But ‘Tomato Soup’ with mini meatballs (that took me three hours to roll), surely would be ‘G’ rated! Maybe ‘PG’ if you are worried about choking on mini meatballs – but they were super soft! (Seriously I had to make around 60 mini meatballs! Never again – next time they’ll be extra-large ones!).

Anyway, not willing to accept that Tomato soup with up to 60 mini meatballs could not be suitable for children, I decided to entertain myself by offering my daughter the opportunity to push aside her soup if she would be willing to eat what I had cooked for my wife and I (which was added to the soup as I didn’t want to push things too far). My daughter asked what was in the pan – I told her that she would have to take the risk!

The risk that she would be taking by not eating her tomato soup was a pan full of peas and broccoli! I’m not sure that this was one of my greatest parenting moments but it was the holidays and I was intrigued with how much she didn’t want to eat the Tomato soup!

For me, when I was growing up, I’d take 4 litres of Tomato Soup (with mini meatballs) over just one pea and a speck of broccoli! However, nowadays, in terms of getting vegetables into my children I’d take broccoli and peas over tomatoes any day - surely! Anyway, after a moment of deliberation my daughter decided to push her soup aside and try her luck on the mystery pan of food! I couldn’t believe it!
Here I was avoiding putting greens into my daughter’s soup as I thought that it would cause too much distress, and now I had received a free pass to serve up broccoli and peas – with no complaints!

My memory of broccoli and peas growing up was that they were mushy and stringy and greeny and sloppy and smelly and tasted like...soggy grass! To me, when I was 9 years old they were the number one food for ‘Adults!’ If I was in charge of the laws at that age I would have made the serving of anything green to children as illegal!

Anyway, it was time to share the mystery ‘box’ (or pan) to my daughter who was slightly nervous! Thinking that I could change my daughters mind about the tomato soup (and the 60+ mini meat balls) by tricking her with the greens, I couldn’t believe that as soon as she saw the extra-large tablespoon (which I deliberately grabbed from the drawer) full of steamed peas and broccoli pieces, a huge smile appeared on her face! She then gobbled it up and asked for more! 6 spoonfuls later and the pan was empty!

Seriously, was she playing with me! Had the tables turned? What did I miss? My 60 mini meatballs sat waiting in a pool of tomato and carrot soup while she hooked into steamed greens that took 5 minutes to cook! Next time my daughters accuse me of providing food that is not suitable for children I’ll have a bowl of steamed spinach with poached brussel sprouts (not sure if you can poach them but I’m sure it will add to their appeal) wrapped in bok choy and held together with roasted celery sticks! Then we’ll see how they’ll rate the Tomato Soup and mini meatballs!

If you are interested in making tomato soup with mini meatballs I’m happy to share the recipe!

Now that I have go that off my chest let’s look at some of our keys events for term three!

- Footsteps Dance Program! Students have commenced learning their dance routine this week! Parents will get the chance to see the students perform their dance at the End of Year Festive Concert/Art Show in December! Students in Year 5 and 6 will be participating in the program on Thursday.
- Athletics for students in Years 4, 5 and 6. These sessions will be held every Thursday from 2:15pm to 3:15pm where the students will be learning the skills and technique of a variety of athletics activities.
- National Schools Tree Planting Day Friday 24th of July to launch our partnership with Victoria University, Melbourne Water and Brimbank Council in adopting an area of Kororoit Creek. We are hoping to have as many parents join us to assist in planting over 500 plants! Our planting day will start at 10:00am as our Year 5/6 student’s work with their Year Prep buddies to kick things off! Our Year 2s will head over at 10:30am followed by our Year 3/4 students at 11:30am. Students will need to complete a permission notice that went home this week.
- Year 1 and 2 students are heading off to the city to the Melbourne Museum as part of their unit of work on Thursday 23rd of July and Friday 24th of July.
- Year 5 and 6 students are heading off to the Lady Northcote for the 2015 Camp on Wednesday 14th to Friday 16th of September.
- Intensive Swimming Program from Monday 7th September to Friday 11th of September.
- Whole School Sports Day Friday 14th of August.
- Interschool Athletics Day Years 4-6 (selected students only) Thursday 27th of August.

Hope you are able to join us for one of our events!

Otherwise hope you have a great Term Three!

Alex Artavilla
Principal
Sunshine Heights Primary School
Hi Parents and Guardians

The Football team has made it to the next round of districts! There will be a round robin competition played on Friday the 24th of July at Keilor Park Football Ovals, Stadium Drive Keilor. It will begin at 10:00am and end at 2:00pm. If you would like to come down and watch please do.

Important dates for students:
- 14th of August whole School Activity Day
- 27th of August Interschool Athletics (not all students)
- 7th to 11th September Swimming Program (not all students)

Regards Rasha

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**UPLIFT COLLECTIVE FUNDRAISING NEWS**

*Raising extra funds for kids, thanks to the work of our students!*

- Easter Raffle: $1,155.20
- Mothers' Day: $812.37

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**PE NEWS**

**Sunshine Heights Primary Swap Shop**

1st Thursday of each term
2:30 - 3:30pm

**next session:** Term 3
Thursday 16 July
in the room next to the Construction Zone (next to Spanish Room)

Come and swap your unwanted school uniform items with something else you need.

If you don’t have anything to swap, you can buy a piece for a gold coin.

Bring your own bag!

Donations accepted anytime in the blue donations wheelie bin next to the Uniform Shop.

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**Literacy and Numeracy Tips of the Week**

**Literacy Tip:** When your child reads to you, allow time for working out words and ask questions to see if they have understood what they have read.

**Numeracy Tip:** Explore other ways of measuring using a cup, jug, teaspoon, icy pole sticks, foot prints or hand lengths.

**Useful Literacy and Numeracy Websites**

**Literacy Websites:**

3. [www.starfall.com](http://www.starfall.com)
4. [www.tumblebooks.com](http://www.tumblebooks.com)

**Numeracy Websites:**

4. [www.coolmath-games.com](http://www.coolmath-games.com)

*Sonia Papadopoulos* - Literacy
*Gail Liakoureas* - Numeracy