Athletics Carnival
**Gardening report**

Hello readers, I hope your holiday was great. Because it was raining on Friday we did not have gardening so I cannot report on what is happening in the garden. Instead I have some tips on how to look after your garden.

1. When you see a bug that likes to munch on your garden (snails, slugs) throw them or get rid of them so your plants don’t get nibbled.
2. Remember to water the plants. If it is raining you do not have to water the plants.
3. It is better to get different kinds of seeds so you will get different plants in the seasons.

I hope you like the tips. by Evie

**Music News**

Last week a group of students went to the city for a rehearsal in preparation for Instrumental Festival to be held at the Opera House on 21st August. The students will be joining with other schools from across the state in a large recorder ensemble.

**App of the Week: trip view**

The App of the week is trip view. Trip view is an app that helps you know the time when the train or the bus comes. For example, if you want to go to the city and you don’t know when the train or bus is due to depart, you can download this app and you can be on time with this app on your phone.

by Tabetha and Teagan

**Arabic report**

In Arabic we devote a lot of time to practising our letters, numbers and words. We know that the more we practise the better we will learn. Arabic script is different to English writing because it is written starting from the right hand side and books begin from the opposite side to the English side.

by MS Joana Youcef

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**From the Principals’ desk...**

Be a part of your child’s Education any week at Marrickville West!

As we approach the official Education Week in NSW we must acknowledge the outstanding work being done in public schools across the state. Schools such as Marrickville West continue to build better, safer, more successful educational communities for our children. We continue to provide inclusive, respectful and supportive learning opportunities that enhance the educational experience and long term success for students of all ages, backgrounds, beliefs and abilities.

Education Week is often used as an opportunity for schools to “show off” their great work. Special assemblies, outstanding performances and parent open days generally mark the event across the state. By that definition, it seems every week is Education Week at MWPS!

Last week we enjoyed two special assemblies, one in recognition of the outstanding achievements K-6 in Public Speaking, and another hosted by the Australian Ballet Company. We also hosted an information evening for new families enrolling at our school in 2014.

This week is our annual Athletics Carnival and the final sessions for the Enrichment Program at Canterbury Girls High School. We also begin our school-based Enrichment Program with teachers and parents sharing a range of skills and with smaller groups of students on Thursday afternoons. Thursday evening will be the first P&C meeting for Term 3.

Next week will see Stage 3 begin a project with Marrickville HS creating and racing F1 model cars they will have designed and built using a 3D printer and 5/6M present their special assembly item. The week after that Stage 1 goes to the Power House Museum and then it will be Book Week! (Start thinking now about your favourite book and character for the Book Week Parade!)

Parents are encouraged to participate in, watch or ask more about programs and events that occur at school. Research shows that as parents, the more we are connected to our children’s school, the more successful their educational experience will become. Join us for inclusive education at its best in Marrickville West.

Ruth Bradfield-Ling
Principal

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**From the Office**

Thank you
Thank you to everyone who have paid their invoices.

**Entertainment Guide Book**

The new 2013/2014 entertainment guide book is available from the school office. See advertising in the newsletter.

Anne & Stav

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**Water report**

This week I could not generate a graph from our Water Save Website. I telephone the Water Save website and I was told that it is because we need to replace batteries for the signal. So until this is done I cannot provide you with an update of our water usage.

by Jefferson

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**Super Stars**

The superstars for this week are:

Tabetha S.
Gretal S.
Sofia G.
Bianca
Noah
Term 3 · Week 3 2013

Need more newsletter?

Current & past issues of the newsletter are found at:

www.tinyurl.com/MWPSnews

Soccer report

Last week we sadly did not play a game of soccer on account of the rain. However we will provide you with soccer tips which you can use when playing a game of soccer. Some tips include:

- Always have fun while playing game.
- Don't always gather around the ball.
- Always try your best and work to the best of your ability.
- Winning is not everything, remember that when playing a game.
- Work as a team to win.
- Do not hog the ball, share the game with your other team players.

The winners for the hat point classes are KM and KB. Congratulation KM and KB for winning 3 times in a row. The other classes need to step up their responsibility of bringing hats.

by Maisha and Sandra

Name the Future King

Did you know that the next King of England was born on the 22nd of July. On that day The Royal Family didn’t make a decision on what the baby boy’s name should be, so we decided to make a survey on what the name should be.

