



VISION AND PROGRESS

Crestwood Infoline...

CRESTWOOD HIGH SCHOOL

Telephone: (02) 9639 7422

Facsimile: (02) 9686 3462

Week 2, Term 3

23rd July, 2021

From The Principal ...

Dear Parents/Carers,

Learning from home

As we are getting to the end of the second week of learning from home, I am pleased to report that the vast majority of students have engaged with online learning during their lessons each day. It is a challenging task to ensure that all the 'wheel cogs' are turning for a large comprehensive high school and I think we continue to adapt well. The transition to online learning within the frameworks that have been built over the last 12 months are certainly facilitating quality learning experiences and connectedness for our students. Of course, this would not happen without the ongoing hard work of our committed staff, their professional collegiality and support of each other. I would also like to acknowledge our school families and community who face their own challenges in supporting online learning from home and combining this with work and professional commitments. It is not an easy circumstance but together we will maintain continuity of education for our children.

With so many family members online at home for a large part of the day it is important to consider safe and responsible use of technology and cyber safety. This is an area that is becoming increasingly challenging for parents and carers with multiple family members online at the same time. Teaching our children how to be responsible, safe participants in a digital world is an ongoing challenge that is constantly changing. Teachers are consistently reinforcing good digital citizenship and behaviour expectations through online learning. Parents may find some of the following information issued by the Department of Education regarding good digital citizenship useful. <https://education.nsw.gov.au/parents-and-carers/wellbeing/technology/cyberbullying-and-teenagers>

COVID 19 Updates from the NSW Department of Education

NSW Department of Education is updating advice to schools through regular correspondence to Principals. The Department will also automatically update this advice on the school website. The latest advice includes:

- Parents and carers in Greater Sydney **must** keep children – across primary and secondary school – at home unless they need to be at school.
- The stay-at-home order has been extended for Greater Sydney until Friday 30 July at least.
- HSC students in Greater Sydney should not access the school site unless absolutely necessary. Collection of major works from school is considered to be essential. This should be done by appointment with their teacher.

Further detailed information for Year 12 students and their parents/carers regarding HSC updates have been sent separately.

Take care and stay safe, Therese Hourigan.



Inside this issue

- **HSIE Highlights**
- **English News**
- **SRC News**
- **TAS Times**
- **Welfare support**
- **Student Olympian**
- **Careers News**

From the Deputy Principal ...

Learning Online

Congratulations to our students who have successfully transitioned to learning remotely. Teachers mark the roll every period and students who attend lessons either on a virtual face to face lesson or complete their allotted learning during the period time are marked present. Our period by period attendance data shows great result with the majority of students online at the appropriate time. Most students who miss the allotted time catch up with their learning very soon after. Teachers, Head Teachers and Deputy Principals have been calling home to check on your progress and wellbeing.

A huge thank you must go to all our teachers for their work in preparing and presenting virtual lessons. Teachers have been preparing for quality online learning since the initial lockdown in 2020. The introduction of Canvas has been fantastic and many thanks must go to the Canvas team lead by Mr Smith and Mr Hillman.

Please check the Sentral calendar for event and assessment task updates.

School upgrade projects

With the extending of restriction to the construction sector, our upgrade work has been put on hold. However the holidays and the first week of term has seen the work on the walkway covers progress astonishingly. Now all walkways are covered (see the pictures below). There is still more to do however to complete the project. The next project will be the final wet weather cover



over the third handball court, and a major upgrade of the metal work rooms and science labs.

Keanu at the Olympics

It was so exciting to see Keanu Baccus run on for the Australian Olympic Soccer team, the Olyroos, in their fabulous win over the Argentinians in the soccer on Thursday night. Keanu was always a part of Crestwood HS soccer when he was a student here from 2010 to 2015 and he began playing for Western Sydney Wanderers whilst he was at school. Congratulations to Keanu for this amazing achievement, you are an inspiration. I'm sure we all will be cheering for you as the competition progress to gold! GO KEANU, GO THE OLYROOS

Warren Groth

Congratulations to former Crestwood HS student Keanu Baccus for representing the Olyroos at the Tokyo Olympics overnight.



Keanu when he represented Crestwood High School

Keanu as part of the Olyroos at the Tokyo Olympics last night



HSIE Happenings

This month in History...

23 July 1903 – The Ford Motor Company sell its first car.

26 July 1951 – Walt Disney's 13th film, Alice in Wonderland, premieres in London, England.

27 July 1921 – Researchers at the University of Toronto prove that the hormone insulin regulates blood sugar.

27 July 1940 – The animated short 'A Wild Hare' is released, introducing the character of Bugs Bunny.

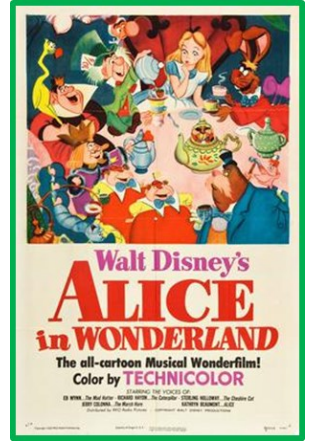
28 July 1914 – Austria-Hungary declares war on Serbia. This will lead to the drawing in of alliances across Europe and the world, starting WWI.

29 July, 1981 – A worldwide TV audience of over 700 million people watch the wedding of Charles, Prince of Wales, and Lady Diana Spencer.

29 July 1948 – After a 12-year hiatus caused by WWII, the first Summer Olympics to be held since 1936 in Berlin, open in London.

