# **FUNHOUSE**

# NEWSLETTER ...

# SUMMER VACATION CARE!

Find photos of our workshops, excursions & in house days attached!!

### **REMINDER**

Just a reminder for those families who receive Child Care Subsidy to ensure all your details in MyGov are up to date and you have no active task in your MyGov account to ensure you receive your CCS. Everyone's CWA (Complying Written Agreement) have been updated to reflect this years bookings, please go into your Xplor Home App to agree and sign this. Families (primary career) would have received an email from Xplor regarding this.

# **School Carpark Reminder**

Families can park in the school: Before 8am and After 4:30pm

We ask that families do not park in the principle or vice principle spaces.

Other parking options include: On Gilham Street | At Castle Towers



# Our Opening Hours & Closure Days

Before School Care: 7:00am-9:00am After School Care: 3:00pm-6:30pm Vacation Care: 7:00am-6:30pm

School Development Days: 7:00am-6:30pm

We are closed during: National Public Holidays (21st Dec 2023 - 5th Jan 2023)



# FUNHOUSE OUR COMMITTEE TEAM



Our next meeting is scheduled for
Monday 25th March 2024 at 7pm - Online
As a non-for-profit organisation, Castle Hill
Funhouse has a management committee
comprised of families who currently use our
service. The committee decides on matters of
policy and meets once a month to make other
major decisions about Castle Hill Funhouse. If
you would like to get involved, please contact
Management via email:
management@castlehillfunhouse.com.au



### The Team

Info@castlehillfunhouse.com.au ph. or text message: 0423 843 917 ph. or text message: 0418 687 579

# **Management**

Info@castlehillfunhouse.com.au ph. or text message: 0423 843 917 ph. or text message: 0418 687 579

# **FUNHOUSE**

# WE LOVE YOUR FEEDBACK

During term we try our best to embed cultural diversity through out our Cooking Club and daily programming, while learning about a new country every two weeks with the children. If any Families or Carers have family recipes or traditional customs, ideas or information they would like to share or see in our program, please feel free to share them with us so we can ensure all children feel valued and included.

We have a sustainability club and the kids are loving it! This club educates children on gardening herbs, vegetables and seasonal fruits. The children also learn about what it means to protect our wild life and their environment. We aim to ensure all children understand the meaning of recycling, correct usage of our bins and saving water. If you and your family have any ideas or suggestions on how we can perfect our club when implementing it into our program please don't hesitate to reach out.

You can email us at edleader@castlehillfunhouse.com.au if you have any feedback you would like to give us on our program or any other areas.

We appreciate it when you have your say!

# This month we're welcoming some of our Educators to the Supervisor Team!













And saying a sad farewell to our bubbly, funny and energetic team member Piper W! We wish her well on her new ventures into Early Childhood and will miss you here at Funhouse.



# DECEMBER/JANUARY VACATION CARE















# PROGRAM FOCUS'S TERM 1 - 2024

We are currently looking to embed more on Aboriginal Torres Strait Islander practices. Our Educational Leader and the team have been working closely together to ensure Funhouse are always intentional when programming and there's nothing we would love more than to see the rich culture of Aboriginal people and their clans in our community highlighted within our centre on a daily basis.

We are also in the process of critically reflecting on what has been and is currently working within our program. We intend to structure our program to ensure more relationship growth between children and educators. In saying this, our goal is to be able to create a program where we have Educators running activities in our afternoon sessions to ensure all children's skills and development are key while engaging them in fun, exciting and thrilling activities.

Within our cooking club we would LOVE if our families could send through any family recipes. Our goal is to ensure children feel connected to their world and find that connecting them through what they know at home and cooking will bring them this foundation. We also look forward to working closely with the children to create their own recipes that they may eventually be able to bring home to you.

If families or our community have any suggestions or input they would like to bring forward, please don't hesitate to reach out to our team!

# **FUNHOUSE**

# • OUR INCLUSION SUPPORT TEAM FOCUS'S TERM 1 - 2024

We're super excited to welcome our 2024 Kindys.

We will be supporting them to adjust to this new transition, helping them settle into the Funhouse routines while making many new friends!

The Kindys will be given a tour of Funhouse so they become familiar with our facilities and they'll also meet all our educators who are keen to meet and support them. We're also excited to foster a positive relationship with the parents to ensure we are able to support our Kindys.

All our children are adjusting to the change of moving into a new grade, having a new teacher and classroom and we aim to support all our children with this transition. For some of our children, we'll start creating personalised behaviour plans alongside their family to set goals for the term and to encourage them to have fun in a safe and appropriate manner. We will work closely with the school to ensure there is consistency in learning and implementation of strategies.