We asked ten people and here are the names we got:

- I think it should be Lee.
- It should be Onyima, for once a different name other than George or James.
- Maybe King Thompson.
- An Asian name like Taemin Xiah.
- Kai James sounds cute.
- Frank or Eric are not bad.
- Jeffery is a cool name.
- Cameron sounds nice.
- Tava (it’s a boy’s name).
- Richard Dickson George Charles.

Those are the names we got and our most popular one is George and James. Ironically The Royal Family has said that George is one of their favourite names, though to us it seems a bit too ordinary.

by Maisha and Sandra

Enrichment Groups at MWPS

At Marrickville West Primary School, children participate in weekly enrichment groups. Children choose from a range of enrichment options which provide opportunities for creativity, design, investigation, artistic expression as well as developing skills and talents.

We aim to provide opportunities for children to express themselves creatively, foster talents and expose children to experiences they may not usually have.

Enrichment groups are organised into small classes with teachers as well as some parents and community members teaching skills to children, one lesson per week over the duration of one term. The term concludes with a sharing assembly where groups present completed projects or performances in a range of modal forms. Sharing assemblies are also open to parents and community members.

Parents are welcomed to share their interests, culture and skills with children.

Future directions for enrichment include including our new school ipads as well as expanding our enriching tasks.

by Mary Karydis

Canterbury Girls Enrichment Group

For the last two weeks, 10 girls from year 5 went to Canterbury Girls High School on a Monday and Tuesday to experience ‘life in a High School’. We were split up into three different groups. Subjects included English, maths and science. One activity included making an endangered animal sock puppet. Everybody had great fun and we would like to thank Mr Moran, Ms Ling, Ms Kennedy and Ms Criniti for driving us.

by Mary Karydis

Keep Our Children Safe:

Do not drive into or walk your children through staff carparks.

by Maisha and Sandra

Deadly kids at MWPS

Last term and last week, the Deadly kids went to Yarn up to learn more about public speaking and impromptu speaking. We met children from other schools. We also got to enjoy lunch and play handball with the children from other schools.

by Harry and Louay

by Maisha and Sandra

Funny photo of the week

Bring 1 book from home to swap at the book exchange.

every morning 9-9.15am in the library

at the book exchange.
In Kindy last term we learnt about Growing and Changing. We looked at how we have changed over time as well as focussed on plants and how they grow. We even had a mini ‘excursion’ down to the veggie garden at school and enjoyed looking at all of the exciting things that were growing.

Maths Help

In case you forgot me from two terms ago, my name is Mathew and I help students with maths problems. I was on an extended holiday to China but now I am back and ready to teach you a good mental strategy for subtracting numbers.

First of all, how do you subtract numbers? This question should make you think.

14–8 =

You will probably say in your brain, what is 8 less than 14? Now you might count back from fourteen (maybe with your fingers to help) until you get to 8. You would have counted back 5, 6, and you would be correct.

But did you know there is another way to subtract?

You could take the 14 and split it into 10 and 4. Next subtract the 10 by the 8 (10–8=2).

Now for the easy part, remember the 4, we add the 4 with the result 2 (4+2=6).

Now for a harder sum.

24–9 =

We split 24 into 10, 10 and 4. Next subtract one of the 10’s by 9 which is 1, Finally add 1, 10 and 4 which is 15.

By Mathew

Shark Attack!

This week 5/6M played a game called Shark Attack. The rules are simple. There is one person who is the shark. That shark picks a student and he or she has to avoid the shark and reach the other side. If that person arrives safely, everybody runs to the safe side and the game continues like that. However, if the shark gets you, you will have to go out of the game or you become a shark as well.

This week’s shark was Mr Moran. He was ferocious.

By Kadir & Manvin
K1/G: To learn about medicines, K1G showed what they knew about healthy lifestyles by taking on the role of personal trainer and advising a client on the healthy things they need to do, and the unhealthy things they need to keep away from.

Stage 1

Flying High!
This term, Stage 1 are studying 'Powering On' in Science, PE and Art. 2G followed a procedure to make gliders. We talked about the push forces and air pressure involved in getting their gliders to fly. A big thank you to Max’s au pair, Evan, who has been helping out in 2G and was an expert glider builder.

