



Macarthur Primary School

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

Principal: Lynn Lyles
School Council President: Peter Musson

Office Hours 2010

Monday – Friday
8:30am – 9:00am
Mon, Tues, Wed
11:00am – 3:30pm
Thurs
11:00am – 2:30pm
Fri
11:00am – 1:00pm

Term Dates 2010

Term 1 1 February (students start) to 26 March

Term 2 12 April to 25 June (26 April - ANZAC Day Public Holiday and 11 June will be a student free day)

Term 3 12 July to 17 September

Term 4 4 October to 17 December

Special
Birthday
wishes to



January

Charlie Summers (11th)
Hayley Malseed (16th)
Olivia Nield (19th)

February

Latisha Gay (3rd)
Ruby Hill (12th)

Newsletter Date February 10th

Issue 02 2010

From the Principal's Desk

Hit the Ground Running

The year has started off at a run with much activity around the school. Students have been allocated roles and are already fulfilling their responsibilities with enthusiasm. Training has already begun for athletics, swimming is beginning next week, we have a circus workshop coming on March 3rd and the Go For Your Life Van visiting next week.

Classes have been working hard on our Learning to Learn program and have set guidelines for behaviour in classrooms and the school yard. They have looked at the skills and behaviours needed to be successful learners and happy students.

Teachers are already in the process of assessing students and planning appropriate programs for their classes and we have had great excitement in our grade 4,5,6 classroom with the arrival of our netbooks on Monday. Each student now has their own individual netbook computer and will be able to learn to use these to support their learning across the curriculum. This is a very exciting time in education and one of great change which we need to embrace and guide our students through into the future.

Parent Information Nights

This week we are holding a series of information sessions for parents. Grade Prep and 1 parents have individual interview times over the next two evenings.

On Thursday night we will hold class information sessions for grade 2/3 and 4/5/6 followed by a whole school information session on assessment of students.

Times are as follows:-

6.30pm: Grade 2/3 Mrs Shepherd
7.00pm: Grade 4/5/6 Miss Mulder
7.30pm: Whole School Assessment Plan / NAPLAN: Mrs Lyles (in the library)
I hope many parents can attend these sessions.

Swimming

Our swimming program will begin next week. I have attached a permission note to this newsletter which will need to be returned to school.

The program is conducted at the Macarthur Pool and lessons are conducted by Jason Lamb's Splash Factory. Parents are welcome to attend the sessions as spectators and assistance is appreciated with assisting the younger children to change into clothes at school.

Times of sessions are as follows:

Grade 2/3: 1.30pm
Grade Prep/1: 2.00pm (Change at school 1.45)
Grade 4/5/6: 2.30pm

Swimming Trials

We will be conducting swimming trials for our older students to select children to compete in the district Swimming Sports in Hamilton on February 26th. This is the same event which has been held in Dunkeld in past years. Brendan Gay and I will run the trials next Tuesday morning at the Macarthur Pool. Students wishing to try out for the swimming sports will need to complete the additional permission note.

Thank you to Brendan Gay for his offer to help with this and also Peter Cook who has been most helpful in

opening the pool for us at this time.

Athletics Training

Thank you to parents who have volunteered to assist with our athletics training. Yesterday we had a very successful afternoon session with assistance from Jenny Nield, Andrea Drendel and Julie Watson. Thank you all for your help. This week we will be training on Friday afternoon. During the next two weeks of our swimming program we will conduct training on Wednesday afternoons. After swimming we will be training on Tuesday and Friday afternoons. Anyone able to help is most welcome. Children will need to bring runners and sports uniform for these sessions.

Athletic Sports Dates

We have set dates for the District Athletic Sports at Pedrina Park in Hamilton and our own school House Sports. These will all occur this term. Dates are as follows:-

District Athletics, Pedrina Park: Monday March 22nd

School House Sports: Friday March 19th.

More information will be sent home nearer these dates.

Congratulations

The staff would like to congratulate Sharna and Jock on their happy news. Sharna is expecting their first child at the end of May and is looking blooming as the new "mum to be". I am sure the community will be delighted for Sharna and Jock.