Our ISP Funding Plans are due for renewal this term so I will be working closely with our Inclusion Manager to renew our Strategic Inclusion Plans and funding to ensure we have additional educators to support our children with additional needs.

# **FUNHOUSE**

# A MESSAGE FROM OUR ISP TEAM TERM 1 - 2024

Funhouse is an inclusive centre where we support children of all capabilities. We love seeing our children positively engaging with the program, fostering positive connections with everyone, and growing their independence. We work closely with the children, their families, support networks and school to develop strategies to help them grow. The ISP Manager works in conjunction with KU Children's Services to develop Strategic Inclusions Plans (SIP). The SIP is created for the entire service. It is not focused on one specific child, but how the entire structure of the service can include and support all children. In the SIP, we outline barriers such as children presenting difficult behaviour and different ages requiring different needs. We also outline what strategies are implemented to overcome those barriers. One of the strategies that is implemented is the Inclusion Development Funding (IDF).IDF enables our service to have an additional educator. These educators are an extra staff that is not part of the ratio, which gives them the ability to provide personalised support to children who may be struggle. Personalised support includes conflict resolution, emotional de-escalation, making new friends and the list goes on. They support all children, and not just children with additional needs. Decades ago, IDF allowed the additional educator to be 1-on-1 with a child with additional needs. However, this structure EXCLUDED children with additional needs from the program. Thus the government readjusted the IDF scheme to support all children, regardless of their capabilities.

# Work, Health & Safety team

this week we are saying goodbye to our superstar WHS Assistant and Supervisor Ben. Ben has worked tirelessly to turn Funhouse into a safe and fun environment. Ben is someone that always puts a big smile on our faces and makes us laugh. The children and educators are very sad to see him go but are excited for his next chapter. Ben is moving onto St Vincent's Hospital as registered nurse. We wish you all the best and will miss you dearly.



# You got this!

# WHS TERM 1 FOCUSES

WITH THE DEPARTURE OF BEN, JELENA WILL BE TAKING ON THE MASSIVE ROLL OF WHS ASSIST. THIS IS A TRANSITIONAL PERIOD WHERE JELENA WILL BE LEARNING THE ROPES OF FULFILLING THE ROLE. JELENA IS A VERY DEDICATED AND HARDWORKING INDIVIDUAL WHO WILL FILL THE ROLE AMAZINGLY.

THIS TERM WE ARE CONTINUING TO GET READY FOR ASSESSMENT AND RATING, AUDITING AND MAKING IMPROVEMENTS TO OUR COMPLIANCE DOCUMENTATION AND PROCESSES WHERE NEEDED.

CONTINUE EMBEDDING CHILDREN'S HEALTH AND SAFETY FOCUSES INTO THE PROGRAM.
INCREASING OUR VISUAL DISPLAYS IN OUR LICENSED AREAS AROUND WELLBEING, SUN
SAFETY, SAFEGUARDING AND MENTAL WELLBEING.



# BACK TO SCHOOL!

# 10 TIPS FOR A BALANCED HEALTHY LUNCHBOX & A WEEKS WORTH OF LUNCH BOX IDEAS

- 1. MAKE IT EASY The key is to provide food that's easy for them to eat and to provide it in lunchboxes that are easy for kids to open. For example, if their little fingers struggle to peel a mandarin, then peel it at home so it's ready to go at lunchtime.
- 2. USE LEFT OVERS Make a little extra for dinner, using the left overs as a lunch option. Fried rice, pasta, mac n' cheese etc make great additions to the lunchbox.
- 3. FRUIT AND VEGETABLES Include a mix of fruit and vegetables in lunchboxes to boost nutrition and make sure the kids are getting their essential vitamins and minerals. Add in some vegetable sticks with avocado or hummus for an element of crunch.
- 4. HEALTHY BALANCE School lunches should have a balance of all of the food groups. When packing lunch use the guide below to help ensure your child is enjoying a healthy and balanced school lunch.
- <u>5. GO FOR WATER</u> It's so important to teach your kids to stay hydrated! We need around 8 glasses of fluid each day and water is the best choice. Packing a water bottle with their lunch is the best way for them to develop the habit of staying hydrated and helps remind them to drink regularly.
- <u>6. IS IT ALLERGY FRIENDLY?</u> Food based allergies including peanuts, dairy, gluten, egg etc can be life-threatening. Many schools have food policies to reduce the risk of accidental exposure. We as parents play an important role by following these policies and packing food products that are safe. Keep up to date with your schools policy.
- **7. PREP AHEAD** Chop carrot sticks or dice fruit while you are prepping dinner, this will save you time!
- 8. PLAN A BAKING SESSION Add homemade baked muffins, biscuits, etc to lunchboxes for a treat. Homemade snacks can be a healthier alternative to the ones you find in store (and yummier too!). I freeze all our baking and then place it into the kids' school lunchboxes frozen they're always defrosted by morning tea time. For HEAPS of freezable recipe ideas perfect for school, check out my Lunch Box Recipe Cookbook.
- 9. PACK THE NIGHT BEFORE If you find you're rushed in the school mornings, consider packing the lunches the night before. This will give you enough time to make a balanced and healthy lunchbox. Get the kids to help you, if they do they will be more inclined to eat it all too!
- 10. KEEP IT COOL It's important to pack foods and snacks that will stay fresh for the duration of a school day. Food spoilage can result in illness and can make your children hesitant to eat. A great idea to keep the lunchbox cool is to add a freezer block in their lunch bag to keep the food fresh all day.

