



## **Kitchen Garden Program** **TERM 3 Helpers Needed**



*Please return this form to your classroom teacher before*  
**Friday, 22nd June, 2018**

Dear Grade 5 Parents/Carers,

Next term, the Grade 5 classes will be participating in the Kitchen Garden Program once a week. During the program, your child will experience cooking through a Winter season, creating hearty, healthy dishes from fresh seasonal ingredients. Wherever possible, we will harvest vegetables directly from our garden for use in our tasty recipes.

In order for the Kitchen Program classes to run efficiently and effectively, we rely on the help of parent volunteers to lead small cooking groups as they prepare, cook and serve their dishes, which are shared by everyone at the end of each session. If you would like to be involved in Kitchen Garden Program sessions for your child in Term 3, **please fill in the Parent Helper Form, and return it to your child's classroom teacher by Friday, 22nd June, 2018**. A volunteer roster will then be prepared and distributed in the first week of Term 3.

For your information:

- The small 'meals' prepared during Kitchen Program sessions do not replace morning tea or lunch brought from home. Please ensure your child always brings their snack and lunch. Perhaps they could pack food that could be eaten after school should they not eat it during school hours.
- Although we cater for students with severe food allergies, the kitchen remains a high-risk environment for cross-contamination with some ingredients such as flour (gluten), egg, dairy and soy (we are Peanut, Pine-nut and Tree-nut free). If you have specific concerns about the safety of the program for your child, please drop in or contact me to discuss this in more detail.

### **Kitchen Garden Class times TERM 3, 2018:**

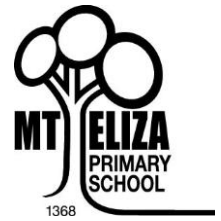
5J Wednesday @ 8.50 am – 10.45 am  
5G Wednesday @ 11.10 am – 1.15 pm  
5/6S Friday @ 8.50 am – 10.45 am  
5H Friday @ 11.10 am – 1.15 pm

Kind regards,

Jane Barnett  
Kitchen Program Specialist



**Parent Helper Form**  
Please return this form by  
**FRIDAY, 22nd JUNE, 2018**



**Kitchen Cooking Class Dates – TERM 3, 2018**

Your Name: ..... Contact Number: .....

Email Address: .....

Child's Name: ..... Class: .....

Your Emergency Details: .....

I can assist in the cooking sessions on the following dates (please tick all that apply):

<b>5J DATES</b> 8.50am-10.45am	<b>5G DATES</b> 11.10am - 1.15pm	<b>5/6S DATES</b> 8.50am -10.45am	<b>5H DATES</b> 11.10am - 1.15pm
Wednesday 25 <sup>th</sup> of July	Wednesday 25 <sup>th</sup> of July	Friday 27 <sup>th</sup> of July	Friday 27 <sup>th</sup> of July
Wednesday 1 <sup>st</sup> of August	Wednesday 1 <sup>st</sup> of August	Friday 3 <sup>rd</sup> of August	Friday 3 <sup>rd</sup> of August
Wednesday 8 <sup>th</sup> of August	Wednesday 8 <sup>th</sup> of August	Friday 10 <sup>th</sup> of August	Friday 10 <sup>th</sup> of August
Wednesday 15 <sup>th</sup> of August	Wednesday 15 <sup>th</sup> of August	Friday 17 <sup>th</sup> of August	Friday 17 <sup>th</sup> of August
Wednesday 22 <sup>nd</sup> of August	Wednesday 22 <sup>nd</sup> of August	Friday 24 <sup>th</sup> of August	Friday 24 <sup>th</sup> of August
Wednesday 29 <sup>th</sup> of August	Wednesday 29 <sup>th</sup> of August	Friday 31 <sup>st</sup> of August	Friday 31 <sup>st</sup> of August
Wednesday 5 <sup>th</sup> of September	Wednesday 5 <sup>th</sup> of September	Friday 7 <sup>th</sup> of September	Friday 7 <sup>th</sup> of September
Wednesday 12 <sup>th</sup> of September	Wednesday 12 <sup>th</sup> of September	Friday 14 <sup>th</sup> of September	Friday 14 <sup>th</sup> of September

- Please note, your allocated times will be confirmed in Week 1 of Term 3 and may depend on the availability of other helpers.
- If you are really keen to help in our kitchen, please ensure that this notice is returned by the 22<sup>nd</sup> June. After that date I may not be able to accommodate your kind assistance.

☺ **Thank you for volunteering. Your contribution is much appreciated!**