



Pabulum

Perth Waldorf School

14 Gwilliam Drive,

Bibra Lake WA 6163

Telephone: 9417 3638

Email: adminpws@pws.wa.edu.au

Website: www.pws.wa.edu.au

TERM 2 CALENDAR

JUNE

Mon 17	Class 10 Assembly
Thur 20	Primary and High School WINTER FESTIVAL
Fri 21	High School PUPIL FREE DAY
Tue 25	Class 10 Teacher Parent Meeting - 6:30pm
Tue 25	High School Pyjama Day
Fri 28	LAST DAY OF TERM 2

NEXT WEEK

Primary and High School
WINTER FESTIVAL
Thursday, 20th June



HIGH SCHOOL PUPIL FREE DAY
Friday, 21st June

PABULUM NOTICE

Dear PWS Community,

Please note that there will be no Pabulum edition for the last week of Term 2 (Tuesday, 25th June).

We apologise for any inconvenience this may cause.

Ashley Baker and Sarah Boyle -
Pabulum Publisher and Editor

STUDENT ABSENCES:

Please let the office know by 8:30am.

Text: 0429 680 969, Phone: 9417 3638,

Email: absence@pws.wa.edu.au,

PABULUM INFORMATION:

- Pabulum contributions need to be emailed to pabulum@pws.wa.edu.au by **2:15pm Thursdays**.
- To view Pabulum as a PDF, go to www.pws.wa.edu.au
- To receive the link via email, please send a request to adminpws@pws.wa.edu.au

Term 2, Week 7

Tuesday, 11th June, 2019

Last night the school **AGM** was held and all nominees were elected. They are Kewan Bond (Chair), Zac Leithhead (Vice Chair), Peter Finlay (Secretary), Alana Robins (Treasurer), Peter Franklyn, Yvonne Soares, Elsa Van Wijngaarden, Katy Chamberlain, Sue Wallwork, Mark Phillips (College Representative), David Rosling and Ara Kelly-Anderson. The first meeting of the new council will be 25th June and each councillor's term in office lasts 1 year. A more formal introduction and secret ballot approach was introduced and the council will no doubt review the meeting for the future and make changes if necessary.

It was a well-attended night (relatively) and all present heard reports from various areas of the school including the three faculties, finance and the P&F.

We heard that PWS is doing well educationally, financially, physically and socially. The following is an excerpt from the Administrator's report:

Various collaborative groups exist in our school to ensure the voice of many is heard in decision making and in this way strive to get things right most of the time:

- The Council meets twice per term (14 people involved)*
- The Chair of Council meets with Administrator every two weeks (2 people involved)*
- Then there are subcommittee meetings of the council: Strategic Planning, Finance, HR Committee and Risk sub-committees (Approximately 4 people in the four committees)*
- The Admin Leadership Team meet every week for one and a half hours. (4 people involved)*
- The Administrator and Faculty Coordinators meet for two hours per week. (5 people involved)*
- Maintenance and Grounds staff meet weekly. (4-5 people involved)*
- College of Teachers meets for two hours every week. (11 people involved)*
- There are Early Childhood, Primary and High School faculty meetings for about two hours every week. (Approximately 45 people involved in total)*
- The High School Advisory group meets during the term time. (5-6 people involved)*
- Parent nights, parent/teacher meetings, informal one off meetings and special meetings for particular purposes occur regularly as well.*

All of these chances to hear each other and work collaboratively form a strong bulwark against siloed groups just talking to themselves or a few individuals running the ship at the expense of the wisdom of the whole. This is an awesome facet of a Waldorf School and one to be celebrated.

The key link between each of those collaborative groups is a desire to ensure quality education and that anthroposophy infuses how we decide "what next".

Winter Festival

This week's wild wintry weather reminds us that the Winter Festivals are just around the corner. Please use the Pabulum as a source of information about what is when and how to be involved. Let's celebrate with wonder the Winter Solstice and the deepening of our intent towards renewal out of darkness towards the light.

Bruce Lee
School Administrator

IN THE LIGHT OF A CHILD

*From the deepest part of my heart, I hear
The voice that must be heard,
The mighty-sounding Word:
"Let light within you, bright and clear,
In thoughts and actions, shine.
Then will you truly be a child of mine."*

Michael Hedley Burton

FROM FINANCE

SCHOOL FEES ARE NOW OVER DUE - Term 2 Due Date: Friday, 10th May, 2019.