Strike a pose!: 1H had a lesson on power and movement. In these pictures you can see their warm up exercises featuring a Spiderman stretch, a Samson stretch and a pyramid stretch. The lesson involved moving, in a defined space without touching. Students pretended to be restrained by increasing forces and they investigated changing level, direction, speed and shape.

enLIGHTenment
1W investigated how batteries work. We discovered that a circuit of wire was needed to get the stored energy out of a battery and this could be used to make a fan spin, a buzzer buzz or a bulb light up. We also discovered that very salty play dough conducts energy too! To try this at home, google ‘squishy circuits’. We all drew a diagram of a circuit and wrote an explanation.
Gretal shared her very interesting farm finds. She visited her Grandmother’s farm and she brought back real wool and a pig’s skull to show the class.

Peer helpers, Stage 2, often helps kindergarten with computers. They help log them on and help them with their writing and mouse skills.

Stage 2 designed and made some very interesting insects for their science design task. Some had glowing eyes, some made of Lego and some were so scary that we could not show you! Here are just a few:

**Corn Fritters**

**Indonesian Recipe from Ariyani**

**Ingredients:**
- Corn - 800gms
- Plain Flour - 2 tbsp
- Rice Flour - 2 tbsp
- Egg – 2 pcs
- Garlic 4 to 5 cloves
- Onions – 2 whole
- Lemon leaves – 5 pcs
- Salt & Pepper
- Shallot – 3 to 4 stalk
- Oil

**Method:**
1. Mash corn, chop onions, garlic, shallots and lemon leaves
2. Mix all the remaining ingredients
3. Spoon four even fritters into the pan and cook over a medium heat for 3-4 minutes on each side until golden and cooked.
4. Cook the remaining fritters as with the first four.
5. Serve with rice or favourite salad

Serve 6 - 10

**Holiday Club Cooking Demonstrations**

Are on every Friday between 2:30pm – 3:25pm in the Parents Space Room at Connect Marrickville

“Please come and Join us”

**This coming Fridays Recipe – Chicken Adobo (Filipino Style)**
This term Stage 3 will be crafting a mini F1 car powered by compressed gas. We will be racing the cars against each other on a purpose built 20 meter track supplied by Marrickville High School. Then the top six racers will compete against Wilkins PS at Marrickville High School.

Formula One, also known as F1 and referred to officially as the FIA. Formula One World Championship involves racing single-seat automobiles. Did you know that there are rules and regulations drivers have to follow to race a F1 car? One of the crucial rules is the weight limit. The weight of the F1 car and the driver must be no less than 642 kg. Every team tries to build the cars as light as possible and then they use ballast to ensure it is 642 kg.

The subject Physics is involved in making F1 cars. The same principle that allows an aeroplane to rise off the ground by creating lift from its wings is used in reverse to apply forces that presses the race car against the surface of the track. Airfoils or wings are used in the front and rear of an F1.

The 2013 Formula One season is 64th season of the Formula One World Championship. Eleven teams and twenty-two drivers contest the nineteen Grand Prix that make up the calendar for the 2013 season. The season started in Australia on 17th of March and is planned to end in Brazil on 24th of November. Sebastian Vettel is the current race leader from The Red Bull Team. Stay tuned for more F1 updates.

By Rafid and Mert
**Head Dresses**

Do you know there are many ways of head-dress around the world? Sometimes it’s religion that tells people how to dress. For example the Sikh religion tells us their hair is sacred. They never cut their hair, so girl’s hair may be very long, and when boys are old enough they wear a turban.

In the old days when people dressed up for Church they always wore a hat, and sometimes gloves. In your great grandparent’s days, people were expected to wear a hat for permanent residence where a temporary visa holder has experienced family violence. However provisions only apply to certain visa types and in certain circumstances.

**Community Room**

Connect Marrickville received a Certificate of Excellence from Resourcing Parents for our contribution to parenting education. 12 groups were run between 2003 – 2013. Of note were our groups targeting specific populations, such as cultural groups and fathers. Connect Marrickville would like to thank Madeleine Scott, Sandy Wilder, Community Health, Metro MRC, Anglicare, CAPS and other organisations who partnered with us to run such successful programs.

In other news:

Congratulations to Ariyani who successfully graduated with a Certificate 3 in Children’s Services from TAFE.

Ariyani came to Connect in 2005 without a word of English.

**Goodbye Kim!**

Kim, a member of our English class, moved with her family to Brisbane. We could not speak English well together but we could smile together!!!!

To wish her all the best in her new city, we shared lunch together. Goodbye Kim! We will miss you a lot.

