Queanbeyan Distance Education Centre acknowledges the Aboriginal people as the first custodians of this land.

Welcome to our new students

Home Pupils:
Kai Stewart

Overseas Pupils:
Ella Smethurst

Farewell Jenny Wallis and Suzanne and Brad Parsons

2012 represents a milestone for some families at Queanbeyan Distance Education Centre.

Jenny Wallis has been a supervisor with students at our centre since 1994. Her youngest child, Daniel will be continuing his studies at Dubbo, Distance Education Centre in Year 7 in 2013. After some years of study Jenny is hoping to put all those supervisor skills to work as a teacher.

Suzanne and Brad Parsons have also had a long association with our centre. In 2013 they will be embarking on a new career in nursing as Heather; their youngest child, attends the local high school.

We thank both families for their contribution to our centre over the years and wish them success in the future.

Both families have written about their experiences while their children have been in distance education. Their articles will be published in the Year Book.

As part of our efforts to be more environmentally aware, we are producing the Year Book in electronic format, to be sent to families.
Healthy lifestyle

Some of our students have been studying healthy lifestyles.

A healthy lifestyle recommends 2 serves of fruit each day, 5 serves of vegetables each day and drinking at least 6 glasses of water each day. Water intake is particularly important during the hotter months to ensure we do not become dehydrated.


During the Christmas period there are lots of tempting treats for everyone to enjoy. However it’s important to remember that many treats are referred to as ‘sometimes’ foods because it is okay to eat them sometimes.

Hope you are able to treat yourself to some yummy healthy food over Christmas like summer fruit (cherries, plums, apricots, peaches, mangoes, watermelon) and veggies (like a crunchy garden salad).

Holiday Safety

The summer holidays are a great time for catching up with friends and family and enjoying all manner of fun and relaxing times.

However it’s also a time for adults to remember we need to supervise our children around beaches, pools, creeks, rivers and dams. You can learn more about water safety at: http://www.watersafety.nsw.gov.au/home.html

Also it’s good time for us all to develop sun smart habits including wearing a hat, sunscreen, a shirt and sunglasses. You can learn more about sun safety at: http://www.cancercouncil.com.au/reduce-risks/sun-protection/be-sunsmart/

Some useful tips to avoiding sun damage are:
- checking the SPF rating and remembering to reapply when specified on the sunscreen.
- checking sunglasses meet Australian Standard AS1067 and fit your face well.

Holiday Reading

Holidays are also a good time for catching up on reading even for young children. The bedtime story or the quiet time in the afternoon with a picture book is a good way to relax and still maintain those valuable reading skills that have taken all year to acquire. Older children will enjoy a wide range of chapter books and can make the dinner table discussion interesting by sharing things from the book they are reading. Local libraries always welcome new or returning borrowers. Recently we have had reports from a family about a dramatic change in reading habits that has been experienced by some previously reluctant readers. It seems that the use of one of these electronic apps on an iPad had turned the students from reluctant to avid readers.

Congratulations Captain Dews

Eloise Dews is the manager and Assistant Principal of the Distance Education Centre. Since 2003 she has had a second life and is now a Staff Training Instructor for Australian Army Cadets.

Earlier this year Eloise participated in training programs at Puckapunyal in Victoria. As a result of her performance, she was promoted to the rank of Captain (AAC).
Gillian says... Gillian
For Christmas I will be spending time with family down the coast so look forward to some sunning and surfing. I will also be settling into my 'new' house so this should keep me busy as well. It will be lovely to have a 'new' house to decorate and a new garden to 'play' in, designing and planting.

This is one of the recipes I like, yummy Chocolate Chip Cookies. Take a look at the recipe on www.joyofbaking.com

Jill says... During the holidays my husband and I are going to visit Tessa our daughter in Texas! I miss her so much so I am really looking forward to it! For my birthday in January we will go to San Francisco and have booked a tour of Alcatraz for that day. I love sweet things so at Christmas it's time for a fudge treat!

Max says... I will be visiting as many of my children and grandchildren as I can while Eloise is in the bush. It's a great time for me to get away and do my own thing and not have to feed Barney, our old Burmese cat. Now who's going to feed Barney Eloise??

