



Welcome back after the holidays

Fundraising

Foods of the World

Thanks to Harriet and her team, the big fund raising event on the school's calendar is well underway. Tickets can be ordered through your child's class teacher. This is a fun event for the whole family. The fundraising team has been working very hard toward making this another huge success. They have hosted a Fun day on the 29th of Sept. and have sent tins home for the copper coin collection.

All these tins need to be returned to school at the end of November please.

The FOODS OF THE WORLD takes place on Friday 11 November. There are only 100 tickets left!

Training

During the past holiday, the teachers attended a 2-day workshop with Sam Streak from P.E. Montessori. Although she focused on philosophy we were given handy tips and lots of ideas to better our teaching.

Colour-in competition

Thank you for supporting the colour - in competition and congratulations to Kyle, Mila and Josephine who all won handy stationary gift packs. The school received a R1000 voucher too. Thank you to Harriet who organized this for the children.

Landmark foundation

The junior and senior primary classes had a visit from Kate who gave a talk about the leopard and predator education program they currently have going. The children enjoyed it very much and were made aware of the necessity to take responsibility for the leopard population in the Western Cape. We will contribute to this project by participating in a Leopard Art project this term. The Leopard and Predator Project does research, rescues, advocate, educate and is now developing a green label for wildlife friendly products called Fair Game.

CANCA: Healthy lunchboxes

Try to involve your child in the planning of the lunchbox menu for the week by providing a variety of fresh fruit and nuts from which they have to choose for each day. For more substance children can choose either from brown rice cakes, 100% rye or whole wheat bread and for sweet fillings, raw honey or peanut butter is a good choice. A savory snack could include any salad ingredients with avo and olive paste. Dry popped popcorn seasoned with herb salt or even pretzels are good alternatives to the usual crisps while dates, raisins, oat crunchies, muesli bars or carob are good alternatives for the child with a sweet tooth. Also remember to give water instead of cool drink. Recipes for macadamia fudge and date balls on the next page/reverse side.



Upcoming Events

PLEASE TAKE NOTE THAT SCHOOL STARTS AT 8 AM.

Mon. 10 Oct.	School re-opens
Tue. 11 Oct	School visit by ISASA
Tue 18 Oct.	School photos
Wed. 19 Oct	Tea for the senior citizens
Wed. 19 Oct	Board meeting
Fri. 28 Oct.	Survivor 6pm at school
Mon 31 Oct.	Coin laying for the WWF

Pillars of a good character

During the month of October we focus on FAIRNESS as the pillar of a good character.

Concert

Thank you for supporting our concert and for all the compliments we received for it. The children thoroughly enjoyed it and so did the staff. Thanks once more to the parents for the lovely costumes and to Kim and Venita for serving tea and cake to the elderly at the dress rehearsal. Remember that the concert photos can be ordered at school and the DVD from FotoFirst.

Congratulations

We are aware of so many families who either had a new baby or who had some crisis to deal with or had to undergo an operation or hospitalization and we thought to just say 'you are in our thoughts and prayers'.

Sport

A term program has been e-mailed to all the parents. If you have not received one please contact the office. Also see the sport notice board. Sport resumes as of today.

Carob and Macadamia Fudge:

½ cup macadamia nuts

½ cup carob powder

2-4 teaspoons raw honey (depending how sweet you want it)

2-4 tablespoons mashed dates

Blend the nuts in a food processor until it forms a paste. Add the carob powder and honey and blend it again.

Press the mixture into a tray and refrigerate for a few hours. Once cold, cut into squares.

The mixture can be rolled into truffle balls and tossed in desiccated coconut.

Alternatively, simply use the blended mixture as an icing for cakes.

Oat and Date Balls :

Oats

Desiccated coconut

Pitted dates

Sesame seeds

Sunflower seeds

Raw honey

Place equal quantities of oats, desiccated coconut, seeds, honey and dates, in a food processor and pulse until the dates are evenly chopped. Add a bit of water to form a pliable dough. Roll into balls and dip in desiccated coconut.