30 July 1930 – Uruguay wins the first FIFA World Cup.

3 Aug 1958 - The nuclear submarine USS Nautilus travels beneath the Arctic ice cap, becoming the 1st watercraft to reach the geographic North Pole.



HSIE Happenings

YEAR 12 BUSINESS STUDIES – QANTAS ZOOM INCURSION

An important element of the HSC Business Studies course is learning an in-depth business case study as preparation for an extended response question in the HSC exam.

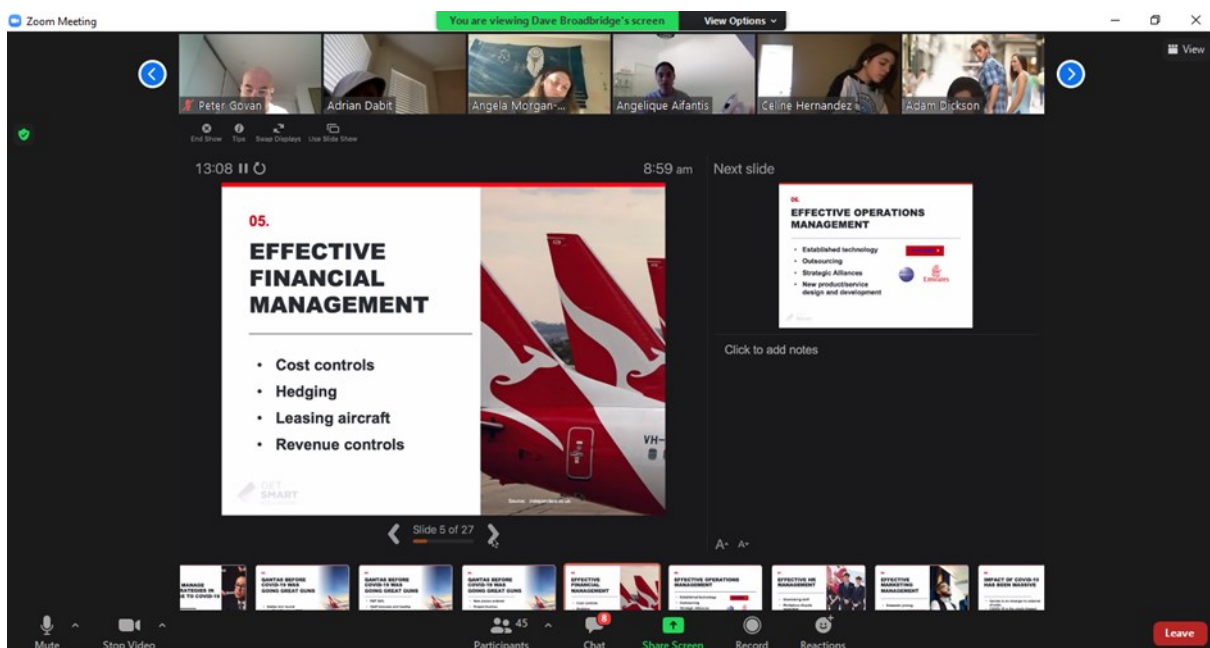
Our students have been working hard learning about Qantas all year and they are gradually becoming experts on Operations, Marketing, Finance and Human Resource Management within the Qantas business.

This week, on Tuesday 20th July, we had the pleasure of having David Broadbridge, the author of the Qantas case study book, present live to our students via Zoom for 1.5 hours. David is incredibly knowledgeable about Qantas and the HSC Business Studies course and he is a fantastic and highly entertaining and engaging presenter. Feedback from Year 12 students about the incursion has been incredibly positive.

Congratulations to all Year 12 Business Studies students for your 100% attendance to the incursion and your participation and contribution to the Zoom discussions and questions. Well done for representing Crestwood High to such a high standard.

By Gemma Quinn, Peter Govan, Rebecca Normoyle, Lisa Kelly (Year 12 Business Studies teachers, 2021)

This is what an incursion looks like during remote learning:

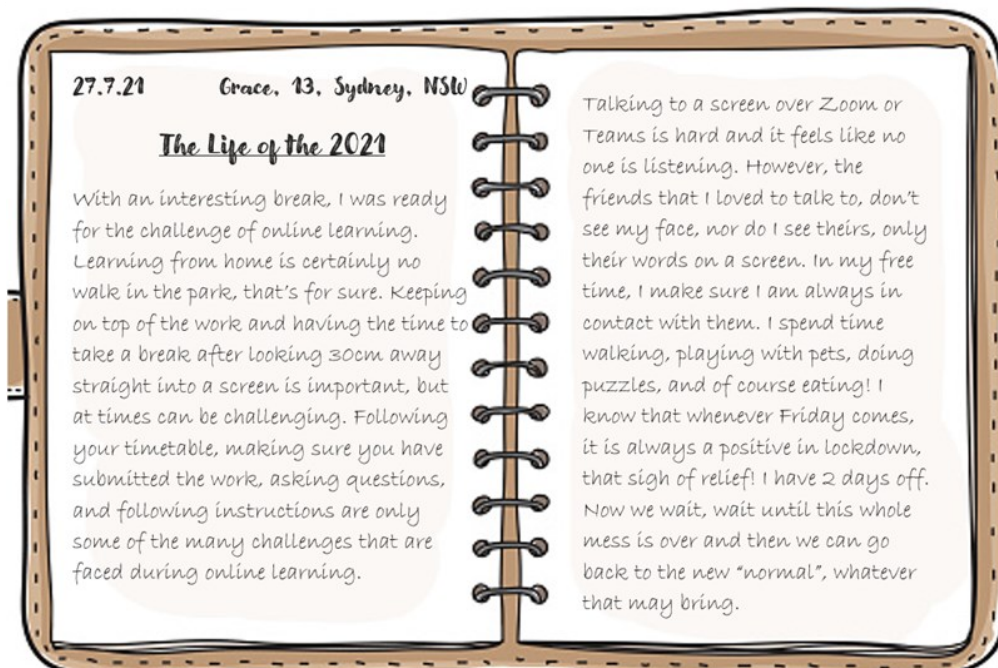
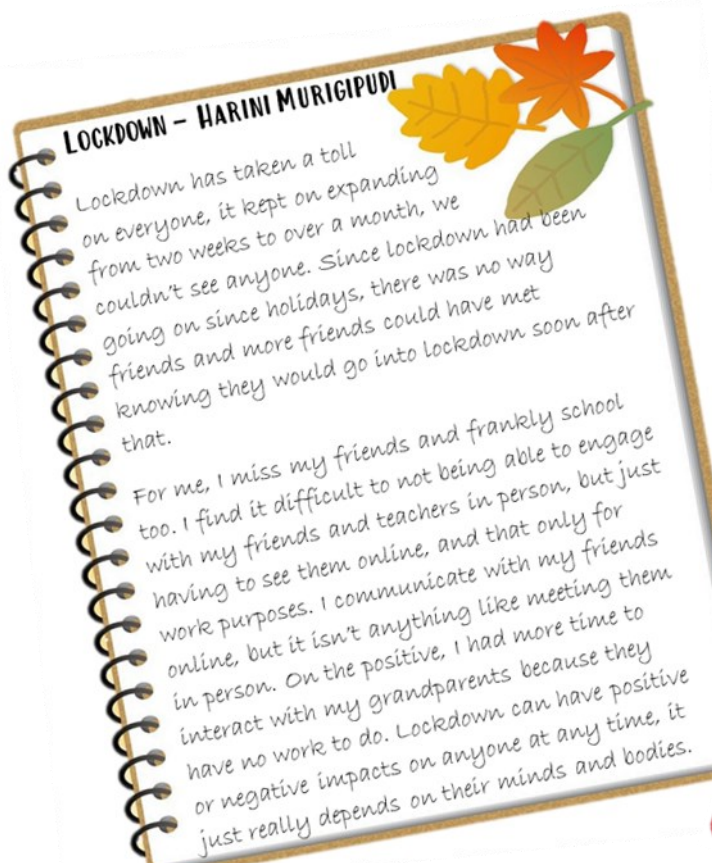


HSIE Happenings

Creating our own primary sources

A few of our students and staff in the HSIE faculty had a go at creating a primary piece of evidence for the current lockdown by writing diary entries.

Have a read of the following and be inspired to start your own series of diary entries as a primary record of your experiences during this time.



Welfare News

Long tan Nominations Year 10 & 12 - Nominations for the Long Tan Teamwork and Leadership Awards are now open and will close on Friday 30th of July. Successful applicants will receive the award at presentation night in Term 4. To complete an application please follow this link <https://forms.gle/KxRdHH7aQFdteZwq9>. This link is also available through the Student Hub on Canvas for Year 10, the Year 12 Edmodo and Facebook Groups and will be emailed to Year 10 and 12 students and parents. Applications close on Friday 30th of July.

Senior Leadership Team Nominations – Those currently in Year 11 wishing to apply for a position in the Senior Leadership Team for 2022 need to complete their application and return them to Mrs Azzopardi and Mrs Quinn.

Resources for Parents during Online Learning



<https://raisingchildren.net.au>

Provides free, reliable, up-to-date and independent information to help families grow and thrive together. Contains information on COVID-19 and how to help your family cope.



www.esafety.gov.au

Information on how to stay safe online during the COVID –19 pandemic



www.parentline.org.au

1300 130 052

Provides telephone counselling, information and referral service for parents and carers of children ages 0 to 18 who live in New South Wales



www.familyreferralservice.com.au

1800 066 757

Brings together families, support services and community resources so that our children and young people are safe and well



<https://coronavirus.beyondblue.org.au>

1800 512 358

Information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic



<https://emergingminds.com.au>

Resources for parents and carers to best support their children and reduce worry and distress during the COVID-19 pandemic

Welfare News

Resources for Parents during Online Learning

TIPS TO HELP YOU GET THROUGH ONLINE LEARNING

SLEEP SLEEP SLEEP

Keep to your regular school sleep routine.

Including:

- Going to bed at a reasonable time
- Avoid getting into the habit of sleeping in
- Be up and ready to go at 8:30am



SET UP YOUR WORK SPACE

Create a work space that has limited distractions

Have water near by, laptop charged, sit in a well lit space and have any work books you may need for that day



GET ORGANISED

Refer to your regular school timetable to structure your day

Look for when you have video lessons and when work is due to be completed by



TAKE REST BREAKS

Make sure you take breaks for recess and lunch!

Go for a walk, eat some foods, talk to your family and friends to break up your day



STRUGGLING?

You have a range of people at Crestwood to help you with different issues:

- Struggling with work contact your classroom teacher
- Welfare issues contact your Year Adviser
- Technology issues contact Mr Smith

END YOUR DAY

It can get hard to separate home life with school while learning at home. Try and keep your normal schedule where school finishes at 3pm. Finish your work then do something for you!



Mathematical Musings

Submitting work on Canvas.

Students may be asked to submit their work via Canvas whilst we are experiencing Remote Learning. As you can see on the screen shot below there is a button which says “submit assignment”.

