



# MACGREGOR PRIMARY SCHOOL

LINKED BY LEARNING... EXPERIENCE, EXPRESSION & EXCELLENCE

Principal: Lana Read

40th Anniversary Year



Education and Training

Volume 41, Issue 4 TERM 3 WEEK 8 11 September 2014

<b>Fri 12 Sep</b>	T20 girls cricket
<b>Wed 17 Sep</b>	Learning Journeys
<b>Thu 18 Sep</b>	School Disco
<b>Fri 19 Sep</b>	-Senior assembly, 9.10 am -Multicultural morning tea, 9.40 am
<b>Sat 20 Sep</b>	MPS 40 year reunion, 12.30 pm
<b>Fri 26 Sep</b>	-Whole school assembly, 9.10 am -Last day of term 3 2014
<b>Mon 13 Oct</b>	First day of term 4 2014

Dear Macgregor Community,

This evening I have the pleasure of accompanying award nominee Mr Tom Camilleri to the annual ACT Public Education Excellence Awards. If there was more time in the world I would gladly nominate each and every one of our talented and dedicated teachers, assistant educators and administration staff. Please join me in congratulating Tom on his nomination and wish him all the best representing Macgregor at tonight's ceremony.

I am very pleased to announce that Macgregor's Business School Partners Program has reached capacity and all 15 positions have been filled. Woolworths Kippax has taken all three of our platinum spots and is currently our sole platinum partner. This opened up two additional gold member positions for two other local businesses which were immediately filled. We now also have two businesses on the waiting list for when a spot becomes available. Please support the businesses that are supporting our school. If our partners' prices are competitive, we can support them by using their services or buying their products instead of their competitors. Most importantly, we need parents, teachers and students to say thank you.

There will be increased police presence in our school zones over the coming weeks. There was an accident earlier this week out the front of the school during pick up time and luckily on this occasion no one was seriously injured. We urge all drivers and pedestrians to remain hyper-vigilant when travelling our neighbouring streets to ensure our children remain safe. Parking at drop off and pick up times is problematic as there are always more cars than parking spots available. We encourage parents to park a short distance away and use this as an opportunity to ride or walk to school and increase their family's daily physical activity.

### Communicating effectively with your children

Why not try some of the following ideas to improve the way you talk with your children.

#### Sit shoulder to shoulder or walk with your child as you talk.

- ✦ Talking face to face can be quite confrontational, particularly for boys.
- ✦ Sitting or walking side by side will encourage both you and your child to talk freely.

#### Use open-ended questions.

- ✦ It is easy to ask your child if they had a good day or if they would like toast for breakfast; however these questions only require a yes or no answer.
- ✦ Try asking questions such as "What did you do today?" or "What would you like for breakfast?". These types of questions encourage discussion between you and your child.

#### Talk with your children about what to do rather than what not to do.

- ✦ It is common for us to focus on poor behaviour, such as "Don't step in that puddle" or "Stop swinging on your chair".
- ✦ Using positive language allows you to tell your children what you would like them to do rather than what you don't want them to do.
- ✦ Try rewording negative statements to positive statements such as "Step over the puddle" or "Please put the chair legs on the floor".

#### Logic Puzzle

The answer to the puzzle in the last newsletter 'COTAXME' is 'income tax'. Week 8 Problem: What word, expression, or name is depicted below?



I look forward to seeing you around the school  
Bye for now,



Chris Shaddock  
Deputy Principal

A huge congratulations to Ronni Plunkett. Ronni was the winner of the School Based Apprentice-Certificate II of the year award at the ACT Excellence in Training awards night last week.



## 2MM News

It is SO wonderful to be back with my kids! I missed them all very much but am also very proud of how well they adjusted to the necessary changes caused by my accident.

These past few weeks have seen the children honing their skills at writing explanation texts. Now that we have a better idea of the process, they will soon be putting their skills to good use on a surprise project.

In maths, multiplication is making way for division. The children are learning how to use arrays to show both. We have completed our study of area and are moving on to the sometimes messy measure of capacity (see our photos on the back page).

