Term 3, Week 2  July 21st, 2015

COMING UP:
Wednesday July 22nd  NAIDOC Week Bush Tucker Day
Thursday July 23rd  NAIDOC Week Art Exhibition
Friday July 24th  NAIDOC Week PSSA Touch Footy
Tuesday July 28th  Performance ‘Synth City’
Thursday July 30th  ‘Showtime’ at MHS
Friday July 31st  District Athletics Carnival
Mon 3rd - Fri 7th August  Education Week ~ OPEN DAY on WEDNESDAY 5TH AUGUST

NAIDOC Week Celebrations – We All Stand On Sacred Ground : Learn, Respect and Celebrate
We are celebrating NAIDOC Week this week with an array of exciting, cultural activities to raise awareness and respect for our local Aboriginal community and its history. This year, the theme highlights Aboriginal and Torres Strait peoples’ strong spiritual and cultural connection to land and sea. The theme is an opportunity to pay respect to country; honour those who work tirelessly on preserving land, sea and culture and share the many sites of significance.

NAIDOC Assembly: Celebrations commenced with a NAIDOC Week assembly on Monday where students participated in a traditional ‘Smoking Ceremony’ delivered by Uncle Reg, a local Gumbaynggirr elder. RJ Donovan, our Aboriginal Education Officer (AEO) at Macksville Public School, shared his story of growing up in the Nambucca Valley and the sites that have particular significance. The program was enhanced by the contribution of Mr Graham Donovan who entertained the audience with his presentation of traditional Aboriginal dance by his daughters Ontayah and Sharmylli-Arnah Donovan. It was also an opportunity to acknowledge the fabulous contribution to our children’s education through the Tutor Program. Lisa Duguid, our Learning and Support Teacher (LaST) presented certificates of achievement to students who have shown tremendous improvement in Literacy skills through their participation in the tutor program. Thank you to the hard work of our tutors, Kylie Laverty, Rhuben Blair, Danica Burridge, Shasta Linacre, Nioka Blair, Dakota Hillery and Amie Watts who have made this program such a success.

Today, 21st July, students were invited to wear mufti, in traditional Aboriginal colours of red, black and yellow. Students also participated in a ‘Storytelling’ session based on traditional dreamtime stories. At 11.35am, students were divided into mixed-aged groups to share stories that depict Aboriginal culture, traditions and beliefs from many years ago.

On Wednesday, 22nd July, students will experience a tasting of traditional Aboriginal bush tucker. There will be crocodile, emu, kangaroo, fish and damper on the menu. Please be reminded that the bush tucker day is just a sampling of traditional Aboriginal foods and students need to bring their recess and lunch.

Thursday, 23rd July, our Aboriginal Art Exhibition will be held in the new hall. Students will also display their own creative artworks based on traditional and contemporary inspirations of Aboriginal designs. Please come along and share in any or all of these events throughout the week.
Performance: ‘Synth City’ ~ 28th July
A visiting performance, called ‘Synth City’ is included in this week’s newsletter. This performance, presented by Lionel Robinson, will incorporate a demonstration of a variety of musical instruments and a journey through musical styles inspired by these wonderous instruments. Please complete the permission note and send in with $4.50 to your child’s teacher by Monday, 27th July. **No money will be accepted on the day.**

PSSA Touch Football
The NSW PSSA Touch Football competition will be held at Advocate Park, Stadium Drive, Coffs Harbour this Friday **24th July**. Students attending need to **return their permission note and $5.00** to Mr Parker as soon as possible. Mrs Helen Black will be supervising the children and private transport has been arranged. A canteen will operate on the day.

2015 Nambucca Valley District Athletics
Students who were successful at our MPS Athletics Carnival last term will be progressing to the Nambucca Valley District Athletics Carnival to be held at **EJ Biffin Fields, Nambucca Heads on Friday, 31st July**. Permission notes to Mr Parker. Parents will need to organise transport to and from the field for their children. Children are to wear full school sport’s uniform and bring recess, lunch and a drink bottle. A canteen will operate on the day.

Jump Rope For Heart
What a great event!! Everyone had loads of fun skipping, getting fit and raising money at the same time for the Leukaemia Heart Foundation. Over $316.00 was raised on the day which is a fantastic effort. Well done everyone!

SHOWTIME!
Students from across both our primary and secondary schools combine to present a spectacular of performances to entertain parents, friends and family at the **Macksville High School Stadium on Thursday, 30th July**. It is an event not to be missed so please keep a look out for your chance to buy tickets at $5.00 per person. They are also available from our school office. The Stage 1 Dance Group, the Stage 2 & 3 Dance Group and Circus, and also the Recorder Group will be performing at Showtime. Students who are performing on the night do not need to buy a ticket.