CREDIT CARD/ONLINE PAYMENT	ELECTRONIC FUNDS TRANSFER	CHEQUE AND CASH
<p>Payments by Credit Card can be made by visiting the Bpoint website: https://www.bpoint.com.au</p> <p>Biller Code: 147 2133 Reference: Family Code</p> <p>Phone payments can also be made by calling Reception on 9417 3638 during Office Hours.</p> <p>We accept VISA and MASTERCARD.</p>	<p>Payments by Electronic Funds Transfer (EFT) can be made to the school's banking details as follows:</p> <p>Account Name: Perth Waldorf School BSB: 066 000 Account Number: 1205 1015 Commonwealth Bank Perth</p> <p>Reference: Family Code</p>	<p>Payments by cheque can be made payable to Perth Waldorf School. Please have a copy of your statement attached when mailing your cheque.</p> <p>Postal Address: PO Box 1247, Bibra Lake WA 6965</p> <p>Cheques and Cash Payments can also be made during office hours at the School Reception.</p> <p>EFTPOS terminal also available.</p>

A late payment fee will apply to all accounts not paid by the due date. This does not apply if you have a payment plan arrangement in place.

UN-REFERENCED PAYMENT

The Finance Department has received a payment without a Family Code with the following details:

Tyson Zace - Monday, 29th April, 2019 - \$205.00

If you believe this payment was made by you, please contact the Finance Dept on **9417 3738** or email account@pws.wa.edu.au.

GENERAL NEWS

POSITION VACANT

Perth Waldorf School invites applications for...

High School English and Humanities Teacher Part Time (0.55 FTE)

Commencing in Term 3, 2019

We are seeking an enthusiastic teacher to join our wonderful team of teachers and commence with our High School students in Term 3, 2019. The teaching load is spread across 5 days, though classes would not commence before 10:30am. There is the potential for a future increase in the teaching load.

The successful applicants will have a passion for education, appropriate qualifications to teach English and HaSS and have a willingness to adopt the Steiner pedagogy and philosophy.

Applicants must be teachers who are registered (or eligible for registration) with the Teacher Registration Board and can meet West Australian child protection requirements. Support to sponsor a highly qualified Steiner teacher from overseas will be considered.

Written applications, including a CV, a one-page cover letter and three referees, should be marked 'Private & Confidential' and forwarded to:

The Administrator, Perth Waldorf School, PO Box 1247, BIBRA LAKE WA 6965, AUSTRALIA

Or Email: employment@pws.wa.edu.au

Applications close 4:00pm on Friday, 14th June.

For a conversation about this position, please phone Mark Phillips or Annabelle Kellenberger at the school
(+618) 9417 3638

Winter Festival

Looking out my window to a cold grey dawn, with raining pounding on the roof and the trees swaying quite dramatically in the gusty winds I know that Winter, Makuru, is truly here and heralding the Winter festival. As we spiral in towards the Winter Solstice, that inner place where we can gather, nurture, set aside things no longer serving us, we will be celebrating that special time of the year where the **Primary School** and **High School students**, along with their parents, gather together for the longest night of the year.

In the High School students will be gathering with their guardian class in a special space to meditate, talk and share this intense time of year and also walking a Winter spiral in Williams Hall, culminating at the Bonfire in community with the Primary School which is a much beloved event in our festival year. High school parents will be having their own meditative event, a spiral walk and of course the Bonfire to finish the evening.

In the Primary School each class has chosen a plant or a tree, found on the PWS block and over the last few weeks have spent time observing, counting how many we have on the block (it's amazing how many of each species chosen are here) painting, drawing and writing about it. This immersion in the nature of our wonderful block has (in an indigenous sense) shown us the song lines of the plants, drawn invisibly by the children in their work. We will all come together in the classrooms in the evening of the Winter festival and share this work, a Winter lantern walk and Spiral walk ending with the excitement and warmth of the Bonfire, shared in community with the High School.



We invite all primary and high school students and parents to our Winter Festival on **Thursday, 20th June** (*kindergarten children will be attending their own Winter festival events, please read the details in this weeks' pabulum*). Please arrive at school **5.45pm onwards for a 6.00pm start**. Details for Primary and High School events will be published and shared in next week's Pabulum and via your class carers so don't forget to read this information for a beautiful evening of Winter Celebration.



EARLY CHILDHOOD

FROM THE COORDINATOR

*The gift of the light
We thankfully take
But it shall not be alone for our sake*

Winter festivals are held in each of our Early Childhood rooms in June. There is a gentle introduction to the reverence and inner joy that the celebration brings. Each teacher brings their own way of presenting the marking of mid-winter, and so the traditions build. Lantern making, warmth, walking and singing are the connecting threads. The children will all be preparing during the month of June, with songs, craft and winter stories.

