Dear Macgregor Community,

Welcome back to an action packed term 4 after what I hope was a very enjoyable holiday for you and your families. It’s lovely to see students’ smiling faces, ready to embark on the next phase of their learning.

One holiday event that wasn’t so positive was Lana Read falling off a ladder and injuring her back. Lana is back at school now and recovering nicely, much to the relief of the Macgregor community. The preschool assembly was a lovely way to start the term and they performed beautifully in front of a very warm and encouraging (yet strangely paparazzi like) audience. I was highly impressed by the confidence our preschoolers demonstrated and left the assembly feeling very proud of staff and students.

Thinkfest day is on tomorrow and there is an air of excitement across the school in anticipation. Students will work in multi age groups to solve problems related to communication, construction, enterprise and community. Many of the careers our children will have in the future are yet to be invented. Developing students’ problem solving skills and creative thinking will support them to adapt to whatever challenges lie ahead and increase their chances of having a successful career. It still isn’t too late for students to bring in their notes and $5 to cover the cost of the event.

In term 3 a team of teachers attended a ‘Response to Intervention’ (RTI) professional learning session to enhance our ability to meet the needs of all students. Last week the team presented the concepts and strategies covered to the entire Macgregor teaching staff. This learning will no doubt help us enhance our systems such as WIN groups, third tier response and in class differentiation. I would like to formally thank the RTI team and I look forward to continuing related discussions in the coming weeks.

Friendship and social support

A child with many good friends is less likely to be harassed than a child who is often alone or who has only one friend. Children who target others are often careful to avoid those children who have assertive and supportive friends.

How can parents help their children to make friends?

- Make sure that your children play with other children at school, at home and in your neighbourhood.
- At home, encourage your children to talk and maintain contact with their extended family – uncles, aunts, cousins and grandparents and to talk to adult family friends.
- Invite other children over for visits to show your children what to do to make their guests feel welcome.
- Help your children make new friends in different friendship groups by encouraging them to develop other interests and hobbies, such as sport, Scouts, dance, drama or music – outside their group of school friends.
- Take your children on holidays to places where there are other children who are a similar age.

Logic Puzzle

The answer to puzzle in the last newsletter (below in blue) is ‘One step forward and two steps back’. This newsletter’s problem is below in green: What word, expression, or name is depicted below?

I look forward to seeing you around the school.

Bye for now,

Chris Shaddock
Deputy Principal
News from the Rockets

The Rockets had a fantastic term 3 of preschool. We spent the term exploring what makes each of us unique. This lead us to investigate our similarities and differences and explore other cultures. The children celebrated their learning by inviting their families to attend their Preschool Learning Journey and a shared multicultural morning tea at the end of the term.

What makes us unique?

"We speak different languages. Different hair. Different puppets. Eat different food." Bonnie

"Different skin colour, coloured eyes, different hair. Families are from different countries." Mikayla

"Different hair. Eyes. Clothes. Language." Yasmin

What makes my friends special?
Children were asked to draw and talk about what makes their friends special...

Dexter
"His new haircut is cool." Mikayla
"Dexter likes reading stories in the Magic Room." Beatriz
"Dexter will help you if you are hurt." Ali

Jordan
"Me and Jordan play together." Alannah
"He likes going outside and he likes eating." Finn
"He is good at running." Lexie

Ali
"He like to play with me." Alyssa
"He is good at drawing and reading." Seth
"He is good at playing football." Taiba
"He has lots of hair." Oliver

"I really like that he plays outside nicely." Finn
"He will help you if you get hurt." Rumaan
"He helps me clean up." Lexie

Alyssa
"We play hide and seek together." Ali
"She is good at painting." Ramandeep
"She plays with me." Yasmin

Alannah
"I like to play mums and babies with her." Sara
"Alannah is always nice to me," Lexie
"She’s good at riding bikes." Quinn

Beatriz
"Beatriz is my friend. I help her when she is hurt." Elgin
"She plays nice with me," Taiba
"She plays with Sara and Lexie." Dexter

Bailey
"He likes playing football." Ramandeep
"I love playing and building with Bailey." Dexter
"He likes playing outside with me." Yasmin

Sarah Williams, Bec Naughton, Tracey Liddle and The Rockets

News from 3/4

Welcome back to all our 3/4 students and families. We hope you all had a safe and enjoyable break.