**Holiday Cooking Demonstrations**

Holiday Club happens in the Parent Space at Connect Marrickville on most Fridays between 2:30 and 3:25. Nazma, Lily, Nimfa, Sharmilla, Yunita, Ariyani, Helen and several others are known for their good cook-ups. Thanks to a little bit of support from the school, Holiday Club is also offering and inviting Cooking Demonstrations throughout Terms 3 and 4. Here is the program so far:

- **16 August**: Adobo (Philippino Recipe)  
  Remedios, Nimfa, Helen
- **26 July**: Chicken Paella, Curry Dish & Salad  
  Maria, Nazma, Sharmilla
- **16 October**: Priority Housing
- **2 August**: Bitter Gourd Stir Fry and More  
  Nimfa, Helen, Ariyani
- **16 August**: Thai Food  
  Suwannee and friends
- **33 August**: 23 August Chicken Paella, Curry Dish & Salad  
  Maria, Nazma, Sharmilla
- **2 August**: Sweetcorn Fritters, Ricotta Cheese Cake  
  Nimfa, Ariyani

You are welcome to come, watch and taste. Please talk to Nimfa if you’d like to offer a Cooking Demonstration yourself or with a group of friends, later in the Term or in Term 4. Please write out the recipe so we can put it in the School Newsletter. Nimfa: (Roman’ and Gilliards Mum) is co-ordinating so please contact Nimfa on arnavodac@yahoo.com or 0430 391 877

**Newtown Neighbourhood Centre**

Newtown Neighbourhood Centre’s Community Coat Collection

Part of Australia’s Homeless Persons Week

Do you have a good quality, gently worn coat or jacket to donate this winter? We are asking for your support of the Community Coat Collection by the Newtown Neighbourhood Centre.

The Community Coat Collection by the Newtown Neighbourhood Centre is part of an effort to raise awareness for Sydney’s hidden homeless for the run up to Australia’s Homeless Person’s Week 5th-11th August 2013.

We are collecting donations of good quality or gently worn, clean and reusable winter coats or jackets from members of the public for our Community Coat Collection.

All coats will be distributed to people who need to keep warm throughout the cold winter months.

The Community Coat Collection relies on the generosity and compassion of our community members. Helping to provide the basic need of a warm winter coat is a simple and easy way to support our local community, making a difference to people living in the streets, people living in boarding houses and people who face homelessness.

You can drop off your warm winter coat to a member of staff at the front counter of the Newtown Neighbourhood Centre (opposite Newtown train station).

Address: Newtown Neighbourhood Centre, 1 Bedford Street, Newtown, 2042

Phone: 95647333

Email: admin@newtowncentre.org

Website: www.newtowncentre.org

**Connect Marrickville**

Connect Marrickville is also offering and inviting Cooking Demonstrations throughout Terms 3 and 4. Here is the program so far:

- **8 August**: 7 August: Legal Rights and Obligations of Youth Workers
  In addition to a youth worker’s common law duty of care, there is a range of legislation, as well as regulations, standards and guidelines (some mandatory, others voluntary) that can affect youth work. This session will cover legal issues relevant to youth workers such as duty of care, client confidentiality, privacy, child protection, mandatory reporting, subpoena and privilege.
- **18 September**: Domestic and Family Violence Provisions for Migration Regulation – Australian Immigration Law

The information session will be on the Family Violence Provisions of the Migration Regulations. These provisions provide a pathway for permanent residence where a temporary visa holder has experienced family violence. However, provisions only apply to certain visa types and in certain circumstances.

- **16 October**: Priority Housing

This is an opportunity for community support workers to share skills and ideas in assisting clients to apply for Priority Housing. We will provide you with information on current clients to appeal decisions that housing NSW have made regarding Priority Housing.
Spanish report

Hola amigos!
Last week Spanish was cancelled so we got split up between English and Vietnamese. I went to English and we did an interesting activity. We had to write down 10 or more verbs to tell our teacher what we do in Spanish. Afterwards we turned our verbs into a paragraph explaining the topic in proper sentences.

by Shakira

Vietnamese report

Last week, we learned about a man who was poor and got rich. We wrote the story in Vietnamese and in English. It is nice to have Miss Troung back.

by Kien

Our School Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:20am</td>
<td>Morning Bell – meet in Hall</td>
</tr>
<tr>
<td>11:25am</td>
<td>Lunch – Eating time (earlier for Kindergarten)</td>
</tr>
<tr>
<td>11:35am</td>
<td>Lunch – Play time</td>
</tr>
<tr>
<td>12:15pm</td>
<td>End of Lunch</td>
</tr>
<tr>
<td>2:15pm</td>
<td>Recess</td>
</tr>
<tr>
<td>2:40pm</td>
<td>End of Recess</td>
</tr>
<tr>
<td>3:25pm</td>
<td>End of School</td>
</tr>
</tbody>
</table>

School Times

It is important to be on time in order to get the most out of school.

