

Sutherland Dianella Helping Hands



What has been happening at Helping Hands?

Welcome Back! The first week of school we had a nutritionist come in on Wednesday to discuss with the children about healthy life styles, Gabby spoke with the children about good food, sometimes food and how our digestive system works. On Friday, we also commenced our Cooking Club and made Pizza Scrolls.



Joining up with Hampton Park Primary for the entire holidays our first week of holidays we went to Sizzlers, bounce and had an incursion from Quacky Quoits. Second week of holidays we had Pokémon Day, Rollerdrome, Crazy Day and a trip to the Zoo.

What is coming up at Helping Hands?

Every Friday we hold Cooking Club from 3.30-4.30pm.

Week 1 Pizza Scrolls
Week 2 Apple Crumble
Week 3 Savoury Muffins

This fortnights riddle!

Answer to last riddle: A candle

**You will always find me in the past. I can be created in the present,
But the future can never taint me. What am I?**

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