Playgroup will have their special time in the last week of term during their usual session time. Gumnut Kindy children will have their festival in class during the last week of term. In our Kindy 5/6 classes, parents and siblings are invited to join us for a festival which is outside normal school hours. These are intimate celebrations which we share with your family with gratitude and reverence.

Cedar House festival will be on the evening of Tuesday, 18th June. Rose Room and Jarrah Miah Kindy festival on the evening of Friday, 21st June. Rainbow Room's festival is at sunrise on Saturday, 22nd June.

If it is at all possible for your family, consider that Primary and High School's festival is one that is best kept for the year the children enter Class One. The anticipation creates greatest joy.

Jennifer Byrne - Early Childhood Coordinator



BIRTHDAY CELEBRATION

Last week the Kindy 5/6 children celebrated their teacher, Anna Scott's birthday, by surprising her with many beautiful gifts and warm hugs. We hope you had a wonderful birthday Anna!



PRIMARY SCHOOL

CLASS SIX EURYTHMY PERFORMANCE

Showcasing their own choreographies:

Throughout the early Primary School years, music is used as an "accompaniment" to the movements of Eurythmy, to illustrate a story, for example. In early times speech and music were integrated. Even up to the time of Ancient Greece there was a kind of singing speech, similar to chanting. By Class Six, following the development which took place in Ancient Roman times when speech and music went their separate ways, it is now the right time in Eurythmy to focus on a piece of music by itself, making it visible through movement. Using arm gestures, there is a specific angle for each note of the scale, turning the body itself into a musical instrument. Choreography is created to express the mood of the music by moving straight lines or curves. Combining arm gestures for the notes, together with the choreography, demands great concentration and co-ordination.

Working in groups of four students, with one group of six, a unique choreography was created by each group to fit the same piece of music by Beethoven from a Sonatina in F Major, played on the piano by Margaret Reale. Val's Class Six excelled in learning how to work together, allowing scope for very creative ideas to become visible. They worked hard to artistically express the essence of the music by stepping their choreography to the rhythm of the music while moving their arms for the gestures of the notes at the same time. Congratulations go to Class Six for their engaging and skilful performance for their parents and Class Five. They can be very proud of their achievements!





Kristina Hamilton - Eurythmy Teacher

Connect Learning WA - Before and After School Care

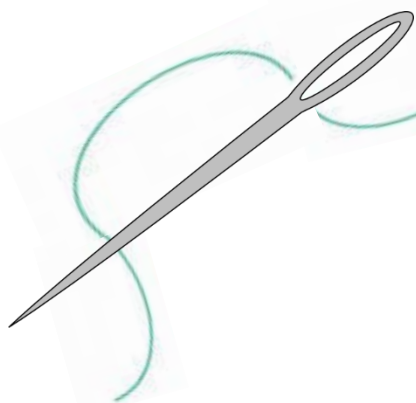
Connect Learning are available for casual bookings all year round if you ever need last minute care. Feel free to pop in for a chat with Nicola (in the Craft/German Room before and after school).

Before School Care	6:30am to 8:25am
After School Care	2:00pm to 6:00pm
Vacation Care	6:30am to 6:00pm
Early Finish Thursdays	2:30pm to 6:00pm
Pupil Free Days	6:30am to 6:00pm

If you are interested in your child attending please email Beccy on info@connectlearningwa.com.au

The service is only available to Primary aged children.

PRIMARY CRAFT



HIGH SCHOOL

HIGH SCHOOL PYJAMA DAY

High School is doing a Pyjama day on 25th June. Gold Coin donation's to St Patrick's Men's shelter in Fremantle.



Blankets and Teddy bears are all welcome.

CLASS 9 PLAY

THIS GIRL
THIS GIRL
THIS GIRL

laughs,
cries,
does nothing

Three stylized head profiles facing left, each containing a different nature scene. The first head has a purple and blue sky with a mountain range. The second head has a green forest with a river. The third head has a blue sky with a lighthouse on a small island.