If your child is late to school, they should go to the Office to collect a “late note” to give to their teacher.

Being left at the end of the day can be distressing for children. If you are unable to pick your child up on time, please ensure you ring the Office as soon as possible so we can ensure they are taken care of.

Children left at school after 3:40 will be brought to the office and parents or emergency contacts will be phoned.

Remember we have Out of School Hours Care (OOSH) at our school. You can book your child into OOSH by phoning Marrickville Council on 9335 2008.

The SRC Cake Stall was a big success. We raised $330 for our school and even gave away cakes for free!

Congratulations to 3/4C who won the SRC pizza party for winning the What Will I Buy competition. Their idea of more lego for the library was voted the winning idea by the SRC.

Hey check out all the cool new lego in the library that the SRC chose as the winning idea for their What Will I Buy competition.
**Library monitor report**

Here’s a reminder for active readers. The book exchange opens at 9am and closes when the morning bell rings at 9:25am. The book exchange works like this:
- Bring in an old book from home
- Choose another from the book exchange
- Take it home
- Read it
- Remember reading opens windows in your imagination.

By Abbey Walker 5/6M

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**MARRICKVILLE WEST FILM CLUB PRESENTS**

**Bugsy Malone**  
Jodie Foster, Scott Baio  
Time: 6.30  
Date: Friday 16th August  
Where: School hall @ Marrickville West Primary School. Cnr of Livingstone rd and Beauchamp st.  
Entry by gold coin donation or $10 family membership.  
Children must be accompanied by an adult.

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**Touch Football report**

Last week we did not play because of the rain. Here are some tips to play touch football.

**Tip 1:** Always look where you pass.
**Tip 2:** Never run back and always run forward.
**Tip 3:** Pass the ball around and don’t keep it to yourself.
**Tip 4:** Don’t pass the ball forward.
**Tip 5:** Always do your best and have fun.

Hope you enjoy playing touch football.

By Maharshi & Mitchell

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**It’s Coming! Fruit & Veg Month is Almost Here**

Fruit and vegetables are crucial components of a healthy lifestyle and they help create healthy bodies. This year, Fruit & Veg Month will be held 26th August – 21st September. We are excited to participate to help make kids and families more aware of the importance of eating fruit and vegetables everyday. Fruit & Veg Month 2013 will be loaded with classroom and school activities and some highly anticipated competitions in your canteen to help foster love and appreciation for fruit and vegetables.

How much fruit and vegetables do children need?

Most Australians only consume about half the daily-recommended servings of fruit and vegetables. Use the information below to ensure your kids are getting enough fruit and veg. Eating fresh seasonal produce, maintaining a garden, as well as purchasing frozen or canned varieties can help you achieve this.

**Vegetables**

A standard serving of vegetables is about 75g (100-350kJ) or:
- 1 cup cooked vegetables or legumes
- medium potato or other starchy veg
- 1 cup green leafy or raw salad vegetables
- 1 medium tomato

**Fruit**

A standard serving of fruit is about 150g (350kJ) or:
- 1 medium apple, banana, orange or pear
- 1 cup diced or canned fruit (no added sugar)
- 2 small apricots, kiwi fruits or plums

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**KUMON MARRICKVILLE EDUCATION CENTRE**

Instructor: Fumie Kato  
tel: 0410 320 686 or 9709 5198

**FREE TRIAL**  
15 – 30 August 2013

Kumon English and Maths Programmes are tailored to boost your child’s reading, comprehension and calculation skills for confident learning. Please call today to register your child for this Free Trial opportunity.

http://au.kumonglobal.com
**School Zone Parking Offences**

Penalties that apply to illegal parking on all roads in School Zones – from 1 July 2013

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Fine</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Stopping</td>
<td>Means that under no circumstances are you permitted to stop on a length of road to which a No Stopping sign applies. ARR - 167</td>
<td>$304 + 2 demerit points</td>
</tr>
<tr>
<td>No Parking</td>
<td>Means that you have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle. ARR - 168(1)</td>
<td>$169 + 2 demerit points</td>
</tr>
<tr>
<td>Bus Zone</td>
<td>Means that you must not stop your vehicle in the indicated zone unless you are driving a public bus. ARR - 183(1)</td>
<td>$304 + 2 demerit points</td>
</tr>
</tbody>
</table>

Help keep our kids safe!