### DAY 1 - MONDAY

CHERRY TOMATOES
CUCUMBER SLICES
PEACH
SALADAS
SNAP PEAS
CHEESE CUBES
CHEESY BACON AND VEGETABLE
MUFFINS



DAY 3 - WEDNESDAY

KIWI FRUIT AND RASPBERRIES
CHEESE CUBES
MINI CHOCOLATE CHIP ZUCCHINI
MUFFINS
MAC AND CHEESE WITH HAM (COULD
ALSO USE A STORE-BOUGHT VERSION)



DAY 5 - FRIDAY

GRAPES
PLUM
CHEESE CUBES
SALAD – LETTUCE, CHERRY TOMATO
AND CUCUMBER
HOMEMADE BEEF AND VEGETABLE
SAUSAGE ROLLS + TOMATO SAUCE



**DAY 2 - TUESDAY** 

CHERRY TOMATOES
BABY CUCUMBER SLICES
POPCORN
CRACKERS AND CHEESE
LUNCH-PUNCHED VEGEMITE
SANDWICH



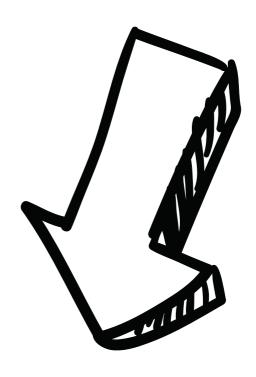
DAY 4 - THURSDAY

MANDARIN PIECES
CRACKERS
CHICKEN AND SALAD WRAP
BLISS BALLS – I USED THIS ALMOND AND
PUMPKIN SEED BLISS BALL RECIPE, AND
REPLACED THE ALMONDS WITH A CUP OF
ROLLED OATS SO THAT THEY WERE NUTFREE.



We're always so focused on finding new recipes for our cultural discovery. This month our Educators decided to share some of their favourite recipes with you





# Mars bar slice

### **Educator- Chloe**

# Ingredients

50g Coles Organic Unsalted Butter
1 tbsp golden syrup
4 x 53g Mars bars, finely chopped
3 cups (60g) rice bubbles
200g CADBURY Baking Milk Chocolate
20g copha

# Step 1

Grease and line the base and side of a 19 x 29cm slice pan with baking paper, allowing the sides to overhang.

Mars bar slice step 1

# Step 2

Combine the butter, golden syrup and three-quarters of the Mars bars in a medium saucepan over low heat. Cook, stirring with a wooden spoon, for 5 minutes or until Mars bars and butter melt and mixture is smooth. Remove from heat.

mars bar slice step 2

# Step 3

Place the rice bubbles and remaining Mars bar in a large bowl. Add the Mars bar mixture and stir until well combined. Spoon into the prepared pan and use the back of a spoon to smooth the surface. Set aside for 1 hour to cool completely.

# Mars bar slice step 3

# Step 4

Place the chocolate and copha in a heatproof bowl over a saucepan half-filled with simmering water, stir until chocolate melts. Pour chocolate over the top of the slice to evenly coat. Set aside for 30 minutes to set. Cut into squares to serve.