What a busy term we have planned. It’s been great to see the students return with a positive and hard working attitude. There are many activities planned for the term such as the swim and survive program, The Art Show and the school Fete.

In health this term we will be focussing on healthy eating. We are looking forward to linking our health unit to capacity and measuring how much sugar and fat is in our foods. The students are exploring their own lunchboxes to make sure they are eating as healthily as possible. We can’t wait to start eating the vegetables that have been growing in our garden.

A reminder to all parents that for the Fete year 3/4 are running a book stall. If you have any books you would like to donate you can start bringing them in. We will keep them in the 3/4 reading area until the Fete. We are also calling on volunteers to assist with manning the book stall. If you would like to help out for half an hour or so on Fete day please go to the following address:

http://volunteersignup.org/C3KFQ

The students have begun the term with some very creative poetry. Well done to Braydan D who wrote a poem about motorbikes and receive a rather poetic response from his dad.

Braydan’s Poem

Kawasaki are green
Hondas are blue.
I love everything
About motorbikes too.

Dad’s Response

Motorbikes are expensive,
Money is tight
You can dream about your Motorbike
Both Morning and Night.

Looking forward to an enjoyable poetic term with your children.

Regards

The 3/4 team
1JB News

Wow!!! 1JB can not believe that it is already term 4.

The year has just flown by and we are so happy with the learning that has been happening all year long.

This term is full of fantastic experiences and we have already started playing and experimenting. In science we have started the unit of work ‘Spot the difference’. This unit is all about working with food products and examining the physical changes that can be made. Last week we investigated the process of a melted icy pole. The students needed to think about how the icy pole melted, how it became frozen in the first place and whether or not it could be made frozen again. They will be investigating some heating, cooling and cooking processes with chocolate, spaghetti and popcorn in the next few weeks.

In health our year 1 students have been learning about healthy food choices through a program called ‘Fresh Tastes’. They have been introduced to the idea that food is made up of nutrients such as vitamins, minerals, protein, fibre and more. If you hear our students talking about ‘Go foods’, they are referring to grains, ‘Glow foods’ are fruits and vegetables and ‘Grow foods’ are meat, dairy and meat and dairy alternative products. Why don’t you try to quiz your child on these foods, they may be more willing to try a new fruit or vegetable in the coming weeks.

We are preparing to start all of our wonderful art pieces for the art exhibition. This will be displayed at the Macgregor School fete on Saturday the 22nd of November. Our year 1 students will be creating a variety of art using a range of techniques and materials. The inspiration for our art will come from some beautiful picture books read in class. It is always an enjoyable and creative time of the year.

1JB really enjoyed making their own dioramas at the end of last term. The students chose a special animal to research based on their interests. After the research, they were instructed to make an appropriate environment for the animal they had chosen. You will find some pictures of a few students from 1JB and the creative dioramas that they made later in the newsletter. Thank you to all the wonderful shoebox Contributions that helped make our dioramas possible.

Best wishes for a fun and educational term 4.

Love Ms Byrne and 1JB.

Thinking drinks as the weather warms up.

It is important for all of us to stay hydrated, and it is particularly important for children, as their small body size means they become dehydrated more quickly than adults. To help keep children hydrated and healthy, we need to offer drinks that will quench their thirst without adding extra, unneeded energy.

So, what are the best drinks for children?