Obey these parking signs at all times.

When it comes to child safety, Marrickville Council makes no apologies for fining drivers who break the law around schools. If you are caught endangering a child by parking illegally in a school zone you will be fined.

Please note: fines are subject to change without notice. Penalties apply to offences in school zones during posted school hours on gazetted school days.

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**Corroboration**

A celebration of Aboriginal culture within the multicultural community of Marrickville.

28 June 2013

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**Playground Buddies Report**

Hi everybody we are the Playground Buddies. Today we will talk about safety.

First we will go through the school rules:
- Respect yourself and others
- Always do your best
- Play safety

Now we will go with the tips for being safe.
- Only play with rocks that are the size of your hand but no throwing rocks
- Always wear your hat
- No big balls in the main playground - only on Henson
- No pushing games, no swearing, no kicking

Children are going to the office without seeing the teacher on playground duty. You must see the teacher on playground duty if you have a problem.

By Shannel and Putu
MWPS Eat, Play, Vote Fair
Despite the uncertainty around the date of the federal election, we are still working hard putting together the Eat, Play, Vote Fair. As mentioned in our previous newsletter, this will include amazing rides, a White Elephant (a stall selling second hand items), a BBQ, a cake stall and a craft stall.
A working group has been formed comprising Tamesin Elliot, Rachael Ottaway, Thomasin Litchfield, Carmen Coulter, Softly Dunstan, Karen Locke and Richard Spencer. Please contact any of these people if you are able to help with the organisation of the fete (helping out on even the smallest task is very much appreciated).

Father’s Day Stall
The Father’s Day Stall will be held in late August and given we had such a huge success with the Mother’s Day Stall, we are again calling on all the “Crafties” in the school! If you are able to donate your time or a craft item to sell at the stall please contact Maria Lombardo through the office or simply grab her for a chat in the playground.

Grants Update
The Grants Team has had a win! The Department of Families, Housing, Community Services and Indigenous Affairs have approved $3625 grant to help the P&C buy an upgrade to the P&C accounting system, a new BBQ, eskies, a bain-marie and tables (just in time for the election BBQ). And finally a training course for our volunteers. News of our Marrickville Council grant submission will be available end August.

Cafe West
We are continuing to look for volunteers to help at recess from 2:15pm to 2:40pm on Monday and Thursdays. Please contact Mel Stopic, Wendy in the canteen or Stav in the office if you are able to lend a hand. We are always looking for new menu ideas so if you have any suggestions please let Mel, Wendy or Rachael Ottaway know.

DO YOU HAVE A CHILD DIAGNOSED WITH AD/HD?
ARE YOU LOOKING FOR POSITIVE STRATEGIES TO HELP MANAGE YOUR CHILD’S BEHAVIOUR?

Is your child between 6 and 12 years old?
You are invited FREE OF CHARGE to attend a well-known parenting program at Macquarie University

The program is part of an evaluation study and participants will be asked to:
- attend evening sessions
- fill in questionnaires (anonymously)

Please call Julie Chesterfield (Department of Psychology, Macquarie University) on 0412 414 114 (if unanswered, please leave a clear voicemail), text, or email julie.chesterfield@students.mq.edu.au and leave your phone number.

Is there room in your life to support our children and young people?
Foster the future, today.
Visit www.stretchofamily.com.au or call (02) 9569 6933 to speak with our friendly foster care team.

School banking is Wednesday 9–9.20am in the LIBRARY

Home-made Mango Chicken Curry
$3 or $4.50 with the meal deal
available to order for lunch each Tuesday

We are learning about electricity. Bonnie and Joseph demonstrated how to build electrical circuits for Ms Ling.
**Eat Play Vote**

**Election Day Trash & Treasure**

**Why are we doing this?**
The P&C are hoping to run a trash & treasure sale at the school on Election Day. Whilst the date for the Election Day has not been confirmed yet, we thought it would be a good idea to start collecting donated items for the stall.

This is a great way for you to clean out the unwanted items from your garage or closet, and donate to the school without it costing you anything. It is a sustainable and environmentally friendly event, and with your help we can raise some money for our school and help our kids.