Cast 1
WEDNESDAY 26 JUNE @ 6:30PM & FRIDAY 28 JUNE @ 9AM

Cast 2
THURSDAY 27 JUNE @ 9AM & FRIDAY 28 JUNE @ 6:30PM

Cast 3
THURSDAY 27 JUNE @ 6:30PM & FRIDAY 28 JUNE @ 1PM

CLASS 12 PROJECTS

The process of the Class 12 Project seems to be flying by and already we are fast approaching the deadline in Week 9 of the 3,500 to 4,500 word essay or report. This year's 12s are working hard towards this deadline with diligently putting in extra time at the Class 12 Project after school club and also the lunch time club on Wednesdays. It is such a pleasure to see such large groups of Class 12s coming together to take advantage of this extra work time and support. They seem to delightfully relish the making of a cup of tea and eating rather a lot of biscuits in these extra sessions! Please find below Project topics and questions so far. Do please keep in mind that these questions can evolve as the students move more deeply into their topic and find that their focus shifts a little. We hope that the list will whet your appetite as to what to look forward to in the Presentations in October!

A BIG thank you goes out to all the Project Supervisors in our High School who work individually with students and also other staff members (especially Sharon Symes) who will be proofreading and making suggestions on the essays and reports before the final deadline. Thank you also to their Guardians Kelly Kranz-Little and Karen Peradon, once again, for holding their group with such care and attention. Also, a thank you in advance to the Essay and Report Marking Panel who will begin the marking process in the school holidays. And finally thank you to Kelly Geyer for her invaluable assistance in all things Project. As is often said in Waldorf Schools around the world "many hands make a house so many hands make a school" - these few words certainly encapsulate the Class 12 Project process for it is supported, often invisibly, by so many.

Aiden - Influences of Instagram - what are they, how do they operate, and are they a benefit to society?

Soli - Living off the Grid: Why move off the grid, who does it and how to achieve it?

Ethan B - How do childhood experiences influence and shape us developmentally?

Matt - How can music be exploited as a powerful tool of the radicalisation process?

Ryan - Hypothetical Megastructures. Humanity's Gateway to the Stars. What are they and are they a reality for the future?

Danann - The way we as a society view death has changed significantly over the past several centuries. How has this affected us and our connection to death and our own mortality?

Krsna - Is Steiner's Philosophy of Education effective and relevant to today's young people?

Louis - What is the importance of brand identity in the modern marketplace?

Eli - Fish farming. What are the impacts on the environment and the economy?

Ethan P - Neural Networks

Billy - How is it possible to reduce fossil fuel emissions in order to lower the global warming and climate change crisis scare?

Ruben - A thoughtful perspective on the force and effect of education in society.

Hunter - What are the environmental impacts that humans are having on local river and estuary systems?

Elliot - Japanese culture, how has it influenced the western world?

Clarke - Isolationist, Nomad, Community. Which of these lifestyles is best to follow after an apocalypse?

Jacob - We are dependent on money. Does money bring happiness and can monetary investment in computer games satisfy our happiness?

Idanni - There must be a national change in stigma surrounding substance abuse and dependence to understand this social/cognitive disorder? How can understanding help create environments and connections which help individuals recovery processes?

Flin - How does fitness and participation in sport affect an individual physically, mentally and socially?

Eloise - Is dreaming essential to learning and psychological well-being?

Eva - Sound healing and music therapy. How are we connected to music in our bodies?

Hannah - What are the negative effects of society's perception of beauty?

Belle – Are we becoming numb/desensitised to drug use because it is becoming a common thing for today's modern society?

Kathryn - What are the psychological impacts people with disabilities encounter when subjected to discrimination?

Phoebe - The psychology of goals. Strategies and challenges

Isabella - The horse as healer. What is the potential relationship between horse and human?

Molly - Understanding self care: Why do individuals avoid activities and practices that support well-being?

Anais - Women and depression

Indigo - What are the effects of trauma on a child's well being?

Geordie - How can cognitive training impact an athlete's performance and what are the most effective methods?

Tala - How is the Anthropocene causing the mass decline of land animals world-wide, and how can it be stopped?

Wishing you all warm wintry blessings,

Penny Champ - Class 12 Project Coordinator

Hi my name is Belle! For my Class 12 Project I am asking the question "Are we becoming numb/desensitised to drug use because it is become such a common thing for today's modern society?"

I am really interested in societal views on drugs and since it is such a worldwide problem I would like to research why society has become this way and to hopefully educate the community on this issue.

For my practical I am putting together a book of photos with anonymous interviews. The questions I will be asking are: how have drugs and alcohol effected your life, and how have drugs and alcohol effected your relationships and what influenced your decision to take drugs.

If you would like to partake and help me in my research please email me at belle.king01@gmail.com. Hope to see you at Presentations in October!!