Water: Plain water is the best drink for children. It quenches thirst, contains no kilojoulages, is readily available and costs very little. Tap water also contains fluoride, which has been added to strengthen teeth and reduce tooth decay. For children who do not like to drink plain water, flavour can be added by using a small amount of unsweetened juice, in the same way as cordial might be used. A sugar free cordial could also be used.

Milk: The next best choice for children is milk, with low fat milk ideal for children over two years, unless otherwise recommended by a doctor or dietitian. For children who cannot drink cow’s milk, milk alternatives like soy or oat milk are also good choices. Look for milks with added calcium, which is important for strong bones and teeth.

Unsweetened fruit juice: Children can enjoy a small amount of unsweetened fruit juice each day, but it doesn’t need to be included. Limit fruit juice to ½ cup (125mL) per day, and add water if children want a larger amount.

What about sports drinks? Sports drinks aren’t necessary for children. Water is generally enough to rehydrate children after sport. However, if children participate in high intensity sport and sweat a lot, low fat milk is just as good at replacing electrolytes as sports drinks, but with the added benefit of calcium and protein, and it is much cheaper.

A word on soft drinks: Soft drinks are a sometimes drink, as they contain large amounts of sugar (9 teaspoons in a 375mL can), and don’t provide any useful nutrients. If children love the bubbles, encourage soda water, which can be flavoured with unsweetened juice.

Jeanette Ryan
B Ed, Grad Dip Hum Nutr, Master Nutrition and Dietetics

Ben Donohoe Run & Walk For Fun 2 November 2014

HURRY TIME IS RUNNING OUT!!

To register with our team, your online registration must be completed by FRIDAY 24 OCTOBER 2014; no team or school entries will be accepted after Friday 24 October.

To register in our school team go online www.hawkerc.act.edu.au/runandwalkforfun

Online instructions:
• Click on Online Registration
• Click on Continue
• I’m a participant, click yes or create a family
• Search for our school Macgregor Primary school and follow the prompts to register with in team.

This is a non-school event; therefore parents will be responsible for the supervision of their children.

Look forward to seeing you there!!
From 3/4

Dioramas by Byron, Kate and Avni from 1JB.

Couplet

A boy made a wish,
That he would catch fish.

Haiku

Rain comes from all clouds
With gravity pulling down
It lands with a splash.

Welcome back to term 4! In my sport report at the end of last term I put it out there that I was going for a hat trick of wins in the holidays—Swans, Bulldogs and Holden. Let it be known (and haven't the kids loved rubbing it in) that I actually got a hat trick of losses! Ah well, let’s just let it lie and move on into a fun filled but busy term 4...

**MILO T20 Blast Cricket Finals**

Next Tuesday 28 October is the finals of the MILO T20 Blast cricket series. Over the past 9 years Macgregor has been well represented at the finals days but this year we have gone above and beyond with three teams qualifying for the 2014 finals! Both our year 3/4 girls teams and one of our year 5/6 girls teams will be battling it out on the field with other winning teams from the Southside and districts surrounding the ACT. The girls have trained hard at school in their teams with some girls even taking bats and balls home to fine tune their game! A full report of the day will be included in the next sport report.

**Sports Participation Day—PE Pulse Network**

Next Tuesday 28 October our NRG and LEGO groups have been invited to attend a sports participation day organised and subsidised by ACT Sport and Recreation Services. The participation day will provide the boys with the opportunity to participate in the sports of Athletics, Badminton, Golf, Gymnastics, Table Tennis and Orienteering with students from two other ACT ETD schools.

**Brumby Jack Returns**

I am excited to announce that we will once again have our good ol horse friend, Brumby Jack, back in the school this year! On Thursday 30 October Brumby Jack and development officers from the ACT Brumbies will be running free clinics for students from Kindergarten to year 4. Clinics will have a focus on the fundamental movement skills through a variety of fun modified games.