# Dumplings Educator- Whitney

### Ingredients

400g pork mince
1 teaspoon ginger
2 stems green onion
1 tablespoon light soy sauce
2 tablespoon Chinese cooking wine
1/2 teaspoon salt
2 teaspoon sesame oil
50-60 dumpling wrappers

### Method

Mince ginger and finely chop the green onion
Put everything (except the dumpling wrappers) into a large
mixing bowl

Mix everything until it becomes paste like
Put a dumpling wrapper into the palm of your hands.
Add roughly ½ a tablespoon worth of filling into the centre of
the wrapper

Dab water across one side of the dumpling wrapper Fold and press down to ensure the ends are sealed

### **Notes**

You can get creative with how you fold the edges, but I just like to fold them in half = efficiency

Easy to store in freezer = make sure you lay them out separately on a chopping board and put it in freezer first. About 3 hours later, you can dust them in cornstarch/flour and put it in a zip lock bag and put into the freezer

If you run out of filling, I like to use the leftover dumpling wrappers to make scallion pancakes. Where you chop up green onion and mix it with salt and oil. Then I'll lay the dumpling wrapper flat, spread the mixture across, roll it up like a cinnamon scroll, then flatten it using a rolling pin. FYI – dumpling wrappers get mouldy fast once exposed to air. I learnt the hard way

For more veggies, you can finally chop nappa cabbage and mix it into the filling.

# Lolly Cake Educator- Sylvie

# Ingredients:

- One packet of NZ malt biscuits
- One packet of mini marshmallows
- Half a tin of skim condensed milk
- 120g of melted butter
- Shredded coconut

# Steps:

- 1. Melt butter
- 2. Ground malt biscuits
- Add melted butter and condensed milk together
- 4. Add butter and condensed milk mixture into bowl with malt biscuits.
- 5. Add marshmallows gradually whilst stirring.
- Take mixture out of bowl once all joined and shape into log.
- 7. Roll log in coconut then wrap in tinfoil.
- 8. Place in fridge to freeze. Slice then serve.

# Creamy chicken chorizo pasta Educator- Harry

**Ingredients** 

300 g (10.5 oz) rigatoni (or another type of short pasta) 1 tablespoon olive oil 170 g (6 oz) chorizo, sliced 350 g (12 oz) chicken breast, diced 1 small red onion, finely diced 1 small red pepper, diced 3 garlic cloves, minced 1/2 teaspoon dried oregano 1/2 teaspoon dried marjoram 1/4 teaspoon red chilli flakes 1 tablespoon tomato paste 200 ml (1 cup) chicken stock 200 ml (1 cup) double cream 6 leaves fresh basil, roughly torn 1 tablespoon fresh parsley, chopped 30 g (1/4 cup) grated Parmesan

 Bring a pot of water to boil, salt it generously and cook the pasta according to the instructions on the package.
 Reserve a cup of water before draining.

2. Meanwhile, heat the olive oil in a large, deep pan and fry the chorizo for 1-2 minutes over medium-high heat until slightly crispy.

3. Add the diced chicken breast to the pan and continue to cook for 4-5 minutes until the chicken is mostly cooked through.

4. Next, add the red onion and red pepper to the pan and cook for 2-3 minutes until softened.

5. Stir in the garlic, oregano, marjoram, chilli flakes and tomato paste.

6. Add the chicken stock and allow the sauce to get bubbling. Lower the heat and stir in the double cream. Allow it to bubble again for 1-2 minutes, then turn off the heat.

7. Transfer the cooked pasta to the pan and toss it well. Stir in the fresh basil, parsley and grated Parmesan.

8. Season to taste and serve immediately, with extra grated Parmesan on top if you like.

# Gluten Free French toast sticks (Egg free)

# **Educator- Emily**

# Ingredients

3/4 cup non-dairy milk
1 Tablespoon cornstarch
1/4 teaspoon cinnamon
pinch salt
6 slices bread
4 Tablespoons vegan buttery spread
5 Tablespoons organic cane sugar
3/4 teaspoon cinnamon

# **Method**

- Cut each slice of gluten free bread into three sticks. Set aside.
- Place the 5 Tablespoons of sugar and the <sup>3</sup>/<sub>4</sub> teaspoon of cinnamon in a bowl. Set aside.
- Place the non-dairy milk, cornstarch, cinnamon, and salt in a shallow bowl and whisk together.
- Place one tablespoon vegan buttery spread in a frying pan and melt over medium heat. A non-stick pan like Green Pan works really well for this recipe.
- Once the pan is hot and the buttery spread is sizzling, dip a stick of bread into the milk and cornstarch, making sure the bread is coated on both sides. Place in the hot frying pan.
  - Repeat, but don't crowd the pan.
- Use your spatula to move the bread in the pan a little bit so it doesn't stick. After about 3-4 minutes, flip the bread.
- The French toast should be golden brown and crisp on both sides.
- Once the toast is golden brown, dip each stick into the cinnamon sugar mixture. Roll each stick around so it gets a good coating on it.
- Repeat with remaining batter, bread, and sugar coating.
- Serve French toast sticks with warm maple syrup, powdered sugar, jam, or fresh fruit.

