be max' of 35 Adults

For booking and Payment - pay directly to:
BSB 062622
Account No. 00900643
Stating full name

All Queries ring:

9627 6545



Tebbutt's Observatory

TEBBUTT'S OBSERVATORY PALMER ST. WINDSOR

Eat Well at breakfast

Kick-start the school day with these super-charged easy breakfasts! Remember, breakfast is one of the most important meals of the day. These breakfast ideas will provide kids with some of their recommended daily intake of 2 serves of fruit and 5 serves of veggies.

This delicious bircher muesli is brimming with fresh seasonal fruits and healthy oats for sustained energy. To avoid a last-minute rush, prepare the bircher muesli the night before. Ready in minutes, the spinach and scrambled egg wraps can be eaten in a flash. Healthy breakfasts have never been better!



Fresh orange bircher muesli

Preparation 20 mins + chilling time | Serves 4-6

6 oranges

2 cups bircher muesli or rolled oats

To serve:

1 Granny Smith apple

½ cup reduced fat thick natural yoghurt

3 passionfruit, halved

150g seedless green and purple grapes

1 medium banana, sliced

Honey, for drizzling

Step 1 Juice the oranges to make 1½ cups freshly squeezed juice. Combine the orange juice and bircher muesli or rolled oats in an airtight container. Stir to combine. Cover and refrigerate over-night.

Step 2 To serve, coarsely grate apple. Add apple, yoghurt and the pulp from 2 passionfruit to the muesli mixture. Stir to combine. Spoon into serving bowls. Top with grapes, banana and remaining passionfruit pulp. Drizzle with honey and serve.

Why are oranges good for kids?

An excellent source of vitamin C – one orange has almost two day's supply of this important vitamin. A source of beta carotene and many of its relatives in the carotenoid family. Beta carotene can be converted to vitamin A and other carotenoids are important in keeping the immune system healthy, a vitamin needed for healthy red blood cells.



Spinach & scrambled egg breakfast wraps

Preparation 15 mins | Cooking 5 mins | Makes 4

125g baby spinach leaves

6 large free-range eggs, at room temperature

½ cup milk

2 tbs butter, chopped

4 whole wheat wraps

Step 1 Place spinach into a heatproof bowl. Pour over boiling water to cover. Stand for a few seconds until spinach wilts. Drain and squeeze excess moisture from spinach. Set aside.

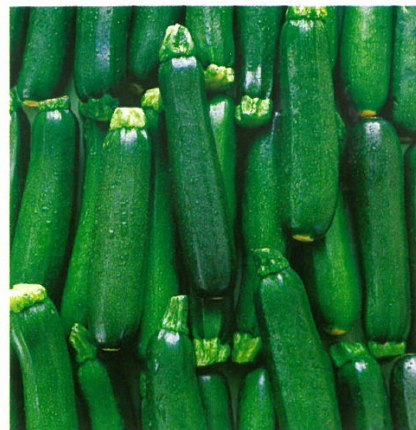
Step 2 Whisk eggs and milk in a bowl until just combined. Set aside for a few minutes to allow foam to settle.

Step 3 Heat a medium non-stick frying pan over medium heat. Add butter, melt and swirl to coat pan base. Add egg mixture and cook without stirring for 30 seconds. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting the pan to allow the uncooked eggs to run over the base. Gently push eggs around pan every 15 seconds until soft folds form and one quarter mixture is unset. Remove from heat. Stir through spinach. Gently fold the egg mixture once more. Set aside to cool.

Step 4 To make wraps, divide scrambled eggs and spinach between wraps. Roll up and secure with string. Serve.

VERSATILE Zucchini

Delicate-flavoured zucchini is enjoyed by even the pickiest of eaters! This versatile green vegetable is silky soft when cooked or crunchy when served raw.



Zucchini can be creatively shredded into spaghetti-like strands, finely sliced into thin ribbons or grated to add to an extensive range of dishes. It's also an ideal veggie to secretly 'hide' in kids' favourite meals because it so easily absorbs flavours.

BUYING & STORING

Select vibrant shiny deep green firm zucchinis. Store the zucchinis, unwashed, in a plastic bag in the fridge crisper and use within 4 to 5 days.



HOW TO MAKE ZUCCHINI 'SPAGHETTI'

Low-carb and gluten-free zucchini 'spaghetti' is created from fresh zucchini using a julienne peeler or a spiralizer. Both of these handy tools are available from kitchenware shops.

Select the longest and thickest zucchini for making 'spaghetti'. About 800g of zucchini is sufficient to serve 4.

USING A JULIENNE PEELER

This stainless steel cook's tool resembles a wide-bladed vegetable peeler with a serrated edge rather than a straight blade. Use it to slice the zucchini lengthways into long shreds.

USING A SPIRALIZER

This hand-cranked kitchen gadget is designed to cut vegetables into 'spaghetti' or ribbons. Simply follow the manufacturer's instructions.

HOW TO MAKE ZUCCHINI 'RIBBONS'

Use a regular vegetable peeler with a straight blade, a V-slicer or mandoline to shave the zucchini lengthways into very thin ribbons.

For salads, plunge the zucchini ribbons into a bowl of chilled water for ultra-crispness. Drain and pat dry before adding to your salads.

TOP WAYS TO USE ZUCCHINI IN MEALS

- Add grated zucchini to meatball and rissole mixes.
- Use chopped zucchini in soups, pasta sauces, pasta bakes and casseroles.
- Toss zucchini spaghetti with a rich tomato sauce and top with parmesan.
- Add thin ribbons of raw zucchini to power-packed fresh salads.

Zucchini, tomato, bacon & egg slice

Preparation 20 mins | Cooking 50 mins | Serves 6-8

½ cup rice bran oil
1 brown onion, finely chopped
2 garlic cloves, finely chopped
175g rindless short cut bacon, roughly chopped
350g (about 2) zucchini, coarsely grated
1 cup grated reduced fat tasty cheese
1 cup self-raising flour
5 free-range eggs, lightly beaten
125g cherry or grape tomatoes, halved
Green salad, to serve

Step 1 Preheat oven 180°C/160°C fan-forced. Line a greased slice pan (about 16cm wide x 26cm long) with baking paper.

Step 2 Heat 2 tbs oil in a medium frying pan over medium heat. Add onion, garlic and bacon and cook, stirring often, for 5 minutes until tender. Set aside to cool for 10 minutes. Transfer to a large bowl.

Step 3 Add zucchini, cheese, flour, eggs and remaining oil to bacon mixture. Season with salt and pepper. Stir until well combined. Spoon into prepared pan and smooth top. Arrange tomatoes over mixture. Bake for 45-50 minutes until golden and firm to touch. Cool in pan for 10 minutes. Transfer to a board, slice and serve with a green salad.