**Visit from Sarah McGlashan**

On Tuesday of this week ACT Meteor and New Zealand International, Sarah McGlashan, visited our school to promote the MILO T20 Blast GIRLS ONLY program that started on Wednesday 22 October. This program introduces girls to real games of cricket in the T20 format in a fun, inclusive and action packed environment where they can build and develop their skills. Students were given the opportunity to ask Sarah many questions about her cricket career and what it was and is that attracts her to the game. Information about the girls only program was handed out on the day. If you would like further information you can jump onto cricketact.com.au or give Mr Ridley a call at school.

**Ben Donohoe Run and Walk For Fun**

Come on Macgregor! “Let’s do it for Ben” and “Make a difference” on Sunday 2 November at 9.30 am - John Knight Memorial Park - Lake Ginninderra. Over the past 9 years Macgregor has developed a fantastic relationship with Hawker College and have always shown great support for them and their initiatives, including the annual Ben Donohoe Run and Walk for Fun event. Registrations close tomorrow 24 October so jump on to www.bensrunandwalkforfun.com and register as a member of the Macgregor Primary School team and my family and I will see you down at the lake on Sunday 2 November for a fun run, walk, hop, skip or jump around the lake for what is a fantastic cause.

**Bone/Joint Health Awareness Day**

Friday 31 of October marks the launch of Bone/Joint Health Awareness Day (BHAD), a fundraising and awareness event that highlights the work of Arthritis ACT. BHAD raises awareness about the prevalence and seriousness of musculoskeletal diseases such as Arthritis and Osteoporosis. Arthritis ACT will be doing their part to raise Bone/Joint Health Awareness by hosting the first ever Halloween themed ‘Costume for a Cause’ evening walk around Lake Burley Griffin on Friday 31 October. Registrations start at 5.30 pm with the walk commencing at 6.00 pm. After the twilight walk around the lake, there will be a sausage sizzle. All registered participants go into a draw to win $2,000 cash. Money raised from the event will help Arthritis ACT improve the quality of life for people with arthritis and osteoporosis.

**Ride Safe to School Week**

Next week is ride safe to school week. Students and their families are encouraged to choose an active mode of transport to and from school during this week—and remember, part way is ok! Friday 31 October will be our celebration day with bike activities and workshops being held throughout the day. We will also have a visit from the Backbone BMX team and a healthy fruit recess provided by Fyshwick Fruit markets. Students who ride their bikes to school on this day will be able to use them during the activities at lunch and recess.

Have an awesome weekend and don’t forget to ride your bikes next Friday 31 October!
Glen Ridley
PE Teacher

**Heroes Corner**

Congrats to Ethan B who was awarded Most Consistent for the Magpies Under 10 (Blacks) at their 2014 presentation day last term. Well done Ethan!
1. To be one of a group of people actively doing something.
2. To take part in something.
3. To share in something.

support
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.

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

Clouds come floating into my life, no longer to carry rain or usher storm, but to add colour to my sunset sky. — Rabindranath Tagore
Read more at http://www.brainyquote.com/quotes/topics/topic_inspirational2.html#bllhfcRSy6xs6DDw.99

Par-tic-i-pate
verb

Macgregor Primary School Fete Saturday 22 November 2014

3pm - 7pm

Only 4 weeks until the fete!!!

The fete committee is very excited about the fete. We have rides, a photo booth, pony rides, a petting zoo, reptiles, game stalls, second hand stalls, market stalls and more. There will be face painting, tattoos and show bags and lots of great food. We even have a raffle with loads of great prizes. Not to mention the entertainment at Macgregor’s 40th Anniversary fete is not to be missed!

You can even pre-purchase a ‘Fun Fete Package’ for only $20 which contains multiple tickets for a fun filled day, as well as an ‘Ultimate Rides Wristband’ for only $25 for unlimited rides throughout the day. A note and order form should have gone home today.