The screenshot shows the Canvas interface for an assignment titled "Probability Lesson 3". The page is for the year 2021 and is due on Friday, July 16, 2021, at 23:59. The assignment status is "MISSING". The user is on "Attempt 1" and the status is "IN PROGRESS". The next step is "Next Up: Submit Assignment". There is a "View Feedback" button. The assignment details show "Unlimited Attempts" available after July 16, 2021, at 0:00. The assignment content is a video titled "Probability 5.1 and 5.2" with the subtitle "Lesson 3 : Venn Diagrams". A "Submit Assignment" button is located at the bottom right of the assignment content area.

Or if students scroll to the bottom of the assignment there is an option to Drag files or Upload

This screenshot shows the bottom portion of the Canvas assignment page. It features a video player with several video thumbnails, including one for "Tijana Bunjevac". Below the video player is a dashed box containing a rocket icon and the text "Drag a file here, or Choose a file to upload". There is a "more options" button below this area. At the bottom of the page, there are "Previous" and "Next" navigation buttons, and a "Submit Assignment" button at the bottom right.

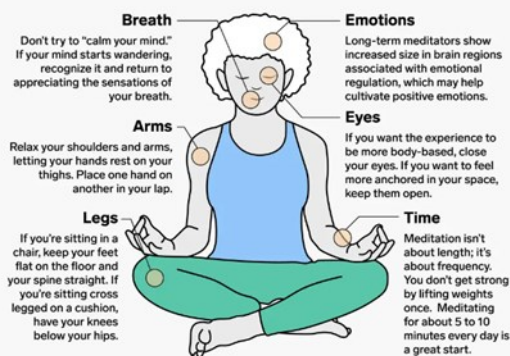


The English faculty has developed a resource to help students flourish while learning from home. The following resource has been created and made available to students as part of a series of extension exercises. It encompasses cross-curriculum links with English, physical activity, and wellbeing. The English faculty encourages not only students, but also staff, families, and the wider Crestwood community, to have a balanced lifestyle during lockdown. These are some great ways to nourish your body, mind, and soul!

ACTIVITY:

- Complete the activities of the first 3 letters of your name. You can do the rest of the activities based on the rest of the letters in your name over a few days.
- Access word of the day: <https://www.merriam-webster.com/word-of-the-day>. Learn the new word and use the first different 3 letters of the word you've learnt to complete the wellbeing activities you have chosen. **NOTE:** Merriam webster is a day behind regarding date. Use the latest word. Repeat this for each word of the day.

6 tips to help you start meditating



Letter	Activity	Letter	Activity	Letter	Activity
A	Aspirational (set yourself 3 achievable goals for today)	J	10 Jumping Jacks (star jumps)	S	10 sit-ups
B	10 Burpees	K	Kindness (let 3 people know something you appreciate them for)	T	Tai chi
C	Colour in	L	10 lunges (5 each leg)	U	Upskill (learn a new activity or skill)
D	Dancing (1 minute)	M	Meditation/Mindfulness (complete a meditation or mindfulness activity)	V	Vacuum your room or the house
E	Eat a healthy meal	N	Nature (spend 5 mins outside listening and watching nature)	W	Walk
F	Family/Friends (check in on 2 family members or friends)	O	Offload (write or tell someone 2 things that are bothering you)	X	eXercise (complete a physical activity)
G	Gratitude (list 5 things you appreciate/are thankful for)	P	10 Push ups	Y	Yoga
H	Help someone (help someone in your house do a job/chore)	Q	Quiet time (arrange 10 minutes away from any distractions)	Z	Zoom (catch up with a friend or family member)
I	Interest (complete a hobby or self-interest activity)	R	Read		

**ACTIVITY:**

Come up with some wellbeing activities that you can do around the house that begin with each letter of the alphabet? Try to avoid activities with screen time.

Pass your list onto a friend and challenge them to complete the first 3 letters of their name. They can do the rest of the activities based on the rest of the letters in their name over a few days.

Letter	Activity	Letter	Activity	Letter	Activity
A		J		S	
B		K		T	
C		L		U	
D		M		V	
E		N		W	
F		O		X	
G		P		Y	
H		Q		Z	
I		R			

Term 3 has begun, and it has brought with it our study of the bard! If you are as excited as the English faculty about studying Shakespeare this term, digital copies of all of his plays can be accessed for free on Project Gutenberg through the MyLibrary link.

SRC NEWS

SRC SPIRIT WEEK 2021

Throughout Week 10 of Term 2, the SRC hosted and ran activities promoting Spirit Week at Crestwood High School. Spirit Week focuses on providing activities to students and staff to promote school spirit and the sporting houses at Crestwood High School – Doyle, Ward, Pearce and Hendle.



The activities throughout the week included a scavenger hunt, trivia, performances by students in the hall, teachers VS students in a variety of sports and students VS the house mascots in volleyball.

SRC would like to acknowledge the efforts of the Year 12 SRC members who were the backbone in planning, advertising, and delivering most of the events. Acknowledgement also goes to the Year 11 SRC team who stepped up and showed leadership through their planning and running of the trivia competition and the teachers VS students

basketball match.

The results of the basketball match were 14-22 students' way. The students displayed much skill and determination. To promote spirit amongst the student body, it was unanimously decided and agreed amongst many teachers, that prior to the match the teachers would let students win to foster pride within the Crestwood High community. The results of the soccer match were 2-1 teachers' way. The goal by Mr Bennett, who played for the student team, was disallowed as it was deemed a foul for handball.



Replicating Maradona's Hand of God was fortunately picked up by the referee and many spectators on this occasion. Special mention to the year 10 students who formed much of the student team. They played with fairness and in good spirits.