Last week, your student will have brought home the alfalfa sprouts we planted and observed in class to support our study of life cycles. Hopefully they will be worthy of a tasty salad in due time! The children will soon be challenged to think of a creative way to show and explain the life cycle of an animal they have chosen.

Our celebration of Numeracy and Literacy Week was a success, with several parents stopping by to play some maths games with their children. A big thank you to those who took time out of their busy mornings to join us.

As the seasons change and the weather gets warmer, and sunnier, please help your child remember that it's 'hats on' now until the year's end. Students who do not wear a hat out to recess or lunch will be required to play in shaded areas.

As always, thank you for your unending support.

Cheers,  
Michele

## Hideout News

Greetings from the 'Hideout'.

Have you seen our wonderful garden beds?

As part of the schools participation in the 'Fresh Taste' program the students in LSGAC have planted out two garden beds with yummy herbs and vegetables. We will be using the produce that we grow in our life skills cooking program. After the disaster of the cockatoos feasting on our parsley and garlic, we have now planted beans, parsley, chives, beetroot and spring onions. It is hard to miss our garden beds with the bird netting. According to the children they look like ships sailing in the sea.

As well as the usual curriculum areas of English and mathematics this term we have also been exploring the states of Australia, their capital cities and some landmarks. We have based this unit around the book 'Possum Magic' by Mem Fox. We have also cooked many of the dishes from the book with the lamingtons being voted the winner by far.

In science we participating in a unit called 'Spot the Difference', in this unit we are investigating heating and cooling and how they affect everyday food. We created spaghetti towers using marshmallows as a joining agent for the spaghetti.

Anne, Harriet and the 'Hideout' students

## Eating with our eyes first?

For anyone who has been watching Masterchef this season, we have heard many times that we eat with our eyes first. Children are particularly affected by the way foods look. Making foods look fun and colourful can help children to try new foods for the first time. Changing the shape of a fruit or vegetable may just encourage a child to take some bites.

Some simple tricks for making foods look inviting to young children are;

- Making apples and pears into slinkies (the canteen does a wonderful job of this during fruit break, making fruit a little bit fun, and easy to eat).
- Using cookie cutters to create fruit shapes – this works really well by cutting shapes out of slices of watermelon.
- Little balls fruit salad – using a melon baller to make balls from melons and adding other 'round' fruits like grapes.
- Use cookie cutters to increase variety in sandwiches, or change the shapes you cut, from square, triangles, soldiers and three long fingers.
- Decorate fruit or vegetable muffins with faces. Start with a muffin like the recipe below then add decorations such as sliced olives for eyes, strips of capsicum for mouths.

**M a k e s 1 2**

**Prep time:** 15 minutes **Cooking time:** 30 minutes

### I n g r e d i e n t s

- 2 cups self raising flour
- 3 cups vegetables (grated carrot, grated zucchini, grated onions, corn kernels, chopped spinach, chopped shallots, fresh herbs are some suggestions)
- 1 1/3 cups grated low fat tasty cheese
- 1/2 cup low fat milk
- 3 eggs
- 60g canola margarine, melted

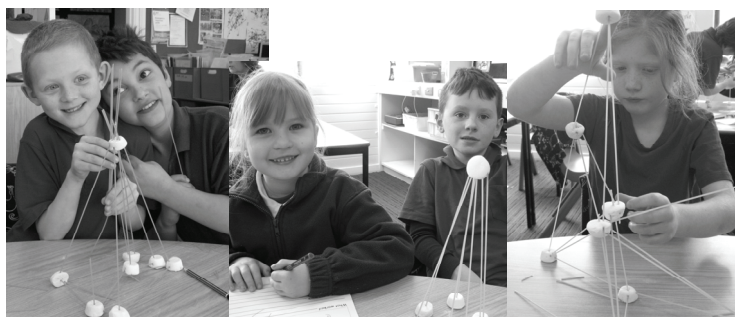
### M e t h o d

Preheat oven 180°C (160°C fan forced) and grease a 12-hole (1/3 cup) muffin pan with cooking spray. Place flour into a large mixing bowl and stir in grated vegetables and cheese. Mix well. Whisk milk and eggs together and add cooled melted butter. Pour into the flour mixture and stir gently until just incorporated. Divide evenly amongst muffin pan and bake 25-30 minutes or until golden brown and cooked through. A skewer inserted into the middle should come out clean. Cool in the tin before turning onto a wire rack to cool completely. Wrap in single serves and freeze in a sealed container for up to three months.

