

Carlisle River Primary School

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Newsletter

Monday 23rd October 2023



THOUGHT FOR THE WEEK

Promise me you'll always remember:
you're braver than you believe,
and stronger than you seem,
and smarter than you think.



Christopher Robin

Mr Douma & Mr Bennet will be undertaking Berry St Training over the coming weeks – this will be an online all-day session at school. Mrs Melville will be the CRT for those days. (Wednesday 8th November, Tuesday 14th November, Tuesday 21st November, Tuesday 28th November)

The training enables teachers to help students meet their own learning needs by:

- understanding the benefits of trauma-informed teaching on child development and ability to learn
- creating a supportive and trauma-informed positive education classroom
- bolstering student-teacher relationships
- applying positive relational classroom behaviour management strategies
- instilling strengths-based practices across the school.

Teachers will learn strategies to keep students engaged and how to support them to have an improved capacity for school achievement.



SCHOOL DIARY

updated weekly

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
23 rd	24 th Swimming lessons Happy Birthday Katie 	25 th LIBRARY VAN	26 th	27 th Writing classes with Ms Jackie Snr students Mr Douma Melbourne	28 th Happy Birthday Mr Douma	
30 th	31 st Swimming lessons final School Council meeting 3.40pm	1 st November ART VAN Mr Douma – Geelong Mrs Melville CRT	2 nd	3 rd Writing classes with Ms Jackie Snr students		
6 th School Photos	7 th Melbourne Cup day Holiday	8 th LIBRARY VAN	9 th	10 th Writing classes with Ms Jackie Snr students		
13 th	14 th	15 th Art with Ms Parker	16 th Dallas Brooks School Makers Fair	17 th Writing classes with Ms Jackie Snr students		

AFLW FOOTY TIPPING 2023

Name	Rnd 7	Rnd 8
Sarah	39	43
Tilly	33	37
Jesse W	22	28
Katie	28	31
Jesse D	26	27
Mr B	34	37
Mr D	33	37
Mrs M	37	40
Mrs D	30	32



Healthy Oven-Fried Pork Chops



These whole-wheat panko breadcrumb-coated pork chops get just as crispy as fried chops, but they're baked. Serve with steamed broccoli and baked sweet potato for a satisfying healthy weeknight dinner.

Ingredients

- Cooking spray
- ¼ cup all-purpose flour
- 1 large egg, lightly beaten
- 1 teaspoon Dijon mustard
- ¾ cup whole-wheat panko breadcrumbs
- 1 teaspoon ground pepper
- ½ teaspoon kosher salt
- 4 boneless pork chops

Directions

1. Preheat oven to 200°C. Place a wire rack on a large rimmed baking sheet and coat with cooking spray. Place flour in a shallow dish. Combine beaten egg and mustard in another small dish. Combine panko and pepper in a third shallow dish.
2. Sprinkle salt over both sides of the pork. Dredge each pork chop in flour, shaking off the excess. Coat in egg mixture, then panko, pressing to adhere. Place on the prepared rack. Coat the pork chops with cooking spray. Bake until the chops are beginning to brown and are cooked throughout (an instant-read thermometer inserted in the centre should register 62°C), 18 to 20 minutes.

Equipment

Wire rack, large rimmed baking sheet