I'm a great fan of the microwave myself and so this is what I normally make as a good standby recipe. Take one frozen pie. Put it in. Shut the door. Press level 7 (whatever that means) and cook for 4 minutes. Take out and eat. You have to be a bit careful though as it is not a firm cook and the pastry is sort of soft but it's so yummy with a squirt of Worcestershire.

Eloise says... I am really looking forward to my next adventure in the scrub which will happen during January. Sleeping under the stars and living with a little food and shelter in a back pack is just wonderful and I won't have to wear my Long Johns in January or, at least, I hope I don't have to!!

Here's one of my favorite recipes which I will certainly make for the Christmas table. If it takes more than 5 minutes to make, it’s off the agenda and this one is on the back of the noodles packet so it’s easy to find at any time of the year.

Chang’s Original Crispy Noodle Salad
Serves 8
½ - 1 Chinese cabbage, or ¼ savoy cabbage (shredded finely)
6 Green Onion (Chopped 5mm length)
100g Lightly roasted slivered almonds
1 pkt Changs Fried Noodles 100g

Dressing:
¼ cup White Vinegar
1/4 cup Castor Sugar
1 tbsp. Chang’s Soy Sauce
2 tsp. Chang’s sesame oil (Optional)
½ cup Olive Oil

Mix all the ingredients of the Dressing in a bowl. Stir well until sugar is dissolved. Combine the Cabbage, chopped Green Onions and almonds in a salad bowl. Add dressing and mix well. Just before serving add the noodles and toss.
Petah says... During my Christmas holiday I am going to see my family with my husband. We are starting by going to Sydney to see my sister and her family. Then we are going to have a Christmas meal with my husband’s family. After that we will fly to the Gold Coast to see the rest of my family. We will be able to have 3 big Christmas meals! I hope I get to have my favourite dessert at one of them. It is Pavlova! Here is a recipe if you want to make one too...

Ingredients:
- 6 (59g) eggs, separated
- 1 1/4 cups (270g) caster sugar
- 2 tsp. corn flour
- 1 tsp. white vinegar
- 1/2 tsp. vanilla extract
- 300ml thickened cream
- 2 tbsp. icing sugar mixture, sifted
- Finely shredded rind and juice of 2 limes
- 2 Lady finger bananas, thinly sliced diagonally
- 3 golden kiwifruit, peeled, thinly sliced
- 2 star fruit, thinly sliced
- Pulp of 2-3 passion fruit

Method:
1. Preheat oven to 120°C. Line an oven tray with foil. Brush with melted butter and dust with corn flour, shaking off excess. Mark a 24cm-diameter circle on foil.
2. Use an electric mixer to whisk egg whites in a clean dry bowl until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating well after each addition, until meringue is thick and glossy and sugar dissolved. Rub a little meringue between fingers. If still "gritty" with sugar, continue to whisk until sugar dissolves. Add corn flour, vinegar and vanilla and whisk until just combined. Add meringue onto the foil using the marked circle as a guide. Smooth sides and top of pavlova. Use a small spatula to forms little peaks around edge of pavlova. Bake in oven for 1 1/2 hours or until pavlova is dry to the touch. Turn off oven. Leave pavlova in oven with the door ajar to cool completely. When completely cold, transfer to serving plate or store in an airtight container until required.
3. Use an electric mixer to whisk the cream and icing sugar in a medium bowl until firm peaks form. Spoon cream onto the top of pavlova. Pour lime juice into a ceramic or glass bowl. Add banana slices and toss to coat with juice. Drain. Decorate with your favorite fruit and finish off with passion fruit drizzled on top.

Sue says... I always look forward to the Christmas holidays, as it gives me time to rest and rejuvenate before the next busy year starts. I will spend Christmas with my family in Merimbula where I will get my fix of sun, sand and sea water. Then I will be spending time in Sydney, Brisbane and Melbourne where I will get my fix of friends, culture and foodie heaven. Here is one of my favourite recipes to make with the kids:

Rudolf Caramel Tartlets

Ingredients:
- 20 butternut snap biscuits (approx. 250g pkt)
- 20 white mini marshmallows
- 10 white (regular sized) marshmallows
- 40 NESTLÉ Mini CHOC BITS
- 20 ALLEN’S JAFFAS
- 395g can NESTLÉ Sweetened Condensed Milk
- 1/3 cup (75g) brown sugar
- 50g butter
- 1 cup (150g) NESTLÉ Milk Melts, melted
- 20 mini round pretzels, cut in 1/2 to make antlers

