From the Principal’s Desk

Regional Directors Visit
Last week we had a visit to our school by our Regional Director, Grant Rau. Grant visited our classrooms, viewed lessons in action and students at work. I am pleased to report some very positive comments made regarding the quality of teaching and learning happening in our school and the supportive school environment which exists in classrooms. It is always good to receive feedback from beyond the school and affirmation of the positive school environment which exists here at Macarthur Primary School.

Friday Pupil free Day
This Friday June 12th will be a Pupil Free Day. Staff will be working on writing student reports. No students are to attend school on Friday and buses will not run.

Hawkesdale Transition Visit
Next week we will have a visit by Hawkesdale College year seven students and the transition coordinator. Grade 6 student will be able to hear about life at secondary college and ask questions of current year seven students.

School Review
I am currently in the process of writing our school self evaluation in preparation for our school review. This review is conducted every four years where we look at what we are achieving for our students in the areas of student learning, engagement and wellbeing, and pathways and transition. The school will undergo its review early in term 3 and the strategic plan for the next four years will then be developed.

School Council Meeting
There will be a meeting of School Council next Wednesday night, June 17th at 7.30pm in the library. The draft self evaluation for our school review will be presented to School Council.

Bunnings BBQ Fundraiser
We are still in need of families to assist with our fundraising BBQ at Bunnings on Sunday June 21st. Thanks to the families who have offered to assist so far. The current roster of volunteers is attached. If you can assist please contact the school or Andrea Drendel. All proceeds are going towards supporting all students in our camping program for 2009.

Bunnings Roster

<table>
<thead>
<tr>
<th>Time</th>
<th>Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am - 10am</td>
<td>Peterson, Leonie Dyson</td>
</tr>
<tr>
<td>10am – 12pm</td>
<td>Sandra and Bruce Addinsall, Ashley Hardy, Cassidy</td>
</tr>
<tr>
<td>12pm – 2pm</td>
<td>Sue Logan, Malseed</td>
</tr>
<tr>
<td>2pm – 4pm</td>
<td>Belleville, Drendel</td>
</tr>
</tbody>
</table>
**Canteen Price List**

<table>
<thead>
<tr>
<th>Hot Food (with or without sauce)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pie</td>
<td>$2.40</td>
</tr>
<tr>
<td>Pastie</td>
<td>$2.40</td>
</tr>
<tr>
<td>Party Pies</td>
<td>$0.80</td>
</tr>
<tr>
<td>Sausage Rolls</td>
<td>$1.60</td>
</tr>
<tr>
<td>Dim Sims</td>
<td>$0.70</td>
</tr>
<tr>
<td>Spaghetti Pasta Blasta</td>
<td>$3.00</td>
</tr>
<tr>
<td>Lasagne Pasta Blasta</td>
<td>$3.00</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham/Pineapple Pizza</td>
<td>$1.40</td>
</tr>
<tr>
<td>Supreme Pizza</td>
<td>$1.40</td>
</tr>
<tr>
<td>Crunchy Chicken Royale</td>
<td>$1.50</td>
</tr>
<tr>
<td>Chicken Nuggets (5)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chicken Nuggets (3)</td>
<td>$1.30</td>
</tr>
<tr>
<td>Fish Bites (3)</td>
<td>$1.70</td>
</tr>
<tr>
<td>Fish Bites (2)</td>
<td>$1.20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cold Food</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Strawberry Yoghurt</td>
<td>$1.60</td>
</tr>
<tr>
<td>Frozen Apricot Yoghurt</td>
<td>$1.60</td>
</tr>
<tr>
<td>Strawberry Milk</td>
<td>$1.50</td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>$1.50</td>
</tr>
<tr>
<td>Poppers Juice Apple</td>
<td>$1.00</td>
</tr>
<tr>
<td>Poppers Juice Tropical</td>
<td>$1.00</td>
</tr>
<tr>
<td>Poppers Juice Orange</td>
<td>$1.00</td>
</tr>
<tr>
<td>Peters Choc Minis</td>
<td>n/a</td>
</tr>
<tr>
<td>Lemonade Icypoles</td>
<td>$0.80</td>
</tr>
<tr>
<td>Raspberry Icypoles</td>
<td>$0.80</td>
</tr>
<tr>
<td>Peters Lifesavers</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**School Bus Services - Friday 12 June**

The recently negotiated Victorian Government Schools Agreement determined that Friday, 12 June 2009 is to be a pupil-free day.

Under school bus policy, bus services are not required to operate on departmental-declared state wide pupil free days. As a result no school bus services will operate on Friday, 12 June 2009.

**SunSmart**

SunSmart has issued a message that with lower UV levels in the winter months it is important to increase sun exposure to maintain levels of vitamin D.