Recipe modified from Julie Goodwin's 'Julie's Place'. <http://www.juliegoodwin.com.au/recipe-cheesy-muffins.html>

Jeanette Ryan

B Ed, Grad Dip Hum Nutr, Master of Nutrition and Dietetics, final year candidate.





## SPANISH CORNER

¡Hola todos!



Well, here we are approaching the end of term 3. Can you believe it?

I have mentioned to students in class, about the ACT Spanish speaking competition happening this term. Entries are due in by the end of week 10. I will digitally record students and put their speeches onto DVD and send them in to be judged. Children from Kindergarten through to year 6 can enter, and I am hoping to have several entries representing Macgregor. Below are the entry details for each year group.

Students in **kindergarten** can enter by singing a song that we have learnt throughout the year. The song must be learnt off by heart.

Students who wish to enter in **years 1/2** are required to write a small speech of 6-8 sentences long. I will assist children with the language needed, however they will be required to write the speech and memorise it, no palm cards or cues are allowed.

**Year 3/4** students who wish to enter are required to write a speech of 8-10 sentences long. Again, I will assist children with language, however they will need to write the speech and memorise it. Last term we looked at descriptions, and described a monster. This could be used towards the speech.

**Year 5/6** students who wish to enter into the speech competition will need to write a speech 12-14 sentences long and memorise it. It might be a good idea to base a speech on likes and dislikes of food, favourite foods and simple reasoning for this.

It is not compulsory for students to enter, however we will be spending time in class towards putting a speech together. This is a great opportunity for students to demonstrate their language abilities. Successful students will receive a certificate from the Spanish Embassy/ACT Department of Education as well as a small prize. These will be issued at an awards ceremony in term 4. Obviously the more students who enter, the more chances there are of winning, as Macgregor is one of a couple of schools in the ACT who learn Spanish as a second language. Any sort of encouragement towards your child entering the competition would be most appreciated.

During class, years 3/4 have been creating their own version of the story Brown Bear, Brown Bear, What Do You See? (In Spanish of course). The idea is that these will be complete and ready for the learning journey so that they are able to share the finished product with you, and read to you in Spanish. Year 5/6 have been practising "Happy Birthday". Ask your child to sing it for you in Spanish.

If you have any queries regarding the Spanish speaking competition, please don't hesitate in contacting me.

Hasta Luego.

Jo Dunbar

Spanish Teacher

## ACQUITALS FOR CAMPS & EXCURSION TERM 3, 2014

CAMP/EXCURSION	RECEIPTS/EXPENSES
Year 3/ 4 Camp	Receipts \$15,489.00
	Expenses \$17251.11
	Support \$1,488.00
<b>Surplus/(deficit)</b>	<b>TOTAL (\$274.11)</b>
Athletics Carnival	Receipts \$1,160.00
	Expenses \$1,235.93
<b>Surplus/(deficit)</b>	<b>TOTAL (\$70.93)</b>
Rapunzel performance	Receipts \$1,260.00
	Expenses \$1,284.00
<b>Surplus/(deficit)</b>	<b>TOTAL (\$16.00)</b>

### Macgregor Primary School's 40th Anniversary Reunion BBQ

Calling all previous staff, students and families of Macgregor Primary School:

Please come and join us for a reunion BBQ as part of the school's 40th Anniversary Celebrations.

**When:** Saturday 20th September 2014

**Time:** From 12:30pm - 3.30pm

**Where:** Under the senior shelter

*Our choir will kick start the afternoon and tours of the school will run each half hour from 1.00 pm.*

RSVP: To our front office by Tuesday 16th September (for catering purposes).

