



CARLISLE RIVER PRIMARY SCHOOL

NEWSLETTER

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Monday 19th August 2019

Dear Parents,

Group Day at Forrest Primary School – TOMORROW -Tuesday 20th August
– departing Carlisle River **at 8.45am**. School uniform required

Water studies (ocean) – we will be travelling to Red Johanna Beach, Castle Cove & Cape Otway Lighthouse on Tuesday 10th September.

Mr Richard Riordan (Local MP) presented our school with the Victorian Flag
– also gave a talk about his role and the role of the state parliament



Have a beaut week

Mr Jeff Douma



SCHOOL CALENDAR							updated weekly	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
19 th	20 th Group Day at Forrest	21 st LIBRARY VAN	22 nd	23 rd Senior students writing with Jackie				
26 th	27 th	28 th ART VAN	29 th	30 th Senior students writing with Jackie Mr Douma Principal meeting				
2 nd September Dental Forms due	3 rd Mrs Melville CRT	4 th LIBRARY VAN	5 th Pet Responsibility presentation	6 th Senior students writing with Jackie				

Name. Footy tipping	Rnd21	Rnd 22
Jesse	101	106
Shelby	86	92
Dexter	84	86
Zoe	88	93
Aiden	95	99
Viper	96	98
Bridie	102	108
Ms Foley	75	80
Mr Douma	94	101

Angry Birds Nest recipe



This sandwich is a great addition to any kid's lunch box. A sambo that's full of healthy veggies and looks like one of their favourite characters? They will wolf it down in a flash!

Ingredients

- 1 slice wholemeal bread
- 1 slice white bread
- tuna (or filling of choice - see notes)
- cheese discs (eyes)
- green beans (eyes)
- carrot pieces (beak)
- 2 grape tomatoes (feet)

Method

Place the white bread disc over one of the wholemeal bread discs and, using a 9cm cutter, cut out the lower part of the birds face, carefully cutting through both pieces of bread.

Discard the large section from the white bread and the small section from the wholemeal bread.

Spread the whole round of wholemeal with your desired filling.

Place the cut wholemeal piece at the top of the disc and the small white cut section at the bottom to form the mouth/beak region.

Using cream cheese, glue the crusts on as eyebrows, the cheese discs plus green bean slices for eyes and the carrot pieces for the beak.

Line a lunch box with sprouts or crispy noodles to form a nest.

Place the Angry Bird sandwich over nest and finish with 2 grape tomatoes for feet.

- Use a favourite filling such as tuna and cream cheese, chicken and mayo, or ham and cheese.
- Use wholegrain breads with seeds to give an extra vitamin hit.
- This recipe was created by Rebecca Perry