# Bangers & Mash (Sausage with Onion Gravy)

# Educator - Lachie

### Ingredients

1/2 tbsp oil
8 sausages of choice
1 large onion , halved and finely sliced (yellow, white or brown) (Note 2)
2 garlic cloves , minced
3 tbsp flour (plain)
2 cups beef stock/broth , low sodium, store bought or homemade (Note 3)
1/4 tsp salt
1/2 tsp black pepper

### **TO SERVE**

Mashed potato Peas

### Instructions

Cook sausages: Heat oil in a large skillet / fry pan over medium high heat. Add sausages and cook, turning, until browned as much as possible all over and cooked through. Cook time will differ depending on sausage size – mine take around 8 minutes.

Remove sausages onto a plate. Turn heat down to medium.

**2 tbsp oil remaining:** You need around 2 tbsp oil left in the skillet. If you have much less, add a bit of butter or oil.

Saute onion and garlic: Add onion and garlic, cook until golden brown – around 4 minutes.

**Cook off flour 2 minutes:** Add flour and mix through. Then cook, stirring constantly for 2 minutes.

**Gradually add beef stock:** Add about 3/4 cup of beef broth and mix into the onion so it becomes a sludge. Then add remaining beef broth and mix until combined. If it's lumpy, use a whisk to help make it smooth.

**Thicken gravy:** Simmer, stirring, for 2 to 3 minutes until the gravy thickens but is slightly thinner than you want – it will thicken more as you serve it.

**Season:** Add salt and pepper. Stir, taste, then add more salt if you want. Serve sausages with plenty of gravy, with mashed potato and peas on the side. (Low carb option – Creamy Cauliflower Mash)

# Tiramisu

# Educator - Nicola

# Ingrediants:

2 cups strong black coffee
1/2 cup marsala (see note)
3 eggs, separated
1/3 cup caster sugar
250g mascarpone
300ml Bulla Thickened Cream, lightly whipped
1 large packet of sponge finger biscuits
(savoiardi)
Cocoa powder, for dusting

### Step 1

Pour coffee and marsala into a shallow dish or baking dish. Set aside.

# Step 2

Beat egg yolks and sugar in a large bowl with electric beaters until pale and thick. Add the mascarpone and whipped cream, mixing gently until just combined.

### Step 3

Beat egg whites in a medium bowl with electric beaters until soft peaks form. Using a large metal spoon, gently fold egg whites into the mascarpone mixture.

# Step 4

Dip enough biscuits into the coffee mixture to cover the base of a 19cm square ceramic dish. Cover the biscuits with one-third of the mascarpone mixture. Repeat layers 2 times, ending with the cream. Cover with plastic wrap and refrigerate for at least 2 hours. Dust generously with cocoa powder and serve.

# Beetroot Brownies Educator - Dylan

### Ingredients:

500g whole raw beetroot (3-4 medium beets)
100g unsalted butter, plus extra for the tin
200g bar plain chocolate (70% cocoa)
1 tsp vanilla extract
250g golden caster sugar
3 eggs
100g plain flour
25g cocoa powder

### STEP 1

Wear a pair of rubber gloves to stop your hands from staining, then top, tail and peel the beetroot – you'll need about 400g flesh. Roughly chop and put into a large bowl. Add a splash of water, cover with cling film, then microwave on High for 12 mins or until tender.

### STEP 2

Heat oven to 180C/160C fan/gas 4. While the beetroot cooks, butter then line a 20 x 30cm traybake or small roasting tin. Roughly chop the chocolate and cut the butter into cubes. Tip the cooked beetroot into a sieve, drain off any excess liquid, then put into a food processor or blender with the chocolate, butter and vanilla. Whizz until the mix is as smooth as you can get it. The chocolate and butter will melt as you do this.

### STEP 3

Put the sugar and eggs into a large bowl, then beat using an electric hand whisk until thick, pale and foamy, about 2 mins. Spoon the beetroot mix into the bowl (it won't look too pretty at this stage, but bear with me), then use a large metal spoon to fold it into the whisked eggs. Try to conserve as much air in the mixture as you can. Sift in the flour and cocoa powder, then gently fold these in to make a smooth batter.

### STEP 4

Pour into the prepared tin and bake for 25 mins or until risen all over, with just the merest quiver under the centre of the crust when you shake the pan.

Cool completely in the tin, then cut into squares.

