

Jerdacuttup Primary School Newsletter



Tuesday, 1 November 2022

<http://jerdacuttupschool.wa.edu.au/>

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Kier Douthie
Principal

Reliability – Our new Virtue of the Month

What is it?

Reliability means that others can depend on you to keep your commitments. Reliability is doing something that you have agreed to do in a predictable way without forgetting or having to be reminded. When you practice reliability, you really care about what doing what you said you would do. Other people can relax knowing it is in your reliable hands.

Why Practice it?

When people are unreliable, others can't trust them to keep their promises. If airplanes, trains or buses are late, passengers can miss important appointments. If someone keeps forgetting to do what they said they would do, they let people down. When you are reliable, people can trust you to show up on time, be where you promised to be, to put tools away, to get the job done.

You can Practice Reliability by:

Making agreements you can keep. Then do everything in your power to do what you agreed to do. Give your best effort to every job, and take your responsibilities seriously. Plan ahead and leave enough time to finish what you start. If problems arise, find another way. Return what you borrow. Most of all keep your word.

Positions Vacant

The positions of Cleaner and Gardener have been advertised on the WA Government jobs WA website if you know of anyone interested.

Containers for Change

The P&C is registered for the Western Australian recycle program Containers for Change. All recyclable containers (with the 10c mark) can be returned to the

depot in Hopetoun @ Men in Sheds, or Esperance, to earn a donation to the Parents and Citizens Association.

Just enter the code: C10492199

School Development Day

A reminder that Friday 11th November is a School Development Day. Students do not attend while staff plan for 2023.

End of Year Presentations

All are welcome to join the school end of year presentations at the Jerdacuttup Hall on Thursday 1st December. We will begin proceedings at 9:30am.

Crunch 'n Sip

Both corn and zucchini are going to be available in abundance soon so here we have a delicious, nutritious and easy to cook recipe for you. Great to eat hot or cold.

Crunch&Sip®

ZUCCHINI AND CORN FRITTERS

Ingredients

- 1 medium zucchini, grated
- 2 small red capsicums, seeded and diced
- 1 x 400 g can reduced-salt corn kernels, drained
- 2 spring onions (including green tops), chopped
- ½ cup basil leaves, chopped
- 1 cup reduced-fat cheddar cheese
- freshly ground or cracked black pepper
- ¾ cup self-raising flour
- 3 eggs
- ½ cup low-fat milk
- olive or canola oil spray
- 2 avocados, diced
- 1 large tomato, diced
- juice of 1 lime
- ¼ cup basil leaves, chopped

Prep time: 25 mins
Cook time: 20 mins
Serves: 6



Method

1. Squeeze zucchini of excess liquid and place in a large bowl with ½ of the capsicum and the corn, spring onions, basil and cheese. Season with pepper.
2. Sift flour over vegetables then mix to combine.
3. Pour milk into a jug, add eggs and whisk together with a fork. Add to vegetables and stir well.
4. Heat a large non-stick frypan over medium heat and spray liberally with oil. Drop heaped tablespoons of mixture evenly spread around the pan and spread using the back of a spoon to 8cm diameter. Cook for 2 minutes or firm and golden. Flip and brown on reverse side for 2 minutes.
5. Transfer to a plate, keep warm and repeat with remaining mixture.
6. To make salsa, combine remaining capsicum with avocado, tomato, basil and lime in a medium-sized bowl.
7. Divide salsa between plates and serve with a stack of 3 fritters each.

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