62057511

### Ben Donohoe Run & Walk For Fun

On Sunday the 2nd November 2014 the Hawker College Sports Administration Class and the Donohoe Family will be hosting the 10<sup>th</sup> annual Ben Donohoe Run and Walk for Fun. Gather your family and friends or enter as part of a school team to raise money for supporting people with cancer and other life threatening illnesses. Walk or run the 3 or 6 km course around Lake Ginninderra.

The Ben Donohoe Run and Walk for Fun aims to raise money for The Cancer Support Group, Make-A-Wish Australia® and Ronald McDonald House® Canberra. So far this event has raised a total of over \$405,000 for these charities.

Encourage all your family and friends to get involved and help us to "Make a Difference"! This community event is in honour of Canberra local, Ben Donohoe who passed away in 2005 from a brain tumour at the young age of nine.

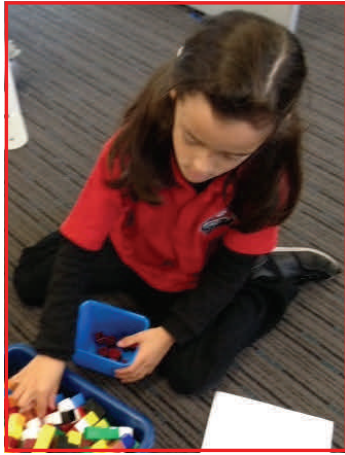
Contact us at: 6205 8986

admin@bensrunandwalkforfun.com

Enter online or for extra information visit us at [www.hawkerc.act.edu.au/runandwalkforfun](http://www.hawkerc.act.edu.au/runandwalkforfun)

To enter: **Visit the website above and fill out an online registration.**

**2MM**



**Congratulations Macgregor Primary for raising \$588.00 on our Footy Colours Day fundraiser!**



# Macgregor Primary P&C - Partners in Education

President: Amanda Bichard: Email: [pandcmacgregorprimaryschool@gmail.com](mailto:pandcmacgregorprimaryschool@gmail.com)

par-tic-i-pate  
verb

1. To be one of a group of people actively doing something.

2. To take part in something.

3. To share in something.

sup-port  
verb (used with object)

1. To maintain (a person, family, establishment, institution, etc.) by supplying with things necessary to existence.

2. To argue in favour of; advocate.

part-ner-ship  
noun

A relationship between individuals or groups that is characterised by mutual cooperation and responsibility, for the achievement of a specified goal.

## Talent Wanted

If there are any family or community members that know of any special local talents who could donate their time to perform at the fete please email, [becbeautiful@gmail.com](mailto:becbeautiful@gmail.com) with the details. Dancing, singing, belly dancing, cultural performances etc. are all welcome.

## FUNDRAISING NEWS!

We have had a busy week last week with the Father's Day stall, Happy Father's Day to all the Dads and we hope you liked the present the kids hand-picked themselves from the stall! It was a frantic time for all involved and we actually sold out of all stock... We apologise to anyone that missed out, but I think the kids were really ready for this stall and we will take that into consideration next year. A big thank you to all of the helpers too, Beee, Amanda, Bec M, Yvette, Jayne, Sheryl, Mieko and Miki! We even had a Dad come from work to help us out, thanks Justin!

We have sent notes home with the children last week about the 5 cent fundraiser, are you collecting??? We will have our collection day on Wednesday 22 October, please don't send any coins before this date.

Our Disco is on Thursday 18 September and the children have picked a SPRING/FLEURO theme, so get your disco outfits organised as this is our last disco for the year.

Thank you to all of the people that have put their name on the Fete list to help out, it is really appreciated!

See you at school!

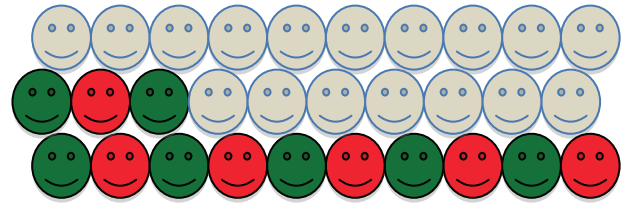
The Fundraising Committee



**DON'T FORGET  
SCHOOL BANKING IS  
ON THURSDAYS!**

**Remember to order your  
rewards that you have been  
saving hard to earn.**

**Fete Volunteer Roster  
43% full**



## Macgregor Primary School Fete

**Saturday 22 November 2014 3pm to 7pm**

**Only 11 weeks until the fete!!!**

The P&C's Fete committee would like to thank everyone who has volunteered to help at our school fete. A **HUGE** thank you to Yvette Berry who has been busy signing up volunteers and has helped to fill our volunteer roster. We are now 43% full!!!!

