



# Macarthur Primary School

E-mail: [macarthur.ps@edumail.vic.gov.au](mailto:macarthur.ps@edumail.vic.gov.au)

Principal: Lynn Lyles  
School Council President: Peter Musson

## Office Hours 2012

Monday - Wednesday  
8:45am - 9:00am  
10:00am - 4:15pm

For appointments  
please ring  
03 55761245

Classes begin: 9:10am

Recess: Mon, Tues,  
Wed & Frid  
-10:40—11:00am  
(Thurs 11:10-11:30am)

Lunch: 1:00 - 1:50pm

End of Day: 3:20pm

## Term Dates

### 2012

Term 2: 1

16 April - 29 June

Term 3:

16 July - 21 September

Term 4:

8 October - 21 Dec

*Please phone or send a  
note if your child is absent  
from school -  
It's not OK to be away*

## Newsletter Date May 2nd

Issue 12 2012

### From the Principal's Desk

#### Windfarm Visit

Yesterday the whole school visited the Macarthur Windfarm. This visit was organised by Leightons who also provided the bus. The children were very interested in the visit and asked lots of questions of Steve, our guide. I am sure we all learned a lot from the trip and I thank Leightons for inviting us.

#### May Race Day

A reminder that tomorrow is a public holiday for May Race Day. No students or teachers will attend school tomorrow.

#### Conferences

Today we have held our first student / parent / teacher conferences. I hope everyone finds these a useful, enjoyable and informative experience. Teachers have a feedback form for parents and we would love to hear your opinions and ideas of the conference process.

#### George St Visit

On Friday we will receive a visit from George Street PS who will be visiting the Macarthur Windfarm. The staff and children will call in here for a snack and toilet stop after their windfarm visit. We may become a popular spot for schools to visit as the windfarm tours continue.

#### GRaSS Camp

Next week I will be attending the GRaSS Camp with our grade 6

students. The children will join with about 50 grade 6 students from other small schools for a 2 day camp at Dunkeld.

This is part of our transition program for grade 6 and is normally a very successful and enjoyable experience for our children.

#### Soup Day

Next Friday we will be holding a soup day. Children will have a choice of soup from Vegetable, Tomato or Leek & Potato which have all been made by our grade 4,5,6 children over the last 3 weeks in our garden cooking program under the guidance of Macarthur Master Chef Suzy Millard.

#### Education Week

Education Week will be held on the week beginning May 21<sup>st</sup>. The school will be holding an Open Day on Wednesday May 23<sup>rd</sup>. There will be school tours organised for Kinder parents at 9.15am followed by morning tea.

Classrooms will be open from 11.00am and 1.00pm and parents and grandparents are invited to visit classrooms and look around our school. Keep this date free.

#### Office News

Sylvia Luke will be taking some leave beginning Monday May 14<sup>th</sup>. Alison Nicholson will be replacing Sylvia in the office for the rest of

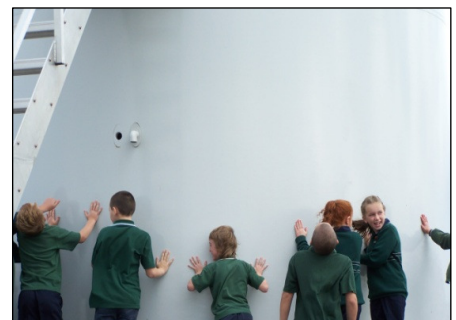
term 2 on Monday, Tuesday and Wednesday. Sylvia's last official office day for this term will be next Wednesday May 9<sup>th</sup>. Any parents needing to see Sylvia are asked to come in early next week.

Lynn Lyles

### MPA News

MPA is catering for a Lions Club Dinner on Thursday May 10th .  
A note will be sent home to parents for donations of food items and assistance on Friday

Anna Wortley  
Secretary



Some pictures of the Macarthur Windfarm we visited on Tuesday  
From Hayley and Kyle

### Working Bee

We have many jobs to be completed around the school to tidy up the grounds and playground for the term. As there were only a few parents at Friday night's working bee we only managed to complete a few jobs. There is a list of jobs in the corridor and on the front door that we would love to be done. A few people have offered to come in for an hour or so during the week to help out. If you are able to assist at a time convenient to yourself please let me know.

Lynn

**Corangamite Library:**

Operates Wednesday  
afternoons  
from 1pm - 5pm.

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 and see her.

