



MACARTHUR PRIMARY SCHOOL

E-mail: macarthur.ps@edumail.vic.gov.au

Principal: Lynn Lyles

School Council President: Peter Musson

Office Hours 2009

Monday - Friday
8:00am - 8:45am

Monday - Friday
1:00pm - 4:00pm

Term Dates 2009

Term 2
20 April to 26 June

Term 3
13 July to
18 September

Term 4
5 October to 18
December

Newsletter Date 17th June

Issue 18 2009

From the Principal's Desk



End of Term BBQ

On the last day of term we traditionally have a BBQ lunch for students. This is a popular way to end the term and parents are most welcome to attend. The BBQ lunch will begin at 12.30pm and this is followed by the grade 5/6 game against parents for the Macarthur Cup at 1.30pm.

This term the game will be netball and will be umpired by Sylvia Luke and Suzy Millard. Please come along and join in the end of term fun. I will need a volunteer to cook the BBQ lunch so this is ready for 12.30pm. If you are handy with the BBQ and have time to help please let me know. There will be some "friendly" games of parents against prep to 4 students just preceding the big match for the cup.

School Council Meeting

A reminder that there will be a meeting of School Council at 7.30pm tonight in the library.

Bunnings on Sunday

Thank you to the parents who have volunteered to assist with the Bunnings BBQ fundraiser on Sunday and a BIG thank you to Andrea Drendel for her coordination of this event.

Reports

Mid-year school reports will be distributed next Wednesday to parents.

Grade 6 Transition

The process of transition has started for our grade 6 students.

Today we had a visit by Hawkesdale College Principal Colan Distel, his transition coordinator and three year seven students.

As we were on camp at the time of their open evening they decided to bring the open night presentation to us. This will be followed next term with visits to the college by our students. Baimbridge College will also be organising transition visits for our grade 6 students and I expect a visit from Baimbridge transition coordinators to be organised soon.

Please let me know if there is any way that the school can assist with the transition of your students to secondary college.

Bunnings BBQ roster

8am - 10am	Peterson, Leonie Dyson
10am - 12pm	Sandra and Bruce Addinsall, Ashley Hardy, Cassidy
12pm - 2pm	Sue Logan, Malseed
2pm - 4pm	Belleville, Drendel



UNIFORMS LOST AND FOUND

Could all families please check jumpers (woollen and rugby) in their childs cupboards PLEASE.

LOST

Peters family has lost two (2) Silver Fleece Woollen Jumpers.

Musson family has lost one (1) Silver Fleece Woollen Jumpers and one (1) Jagga Jagga Jumper.

These jumpers are very expensive and are keen to locate them - the jumpers are named.

IF FOUND PLEASE LEAVE IN THE LIBRARY ON TOP OF THE END ROW OF CUPBOARDS.

Thankyou for your cooperation.

FOUND

Two Jagga Jagga (Rugby) jumpers, small sizes. Anyone missing these could you please see Sylvia (during office hours) or ring Leonie Dyson 5576 4251.

SECOND HAND UNIFORM

If anyone has second hand school clothes in good order (on the larger size) and that are not needed anymore, could they please be given to the School.

Canteen Price List

Hot Food (with or without sauce)

Pie	\$ 2.40
Pastie	\$ 2.40
Party Pies	\$ 0.80
Sausage Rolls	\$ 1.60
Dim Sims	\$ 0.70
Spaghetti Pasta Blasta	\$ 3.00
Lasagne Pasta Blasta	\$ 3.00
Fried Rice	\$ 3.00
Ham/Pineapple Pizza	\$ 1.40
Supreme Pizza	\$ 1.40
Crunchy Chicken Royale	\$ 1.50
Chicken Nuggets (5)	\$ 2.00
Chicken Nuggets (3)	\$ 1.30
Fish Bites (3)	\$ 1.70
Fish Bites (2)	\$ 1.20

Cold Food

Frozen Strawberry Yoghurt	\$ 1.60
Frozen Apricot Yoghurt	\$ 1.60
Strawberry Milk	\$ 1.50
Chocolate Milk	\$ 1.50
Poppers Juice Apple	\$ 1.00
Poppers Juice Tropical	\$ 1.00
Poppers Juice Orange	\$ 1.00
Peters Choc Minis	n/a
Lemonade Icpoles	\$ 0.80
Raspberry Icpoles	\$ 0.80
Peters Lifesavers	\$ 1.50

Canteen Roster

Mon 15	Tamara Hardy
Wed 17	NO CANTEEN
Fri 19	NO CANTEEN
Mon 22	NO CANTEEN
Wed 24	Leonie Dyson
Fri 26	End of Term BBQ

IMPORTANT NOTICE:

Sauce used for lunches, other than canteen orders, is not free. If sauce is not provided from home it can be purchased from the canteen for 20¢ per sachet.

CANTEEN SPECIAL

Choc & Strawberry Up'n Go Milk drinks on sale for 50¢
BigM milk 250ml has been reintroduced @ \$1.50 ea



Fruity Morning Muffins

Makes 12

Ingredients

- 1 cup All Bran® cereal
- 1 cup Australian reduced fat vanilla yogurt
- 1/2 cup sultanas
- 1/2 cup dried apricots, chopped
- 1/4 cup apple juice
- 25g Australian reduced fat dairy blend
- 1 cup wholemeal self-raising flour
- 1/2 teaspoon mixed spice
- 1/2 teaspoon cinnamon
- 2 eggs, lightly beaten
- 1 pear, grated
- 12 dried apricots, extra
- 1 tablespoon apple juice, extra

Method

1. Combine cereal, yogurt, dried fruit and apple juice in a bowl and stand for 15 minutes.
2. Rub dairy blend into combined flour and spices. Add eggs, grated pear and cereal mixture, stir until just combined.
3. Spoon mixture into 12 lined, 1/2 cup capacity muffin pans and bake at 200°C for 20 minutes until golden brown and cooked.