Method
1. Preheat oven to 180C/160C fan-forced. Place biscuits over 20 holes of two 12-hole shallow patty pan tins. Bake for 3-4 mins or until soft. Remove from oven. Working quickly, carefully press softened biscuits into pan with a spoon, to mould into cup shapes. Allow to cool.
2. Using scissors, cut marshmallows in 1/2 to make 2 rounds from each marshmallow. Working quickly attach a NESTLÉ Mini Bit to the sticky side of each mini marshmallow, repeat the process with ALLEN’S JAFFAS and sticky side of remaining regular sized marshmallows. Set aside.
3. In a small saucepan, combine NESTLÉ Sweetened Condensed Milk, sugar & butter, stir over medium heat for 10 mins or until thickened.
4. Evenly distribute caramel mixture into biscuit cases. Spread tops with melted NESTLÉ Milk Melts, then using the picture as a guide, arrange 2 mini marshmallows and one larger marshmallow to make Rudolph’s face. Insert 2 pretzel pieces on each tart to make antlers. Set aside & allow chocolate to firm up.
**Rebecca says...** In my holidays, I am going to visit my family in Tasmania. I am looking forward to seeing all of them and catching up. I am planning to make my favourite Christmas treat, trifle, to share with my family. We all love trifle, and the recipe is too good to keep to myself!

**Ingredients**

- 2 x 85g packets raspberry jelly crystals
- 2 cups boiling water
- 450g madeira cake
- 2 cups thick vanilla custard
- 300ml thickened cream
- 2 teaspoons icing sugar mixture
- 300g frozen raspberries, thawed, crushed
- Thawed frozen raspberries, to decorate

**Instructions:**

1. Place jelly crystals in a large heatproof bowl. Add boiling water. Stir to dissolve. Stir in 400ml cold water. Refrigerate for 2 hours or until just set (it should be thick and syrupy).
2. Cut cake into 1.5cm-thick slices. Cut each slice in half. Arrange half the cake over base of a 12 cup-capacity serving bowl. Spoon over half the jelly. Top with custard. Arrange remaining cake on custard. Top with remaining jelly.

Using an electric mixer beat cream and icing sugar together until stiff peaks form. Fold crushed raspberries through cream to create a rippled effect. Then spoon mixture over jelly layer. Cover. Refrigerate overnight. Top with raspberries to serve.

**Roger says...** This year I will be celebrating Christmas several times – one of the pleasures of having a large family. I will be in Brisbane at Christmas time spending time with my son and his family. I will be having Christmas celebrations with my other children earlier in December. In the New Year I will be travelling to the other end of Australia to spend time in Tasmania. I hope to be able to spend lots of time with all my grandchildren as well as catching up on reading (my Kindle has about a dozen books I have purchased but have not yet had a chance to enjoy). Of course there are all those yard and house duties that have been neglected (or ignored depending on whose point of view you are looking at them from) that now have to be attended to.

A summer favourite of mine that can serve with all sorts of meals:

**Tabouli / Tabouleh**

**Ingredients**

- 1 cup water
- 1 cup fine cracked wheat
- 1 cup minced fresh parsley leaves
- 1/2 cup minced fresh mint leaves
- 1/2 cup finely chopped Spanish onion
- 3 tomatoes, diced
- 2 cucumbers, seeded and diced
- 3 tablespoons olive oil
- 3 tablespoons lemon juice, or to taste
- 1 teaspoons sea salt

**Directions**

In a large mixing bowl, pour the water over the cracked wheat and cover, let stand about 20 minutes until wheat is tender and water is absorbed. Add the chopped herbs and vegetables and toss with the mix. Combine the oil, lemon juice, and salt in a separate bowl. Add to wheat mixture and mix well. Chill. Serve and enjoy.
Jo’s favourite family dish... Rissotto

Ingredients:

- 1 litre salt-reduced chicken stock
- Pinch saffron threads
- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 2 garlic cloves, crushed
- 1 1/2 cups Arborio rice
- 1/2 cup dry white wine
- 1 cup frozen peas
- 1/3 cup finely grated parmesan cheese
- 20g butter, chopped
- Finely grated parmesan cheese, to serve

Instructions:


Step 2. Heat oil, in a large saucepan, over medium heat. Add onion and garlic. Cook; stirring, for 5 minutes or until softened. Add rice. Cook; stirring, for 1 minute. Add wine. Bring to the boil. Boil for 1 to 2 minutes or until wine is reduced by half.