**Special Birthday wishes  
to**

*Kyle Todd (2nd)*



| <b>Price List—Canteen</b> | <b>\$</b> |
|---------------------------|-----------|
| Big Pies                  | \$3.30    |
| Party Pies                | 1.10      |
| Party Pastie              | 1.10      |
| Mini Potato Pies          | 1.10      |
| Sausage Rolls             | 1.80      |
| Dim Sims                  | 0.80      |
| Spaghetti Pasta<br>Blasta | n/a       |
| Lasagne Pasta Blasta      | 3.20      |
| Pizza                     |           |
| Ham/Pine Pizza            | 1.60      |
| Supreme Pizza             | n/a       |
| Chicken Royale            | 2.00      |
| Chicken Dinosnack<br>each | 0.70      |
| Fish Bites each           | 0.70      |
| Yoghurt                   |           |
| Strawberry                | 1.70      |
| Apricot                   | 1.70      |
| Raspberry                 | 1.70      |
| Drinks                    |           |
| Strawberry Milk           | 1.30      |
| Chocolate Milk            | 1.30      |
| Apple 250ml               | 1.10      |
| Orange 250ml              | 1.10      |
| Tropical 250ml            | 1.10      |
| Icecreams                 |           |
| Lemonade<br>Icypoles      | 1.10      |
| Raspberry<br>Icypoles     | 1.10      |
| Chocolate<br>Billabong    | 1.30      |
| Triple Swirl<br>Billabong | 1.30      |

**CANTEEN ROSTER**

|               |           |                                       |           |
|---------------|-----------|---------------------------------------|-----------|
| <b>May 2</b>  | Wednesday | Carolyn Malseed                       |           |
| <b>4</b>      | Friday    | Leonie Dyson                          |           |
| <b>7</b>      | Monday    | Kate Fitzpatrick                      |           |
| <b>9</b>      | Wednesday | <b>NO CANTEEN</b>                     |           |
| <b>11</b>     | Friday    | Leonie Margrie                        | Lei Kelly |
| <b>14</b>     | Monday    | Trudy Sharrock                        |           |
| <b>16</b>     | Wednesday | Sally Gay                             |           |
| <b>18</b>     | Friday    | Leonie Margrie                        |           |
| <b>21</b>     | Monday    | Carolyn Malseed                       |           |
| <b>23</b>     | Wednesday | Andrea Drendel                        |           |
| <b>25</b>     | Friday    | <b>NO CANTEEN</b>                     |           |
| <b>28</b>     | Monday    | Maryanne Fitzgerald                   |           |
| <b>30</b>     | Wednesday | Rachel Dettling                       |           |
| <b>June 1</b> | Friday    | <b>NO CANTEEN</b>                     |           |
| <b>4</b>      | Monday    | Kate Fitzpatrick                      |           |
| <b>6</b>      | Wednesday | Jenny Nield                           |           |
| <b>8</b>      | Friday    | Kathy Ross                            |           |
| <b>11</b>     | Monday    | Public Holiday                        |           |
| <b>13</b>     | Wednesday | Sally Gay                             |           |
| <b>15</b>     | Friday    | Leonie Margrie                        |           |
| <b>18</b>     | Monday    | Trudy Sharrock                        |           |
| <b>20</b>     | Wednesday | Nicole Hunt                           |           |
| <b>22</b>     | Friday    | Lei Kelly                             |           |
| <b>25</b>     | Monday    | <b>NO CANTEEN</b>                     |           |
| <b>27</b>     | Wednesday | <b>NO CANTEEN</b>                     |           |
| <b>29</b>     | Friday    | <b>End of Term BBQ<br/>NO Canteen</b> |           |

# MACARTHUR PRIMARY SCHOOL

PO Box 36

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Macarthur Vic 3286

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

## Parent Contribution 2012

School Council has set the Parent Contribution for 2012 at \$140 per student. This is broken up as follows:-

- \*Student Requisites \$40
- \*Cultural/ Arts Performances \$40
- \*Swimming \$40
- \*Excursion Travel \$10
- \*Garden Program \$10

Parents with a family membership of the Macarthur Pool will be entitled to a \$10 per student reduction on the swim program fee.



Mac Petersen was champion in his age group of the recent Schools Equestrian competition.. Lucy Petersen ran 4th in her age group and Jack Addinsall ran 2nd in his age group.

## Hamilton Olympic Swimming Club

Hamilton Swimming Club is an organisation run by a group of volunteer parents who employ a fully qualified Bronze Swimming coach and assistants to provide competitive swimming training and opportunities to compete at all levels, for children from 6 years upwards.

Swimming training sessions consist of warm ups, stroke technique, fitness training, fun activities and practicing correct competition techniques (such as diving off starting blocks, relay changeovers, finishes etc.)

The club has added extra days to its swimming program. We now run sessions on Monday, Tuesday and Thursday afternoons at HILAC, and have vacancies in a number of our groups.