Education Week Open Day – Wednesday, 5th August
Education Week is an opportunity to celebrate your child’s achievements. On Wednesday **5th August at 9:15am** parents, carers and friends are invited to an Education Week Open Day where parents may visit their child/childrens’ classrooms to see first-hand, how their children are progressing in their daily bookwork and also acknowledge the hard work they are putting in every day.

There will also be a ‘Book Fair’ by our School Library where you have the opportunity to buy a book and donate that book towards our school Library. Student donations will be acknowledged in the cover of the book and available for all students to borrow during their school Library experience.

At 10:15am, everyone will be entertained by performances across the school. This is a fabulous event and every child looks forward to a visit from family and friends to share in their progress and achievements in the classroom.

Kindergarten Enrolments for 2016
It is now time for parents to be organising their child’s enrolment into Kindergarten for 2016. We have been showing many parents our beautiful Kindergarten rooms and sharing some of the wonderful work that Kindergarten are achieving at this early stage of their learning. Parents who have a pre-school child or a sibling who will be entering Kindergarten at Macksville Public School in 2016, need to enrol now so that you don't miss out on information about our Transition days. Enrolment forms are available at the Pre-Schools and also at the school office. Please contact the school on 6568 1800.

**Transition Days: Visits to Kindergarten classrooms:**
- Wednesday, 4th November – 10.00am – 11.00am
- Wednesday, 28th October – 10.00am – 11.00am
- Wednesday, 11th November – 9.30am – 11.00am

~ Debbie Grenenger, Relieving Principal
Stage 1 Assembly Awards
Kindergarten: Riley Smart, Chloe Summerville, Lachlan Crossingham
Year 1: George Simmonds, Amelia Keen, Orin Richards, Jarrod Brandon
Year 2: Charlie Wilkes, Matilda Campbell, Bradley Cant, Ryan Guy, Oscar Nimmo, Layla Brennan
Home Reading Awards: Toby Dwyer 100, Millie Edwards 25, Violet Cox, Grace Stuart 50, Drake Dorling 25, Logan Field 75, Rorie Cameron, 100
Stage 2 Assembly Awards Week 1
Year 3: Ella Bradford, Imogen O’Connor, Harry Simmonds, Sophie Welsh
Year 4: Torrie Maloney, Bodhi Miles, Billy Skinner
Stage 2 Assembly Awards Week 1
Year 6: Sienna Campbell, Amber Cole, Sam Welsh, Jai Anderson

PAYMENTS for Excursions, Textbooks, School Contribution: Payments can be made to the office (cash or cheque) or online. If paying online, please remember to email us to let us know you have done so. We need your child’s name, amount deposited and the reference for the payment. Email the school at macksville-p.school@det.nsw.edu.au
Account Name: MPS Admin Account
Acct No: 142920
BSB: 032001
Reference: Your child’s name.

Honey Pot Awards
Larvenus Dickson
Rihanna Hambly
Lani Sigrist
Brodie French
Lamaya Welsh
Liam Black
Maya Jarrett
Imogen O’Connor
Oscar Hicks
Abi Hazelwood

CANTEEN HELPERS NEEDED NOW

SCHOOL CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Helpers</th>
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<tbody>
<tr>
<td>Wednesday July 22nd</td>
<td>Dave Flack, Glenn Robinson</td>
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<tr>
<td>Thursday July 23rd</td>
<td>Dave Flack, Glenn Robinson, Cherie Dwyer</td>
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<tr>
<td>Friday July 24th</td>
<td>Billie Grant, Lyn Dundas</td>
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<td>Monday July 27th</td>
<td>Therese Small, Kristy French</td>
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<td>Tuesday July 28th</td>
<td>Dave Flack, Robyn Smith</td>
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<tr>
<td>Wednesday July 29th</td>
<td>Dave Flack, Glenn Robinson</td>
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Phone our Canteen Manager Wendy on 65681800

From the Canteen: If children bring food from home that you need us to heat, please supply your own spoon or fork, or pay 10c each. If ordering Noodles or bringing noodle cups from home, children need to collect them from the Canteen. Slushies and hot Milos must also be collected from the Canteen. Any children who order food which needs to be picked up from the Canteen need to bring their Lunch Bag order up with them.
Out And About At Macksville Public School

Our Very Own Little Hero

A couple of weeks ago, Delighla from Year 2 was being looked after by her Poppy at his house. Delighla’s Poppy (who has a heart condition) knew something wasn’t right. ‘I’ve got to sit down before I fall down’ he told Delighla. With the phone in the other room, Poppy tried to help Delighla to ring 000 and organise an Ambulance to come.

‘I remembered what to do because we had a Safety Day at school and they told us to ring 000 if you need an Ambulance, the Police or the Fire trucks. I spoke to the Ambulance lady and she said that I had to keep checking on Poppy. I was a bit shy talking on the phone but I had to do it for Poppy, I was very worried about him’.