Winners of the Scavenger Hunt were: Ramneek M (Yr 8), Arnav A (Yr 8), Abiel R (Yr 7), Bronson W (Yr 7), Dhyan P (Yr 7), Adi P (Yr 7), Mia R (Yr 7), Brianna R (Yr 7), Abbie B (Yr 7), Macey M (Yr 7), Nicole M (Yr 7) and Sybella H (Yr 7), Zac M (Yr 7), Darcy K-T (Yr 7) and Eli S (Yr 7).



SRC NEWS

Special mention to the junior SRC members who assisted throughout the week with the Scavenger Hunt and also to all teachers who supported throughout the week through participating and supervising events. Finally, thank you to all students who participated in the events and made the week a success!



SRC NEWS



SRC NEWS

LEARN FROM HOME 2021



In line with the *MindKind* wellbeing focus for SRC 2021, the year 8 SRC team have developed social media posts promoting wellbeing for students, staff and the wider Crestwood community to remind them of maintaining a balance between work, study, rest, screen and non-screen time. SRC hope the community finds the following 6 tips useful and as a reminder to look after our own wellbeing during this tough time. Special mention to Shivani (Year 8 SRC) who showed initiative to lead the project supported by rest of the year 8 SRC team.

**6 Tips and
Tricks:
online school
edition:)**

BROUGHT TO YOU BY
THE CRESTWOOD SRC

SRC NEWS

Tip #1



Create a regular study space and stay organized

Set up a dedicated learning environment for studying. By completing your work there repeatedly, you'll begin to establish a routine.



Tip #2



Take regular breaks away from screens

This prevents headaches and eye strains. Medical experts recommend looking away from your screen every 20 minutes and looking at something around 20 feet away for 20 seconds

SRC NEWS

Tip #3

Keep in touch with friends

Supportive friends can help you deal with the stresses of life. Friends can make you feel included and cared for. Even in these tough times we can still keep touch with our friends by using social media and texting.



Tip #4

Stay active

Keep active by doing youtube workouts, going on walks with the family or walking your pet. Try to achieve 10,000 steps daily.



SRC NEWS

Tip #5

Make time for yourself

Remember there is more to life than just staying at home and doing school work. Try a new skill such as cooking or art!



Tip #6

Make sure to be safe

Stay safe from Covid-19 by staying home and always washing your hands.





With Term 3 off to an unconventional start, the library is operating with the conviction that flexibility is the new strength. There are staff in the library who are able to assist you with a range of services. Don't worry if you have a book that is overdue; automatic extensions have been provided until face-to-face learning resumes.

In the meantime, readers should take advantage of the online resources available on Oliver. There are tens of thousands of amazing books available from the Project Gutenberg link on Oliver, which can be accessed through the MyLibrary portal. They're all free, and they can be downloaded onto eReaders, tablets, or laptops. You can find virtually all of the classics in Project Gutenberg, from Jane Austen to Mark Twain or William Shakespeare.

If you like news and media, Trove is a great spot to look at some incredible journalism and research from around the world throughout history and up to today. It's operated collaboratively by the National Library of Australia and a huge group of partners, and gives us access to all kinds of cool content. Basically, anything you might find on a visit to a library or a museum can be found in Trove. It's got digital copies of newspapers, magazines, books, photos and pictures, music and interviews. Everything that's on Trove is free, educational, and certified awesome (by Mr. Bernal).

Finally, the debut issue of the *Crestwood High School Feel Good Zine* is completed and is ready to hit the digital shelves. It features poetry and art created by Crestwood students, largely in the Feel Good Friday sessions in the library. You'll be able to find it in the newsletter and on Sentral. The inaugural issue was made collaboratively by students and staff, and if you're interested in being a part of the production process for the upcoming issue, attend the next Feel Good Friday session when face-to-face learning resumes.