**How can you donate items?**
If you would like to donate items for the trash & treasure sale, please bring them to the school hall on:
**Monday 19th August 2013 between 9am and 10am**

The contact people for the drop off day will be Rachael Ottaway and Tamesin Elliott. We will also be organising another drop off day, so don’t worry if your things are not ready by this date.

**What items CAN you bring?**
Note: All items should be in good condition (ie. Not broken / stained / chipped etc)
- Clothing, kids clothes, good quality shoes and belts
- Fashion accessories, jewellery, hats, handbags
- Homewares, crockery (cups, plates, glasses etc), picture frames, lamp bases / shades, small furniture items like chairs or bedside tables
- Books, records, CDs, DVDs
- Toys, puzzles, board games
- Sporting items – balls, tennis rackets, cricket bats etc

**What items should you NOT bring?**
- Electrical items
- Dangerous items like slingshots, toy or replica guns / words and so on
- Unsorted clothes that have not been washed / folded
- Broken, chipped, damaged, stained or torn items
- Food items / perishable goods
- Bed linens
- Bulky household items like couches, fridges, big tables

**When dropping off, please try to follow these tips to make it easy for everyone:**
- Make sure your items are neatly boxed up or folded in bags
- Please only drop-off items that you think might actually sell
- Please don’t bring truck loads of stuff that you just “want to get rid of”

**What happens if my items don’t sell?**
Everything that does not sell at the trash & treasure sale will be donated to St Vincent de Paul or the Salvation Army. We cannot return items to owners after the sale so think carefully about what you want to donate.

**THANK YOU for your help!**
Helpers needed for the School Musical!
(Set/prop makers and those with sewing skills)

On 18th September all classes will be taking part in the whole school musical entitled ‘Night at the Museum’. To make this a fabulous production we need some parents to help with set and prop design. This will not be overly taxing, a bit of painting and working with cardboard, foam and maybe a bit of woodwork. If you are a little bit arty or crafty we’d love to have you help out, no prior experience necessary. You might have to build some buildings out of cardboard boxes, cover foam boxes in material for kids to sit or stand on, or many other jobs.

We also need some people who can sew to help with costumes. Basic levels of sewing are all that are required. This will be simple and quick stuff.

You’d have until about 9th September to work on whatever we allocate you so that it’s ready for rehearsals the week before the big show. If you can help out, please let the teachers who are in charge of this know (Mr Burman for prop/set design and Mrs Criniti for sewing). They will then work with you on getting you a project that suits your time allowances.
# Before School – Fuel Up!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up &amp; Go</td>
<td>$2.00</td>
</tr>
<tr>
<td>200ml 100% Juice (box)</td>
<td>$1.20</td>
</tr>
<tr>
<td>200ml 100% Juice (bottle)</td>
<td>$1.80</td>
</tr>
<tr>
<td>Plain milk</td>
<td>$1.10</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>$1.20</td>
</tr>
<tr>
<td>Muesli with yoghurt or milk</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheerios</td>
<td>40c</td>
</tr>
<tr>
<td>Sultanas &amp; apricot pack</td>
<td>40c</td>
</tr>
<tr>
<td>Seasonal Fresh fruit from 50c+</td>
<td></td>
</tr>
</tbody>
</table>

(No snack foods will be sold to students before school)

# Super Sandwiches, Toasties & Salad

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttered</td>
<td>$1.20</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.50</td>
</tr>
<tr>
<td>Either Baked beans/cheese/tuna/chicken</td>
<td>$2.40</td>
</tr>
<tr>
<td>cheese/slice/ham</td>
<td></td>
</tr>
<tr>
<td>Cheese &amp; tomato</td>
<td>$2.60</td>
</tr>
<tr>
<td>Egg &amp; lettuce</td>
<td>$2.60</td>
</tr>
<tr>
<td>Chicken, lettuce &amp; mayo</td>
<td>$3.00</td>
</tr>
<tr>
<td>Tuna &amp; mayo</td>
<td>$2.80</td>
</tr>
<tr>
<td>Tuna &amp; salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham &amp; cheese</td>
<td>$2.60</td>
</tr>
<tr>
<td>Ham &amp; tomato</td>
<td>$2.60</td>
</tr>
<tr>
<td>Cheese &amp; tomato</td>
<td>$2.60</td>
</tr>
<tr>
<td>Ham, cheese &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.20</td>
</tr>
</tbody>
</table>