Top each muffin with a dried apricot, brush with extra apple juice and serve warm with a glass of milk.latte!

Note: Muffins have a 'pudding like' texture when removed from the oven. These muffins are best made and eaten on the same day, but can be reheated in the microwave & served warm.

Tips / Handy Hints

Note: Muffins have a 'pudding like' texture when removed from the oven. These muffins are best made and eaten on the same day, but can also be reheated in the microwave and served warm. For Adults: Add a little extra spice to the mixture and serve these muffins with a long



Nutritional information

- Energy: 641kJ
- Total Sugars: 15.9g
- Protein: 5.2g
- Sodium: 177mg
- Calcium: 60mg
- TotalFat: 3g
- Saturated Fat: 1.1g
- Iron: 1.5mg
- Carbohydrate: 24.7g
- Fibre: 4.5g



Speedy Snack Ideas:

- Serve reduced fat dairy based dips like avocado, tzatziki and spring onion with vegie sticks

Dairygood promotion

Luscious Fruit Smoothie

Makes 2

Ingredients

- 1 x 220g tub peaches in mango juice, undrained
- 1 cup Australian reduced fat milk, chilled
- 1 cup apricot nectar
- 1 scoop Australian vanilla ice cream
- 2 ice cubes, crushed
- 2 small scoops Australian vanilla ice cream, to serve, extra

Method

1. Blend fruit until finely chopped. Add the remaining ingredients and blend until thick and frothy.

Serve with extra ice cream on the side of the glass.

Net, Set, GO - is starting in the third term

Its that time of year again for Net Set Go. Age groups are Prep to Grade 3 and more advanced Grad 4 to Grade 6.

It will be a nine-week program, run every Monday night at 3.45pm for and hour at the school, commencing Monday 20th July 2009. Because this is a school based program, a staff member has to be in attendance in case of accident or medical attention. If any parent would like to help out on the nights that would be greatly appreciated.

Net, Set, GO is based on a netball initiative from Netball Victoria and is run by any school, sporting club or organization. The program can only be run by a credited co-ordinator, which involves completing a course. Anyone interested can be a co-ordinator.

The program focuses on two age groups and includes balance, moto skills, correct body movements to prevent injury, teamwork and positions of the game. I will mix these activities up a little throughout the program. Every week is focusing on their balance and moto skills and even though it doesn't seem that way or anything to do with netball, down the track you will hopefully see a difference. And we are here to have FUN.

Children need to bring their runners, which are better for their feet and prevents leg soreness and injury. Registration is \$28, (\$38 for over 11 years old) and covers insurance, \$12 for the kids pack which is a bag, ball and activity book etc and \$10 Affiliation Fee to Netball Victoria, totalling \$50. We will need the money and form below by no later than 24th June 09 (2 weeks) so the children will have their kids packs before we start and I also need the children to bring their balls to each session. Packs will be distributed by the end of term. Any queries please give me a call 55764 251.

Looking forward to seeing you all on the court.

Leonie Dyson
Co-ordinator

"....." "....."

I hereby give permission for my daughter/son
to participate in the Net Set GO program in term 3.
Parents/Gardian Name:..... Signature:

Insurance	\$28 (Registering with Victorian Netball Association)
Kids Pack	\$12 (bag, netball, activity book)
Affiliation	\$10 (Netball Australia)
TOTAL	\$50

**to be made out to Macarthur Primary School
(money and form into an envelope and give to class teacher)**

If your child is over 11 years old registration is \$38 (plus the \$12 & \$10) = \$60.

Already registered with Netball Victoria through another sporting club Y/N
If yes we need the registration number

I am interested in helping on the Monday night: Name:.....



Hawkesdale Macarthur Football Netball Club Inc
 Training, Playing & Social Events
 2009

**MACARTHUR
 PRIMARY
 SCHOOL**

PO Box 36

23 Russell Street
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We're on the web!
www.macarthurps.vic.edu.au

Date		Who	Where	Social
18	Training		Hawk	
20	Match	Rovers	Hawk	G & S Auction
25	Training		Macarthur	
27	Match	Penshurst	Penshurst	

Auskick Notice

The final Auskick session for 2009 will be on **Friday 19th June** and will be a pie night at the school.

Mark Todd
 Macarthur Auskick

Soccer for ages 6 to 13

Hamilton Soccer Club continues its activities during term III, from 18 July, on Saturdays at 9.30am at Mitchell Park. All training is done is appropriate age and ability groups with emphasis on having fun! Beginners, boys and girls, very welcome.

Further information contact Ken Cameron on 5572 5654.



exciting news!!!- our Picasso cow will arrive on June 24th



Calendar 2009

PD Professional Development
 Conf Conference

- LL Lynn Lyles
- DB -Don Beaton
- JM Jacinta Mulder
- SC Sharna Cunningham
- CS-Coral Shepherd
- SM Suzy Millard
- JT Jullie Timms
- SL Sylvia Luke

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	16	17 - Hawk.Coll trans visit - SCouncil Meet	18 - Art -LL-Prin Netwk mt Warm	19	20
21 Bunnings BBQ	22	23 LL - Picasso Cow Launch Warm	24 Cow pickup Reports	25 - MARC	26 End of Term BBQ	27
28 5 Holidays	29 6 Holidays	30 7 Holidays	July 1 8 Holidays	2 9 Holidays	3 10 Holidays	4 11 Holidays
12	July 13 Term 3 Commences	14	15	16	17	18
19	20	21	22	23	24	25