Vitamin D is naturally created by the body when skin is exposed to direct sunlight and is essential for general health and wellbeing, particularly for development and maintenance of healthy bones, muscles and teeth.

In Victoria from May to August, average UV levels are low (1or 2) and therefore sun protection is not required (unless you are in alpine areas or near highly reflective surfaces such as snow or water). High UV levels (3 and above) require sun protection measures, as the sun’s UV can damage skin and eyes and lead to skin cancer.

**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.
**REMINDER**
Bean Kids Fundraising is closing on the 15th June - only 10 days away.

Please complete and return to the school as soon as possible.

Thanks
Leonie Dyson

**SEEDS FOR SALES**
@ $2 packet
Carrot, parsnip, broad bean, sweet pea & sunflower

Jenny O’Brien Phone: 55763257
Email: jenandtez@skymesh.com.au

**Taco Boats** *(Serves 4)*

**Ingredients**
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 3/4 cup water
- 250g lean minced beef
- pinch chilli powder (optional)
- 1 1/2 teaspoons ground cumin
- 400g can red kidney beans, drained
- 400g can chopped tomatoes
- freshly ground black pepper, to taste
- 2 tablespoons chopped parsley
- 1 small cos lettuce, outer leaves discarded
- 1 tomato, finely chopped
- 1/3 cup grated Australian reduced fat cheddar cheese
- 1/3 cup Australian reduced fat natural yogurt

**Method**
1. Cook onion and garlic with 2 tablespoons of the water in a non-stick saucepan until softened. Stir in minced beef and spices and cook over high heat until browned. Reduce heat and simmer for 15 minutes until mixture has thickened. Stir in parsley.
2. Add beans, tomatoes, pepper and remaining water. Reduce heat and simmer for 15 minutes until mixture has thickened. Stir in parsley.
3. To serve, spoon beef mixture into lettuce leaves, sprinkle with cheese, fresh tomato and dollop with yogurt.

**Tips / Handy Hints**
Tip: The Mexican beef mixture is also great served in tortilla wraps. Sprinkle taco boats with a little avocado for extra colour! For adults: Add extra chilli sauce for serving

**Speedy Snack Ideas:**

- Make a mini grazing platter of cheese cubers, dried apricots, celery, carrot & cucumber sticks with dairy based dip, apple wedges, rice crackers, or corn cakes spread with a little cream cheese.

**Double Decker Yogurt Cups** *(serves 4) (25 mins preparation time & 3 hours refrigeration time)*

**Ingredients**
- 250g punnet strawberries, washed, hulled and sliced
- 2 cups Australian reduced fat vanilla yogurt
- 2 teaspoons gelatine dissolved in 2 tablespoons boiling water
- 1 sachet natural strawberry or raspberry flavoured jelly crystals

**Method**
1. Combine ¾ of the strawberries with yogurt and dissolved gelatine. Pour into the base of 4 glasses or disposable cups. Refrigerate until set.
2. Prepare jelly according to packet instructions, then cool to room temperature.
3. Arrange remaining strawberries over the yogurt and carefully pour in cooled jelly to fill each cup. Cover and refrigerate until set.

**Nutritional Analysis Per Serve**
- Energy: 643kJ
- Sugar: 24.3g
- Protein: 9.2g
- Sodium: 109mg
- Calcium: 208mg
- Total Fat: 2.3g
- Saturated Fat: 1.4g
- Iron: 0mg
- Carbohydrate: 24.3g
- Fibre: 1.4g

**Dairygood promotion**

Dairygood promotion

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

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HELPFUL WEBSITES FOR PARENTS

The Web gives access to an overwhelming amount of information about parenting and child development but how do we know what is worthwhile and reliable? One way to ensure that you get good quality information is to use reputable services..... fortunately, there are a number of these in Australia that provide good starting points and also refer us to other linked sites for more extensive expert opinion.

Most of the sites presented on this page are Australian and focus on evidence-based, practical information for parents. They are easy to navigate and well worth a look.

www.raisingchildren.net.au
This website was developed several years ago after research by the national Parenting Information Project showed that parents wanted to know that the information they were accessing was trustworthy and comprehensive. It is a user friendly resource that is set up in sections which lead to helpful tipsheets. Users are invited to select and print relevant information into a convenient book. There are also short information videos available to watch and listen to.

There is one section focusing on “Parenting skills to encourage good behaviour”, and it also covers specific family issues such as “Dealing with Separation”. Another section provides information about children’s typical behaviour and development expectations around communication, play, health, etc. These are set out in age groups – newborns, babies, toddlers, preschoolers and school aged.