If you think your child would like to join the Swim Club or just come and try a swimming session, please contact our coach **Maxine Baring on 0407302744**

## Calendar 2012

PD Professional Development Conf - Conference  
PM - Principal Meeting  
NWM - Network Meeting  
JRC - Junior Red Cross  
JSC - Junior School Council  
AASP - Active After School Prog  
CRE - Christian Religious Ed

LL Lynn Lyles  
JM Jacinta Mulder  
SC Sharna Cunningham  
DH Darren Hilliard  
CS-Coral Shepherd  
AM - Anne McNaughton  
SM Suzy Millard  
JT Jullie Timms  
SL Sylvia Luke

| Sun                  | Mon                  | Tue   | Wed  | Thu  | Fri   | Sat |
|----------------------|----------------------|---|--|--|---|-----|
| 29                   | 30                   | May 1<br>-Visit Windfarm                    | 2 - Student/ Parent Teach Conferences<br>-ArtLOTE/Mus<br>-AASP | 3 Moyne Shire May Day Races Holiday        | 4<br>-Auskick                                   | 5   |
| 6                    | 7<br>-Gr6 GRASS Camp | 8<br>-Garden 4-6<br>-Gr6 GRASS Camp         | 9<br>-LOTE/Music<br>-AASP                                      | 10<br>-LL -Network Mtg<br>-NO CRE<br>-MARC | 11<br>-Auskick                                  | 12  |
| 13                   | 14                   | 15<br>-Naplan<br>-SchCouncil<br>-Garden 2/3 | 16<br>-Naplan<br>-LOTE/Music<br>-AASP                          | 17<br>-Naplan<br>-Art                      | 18 -Healthy Brekky & Walk to school<br>-Auskick | 19  |
| 20<br>Education Week | 21                   | 22<br>-Garden 2/3                           | 23 -Open Classroom 11am-1pm<br>-LOTE/Music<br>-AASP            | 24<br>-SC-PD<br>-NO CRE<br>-MARC           | 25<br>-Auskick                                  | 26  |
| 27                   | 28                   | 29<br>-Garden 2/3                           | 30<br>-AASP  | 31<br>-LL-Netwk Meet<br>-Art               | June 1<br>-Auskick                              | 2   |





# Asthma, Coughs and Colds: Information for Parents and Carers

The common cold, caused by an upper respiratory tract infection, is one of the most common illnesses for children and adults in Australia. Colds are more common in winter months as people spend more time indoors, in close contact, and can be more likely to pass on viruses that cause the common cold.

Colds can be a trigger for asthma, and asthma management can become more difficult for children and teenagers attending school if they have a cough or a cold. Ensure your child reduces the risk of passing on coughs and colds by avoiding coughing or sneezing on, or near other people and that they wash their hands appropriately after blowing their nose or handling used tissues. Coughing or sneezing onto the inside of their elbow instead of their hands can also prevent the transmission of infections. If your child is unwell, it is recommended that they stay home and rest to reduce the chance of spreading infections and to give them a better chance to recover quickly.

While there is no known cure for the common cold, symptoms such as headache, cough and runny nose can be managed, and children with asthma are advised to see their doctor before using any medication, or herbal and natural remedies, as these may react with their asthma medications. Many cold and flu medications available over the counter are not suitable for children and teenagers, and some medications may also trigger asthma symptoms, it is best to avoid these unless recommended by your doctor.

People with asthma should avoid the following medications if possible:

Aspirin

Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications)

Beta blockers tablets and eye drops (used for high blood pressure and glaucoma)

ACE inhibitors (used to control blood pressure)

Saline drops and nasal sprays may help relieve blocked sinuses, and gargling with salty water may help relieve a sore throat. If cold symptoms become more severe, parents and carers are encouraged to consult their doctor as soon as possible for advice. Nasal sprays should not be shared between people as this may transmit infections and viruses.

It is also highly recommended that in the lead-up to winter, people with asthma ask make use of influenza (flu shot) vaccinations. For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and the NPS website - [www.nps.org.au](http://www.nps.org.au).



For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email [schools@asthma.org.au](mailto:schools@asthma.org.au)

## Asthma and School Holidays – Tips for Travel

When travelling it is important to be aware that different locations and environments may harbour triggers for asthma, particularly new triggers that you or your child may not have come into contact with before.

- Even if asthma is mild or has not occurred for some time, travel to a new destination can often bring about asthma symptoms
- People with asthma should always carry reliever medication and a spacer with them when they travel to ensure they can treat asthma symptoms quickly if they occur
- It is important that people with asthma take enough medication to last for the trip, and have repeat prescriptions with them if they expect to run out during the trip
- People with asthma should have a review with their doctor and update their Asthma Action Plan prior to the trip, so that a clear guide is available on what to do if asthma symptoms or an asthma attack occurs while on holiday

Ensure that travel insurance adequately covers medical costs and needs while on holiday. Some policies may not cover for asthma treatment if a recent asthma emergency has occurred. Be sure to read the fine print or ask the insurance provider about their asthma coverage



For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email [schools@asthma.org.au](mailto:schools@asthma.org.au)