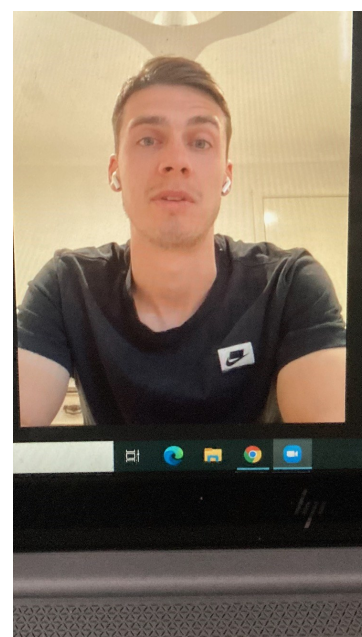
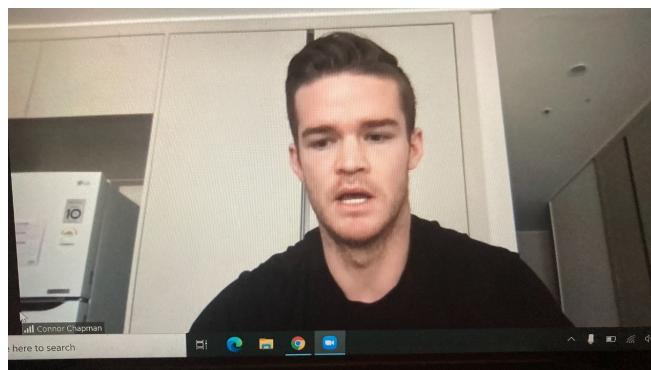
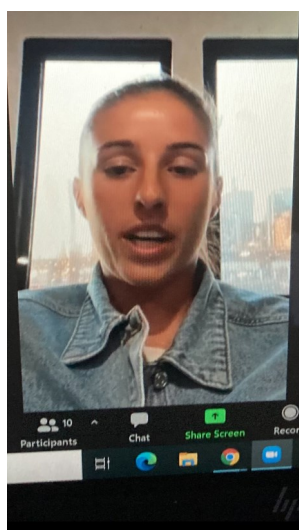
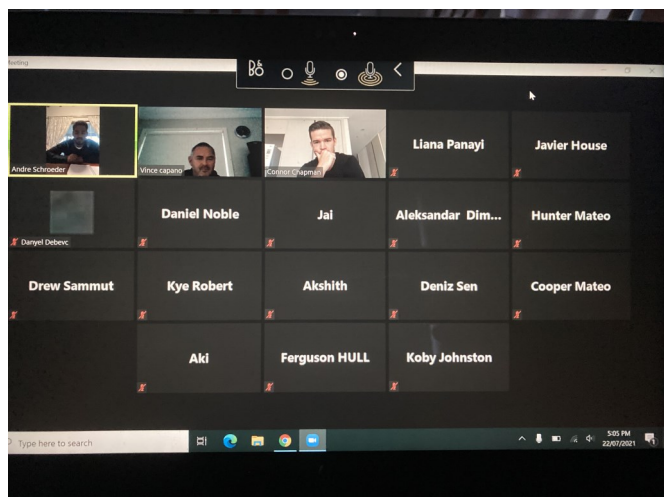
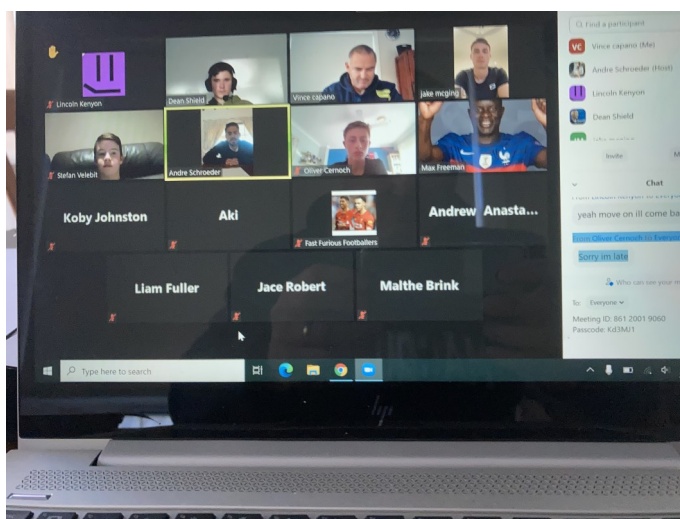
Talented Football Program

During the week the soccer program students had zoom sessions with 3 professional soccer players.

Jake McGing who plays for Macarthur Bulls spoke to our junior players. Amy Harrison who plays in Holland for PSV Eindhoven and played at the 2019 World Cup for the Matildas spoke to our female players and Connor Chapman who plays for FC Seoul in Korea spoke to our senior players. All three players answered all questions put to them by our players.

It was a great insight into their lives and gives our players a chance to hear the work needed to be successful.

Thanks to coach Andre for organising the players and the sessions.



Dear Parents,

Under the Nationally Consistent Collection of Data (NCCD) schools are required to provide information to the Federal Government about the learning adjustments being made by the school for students with disabilities. Please refer to the following fact sheets for detailed information about this process and related weblinks.

Should you wish to speak about this process the most appropriate members of staff to contact is Tracey Cowan.



**Nationally Consistent
Collection of Data**
School Students with Disability

**Education
Council**

Information for parents and carers

WHAT IS THE NATIONAL DATA COLLECTION?

The Nationally Consistent Collection of Data on School Students with Disability (the national data collection) is an annual collection that counts the number of school students receiving an adjustment due to disability and the level of reasonable adjustment they are receiving.

The national data collection counts students who have been identified by a school team as receiving an adjustment to address a disability as defined under the *Disability Discrimination Act 1992* (the DDA). The DDA can be accessed from the ComLaw website at www.comlaw.gov.au.

WHAT IS THE BENEFIT FOR MY CHILD?

The aim of the national data collection is to collect quality information about school students receiving an adjustment due to disability in Australia.

This information will help teachers, principals, education authorities and families to better support students with disability to take part in school on the same basis as other students.

The national data collection provides an opportunity for schools to review their learning and support systems and processes to continually improve education outcomes for their students with disability.

WHY IS THIS DATA BEING COLLECTED?

All schools across Australia collect information about students with disability. But the type of information currently collected varies between each state and territory and across government, Catholic and independent school sectors.

When undertaking the national data collection, every school in Australia uses the same method to collect information. Therefore, a government school in suburban Sydney collects and submits data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The annual collection aims to, over time, lead to nationally consistent, high quality data that will enable schools, education authorities and

governments to gain a more complete understanding of students who are receiving adjustments because of disability in schools in Australia, and how to best support them.

WHAT ARE SCHOOLS REQUIRED TO DO FOR STUDENTS WITH DISABILITY?

All students are entitled to a quality learning experience at school.

Schools are required to make reasonable adjustments, where needed, to assist students with disability to access and participate in education free from discrimination and on the same basis as other students.

These responsibilities are outlined in the DDA and the Disability Standards for Education 2005 (the Standards). The Standards require educators, students, parents and others (e.g. allied health professionals) to work together so that students with disability can participate in education. The Standards can be accessed via the ComLaw website at www.comlaw.gov.au.

WHAT IS A REASONABLE ADJUSTMENT?