Step 3. Add 1/3 cup stock to rice mixture. Cook; stirring, until stock has absorbed. Repeat with remaining stock, adding 1/3 cup at a time, until all liquid has absorbed and rice is tender and creamy, adding peas to rice mixture with final 1/3 cup stock.

Step 4. Cook for 5 minutes or until peas are heated through. Remove from heat. Stir in cheese and butter. Then season with salt and pepper. Serve topped with cheese.
Celebrating Ability

Congratulations to the students who designed medals for the Festival of Abilities held at Queanbeyan Public school as part of the twentieth anniversary of the International Day for People with a Disability. The focus of this year’s celebration was I Can.

Hayley and Rachel Jacobs, Amos Ryan, Liam Potter, Emilia Paten, Raven, Arlo and Leven Gravenor all showed the marvellous range of skills and abilities they have. The medals were featured as part of a display in the school’s hall for the celebration assembly on Friday 30/11/12. Thank you to students and parents who responded and provided medals.
Reports

Semester two reports are on their way. Assessments and comments are based on returned work at the time of writing the report. The Department of Education and Communities (DEC) policy on reporting student progress to parents tells teachers that “The comments need to be in plain English and show a student’s strengths and areas for further improvement”. Please contact the centre if there are any aspects of the report you would like to discuss you’re your child’s teacher.

Education goals for young Australians and the Australian Curriculum

In 2008 state and federal education ministers met in Melbourne and produced what has become known as the Melbourne Declaration on the Educational Goals For Young Australians. The Declaration was an initial step in the process of developing the Australian Curriculum. This was significant because, for the first time, all states and territories had an agreed curriculum that will be taught in all schools. In NSW, the implementation of the Australian Curriculum will begin in 2014 with the introduction of English. Next year teachers will be receiving extra professional learning, including an additional staff development day at the start of term two, to understand the nature of 21st Century learners and 21st Century teaching methods.

Contacting Teachers

The Centre's staff can be contacted between 8:30 AM to 3 PM Monday to Friday. Outside of these hours teachers can be contacted using either the phone and the answering machine or the email address supplied by the Department of Education and Communities. All teachers have made this email address known to their students. The Centre’s email address: queanbey-p.d.school@det.nsw.edu.au can be found on the Centre's web site http://www.queanbey-p.d.schools.nsw.edu.au/ and also on the contact card supplied at enrolment. The DEC Code of Conduct advises teachers about maintaining a professional relationship between themselves, students, and supervisors. This means that teacher’s are discouraged to use social media such as Facebook and Twitter as a means of contacting students. Teacher's personal devices such as mobile phones for either calls or text messages are also not recommended.
Progression to high school

This year we have a large number of students who will be completing their primary education and moving to high school. Some will be continuing in distance education and others will be returning to face to face classrooms. Year 7 can be a new and exciting event for students. The DEC has prepared some simple tips that will assist students to make a smooth transition.

Some tips are

- Go every day
- Do your homework
- Check your timetable and diary before packing your backpack
- Get to school 10 minutes early to hang out with the kids you want to spend time with at recess and lunch
- Go to all the camps and excursions
- Work towards your dream

Notification of absence from school

Your child, while on distance education, is enrolled as a student at a NSW Department of Education and Communities school. Each pack of work represents the work your student is to complete for their learning for the length of time indicated on the pack. This is usually two weeks, or in some instances, one week. The regular return of work demonstrates students have been in attendance at school.

Students in distance education are allowed to be absent from school for legitimate reasons! Should the work not be able to be completed for any reason, you need to inform your child’s teacher. Your child may be sick or on leave for a special reason (to attend an appointment requiring travel or for urgent family business for example). Alternatively, you, the supervisor, may be ill and not able to fulfil your role. In either instance, where work is unable to be completed, call or email or write a note so the teacher can record the absence.