**Extras**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Filling (each)</td>
<td>50c</td>
</tr>
<tr>
<td>Roll or wrap</td>
<td>60c</td>
</tr>
<tr>
<td>Mayo/tomato sauce</td>
<td>20c</td>
</tr>
<tr>
<td>Sweet chilli/BBQ soya sachets</td>
<td>30c</td>
</tr>
<tr>
<td>Salad plate/box (lettuce, tomatoes,</td>
<td>$4.00</td>
</tr>
<tr>
<td>cucumber, celery, carrot)</td>
<td></td>
</tr>
<tr>
<td>Add – Tuna/egg/ham</td>
<td>$4.50</td>
</tr>
<tr>
<td>Plastic Spoons</td>
<td>5c</td>
</tr>
</tbody>
</table>

# Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>750ml Pump</td>
<td>$2.30</td>
</tr>
<tr>
<td>600ml Mt Franklin</td>
<td>$2.00</td>
</tr>
<tr>
<td>400ml Pump</td>
<td>$1.50</td>
</tr>
<tr>
<td>450ml Sparkling water</td>
<td>$2.00</td>
</tr>
<tr>
<td>Flavoured Milk</td>
<td>$1.70</td>
</tr>
</tbody>
</table>

# Frozen Treats

Sold after the second lunch bell

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen fruit piece</td>
<td>20c</td>
</tr>
<tr>
<td>99% fruit juice ice sticks</td>
<td>60c</td>
</tr>
<tr>
<td>Juicy</td>
<td>80c</td>
</tr>
<tr>
<td>Streets Paddlepop</td>
<td>$1.40</td>
</tr>
<tr>
<td>Frozen yoghurt</td>
<td>$1.60</td>
</tr>
<tr>
<td>Slushy (99% fruit) Small</td>
<td>$1.00</td>
</tr>
<tr>
<td>Slushy (99% fruit) Large</td>
<td>$2.00</td>
</tr>
<tr>
<td>Gelato cups – 2 flavours</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

# Something New!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Vegetarian Gyoza (V)</td>
<td>$0.60</td>
</tr>
<tr>
<td>Cheese &amp; Spinach Triangle (V)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Vegetarian Rice Paper Rolls (V)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Vegetable Sticks with Humous</td>
<td>50c</td>
</tr>
<tr>
<td>Mini Quiche (V)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Hot Spinach &amp; Ricotta Roll (V)</td>
<td>$2.40</td>
</tr>
<tr>
<td>Mini Potato Top Beef Pie</td>
<td>$1.20</td>
</tr>
<tr>
<td>Singapore Noodles</td>
<td>$3.00</td>
</tr>
<tr>
<td>Vegetarian Fried Rice (gluten free)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Authentic Chinese Fried Rice (ham/egg/veg)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Traditional Potato Bake</td>
<td>$3.00</td>
</tr>
<tr>
<td>Hot Corn Cob</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

# Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato Chips (28g)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Roasted Seaweed</td>
<td>$1.00</td>
</tr>
<tr>
<td>Rice/Grain snacks</td>
<td>$1.20</td>
</tr>
<tr>
<td>Gingerbread Folk</td>
<td>$1.30</td>
</tr>
</tbody>
</table>

# DAILY MEAL DEALS

**MONDAY: CHOOK CHOOK**

5 Chicken wedges (Halal) or Chicken Burger $3.00

MEAL DEAL w/ oak milk/ water & pieces of Fruit $4.50

**TUESDAY: PASTA & CURRY**

Homemade Bolognese Pasta or Lasagne $3.00

Mild (mango or butter) chicken curry with rice $3.00

Meal Deal w/ fabulous fruit salad cup $4.50

**WEDNESDAY: SUSHI & SOUP**

Sweet corn and chicken soup $2.00

with bread roll $2.50

Sushi (pre-order Tuesday) from $2.95

**THURSDAY: CHOOK CHOOK**

5 Chicken wedges (Halal) or Chicken Burger $3.00

MEAL DEAL w/ oak milk/ water & pieces of Fruit $4.50

**FRIDAY: PIZZA & PIES**

Chicken / Beef / HALAL Beef Pie $3.00

Juicy Pizza Slice – Ham & Pineapple $2.00

Vegetarian Pizza $3.00

MEAL DEAL w/ oak milk/ water & pieces of Fruit $4.50

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Foods coloured GREEN are approved by The Healthy Kids Association for eating everyday. The other foods are recommended as occasional foods.

Vegetarian (V) & Halal food options available everyday. Please ask Wendy in the canteen.