Services and Supports lists many services available to parents under subject headings.

www.evhh.com
Child and Youth Health is a South Australian website which gives news and practical health information for parents, carers, and young people. It is divided into age groups and goes up to 25 years. “Resources” includes an excellent range of Fact Sheets and publications, with essential information about caring for children from babies to young adults. Topics from breast feeding to teenagers and sex. There are interesting short paragraphs given under “Questions of the week” and “Tip of the Week”

www.parenting.sa.gov.au
There are nearly 100 Parent Easy Guides on this website. They are usually two, or four pages long and helpfully cover a wide range of topics.

Some give reasonably detailed developmental information and there is an excellent one about “Living with Toddlers” that looks at developmental expectations, positive behaviour management and safety issues. There are also ones that focus on common difficulties such as toilet training, eating, stuttering, nightmares and so on.

A smaller set of easy guides has also been written specifically for indigenous parents using terminology common in South Australia.

www.taliris.org
Here, there are quite detailed timelines about milestones in young children’s development, covering Baby, Toddler and pre-schooler. They are separated into motor (physical), cognitive and language. “Spotlights” are a delightful special feature. They are 60 second video clips in English and Spanish that show a clear example of what it means in practice to do things like handle a tantrum, talk to a baby, or understand your child’s feelings.

www.kidscount.com.au
The Australian Childhood Foundation produces this website. This organisation provides counselling for children who have experienced abuse and its focus is on stimulating parents to think about children, their feelings and their right to a safe environment. The single-page tipsheets are given in 16 languages which are relatively common in our communities today. Print copies can be downloaded but if the audience has difficulty with literacy they can listen to the information in their preferred language.

There are four main headings. “Thinking about being a parent” offers 11 options, such as “Through a child’s eyes”. “Understanding Children’s experiences” has five topics including “Words and actions can hurt”. “Understanding Development” is about emotional rather than physical stages of development. “Responding to children” gives ideas about handling 6 different kinds of difficulties, such as “Helping cope with stressful events”

The fifth section offers a very short list of agencies in each State that provide help for parents.

www.familyrelationships.gov.au
When there is conflict between parents after separation, children are often caught up in the destructive fallout. The Attorney-General’s Department has set up Family Relationship Centres and a website to help parents understand the impact of their actions on their children and to support them in working on more constructive solutions.

There are written resources about building relationships as well as separation and parenting afterwards. Some are written so that children and young people can read them for themselves, and they include topics like “Keeping yourself safe”.

There is information about new laws, dispute resolution and where to find help.

And last but not least.... your local Council websites.

Check these for information about all kinds of things.... By-laws about pets, where are the parks and recreation reserves?, where is the Maternal and Child Health Centre or Kindergarten or School? Where is the Youth Service and what does it offer?

Updated Jan 2009
**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 20\textsuperscript{th} 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 24\textsuperscript{th} 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: .........................

<table>
<thead>
<tr>
<th>Insurance</th>
<th>$28 (Registering with Victorian Netball Association)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids Pack</td>
<td>$12 (bag, netball, activity book)</td>
</tr>
<tr>
<td>Affiliation</td>
<td>$10 (Netball Australia)</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$50</strong></td>
</tr>
</tbody>
</table>

_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:.........................
### Auskick Notice

**NO** Auskick session this **Friday 12th June** as the school will be closed.

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

The hand prints are from students from schools around the Moyne Shire. This piece is to be presented to the Moyne Shire.

### Calendar 2009

- **Sun**
- **Mon**
- **Tue**
- **Wed**
- **Thu**
- **Fri**
- **Sat**

<table>
<thead>
<tr>
<th>Date</th>
<th>Who</th>
<th>Where</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Training</td>
<td>Hawk</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Match</td>
<td>Tatyoon</td>
<td>Tatyoon</td>
</tr>
<tr>
<td>18</td>
<td>Training</td>
<td>Hawk</td>
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</tr>
<tr>
<td>20</td>
<td>Match</td>
<td>Rovers</td>
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<tr>
<td>25</td>
<td>Training</td>
<td>Macarthur</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Match</td>
<td>Penshurst</td>
<td>Penshurst</td>
</tr>
</tbody>
</table>

- **July 1**  Holiday
- **July 8**  Holidays
- **July 15** Holiday
- **July 22**  Holidays
- **July 29**  Holidays
- **Aug  5**  Holidays
- **Aug  6**  Holidays
- **Aug  7**  Holidays
- **Aug 12**  Holidays
- **Aug 19**  Holidays
- **Aug 26**  Holidays
- **Aug 30**  Holidays
- **Aug 31**  Holidays

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**MACARTHUR PRIMARY SCHOOL**

PO Box 36  
23 Russell Street  
Macarthur  
Vic 3286

Phone: 03 55761 245  
Fax: 03 55761 333  
E-mail: macarthur.ps@edumail.vic.gov.au

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

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