# Loaded Vegetarian Quiche Educator - Nathan

### Ingredients

1 (9 inch) deep-dish pie crust

1 tablespoon olive oil

1/2 cup sliced onion

1/2 cup chopped green bell pepper

1/2 cup mushrooms, sliced

1/2 cup chopped zucchini

1 large tomato, sliced

2 tablespoons all-purpose flour

2 teaspoons dried basil

3 large eggs, beaten

1/2 cup milk

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 1/2 cups shredded Colby-Jack cheese

- Preheat the oven to 400 degrees F (200 degrees C).
- Bake pie crust in preheated oven until firm, about 8 minutes.
- Remove crust from the oven and set aside. Reduce oven to 350 degrees F (175 degrees C).
- Heat olive oil in a large skillet over medium heat. Add onion, bell pepper, mushrooms, and zucchini and cook, stirring, until softened, 5 to 7 minutes. Remove vegetables from skillet and set aside.
- Sprinkle tomato slices with flour and basil; cook in the skillet over medium heat for 1 minute per side. Set aside.
- Whisk eggs, milk, salt, and pepper together in a small bowl.
- Spread 1 cup cheese in the bottom of pie crust. Layer vegetable mixture over the cheese, then top with tomato slices. Pour egg mixture over top and sprinkle with remaining 1/2 cup cheese.
- Bake in the preheated oven until a knife inserted near the center comes out clean, 40 to 45 minutes. Cool 5 minutes before serving.

# Homemade Sushi Educator - Steph

# Ingredients

1 1/3 cups water

2/3 cup uncooked short-grain white rice

3 tablespoons rice vinegar

3 tablespoons white sugar

1 1/2 teaspoons salt

4 sheets nori seaweed sheets

1/2 pound imitation crabmeat, flaked

1 avocado - peeled, pitted, and sliced

1/2 cucumber, peeled, cut into small strips

2 tablespoons pickled ginger

- Gather all ingredients. Preheat the oven to 300 degrees F
   (150 degrees C).
- Bring water to a boil in a medium pot; stir in rice. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.
- Mix rice vinegar, sugar, and salt in a small bowl. Gently stir
  into cooked rice in the pot and set aside.
- Lay nori sheets on a baking sheet.
- Heat nori in the preheated oven until warm, 1 to 2 minutes.
- Center 1 nori sheet on a bamboo sushi mat. Use wet hands to spread a thin layer of rice on top. Arrange 1/4 of the crabmeat, avocado, cucumber, and pickled ginger over rice in a line down the center.
- Lift one end of the mat and roll it tightly over filling to make a complete roll. Repeat with remaining ingredients.
- Use a wet, sharp knife to cut each roll into 4 to 6 slices.

# Sticky Date Pudding Educator - Piper E

### Ingredients

250g pitted dates, chopped
1 tsp Coles Bicarbonate Soda
1 1/2 cups boiling water
125g Lurpak unsalted butter, softened
1 cup brown sugar
1 tsp vanilla extract

2 eggs 1 3/4 cups self-raising flour, sifted

### Caramel sauce

1 cup brown sugar 300ml Bulla Thickened Cream 1/2 tsp vanilla extract 60g butter

### Step 1

Preheat oven to 180°C. Grease and line the base of a 7cm deep, 22cm (base) cake pan.

### Step 2

Place dates and bicarbonate of soda into a bowl. Pour over boiling water. Allow to stand for 20 minutes.

### Step 3

Using an electric mixer, beat butter, sugar and vanilla until pale and creamy. Add eggs, 1 at a time, beating well after each addition. Using a large metal spoon, fold through date mixture and flour until well combined.

# Step 4

Spoon mixture into prepared cake pan. Bake for 35 to 40 minutes or until a skewer inserted into the centre comes out clean. Turn onto a plate.

# Step 5

Make sauce: Combine all sauce ingredients in a saucepan over medium heat. Cook, stirring often, until sauce comes to the boil. Reduce heat to medium-low. Simmer for 2 minutes.

# Step 6

Pierce pudding all over with a skewer. Pour 1/2 cup of warm sauce over warm pudding. Stand for 10 minutes. Cut into wedges. Serve with remaining sauce.

# Creamy Chicken Loaded Fries Educator - Cameron

750g frozen McCain pub style straight fries 750 grams frozen McCain pub style straight fries

5ml Woolworths extra virgin olive oil cooking spray 5 millilitres Woolworths extra virgin olive oil cooking spray

125g Woolworths shortcut bacon, finely chopped 125 grams Woolworths shortcut bacon, finely chopped

500g Woolworths RSPCA Approved chicken breast fillets, cubed 500 grams Woolworths RSPCA Approved chicken breast fillets, cubed 1/4 bunch spring onions, thinly sliced 1 quarters bunch spring onions, thinly sliced

175g MasterFoods creamy chicken & mushroom recipe base 175 grams
MasterFoods creamy chicken & mushroom recipe base
300ml Woolworths light sour cream 300 millilitres Woolworths light sour
cream

# Step 1 of 4

Cook fries in oven according to packet directions.