The P&C’s fete committee would like to thank everyone who has volunteered to help at our school fete. We are now 59% full, which is great but we still need Stall Convenors for the following stalls:

- Tattoo stall
- Kindy’s SPONGE stall
- Year 2’s Raffle
- Year 5/6’s Chocolate Toss

Please consider volunteering at: https://www.volunteersignup.org/C3KFQ or email bleepclear@hotmail.com.

MUSIC LESSONS

Congratulations to Sally’s piano students who performed last month at Canberra Music Tuition’s concert at the Wesley Music Centre! It was wonderful to see so many Macgregor students participate in this concert and you all performed delightfully.

The end of year school music concert is coming up in December – stay tuned for confirmation of the date and time!

The P&C organised music scheme gives students the opportunity to learn piano or guitar during school hours with a private tutor. If anyone is interested in enrolling in lessons for 2015, please feel free to email me: webster_veronica@hotmail.com.

Veronica Webster
Music Coordinator

Stage Manager/s Needed!

Are there any students, ex-students or parents out there that may be interested in helping stage manage the performances stage on fete day? We need a manager from 3-6.30pm as we will be having performances every 30 minutes (lasting 10-15 minutes each). We need someone that can meet performers (already booked) help them get their music and usher them on and off stage.

If you are interested in assisting with stage management on the day, please contact me on 0418988744.

Thank you
Rebecca Adams
David Price OBE is coming to Canberra on November 5

David’s work with student engagement is well known internationally having worked with schools in UK, Canada, Singapore and Australia. His book OPEN explores our fast changing world and the impacts on how we will live and learn - a must read for parents and educators.

Keynote and workshop explores perceptions, beliefs and attitudes around education. Are we creating an education worth having? How do we develop partnership mindset to enhance student learning.


Rewarding regular savings with precious prizes.
The Dollarmites have uncovered the ancient Clam of Fortune. Inside they found these amazing prizes that you could win a share of:
- 40 x GoPro HERO3 White Edition Cameras
- 150 x Slip ‘N Slide Double Wave Riders

Here’s how to win
Every deposit you make with School Banking will automatically create one entry for you into the competition. So the more you save, the more chances you have to win (up to a maximum of 6 entries).

Keynote and workshop explores perceptions, beliefs and attitudes around education. Are we creating an education worth having? How do we develop partnership mindset to enhance student learning.


Latham Primary Twilight Fete’14

Sat 25 October 3-7 PM

Fun for everyone
Welcome to term 4. I hope your holiday was peaceful and relaxing, Santa will be here soon!

New Menu
Have you seen the new Tuckabox Menu yet? It is enclosed with this newsletter. Some changes to the daily meals include:
- Tuna Mornay on Mondays
- Chicken and Corn Roll is no longer available
- Potato Slices on a Thursday

Pre-order Recess
Did you know that you can pre-order your child’s recess, just like lunch. As you would you write out an order for lunch, make a heading called Recess, select from the options from the Pre-order Recess section in the Menu and write your child’s selection on their Order Bag.

Please label the Lunch Order Bag
Please don’t forget to write your child’s full name and class as we don’t know which class they are in and lunch orders can get lost. If the lunch doesn’t have a class name on it we keep it in the canteen and your child will need to collect it from us.

Term 4 Fundraisers
Again this year the Tuckabox will be having Mangoes, Cherries and Bakers Delight Fundraisers, notes coming out soon.

Flexischools
Flexischools will be coming soon, this will improve our ordering processes in the canteen.

Apple Slinky Army
We need volunteers for our Apple Slinky Army, it would be really great if you could spare an hour or two to help make Apple Slinkies at 10am in the canteen. If you can help just pop in anytime and let us know.

Thanks
Sheryl, Jayne and the Canteen Committee 62544141

Fundraising News
The 5 cent fundraiser was a huge success!! We banked $1905.95 into the P&C account! Thank you to all the students who bought in their 5 cent pieces!! A big thanks to all the parent helpers who counted and counted and counted!!!

Gingerbread House bookings are due Friday 31 October, limited places are available. Contact Holley Noakes for further information on 0409 919 997.