BELLE KING



P & F

'THE CARRIAGE' SCHOOL SHOP



OPENING TIMES: Tuesday and Thursday from 8:15am-9:15am, and Wednesday from 2:30pm-3:30pm.

We stock all your school stationery supplies, uniforms and bags.

We also have a large range of craft supplies, jewellery, knitted items, cleaning products, salt lamps, essential oil holders, amber teething necklaces, wooden toys and books.

WOOLWORTHS EARN AND LEARN

It's that time again!! Woolworths Earn and Learn is back at Perth Waldorf School.

Woolworths Earn and Learn helps kids across Australia to get new equipment for their schools for subjects like science, technology, maths, arts, etc.

Collect stickers for every \$10 you spend at Woolworths, between now and the 25th June, and then bring your stickers to school to put in our collection boxes located outside the Front Office and the Carriage.

If you would like more information on how Woolworths Earn and Learn you can go to the link below:

<https://www.woolworths.com.au/shop/discover/earn-and-learn>

Every sticker helps! Thank you.



MAINTENANCE & GARDENING



We are a waste wise school!

*We recycle what we use,
separate things and you should too!*

*Glass, paper, plastic and tin,
go in your RECYCLING BIN!*

*We must start now, we can't wait,
quick or it will be too late!*



VOLUNTEER GARDENERS WANTED!

Meet at the Canteen at 9:00am on Wednesday mornings for an hour of social gardening. If you prefer a different time please phone Heidi on **0427 445 754** to organise an alternative day.

COMMUNITY CLASSES

Groups/Classes

Participating in any of these activities goes towards Family Participation Hours.

These groups for parents are run or led by teachers or parents. Members of the school community are encouraged to join any of the groups and enjoy the experience of personal growth and learning in this beautiful environment - a great inspiration for our children!

Mondays, 9:00am-10:15am	Parents and Friends Study Group with Anne Williams (in the Library, no children please) 0424 771 217 .
Mondays, 10:30am-12:00pm (fortnightly)	Biodynamic Group with Heidi Halter (see below for details).
Tuesdays, 9:00am	Craft Group with Pixie Stott (outside the Canteen).
Tuesdays, 2:15pm-3:00pm	Eurythmy with Kristina Hamilton (in Williams Hall).
Wednesdays 9:00am	Adult Singing Come and join Claire Williamson and discover your inner voice (in the Music Office)
Thursdays, 9:00am-9:45am	Listening Circle with Bruce Lee - the Administrator (in the Library). Come in for a conversation, concern, query or just to listen.
Saturdays, 1:00pm-4:00pm	Waldorf Wood Workers with Christian Geyer (meet in Plaza) 0409 267 178 .

FREE EURYTHMY CLASSES FOR ADULTS - with Kristina Hamilton

Tuesdays, 2:15pm-3:00pm in Williams Hall.

Eurythmy is great to do at any time of year, but it especially becomes a healing balm when winter approaches. As the outer cold increases, the inner life awakens, allowing a warm space for artistic impulses to be nurtured. The arts flourish in wintertime. Do come and join with others in this opportunity to feel whole and well. All welcome!



SCHOOL NOTICES



School notices are strictly for members of the school only and may consist of: lost and found items, items for sale (student/school related), and classes/lessons within the school, etc. Please restrict your notice to three lines (this is free of charge). School notices will appear in this section for two weeks. If you would like the ad to appear for longer, please contact the Pabulum on 9417 3638 each week. Thank you.

COT MATTRESSES NEEDED - We are looking for 3 inner sprung cot mattresses for the Class 9 play. They can be in almost any condition. Please call Anna on **0402 136 350** if you can help. Thanks.

PIANO TEACHER WANTED - for 2 PWS Primary School students, after school at their house or happy to travel nearby. Please contact Vic on **0402 378 018**.

PLANETBOX - lost Planetbox lunchbox with blue cover, on the grass in front of the Adventure Playground. Please call Karen on **0415 700 975**, or give to Tayan in Class 4.

CAR POOLING - I'm looking for someone who would like to do car pooling with me from Kwinana / Rockingham area. Please contact Carola **0402 598 896**.

PIANO FOR SALE - Please phone Bronwyn for details - **0407 312 470**.

VOLUNTEER GARDENERS WANTED! - Meet at the Canteen at 9:00am on Wednesday mornings for an hour of social gardening. If you prefer a different time please phone Heidi on **0427 445 754** to organise an alternative day.