### Step 2 of 4

Meanwhile, spray a large frying pan with oil. Heat over medium heat. Add bacon and cook, stirring often, for 4 minutes or until golden. Transfer to a small plate and cover.

# Step 3 of 4

Spray pan with oil. Increase heat to medium-high. Add chicken. Cook, stirring often, for 5 minutes or until light golden and cooked through. Add half of the onion. Cook, stirring often for 2 minutes. Stir in recipe base, 1/3 cup sour cream and half of the bacon. Stir to combine. Simmer for 2 minutes or until heated through. Season.

# Step 4 of 4

Spread fries over a large serving plate. Top with chicken mixture and remaining sour cream. Sprinkle with remaining bacon and onion. Serve.

# Creamy fettuccine carbonara Educator - Nick

# **Ingredients**

375g fresh fettuccine pasta
20g butter
175g shortcut bacon rashers, chopped
2 garlic cloves, crushed
2 tsp fresh rosemary, finely chopped
2 x Coles Australian Free Range Eggs
2 egg yolks
1/2 cup Bulla Cooking Cream
1/3 cup parmesan, finely grated

# Step 1

Cook pasta following packet directions.

### Step 2

Meanwhile, melt butter in a frying pan over medium heat. Add bacon. Cook for 4 minutes or until golden. Add garlic and rosemary. Cook, stirring, for 1 minute or until fragrant.

# Step 3

Whisk eggs, yolks, cream and parmesan in a bowl. Season with salt and pepper. Drain pasta and return to saucepan. Add egg mixture and bacon mixture to pasta. Cook, tossing over low heat, for 1 minute or until sauce thickens and coats pasta. Serve.

# Late summer apple pie Educator - Martin

### **INGREDIENTS**

1.5kg green apples
150g muscovado\* or light brown
sugar
1 tsp ground cinnamon
1/2 tsp freshly grated nutmeg
lcing sugar, to dust
Thick cream or ice cream, to
serve

### **PASTRY**

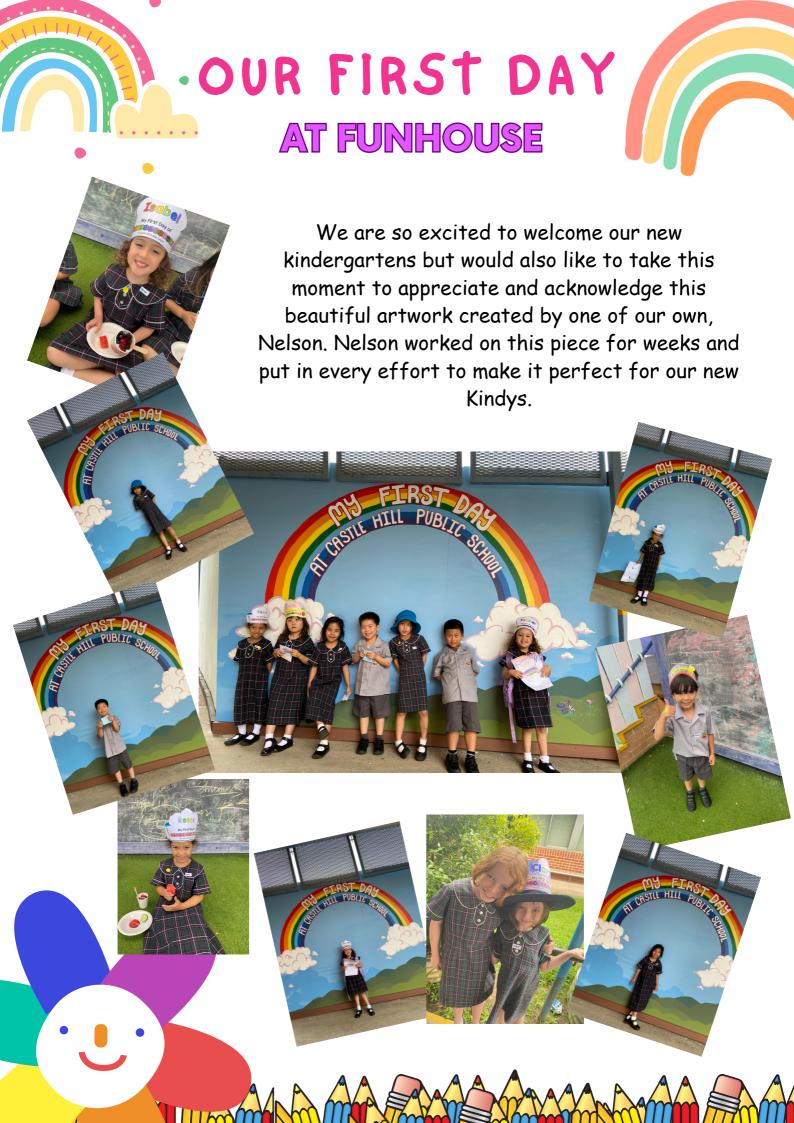
2 1/3 cups (350g) unbleached plain flour\* or regular plain flour
2 tsp baking powder
175g chilled unsalted butter,
chopped
1/2 cup (110g) caster sugar
1 egg, lightly beaten
1-2 tbs cold milk (optional), plus
extra to brush