 Organisation for 2013

Before the end of the year students will receive their first pack/s for the new school year. The number of packs will vary depending on the enrolment. Travellers for example may receive several packs while home students may only have one. As staffing and numbers for 2013 are not settled until early in the new year it is possible that the teacher who prepared the work is not the child’s teacher in 2013. This could occur because teachers have transferred, they have been working as casuals in 2012 and have accepted other work for 2013 or the number of teachers in the centre has changed. Whilst we understand that students may be looking forward to a particular teacher it may not be possible for the reasons above for this to happen. Careful thought and consideration of each student’s needs is made before deciding the placement of students. Contact the manager if you have questions about the placement of your child.

In 2013 we are trialling a new pack for the first pack of the year for students. At gatherings in 2012 the You Can Do It program was spoken about. It was explained that this was program to give students the keys to success at school. The key is being; organisation, confidence, persistence, resilience and getting along. The first pack will ask students to explore these keys and how they might be able to apply them to their school work. DVD support will be provided for the student and supervisors to help both understand how to be successful at school and overcome negative thinking. We look forward to the return of this pack and the feedback from supervisors about the material.
Important Term Dates

- Students last day for Term 4 2012 is Wednesday, 19 December 2012
- Students first day for Term 1 2013 is Wednesday, 30 January 2013

Supervisor Engagement
As part of our plans to give supervisors a greater voice in the decisions and policy making processes at Queanbeyan Distance Education Centre we are considering setting up an on-line forum for supervisors. This would be a place where supervisors could interact with each other as well the staff and manager of the centre to exchange ideas about policy, decisions and practices in the centre. To comply with Child Protection requirements students would not have access to this forum. If you are unsure about whether to return a particular resource check with your child’s teacher. Please contact Vickie in the office to discuss what to do in the case of any resources that cannot be located or that have been damaged.

Resources
As the year draws to a close we ask all families to return all outstanding resources. Students who are not continuing with distance education in 2013 should include all library books, maths kits, thumb drives and other resources in the last pack of returned work. Once all resources loaned have been cleared through the computer refunds of resource loan fees will be processed. It will be helpful to our office staff if a forwarding address is supplied so that cheques can be sent. For students who are continuing in 2013 resources that are no longer being used for example because a child is moving from Year 2 to Year 3 or has completed particular program could be returned. If you are unsure about whether to return a particular resource check with your child’s teacher. Please contact Vickie in the office to discuss what to do in the case of any resources that cannot be located or that have been damaged.

Fees Reminder
Queanbeyan Distance Education Centre charges two types of fees. The first is a general service fee of $50 per student per year. This contribution helps cover the cost of consumables and consumable materials used as part of the student’s program. This fee is payable every year that a student is enrolled. It has not been our practice to invoice families for this fee but a reminder letter is sent and notice is provided in the first term newsletter.

A second fee of $50 for resources is a one off fee which is charged to cover returnable resources such as books, thumb drives, maths kits and other items necessary to the delivery of student programs.

When an enrolment is completed and all resources loaned to a student have been returned, this resource deposit is fully refunded. In a case where items have been misplaced, damaged or not returned, the cost may be deducted from the resource fee before a refund is given.

An Overseas Student Fee of $100.00 is payable at the time of enrolment and prior to the beginning of each term.

An exemption under this category only applies to students where the mail is forwarded to a locked or diplomatic bag within Australia.