When the Ambulance came they said that Delighla’s Poppy had indeed had a heart attack and he was transferred to hospital. He has now recovered and is back home once more. Delighla said ‘my Poppy, Mum and Dad are all very proud of me’.

What an amazing job! Well done Delighla, we are all very proud of you too.

Community Support for our Breakfast Program

Lifetime Connect financially supports our extremely popular Breakfast Program by buying the supplies we need to keep it running. Now there is a way that you can help too.

Lifetime Connect have developed a community card called ‘Connect-a-Card’. This card costs $52 a year (only $1 per week) and offers a 10 percent discount at participating local businesses on approved items.

Phillip Baldwin, Lifetime Connects business manager, said ‘The money raised from the sales of the card pays for the Breakfast program and it keeps shopping local. Everyone benefits’. We would be thrilled if everyone can get behind the ‘Connect-a-Card’ and help keep our Breakfast Program running.

You can purchase a card at:–

- Lifetime Connect 23 Wallace St Macksville or
- Sabrina’s Beauty Shop 17 Princess St Macksville.

If you would like further information please ring 6568-2522 or go to www.lifetimeconnect.org.au

‘SHOWTIME 2015’

A Celebration of Public Schools in the Nambucca Valley with over 750 performers. Come and be in awe of the wealth of talent in our valley!

- DATE: Thursday 30th July
- TIME: 6.00pm
- VENUE: Macksville High School Stadium
- COST: $5 per ticket

Little Jimmy told his teacher that he’d never seen a humming bird but he had watched a spelling bee!
Positive Parenting Program – Triple P

Positive Parenting Program is a parenting program for all families that provides practical answers to everyday parenting concerns. To find out more or to book into a free seminar please contact Terry or Christine on 65684471 or 65684992.

Triple P Seminars:
Session 1: Thursday 6th August 2015 - ‘THE POWER OF POSITIVE PARENTING’
Session 2: Thursday 13th August 2015 - ‘RAISING CONFIDENT, COMPETENT CHILDREN’
Session 3: Thursday 20th August 2015 - ‘RAISING RESILIENT CHILDREN’

Time: 10am – 12 noon
Where: 157 Mann Street, Nambucca Heads

FREE childcare is available
BOOKINGS ESSENTIAL as spaces are limited

Week 2 Menu
Here is the menu that the students are cooking from this week in the Stephanie Alexander Kitchen Garden Program. You can find these recipes on our website if you would like to try them at home:-

- head to our website at www.macksville-p.school.nsw.edu.au
- then click on the ‘Curriculum and Activities’ tab on the home page
- Follow the red tabs on the left and click on ‘Stephanie Alexander Kitchen’
- You can then choose to view photos or recipes.

Term 3 Week 2

*Warrigul Greens fettuccine with lemon Myrtle & Macadamia Pesto
*Garden Greens with Bush Tucker Dressing
*Wattle Seed Damper
*Lemon Myrtle Mix Drink
*Lemon Myrtle Cheesecake

Year 1 Projects

Last term Year 1 were learning about Minibeasts. Minibeasts are insects, spiders and any small creatures that live in your garden. We learnt all about what they look like, what they do and what they eat. As a part of our unit, Year 1 students were asked to do a project on their favourite Minibeast. They designed a model of their chosen Minibeast using many different materials and told us all about them. Year 1 then hosted a Minibeast Show with all the Stage 1 classes coming to visit the 1S classroom and see their projects. We put all of them on display and had hosts to answer any questions or help our visitors. These amazing projects will soon be on display in our front office area. Please come in and have a look.

The simplest way

...to add veggies, every day!

Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don’t eat enough of either, particularly veg – and what adults eat affects the whole family.

Did you know legumes like baked beans are a type of vegetable?

Add legumes across your day to get some extra veg in:

- Baked beans on toast for brekky, or an easy dinner, or pack a small tin for lunch
- Add drained chickpeas to your salads
- Red Kidney beans make a tasty addition to bolognaise sauce, add towards the end of cooking.

Eating vegies doesn’t have to be complicated – aim for five serves a day, across your day.

For more information visit www.eattittobeatit.com.au or join us at facebook.com/eattittobeatit
Anyone wishing to have Music Lessons please fill in the note below and send into the school office.

PERMISSION NOTE FOR MUSIC LESSONS

Name: _________________________ Class: ______________
I would like to learn ________________________________________________________________
Signed: ______________________ (Parent) Phone No. __________________

These advertisers support us, please support them:

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6 WEST STREET, MACKSVILLE
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Alphabet Long Day Care College
Hours: 7.30am - 6.00pm
Caring for & Educating Children 2-6 yrs
School Readiness Program
Child Care Benefit Available
32 Johnston Close, Macksville
Ph: 6568 3742
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