Community Education Forum for migrant and refugee families.

Companion House and Council have teamed up to host a forum for migrant and refugee families to share knowledge and support education. All are welcome to participate in this annual information exchange between schools, parent groups, teachers and newly formed communities in the ACT.

The free forum will run from 6 - 8:30pm on Wednesday November 12 at the Cook community hub (41 Templeton Street). Call 6251 4550 for more information.

Children’s week: Let them be heard
This week is Children’s Week and the theme this year is ‘the right of every child to have a voice and be heard’. ‘Save our Children’s World’ on Sunday October 26, is a community event to help children voice their concerns about the environment. The idea is for parents to help children create cut-out trees on which to stick messages naming their concerns and then ask extended family and friends to come to listen to the children explaining their messages. The messages can then be submitted to be collated and presented to the Federal Government in November.

National Conference
ACSSO, the Australian Council of State School Organisations (our national counterpart) are holding their annual conference on November 7 and 8. The theme is Future Unlimited: Public Education for Australia and all parents interested in public education are invited to attend. Details are found at http://www.acss.org.au/files/2314/1283/1256/ACCSO_Conference_2014_Brochure_1.pdf

Council policy

Grants: some help
There is now more information on grants in the Help for P&Cs section of our website, including hints and tips, examples of successful grant applications, and places to look for grants available for P&Cs.
TUCKA BOX SANDWICHES

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DAILY SPECIALS
(available only on day advertised)

MONDAY
Jayne’s Tuna Bake $4.50
(homemade, pasta w/tuna, creamed corn & cheese sauce)
Sausage Roll $3.00

TUESDAY
Jayne’s Homemade Pasta Bake $4.50

WEDNESDAY - CLOSED

THURSDAY
Toasted Pizza Wrap $4.50
(Toasted tortilla with your choice of either ham or chicken
with homemade pizza sauce and cheese)
Apple Jaffle $3.00
(toasted raisin bread, filled w/ custard & stewed apple)
Chicky Cheese Jaffle $3.50
(toasted bread filled w/chicken meat & cheese)
Crinkly Potato Slices $3.00
(sprinkled with spices & oven baked)

FRIDAY
Meat Pie $3.50
Singapore Noodles $4.50
(stir fried vegetables w/nice noodles, or a small serve for $3.00)
Singapore Noodles
& Chicken Drumstick $4.50
Chicken Drumstick $2.00

FRESH FRUIT
Seasonal Fruit $0.80

ICECREAMS (after 1.10pm)
Selection of Iceblocks available

DRINKS
Moove (300ml) (Choc, strawberry) $2.00
Fruit box (200ml) (Tropical, ABC) $1.50
Plain Milk (175ml) $1.00

RECESS
Pre-order any of the items below or... try the snacks at the canteen window.

Pre-order Recess only
Raisin toast $1.00
Pikelets $0.50
Mini quiche $0.50
Apple slice $0.50
Pizza Crunch (3 limit) $0.30

Order for anytime
Corn cobbet $1.00
Hard boiled egg $1.00
100% dried fruit straps $1.00
Air-popped popcorn $1.00
Gingerbread babies $1.00
Rice crackers $1.00
 Pretzels $1.00

Volunteers needed to make apple slinkies, prepare food
and serve at recess & lunch.

6254 3414
## MACGREGOR PRIMARY’S BUSINESS SCHOOL PARTNERS

### Dynamic Events Presents

**CANBERRA’S GET ACTIVE EXPO**
Jessica Read: 0421 250 040
info@getactiveexpo.com

### Kippax Carpentry & Roofing

Jamin Everson: 0422 272 034
Andrew Niewenhouze: 0404 074 248
Canberracapentry.roofing@gmail.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 Solicitors

Wills, Conveyancing and Business Law
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 Latham St, Belconnen
62532149 / 62514260
Email: belco@onyabikecanberra.com.au