I am currently advertising for a suitable replacement teacher for the Prep/One grade and will inform the community as soon as a teacher has been appointed. The new teacher will begin at the start of term 2 and there will be a handover period with Sharna working with the new teacher to ensure a smooth changeover.

Fire Readiness

The school has conducted a fire drill this week with all students and staff. We will be conducting another drill next week for external fire procedures. We will also be receiving another visit from CFA staff in the near future who will run workshops for our students to educate them on fire safety.

Thank you to Anna Wortley for our first wool blankets donated to our fire readiness kit. These blankets will be stored for use to protect students from radiant heat in a bushfire

situation. We are in need of more blankets as we do not have enough at present. These may be given on a loan basis for the duration of the fire season if families wish.

Junior School Council

Congratulations to our newly elected Junior School Council members for 2010. These are:

Grade Prep:	Oliver Wortley
Grade 1:	Amelia Baulch
Grade 2:	Claire Logan
Grade 3:	Tayla Sharrock
Grade 4:	Lorrie Leadbeatter
Grade 5:	Chelsea Jewell

President Thalia Watson and Vice President Johnathon Dunn will be organizing their first meeting soon.

School Council

There will be a meeting of School Council next Wednesday February 17th at 7.30pm in the library. This will be a meeting of our existing School Council. School Council elections will be held over the next few weeks to form our 2010 School Council and the AGM and first meeting of the new School Council will be held in March.

I will send out information on School Council elections late next week.

Lynn Lyles





Student Information Details

All families today have received an envelope containing all the information pertaining to each of their children which is held by the school.

PLEASE carefully check all the pages and amend/add/delete as is necessary.

It is important the school has current information.

If you know your CFA location details and have not already informed the school could that be included on page 1 'Home Location Details'.

ASTHMA

If your child is an asthmatic, it's important that the student either have their own medication with them and/or held by the school in the First Aide room.

Could ALL 'Student Information Details' be returned to the school by this FRIDAY 12th February.

EMA-

Education Maintenance Allowance

If you are the holder of a Centrelink card on the 1st day of the school year (27th January 2010) you may apply for EMA. Enquiries can be made at the Office.

Reminder -

: application forms for EMA are available from the Office

: the school needs to sight your Centrelink card for administration purposes

: the closing date for EMA applications is 4:00pm Friday 26th February.

Late applications will not be received.

Corangamite Library:

Monday 3:30 - 4:30pm

Wednesday 1:30 - 4:30pm

Jullie has an extensive range of books, talking books, DVD's etc AND if it's not in the library, she can order it for you.

Come in a see her.



CIRCUIT TRAINING

Monday & Wednesday

@ 7.30pm

Macarthur Recreation Reserve

Full Use of Gym Equipment & Qualified Instructor

Last Chance - if attendance does not improve this program will be lost.

COME AND GIVE IT A TRY!

For Sale

3 foot fish tank with stones and filter. \$50
Please see Miss C.



Royal Children's Hospital

After watching the separation of Trishna & Krishna, the conjoined twins, at the Royal Children's Hospital in Melbourne, I feel so proud that our community has helped this and many other miracles happen.

So this is a BIG thankyou to everyone who has helped us raise money for our Good Friday Appeal.

Sometimes I hear some negative feed back about how many raffles we have and I take it personally, but I do this for the children, your children, grandchildren etc so I feel proud, and all of you should too.

Good Friday will be here soon so if anyone can help in anyway I would be very grateful.

If you can collect in your street or along your road it would help so much.

I would also like to thank Ian & Wayne for their continuing support.

Suzy Millard
RCH co-ordinator.

Notice to Parents

Hamilton Little Athletics

Tonight's Little Athletics has been cancelled.

Parenting Article No. 111



An Initiative of the Department of
Education and Early Childhood
Development, delivered by

CITY OF
GEELONG

REGIONAL PARENTING SERVICE
245-249 Pakington St
NEWTOWN VIC 3220
Postal Address: PO Box 104
GEELONG VIC 3220
Ph: 03 5272 4817 Fax: 03 5272 4832
Email: rps@geelong.vic.gov.au

ENCOURAGING GOOD EATING

At this time of year, parents are sending children off to kindergarten and school – many of them for the first time. In order for them to be healthy and energetic and to cope well with the day, it is essential to provide them with appropriate foods.