A reasonable adjustment is a measure or action taken to help a student with disability access and participate in education on the same basis as other students. Reasonable adjustments reflect the assessed individual needs of the student, and are provided in consultation with the student and/or their parents and carers. Reasonable adjustments can be made across the whole school setting (e.g. ramps into school buildings), in the classroom (such as adapting teaching methods) and at an individual student level (e.g. extra tuition for a student with learning difficulties).

WHAT INFORMATION WILL BE COLLECTED?

Every year your child's school will collect the following information for each student receiving an adjustment due to disability:

- the student's level of education (i.e. primary or secondary)
- the student's level of adjustment
- the student's broad type of disability.

The information collected by schools will be available to all governments to inform policy and program improvement for students with disability.

WHO IS INCLUDED IN THE NATIONAL DATA COLLECTION?

The definition of disability for the national data collection is based on the broad definition under the DDA.

For the purposes of the national data collection, students with learning difficulties, such as dyslexia or auditory processing disorder, as well as chronic health conditions like epilepsy or diabetes, that require monitoring and the provision of adjustments by the school, may be included.

WHO COLLECTS INFORMATION FOR THE NATIONAL DATA COLLECTION?

Teachers and school staff count the number of students receiving an adjustment due to disability in their school, and the level of reasonable adjustment they are provided, based on:

- consultation with parents and carers in the course of determining and providing reasonable adjustments
- the school team's observations and professional judgements
- any medical or other professional diagnosis
- other relevant information.

School principals are responsible for ensuring the information identified about each student is accurate.

HOW IS MY CHILD'S PRIVACY PROTECTED?

Protecting the privacy and confidentiality of all students and their families is essential and is an explicit focus of the national data collection. Personal details, such as student names or other identifying information, are not provided to local or federal education authorities.

Further information about privacy is available from www.education.gov.au/notices.

IS THE NATIONAL DATA COLLECTION COMPULSORY?

Yes. All education ministers agreed to full implementation of the national data collection from 2015. This means that all schools must now collect and submit information annually on the number of students receiving adjustments due to disability in their care, and the level of adjustment they receive.

Information about the arrangements that may apply to your school in relation to this data collection is available from your child's school principal and the relevant education authority.

FURTHER INFORMATION

Contact your child's school if you have further questions about the Nationally Consistent Collection of Data on School Students with Disability.

You can also visit www.education.gov.au/nationally-consistent-collection-data-school-students-disability.

An e-learning resource about the Disability Standards for Education 2005 is freely available for the use of individuals, families and communities at <http://resource.dse.theeducationinstitute.edu.au/>.



TAS TIMES

Year 9 Food Technology at home

It is commendable to see how well some of our year 9 students have adapted to remote learning. Each week they are not only keeping up with theory requirements but have been preparing healthy meals and snacks for the family as well.

Here are some of the things they have presented. You may like to try them yourselves.

Feta Pasta - Annelise Manwaring

<https://feelgoodfoodie.net/recipe/baked-feta-pasta/> (Links to an external site.)

This feta and tomato pasta dish was very successful. The feta cheese and tomatoes roasted perfectly in the oven. Next time I could have used wholemeal pasta and put spinach in it to make it healthier. I could have also used riper tomatoes to make it sweeter.



Giovanna's—ALMOND FLOUR BANANA BREAD

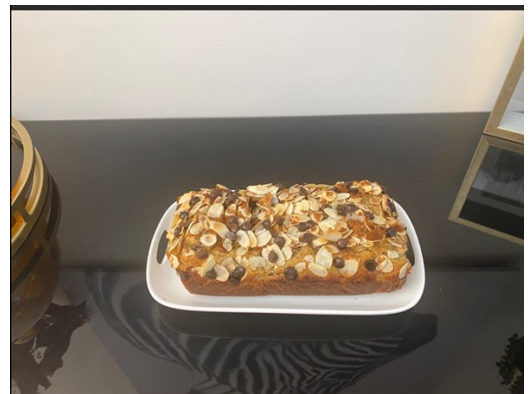
INGREDIENTS

- 3 large eggs
- 3 large very ripe bananas, well mashed (1.5 cups)
- 1 tablespoon vanilla extract
- 2 tablespoons honey* (I didn't use)
- 2 cups blanched finely ground almond flour
- 1 tablespoon ground cinnamon
- ¼ teaspoon Diamond Crystal kosher salt
- 1 teaspoon baking soda

No sugar chocolate chip (if want), 1 tsp coconut sugar, and shredded almond(just enough to cover top of the bread.

INSTRUCTIONS

- Preheat oven to 350°F. Line a small loaf pan (8.5 X 4.5 inches) with parchment paper strips, leaving an overhang on each side of the pan. Lightly spray the lined pan with oil.🔗
- In a medium bowl, whisk together the eggs, mashed bananas, vanilla, and sweetener.🔗
- Gradually whisk in the almond flour, cinnamon, kosher salt, and finally the baking soda. Whisk until smooth.🔗



TAS TIMES

- Using a rubber spatula, transfer the batter to the prepared pan. Gently tap the pan on the countertop to evenly distribute the batter. Place almonds, coconut sugar, and dark chocolate chip over the top.
- Bake the banana bread until browned and set, and a toothpick inserted in its center comes out dry 40-50 minutes.☑
- Using the excess parchment paper as handles, carefully remove the banana bread from the pan and transfer it to a wire rack. Carefully remove the parchment, to allow air to circulate.☑
- Cool the bread completely on the cooling rack, about 2 hours. Slice it into 12 slices, and serve

How it is made healthier:

To make this banana bread healthier than normal ones, almond flour was used instead of normal flour, there was no need for butter, honey replaced sugar, dark chocolate chips instead of milk ones.