COMMUNITY NOTICES



Community Notices are for members of the school's community only and may consist of; business adverts, producers, services, items for sale (non-school related), etc. keeping in mind that they need to be consistent within our schools' ethos. Please restrict your notice to three lines (this is free of charge). All Community Notices will appear in this section for two weeks only. If you would like a ¼ page advert, a \$10 fee is required and will only appear in Week 2 and Week 8.

HEADING FOR EXTINCTION (and what to do about it) - Hilton, Freo and Surrounds Extinction Rebellion info night. Thursday 13th June, 6-9pm at PCYC Hilton, Paget Street Hilton. RSVP here: <https://actionnetwork.org/events/heading-for-extinction-and-what-to-do-about-it-hilton-freo-and-surrounds-xr-info-night/> Contact Sarah Nix **0418 794 414** for more information.

WILD, WISE & WORTHY GIRLS' CIRCLES - invite girls aged 9-11 years old to 'Queen of her Kingdom', a circle exploring body sovereignty, image and health. Sunday 23rd June 10.00am - 1.00pm Bibra Lake. Check out www.facebook.com/girlscircles for more info, or call Karen **0404 044 999**.

HANDMADE WOODEN TOYS FOR SALE - All toys made from natural wood or recycled timber by a Waldorf parent. Great selection of cars, trucks, trains and more. Visit craftedwood.com.au for more.

FOR SALE - Sweet Little Souls merino thick red winter sleeping bag size 3 (fits size 1 onwards) - \$40 in excellent condition, and new merino/silk body suit with enclosed feet size 2 never worn - \$30. Please text Annabelle **0431 320 347**.

WANTED - Girls clothing size 6 (especially long sleeve tops). Please phone April **0413 159 815**.

ADULTS AND TEENS POTTERY WORKSHOP - creating beautiful mugs and small plates. Saturday, 15th June, \$80pp, in Wattle Grove. Please email danica@rediscovering.com.au or visit <https://www.rediscovering.com.au/upcoming-events> for more information.

HOUSE FOR RENT - 4 bedroom 2 bathroom house in Coolbellup available for rent. Waldorf neighbours. Please contact Bronwyn for details - **0407 312 470**.

PIXIE STOTT CANTEEN

Canteen Open times:

Mon and Fri, 8:10am-2:00pm.

Tues and Wed 8:10am-2:00pm. After school 3:00pm-3:15pm.

Thurs 8:10am-1:30pm. After school 2:10pm-2:30pm.

POSITION VACANT

Casual Canteen Assistant

3 days a week (Wednesday, Thursday & Fridays) for lunch cover
Commencing term 3

This assistant role is lunch time cover and relief cover. The role requires:

- Coffee experience (a bonus but if willing to learn not essential.)
- Friendly with some customer service experience.
- Basic food handling and preparation.
- Flexibility
- Work well under pressure.
- The ability to follow Directions.
- Till and money handling.
- Cleaning.

Please submit CV and cover letter addressed to Canteen Manager at the office or by email pws.canteenmanager@gmail.com with expressions of interest and any Questions by the 16th June.

WINTER WARMERS

The last season and the coldest, Winter inhales the earth inward. We draw to us introspection, contemplation and patience as the nights become long and days are darker. As the cold mornings break we feel the height of receptive yin energy. Winter is synonymous with the last stage of life and wears black, blue and white.

Plants move underground into the womb of mother earth and we require more warm dense foods, hard cheese, big fish, chicken, meat on the bone, citrus fruits and onions. The autumn harvest of nuts, berries and dried fruits is consumed during Winter.

The midwinter Solstice around 21 June is a time of waiting.

Early man feared that light and life would never return so they lit fires, hung lanterns and decorated homes with greenery to persuade sun and vegetation to grow again.

Quick and Easy NO FAIL Sponge: (Waldorf Canteen Cake)

4 eggs – separated
 $\frac{3}{4}$ cup caster sugar
1 tsp vanilla essence

$\frac{1}{2}$ cup custard powder
 $\frac{1}{2}$ cup corn flour
2 tsp baking powder

1. Preheat oven to 200°C.
2. Beat eggs whites until stiff and gradually add sugar. Add yolks and vanilla essence.
3. Sift dry ingredients and fold into egg mixture.
4. Place in two small cake tins and bake for 15 – 20 minutes or until ready
5. Cool on rack.
6. Slice each cake in half and fill with strawberries and cream/ jam and cream / just cream...etc.
7. Dust with icing sugar or top with passionfruit icing.



Did you know? Writing 'Happy Birthday' on a cake dates back to ancient Greece and Artemis, goddess of the moon.