Kitchen Happenings...

Welcome to the first newsletter for the year from 'The Kitchen'. It has been a very busy and exciting term for all the students who commenced the program this year.

We are very fortunate to be able to use the kitchen attached to OOSH (Out of School Hours Care) as it provides us with cooking facilities and workspaces that are not available in a classroom.

The students in our Year 4 classes started the term by learning the rules of the kitchen and how to work in the available space safely and respectfully. They then learnt how to use a knife and chopping board correctly, (discovering the importance of using proper knife handling and chopping techniques), during food preparation.

The students were then given the opportunity to apply their new skills to preparing delicious healthy food harvested from our garden. Each week the students practised their techniques by making: Indian Flat Bread; Salad of the Imagination; Basil Pesto; a very tasty Zucchini slice; delicious homemade ham and pineapple, vegetarian, chicken and/or mushroom pizzas; tabbouli and grilled vegetable kebabs cooked on the BBQ.

We hope that the students are bringing their new skills and enthusiasm home and preparing some delicious meals for their families!

We think all students would agree, the best part of the kitchen class is sitting down and sharing the tasty meals. During this time, students enjoy setting the table, adorning it beautifully with flowers and herbs. They are encouraged to observe correct table etiquette. Sometimes it’s a bit of a challenge waiting for everyone to be seated before commencing eating, but our students have lovely manners and try their best to not have a sneaky taste!

We also encourage students to use this time to talk about their food experiences, expanding their expressive vocabulary and terminology as they describe the tastes and smells. We enjoy sharing these observations when we share our food.

To support the program, simply call 6021 3849

Thank you in advance and kind regards

The Stephanie Alexander Kitchen Garden Program Team
Our program couldn’t run without the generous donations and support from our school community. We would like to extend a very warm and heartfelt THANK YOU to everyone who has made donations this term. Your contributions are invaluable and greatly enhance the program.

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Garden Adventures…

It has been so wonderful watching students grow in confidence throughout the term and learn many new gardening skills. The students have observed the changes in the garden through summer and autumn, learning how to maintain a summer vegetable crop and replenish the soil for new planting as the seasons change. They had a lot of fun getting their hands dirty, whilst learning valuable sustainability practices, such as recycling, composting and the benefits of growing and harvesting their own food. Looking after the worms and chooks have also been enjoyable and educational endeavours and our chooks have never looked happier, healthier or fatter!!

During our first sessions, students had fun following an obstacle course to obtain their wheelbarrow licenses. They also learned how to make ‘Wicking boxes’ using broccoli boxes. These are a cost effective way of making self-watering planting containers and ideal if space is limited. Painting signs to beautify the garden space was another highlight as students had the opportunity to exhibit their creative flair.

Next term, students who worked in the garden will have the opportunity to immerse themselves in cooking and students who have been working in the kitchen will get their hands dirty in their garden.

We look forward to introducing students to these new experiences next term. There are many fun activities and delicious recipes already planned, such as: Exploring science through soil testing; getting artistic designing wind chimes using recycled materials; and making Anzac biscuits, soups and pasta from scratch!

Have a lovely, safe and restful Easter break and we look forward to getting started again next term.

Leanne Schifferle and Lynda Joyce