The fete is only 11 weeks away and we still need Stall Convenors for the following stalls;

- Show Bag stall
- Tattoo Stall
- Kindy's SPLAT Stall
- Year 2's 100 Club/Raffle
- Year 5/6's Sideshow Alley

If any of those stalls sound like you or you would just like to volunteer an hour of your time the volunteer list is at: <https://www.volunteersignup.org/C3KFQ> or email [beeeclear@hotmail.com](mailto:beeeclear@hotmail.com).

## Out of School Hours Care

### Holiday Care Program Sept/Oct school holidays

Anyone requiring Holiday Care this school holidays, please note that we are open on 23-26 and the 30 Sept – 3 Oct 2014. The service operates from 7.30am – 6.00 pm each day. Cost is still \$55 per day with morning and afternoon tea provided by us and a healthy lunch provided by families for their children. Water bottle, **broad brimmed** hat and sturdy shoes are also essential for comfortable participation in the daily activities.

Please ring on 62544141 after 2.00 pm or email [mposhc@outlook.com](mailto:mposhc@outlook.com) this week to book your place if you haven't already done so. Thanks for your ongoing support. We look forward to enjoying some Spring fun.

Eileen and MSPOSHC Team

# MACGREGOR PRIMARY'S BUSINESS SCHOOL PARTNERS

PLEASE SUPPORT THE BUSINESSES THAT SUPPORT OUR SCHOOL



## Kippax

MACGREGOR PRIMARY'S  
PLATINUM  
BUSINESS SCHOOL PARTNER

## MACGREGOR PRIMARY'S GOLD BUSINESS SCHOOL PARTNERS

### Jessica Meyer Elders Real Estate Gungahlin

jessica.meyer@eldersrealestate.com.au  
62622777



### Canberra Carpentry & Roofing

Jamin Everson: 0422 272 034  
Andrew Niewenhouze: 0404 074 248  
Canberracarpentry.roofing@gmail.com



### Dynamic Events Presents

#### **CANBERRA'S GET ACTIVE EXPO**

Jessica Read: 0421 250 040  
info@getactiveexpo.com



### Premium Plus Automotive

103 Osburn Drive, Macgregor,  
62543412



Email premiumplus@ppcanberramechanic.com  
www.premiumplusautomotive.com

### Elite Meats Kippax

**Butchers – Retail- Holt**  
Shop 12/ Hardwicke Cres, Holt  
62549338



### Tommy and Me

3/12 Chalmers Place, Macgregor  
61661533  
Email: info@tommyandme.com.au



### HAIR BY KELSEY JANE

SHOP 7, KIPPAX FAIR  
HARDWICKE CRES, HOLT  
62548605



### EverLoch Electrical

Lachlan Marris  
0423 309 833  
0401 816 530  
Email: lachlan@everloch.com.au



### Jayson Hinder & Associates

5 Kippax Pl  
Holt ACT 2615  
(02) 6247 6655  
Email: jrh@actlaw.com.au



### Kippax Dental Group

Kippax Health Centre  
Kippax Place Holt, ACT 2615  
62551544



### Kippax Veterinary Hospital

82 Hardwick Crescent  
Holt ACT 2615  
(02) 62551242  
Email: info@kippaxvet.com.au



### Magpies Bistro Kippax

Magpies Sports Club  
76-80 Hardwick Crescent  
Holt ACT 2615  
(02)62788777  
Email: nick@belconnenmagpies.com



### The Uniform Shop/That Party Place

Luke Street  
Holt ACT 2615  
Phone: 6255-3876



Email: info@theuniformshop-canberra.com.au

### Onya Bike Belconnen

61 Lathlain St, Belconnen  
62532149 / 62514260



Email: belco@onyabikecanberra.com.au