Payment of fees, as explained in the enrolment package, is a condition of enrolment and of continuing enrolment. Fees can be paid either by cheque, money order, cash or direct deposit. Unfortunately we do not have EFTPOS facilities. Receipts for fees are provided and are generally included in the student’s pack. Further information about fees can be obtained by contacting our office on (02) 6299 2966. Special circumstances are considered with regard to the payment of fees. Please discuss this with the centre manager at the time of your student’s interview.
**SIGNIFICANT DATES**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>5 December</td>
<td><strong>International Volunteer Day</strong></td>
<td>Organisation: Volunteering Australia. December 5th was declared as International Volunteer Day (IVD) by the United Nations General Assembly in 1985. The first IVD was celebrated in 1986 by dozens of countries world-wide. Activities ranged from clean-up campaigns and round table conferences to competitions and exhibitions. In Australia, IVD has been designated as a day for the recognition of volunteer involvement, a day in which organisations can thank their volunteer staff.</td>
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<td>6 December</td>
<td><strong>St Nicholas’ Day (Christian)</strong></td>
<td>St Nicholas’ Day is widely observed in Europe as the time when children receive presents (often instead of Christmas Day). According to tradition, St Nicholas was the Bishop of Myra in the 4th century. His reputation for kind and generous deeds gave rise to legends of miracles he performed. The legend of St Nicholas moved from country and varied across the centuries, as did his name. During the 19th century the image of Santa Claus as a kind old man who gave gifts to good children was adopted. Since then St Nicholas has remained the patron saint of gift-giving to celebrate Christmas.</td>
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<td>8 December</td>
<td><strong>Bodhi Day (Buddhism)</strong></td>
<td>In the Northern or Mahayana tradition, Bodhi Day celebrates Buddha’s Enlightenment, the second most important event of Buddha’s life.</td>
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<td>10 December</td>
<td><strong>Human Rights Day</strong></td>
<td>Organisation: United Nations. A day to celebrate the basic rights of all humans, and to remember that many people still have to fight for their human rights.</td>
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<td>21 December</td>
<td><strong>Summer Solstice</strong></td>
<td>Today the sun is at its greatest distance from the celestial equator thus creating the longest day (daylight hours) of the year in the southern hemisphere.</td>
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<td>21-28 December</td>
<td><strong>Chanukah/ Hanukkah (Jewish)</strong></td>
<td>Chanukah, also known as the ‘Festival of Lights’. The eight-candle menorah is lit as a symbol of the miracle of the oil lamp which burnt for eight days in the Temple following its rededication. The word ‘chanukah’ means ‘rededication’.</td>
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<td>24 December</td>
<td><strong>Christmas Eve (Christian including Greek Orthodox)</strong></td>
<td>Christmas Eve is the Christian celebration of the arrival of Mary and Joseph in Bethlehem for the birth of Jesus. Although Christmas Eve is not particularly celebrated in English-speaking countries, in European countries religious ceremonies and celebrations such as lighting a Yule log and having a special Christmas meal after attending church take place.</td>
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<tr>
<td>25 December</td>
<td><strong>Christmas Day (Christian including Greek Orthodox)</strong></td>
<td>On Christmas Day, Christians celebrate the birth of Jesus Christ. It is the most widely celebrated Christian festival. Families gather to attend church services, sing carols, exchange gifts and enjoy special Christmas food.</td>
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<td>26 December</td>
<td><strong>Boxing Day</strong></td>
<td>This day’s name comes from the tradition of opening alms boxes placed in churches during the Christmas season. The contents of these alms boxes were distributed to the poor and needy of the parish.</td>
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<tr>
<td>31 December</td>
<td><strong>Hogmanay</strong></td>
<td>Hogmanay is the Scottish New Year’s Eve celebration.</td>
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<td>1 January</td>
<td><strong>New Year’s Day</strong></td>
<td>New Year’s Day is observed on January 1, the first day of the modern Gregorian calendar as well as the Julian calendar used in ancient Rome. With most countries using the Gregorian calendar as their main calendar, New Year’s Day is the closest thing to being the world’s only truly global public holiday, often celebrated with fireworks at the stroke of midnight as the new year starts.</td>
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<tr>
<td>26 January</td>
<td><strong>Australia Day</strong></td>
<td>This is a special day for Australians, to celebrate our country and culture. Australia Day commemorates the establishment of the first settlement at Port Jackson, now part of Sydney, in 1788. This day is marked by a public holiday and is close to the end of the school holidays for students. Students can reflect on the achievements of our nation and ways to make our country even better in the future. On this day there are awards for Australians who have made an outstanding contribution to their community. Pause to reflect on Indigenous Australians. Aboriginal people were thriving here for thousands of years before the first European settlement, and, because of European settlement, the Indigenous peoples became dispossessed and struggled to survive. The Aboriginal people feel it is not a day of celebration for them. How will you spend Australia Day?</td>
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