Every day, there should be a variety of things from each of the five main food groups.

- Vegetables provide fibre and vitamins
- Carbohydrates give energy
- Dairy gives calcium to strengthen bones and teeth
- Protein from meat, fish, eggs and legumes is needed for growth of the body
- Fruit provides fibre and vitamins

Sugar and fat should be limited because, although they provide energy, they lack nutrients. Unfortunately, they tend to be in the foods that the children see as “treats” and that they prefer. This is partly because parents present those foods in this way and also because there is a lot of advertising directed at children.

There is major concern now about the increasing body-weight of Australians. Young children set up patterns in the first few years of life and they learn most from their parents, so it is essential that adults actively promote better eating habits in the family. Parents may actually begin poor eating habits when their baby first starts to take solids and is developing taste preferences. We all have natural “hunger cues” that tell us when we need food, but parents will usually encourage the child who stops eating to take a little more. We also tend to use food to comfort or as a reward or distraction, so children are often given food when they are not hungry.

Families can actively counteract this in a number of ways:

- Enjoy healthy meals as a family, set a good example including drinking plenty of water
- Be creative about introducing new things – offer small amounts often and give praise when they taste a new food

- Explain that you do not buy the “sometimes” foods but have “every day” foods readily available
- Teach other ways to deal with boredom, sadness or tiredness
- Involve children in growing, buying and preparing food
- Teach how to be a critical shopper -get the older ones to help you determine which package has less sugar or fat
- Plan regular physical activity and restrict time watching TV or playing electronic games. Remind them that their brain will work better after exercise!

Breakfast ideas – energy to start the day

It is recommended that children always eat a healthy breakfast to ensure they have the energy levels required to get them through the morning. A nutritious breakfast should include fruit or vegetables, a dairy product, and wholegrain bread or cereal.

Here are some interesting suggestions to go with a glass of milk

- raisin bread with chopped banana
- muesli cereal with yoghurt
- baked beans on toast
- toast with avocado
- fruit smoothie with yoghurt and wheat germ

Snacks

It is also important to put some snacks in the lunchbox as they can be very useful at morning play time when the impact of breakfast is wearing off. Avoid the enticingly named “health bars” or snack packs. Check their sugar and fat levels and the cost against what you can make yourself out of nuts/seeds/dried fruit.

Further information can be found at:

- www.nutritionaustralia.org
- www.goforyourlife.vic.gov.au/kids

For a complete list of Regional Parenting Service articles go to the City of Greater Geelong website
www.geelongaustralia.com.au/community/family/services/article/8cbc84b53070368.aspx

**MACARTHUR
PRIMARY
SCHOOL**

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



Macarthur Recipe Drive

Do you have a favourite recipe you would like to share with your community?

Healthy Active South West and Macarthur Community Health are putting together a FREE recipe book and would like you to contribute...

...Recipes can be of soups, entrees, mains, lunch box ideas, salads, snacks or desserts...

How to be involved...

Drop in, post or email your favourite recipe to Macarthur Community Health by

Friday 26th February

12 Ardonachie St or macarthurch@swh.net.au
Any questions... Call 5522000

Recipes may be modified by South West Healthcare Dietitian to make it a healthier choice.

Calendar 2010

PD Professional Development
Conf Conference
PM - Principal Meeting
JRC - Junior Red Cross
JSC - Junior School Council

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8 -Parent Morning Tea	9 -Headlice checks -Fire drill	10 LL- PM Warm -Corp Bowls 6:00pm	11 - Parent Information Evening	12	13
14	15 Swimming	16 Swimming -Pancake Tuesday	17 -School Council	18 MARC Swimming -Go For Your Life Van 12:00	19 Swimming	20
21	22 Swimming	23 Swimming	24	25 -Swimming -EMA applic close	26 Swimming -SGSSA Swim Hamilton	27
28	March 1 Swim Carnival	2	3 -World Maths Day - Mathletics - 1:30pm Circus Oz	4 MARC -RE begins	5 -SGSSA Swim Hamilton B/up day	6
7	8 Labour Day Holiday	9	10	11	12	13