Review

I'm really happy with the results. It smells amazing and the taste is fabulous. The banana flavour is very rich and it's nice and sweet even without sugar, the dark chocolate chips really balanced out the sweetness of the banana. The shredded almonds on the top give it a nice variation of texture since then banana bread is nice and soft whereas the almonds add a crunch to it.

You can definitely taste the almond flavour but it has a unique flavour and makes the banana bread richer in a variety of ways. The process to make it is very easy and quick and I would 100% recommend it when you want a nice healthy treat.

Year 7 Technology Classes

Year 7 have been cooking up a storm with Fluffy Pancakes in Week 1. They joined me on Zoom as I explained some basics of measuring ingredients and cooking from my own kitchen then they worked at home from this recipe

Fluffy Pancakes

- 1 cup plain flour
- 2 tablespoons white sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil or butter to cook with

Step 1 In a large bowl, mix flour, sugar, baking powder and salt. Make a well in the centre, and pour in milk, egg and oil. Mix until smooth.

Step 2 Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot

TAS TIMES

This is what a few of them had to say about their results.

Aiden Cash

Added bananas to his basic recipe as he describes here

- Recipe:1. Mash the banana into a bowl.
2. Then put the egg and milk in the bowl and mix,
 3. Then put the dry ingredients in and mix again.

He then followed the instructions and commented

I would say that at the end of the cooking once it was all done, me and my family really enjoyed them, and it was fun to make the pancakes with my dad. It tasted good, so I think that all in all my pancakes turned out good. Everything was pretty easy with the turning and mixing but when I tried to flip the pancake one of the two times it went everywhere.

Jade Debono

I used the recipe that you supplied me and I was willing to try a different one that I would normally use. When I make pancakes next, I will definitely be using that recipe. They were so much fluffier than what I am used to. The twist I put on the recipe was adding choc chips. The choc chips do not look very appealing in the pancakes, but they sure do taste amazing. I used a small metal whisk to get rid of the lumps. I did make quite a bit of mess while scooping in the batter and I could have cooked them for a bit longer. I (being covid-safe) dropped them off at my grandmother's house and she said that they tasted 'beautiful'.

Ceaden Jones

The pancakes I cooked were delicious. Although thick, they cooked all the way through without burning. To make the batter I used the recipe you sent us 50 g butter (melted)) but I tweaked it slightly to use half of the amount of ingredients, and I also added some bicarbonate soda and vanilla extract. For the first pancake I had some trouble flipping it because a chunk of the pancake broke off, but I just put it back on and it got cooked back together. Finally, to finish I added maple syrup and ice cream.

CAREERS NEWS



EVET Application Forms – Year 10 & 11 – Due: 20 August 2021

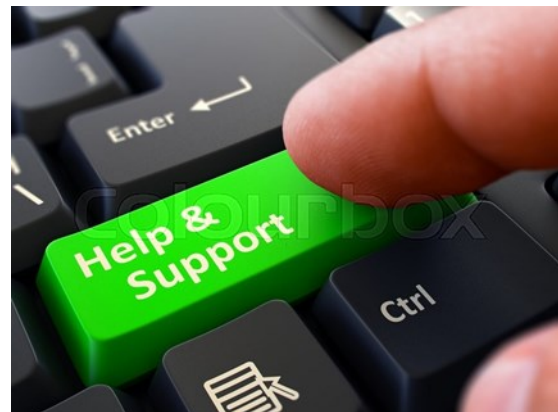
If you are applying for an EVET course (TAFE or other provider) next year to study one of your courses. Application forms need to be returned to Mrs Fisher by either email (christina.fisher@det.nsw.edu.au) or by placing the paper form in the school letterbox at the school entrance. A copy of the forms were emailed last term to students email accounts and to parents nominated account. They will be re-emailed again in the next few days. Please ensure that the USI is completed and you have signed the paperwork. NESA and ERN numbers if unknown can be left blank as the school has these numbers.



Work Experience – Term 4 – Year 10 & EVET Students

A number of students are worried about work experience/placement in Term 3 & 4 and returning their paperwork on time. As we are in the middle of a lockdown, it is not expected that students are able to be looking for work or completing any work experience. Other than essential services, most employers cannot accept students at this time or even make decisions about what they will be able to do in November (Year 10 work experience). Parents and students will be informed as soon as the school knows what conditions we will be operating in closer to Term 4. So in the meantime, if you do have paperwork, you may email a copy to Mrs Tina Fisher on christina.fisher@det.nsw.edu.au. EVET students TAFE will be in contact with you as the situation evolves. However, the Department of Education has stated that students will be exempted from completing 2021 work placement hours if not already done or unable to do so.

CAREERS NEWS



Year 12 Careers – Post school help

Any help needed for early entry applications, UAC applications, SRS applications please SENTRAL Message or email Mrs Fisher (christina.fisher@det.nsw.edu.au) or SENTRAL message. If you need her to contact you, as you need to talk about the issues please supply a number of days and times and best contact number she can contact you. If you need her to check documents, please email them and she will respond as soon as she can. Please allow time for her to respond as everyone is communicating through emails and SENTRAL messages and it takes time to process them all. Please keep reading your careers newsletters – Study Work Grow (SWG) and Job Jump to get all the latest careers information and changes that maybe occurring.



Study Work Grow

The logo for Study Work Grow consists of a blue L-shaped line forming a corner, with the text 'Study Work Grow' in a bold, dark blue font to its right.

Job Jump

The logo for Job Jump features the words 'Job Jump' in a bold, black, sans-serif font. The letter 'J' in 'Jump' is stylized to include a silhouette of a person jumping, with arms and legs raised.