### **METHOD**

- 1. For the pastry, place the flour, baking powder, butter and caster sugar in a food processor and whiz until the mixture resembles breadcrumbs. Add the egg and pulse until the dough comes together in a ball. (You may need to add a little milk if the mixture is too dry.) Enclose in plastic wrap and chill in the fridge for 1 hour.
- 2. Meanwhile, peel, core and slice the apples 1cm thick. Place in a pan with the muscovado or brown sugar, spices and 2 tablespoons cold water. Stir over low heat to dissolve the sugar, then cover and cook for 3-4 minutes until the apples start to soften. Allow to cool.
- **3.** Grease a deep 20cm loose-bottomed tart pan. On a lightly floured bench, roll out two-thirds of the pastry until 5mm thick, then use to line the base and sides of the pan. Prick the base with a fork, then chill for a further 30 minutes.
- 4. Roll out the remaining pastry into a 22cm circle (this will be the pastry lid). Enclose the circle in plastic wrap, then place in the refrigerator until ready to use.
  - 5. Preheat the oven to 180°C.

- **6.** Line the tart case with baking paper and fill with pastry weights or uncooked rice. Bake for 10 minutes.
- 7. Remove the baking paper and weights, then bake for a further3-5 minutes until the tart case is golden and dry.
  - 8. Fill the tart case with the cooled apple mixture and top with the pastry lid.
- 9. Trim excess pastry and pinch edges together to seal. Brush with a little milk, then return the pie to the oven to bake for a further 20-25 minutes until golden.
- 10. Allow the pie to to cool in the pan. Transfer to a serving plate, then dust the pie with icing sugar. Serve warm or cold with thick cream or ice cream.

# No-churn boysenberry ice-cream Educator - Jack **INGREDIENTS** 300g fresh or frozen blueberries 200g fresh or frozen boysenberries Juice of 1 lemon 2 tbs creme de cassis (blackcurrant liqueur) or fresh orange juice 600ml thickened cream 395g can sweetened condensed milk Waffle cones (optional), to serve **METHOD** 1. Place berries, lemon juice and 1/3 cup (80ml) water in a medium saucepan over high heat and bring to the boil. Boil, stirring occasionally, for 5-7 minutes until berries start to break down and liquid thickens and has reduced to 1/3 cup (80ml). Set aside to cool. Stir in liqueur or orange juice. Reserve 2 tbs berry sauce. Place cream and condensed milk in the bowl of a stand mixer fitted with the whisk attachment and beat on medium speed until soft peaks form. 2.Stir berry mixture through cream mixture until well combined. Spoon half the berry cream mixture into a 2L metal loaf pan. Swirl through 1 tbs reserved berry sauce. Repeat with remaining berry cream mixture and reserved berry sauce. Cover surface with plastic wrap (ensure plastic wrap is touching the surface of the ice cream) and freeze overnight until firm. **3.** Serve scoops of ice cream in waffle cones, if using.



# 2024 Key Aboriginal and Torres Strait Islander Dates



26 January

Day of Mourning

13 February

Apology Day

21 February

International Mother Language Day

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17 March

Close the Gap Day

26 May

National Sorry Day

27 May

1967 Referendum Anniversary

27 May-3 June

Reconciliation Week

3 June

Mabo Day

7-14 July

NAIDOC Week

# 2024 Key Aboriginal and Torres Strait Islander Dates



# 4 August

Aboriginal and Torres Strait Islander Children's Day

# 9 August

UN International Day of World's Indigenous Peoples

# 23 August

Anniversary of the Wave Hill Walk-Off

# 4 September

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Indigenous Literacy Day

# 13 September

Anniversary of The UN Declaration On The Rights of Indigenous People

# October

Indigenous Business Month

# 20-27 October

Aboriginal Languages Week

# 26 October

Anniversary of the Uluru Handback

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# 10 December

Human Rights Day

# 20 December

Anniversary of the Barunga Statement

# 24 December

Anniversary of the Native Title Act

All dates were correct at the time of creating this guide