Dear Macgregor Community,

Kindergarten Information Evening
It was lovely to see so many parents at the info evening, yesterday. We can’t wait to welcome your children down into the kindergarten rooms, next year. Our preschool info evening is also coming up soon, for families of preschool children in 2015.

Macgregor’s Got Talent
Finals are done and dusted for another year. Congratulations to all of our finalists, we are very proud of each and every one of you. This year’s winners are as follows:

- Junior: Maggie B
- Middle: Ishbel B., Amanda-Jane U. and Lara M.
- Senior: Chelsea G. and Athieng Y.

Watch out for photos on FaceBook.

Fundraising
Thank you to everyone who brought in those 5c pieces for the fundraiser and to Holley Noakes and the team for all their work counting them all. CONGRATULATIONS! You made $2047.55. Top fundraisers for the fundraiser and to Holley Noakes and the team were Chelsea G. and Athieng Y. of each and every one of you. This year’s winners are

Congratulations to all of our finalists, we are very proud of each and every one of you. This year’s winners are as follows:

- Junior: Maggie B
- Middle: Ishbel B., Amanda-Jane U. and Lara M.
- Senior: Chelsea G. and Athieng Y.

Fundraising
Thank you to everyone who brought in those 5c pieces for the fundraiser and to Holley Noakes and the team for all their work counting them all. CONGRATULATIONS! You made $2047.55. Top fundraisers for the fundraiser and to Holley Noakes and the team were Chelsea G. and Athieng Y.

Our school fete is creeping up very quickly now, and I must acknowledge the incredible job that our fete committee is doing. This is a HUGE task, and they are an amazing bunch of people. The fete is going to be great. Of course, we still need more volunteers to help out for a couple of hours on the day, so please read the P&C page and follow the links to the volunteers document if you can help us out.

Belconnen Cluster Schools’ Gifted and Talented Day, Tuesday 21 October 2014

The first of our Belconnen Primary Schools’ Cluster

Gifted and Talented forums was held in week 2 at Kingsford Smith School. The enthusiastic participation by students from years 3-6 at Macgregor, Latham Primary Schools and Kingsford Smith P-10 School resulted in a challenging and exciting day for students and their presenters. The ANU Ambassadors, teachers from the various schools as well as presenters from the Targeted Support Team coordinated a broad range of sessions including Robotics, More2Maths, Astronomy, Philosophy, Music and Leadership. Our wonderful students immersed themselves in all the tasks wholeheartedly.

Children from each school made new friends on the day and were engrossed in some energetic conversations with each other over the shared morning tea and lunch. Some children volunteered to give feedback at the end of the day which confirmed that the day had been a huge success.

The feedback from parents has been encouraging and many were quick to compliment the new canteen manager at Kingsford Smith School, Ruth, who catered for the very healthy morning tea and lunch items.

Chris Shaddock (Macgregor PS), Karen Wilson (Latham PS) and Catherine Le Brun (Kingsford Smith School), the cluster coordinators, were delighted with all aspects of the day and thank those presenters and participants who were involved.

Reports
Currently teachers are busy writing reports for all the students in our school including students our Preschool. Our reports provide comprehensive details on all areas of learning addressed over the past semester. Your child’s report will:

- Be written in plain language.
- Provide information about your child’s learning in each subject.
- Include teacher comments that identify areas of strength and areas for further development.
- Provide information about your child’s social development and commitment to learning.

Along with the School based report, students in years 1 – 6 will also receive an A – E report based on the Commonwealth Government guidelines. These grades are different from the grades you might remember from your school years. The new A to E grades do not rank your child in his or her class. Rather, the grades indicate whether your child is ‘on track’, and learning what is expected, doing better than expected or needs more help. For example, a grade of C indicates that your child is making sound progress in relation to what he or she was expected to learn over the last semester – your child is ‘on track’. Kindergarten students, Preschool students, and students on an Individual Learning Plan will receive a written report but not an A to E grade.

If you also do not wish your child to receive an A to E report with their written school report, please contact the Front Office. You can choose not to receive it.

Yours in Education

Lana Read
Principal
The Final Pirate News from KGW

We are the pirates arrrgh arrrgh arrrgh!
We’ve followed Capt’n Glennis, near and far!
We’ve done all our work and had lots of fun!
But we’re off on our next adventure,
We’re off to year one…

AARRRGH!!

Whoever said ‘life is boring’ obviously hasn’t visited our Kindy unit recently. We have been so busy already this term!

To start the term off, our Kindy teachers (after a visit to Amaroo school) decided to implement an investigation time for the first hour of each day (Mon-Thurs). This time provide us with a range of activities across all learning areas, extends our thinking, supports cooperative social skills and refines our individual skills. We are loving this new learning opportunity.

We have just completed our end of year PIPS testing and it was sent off today for the data to be analysed. Our teachers are doing lots of assessment ready to complete our end of year reports.

The ACT fire fighters visited us last week. We discussed the importance of knowing our address and what to do if there is a fire at our home. On Friday, we are having a visit from an Intensive Care Paramedic. He will be talking to us about what happens when we need to call an ambulance and we will see some of the equipment paramedics use and then have a look inside the ambulance.

We’ve had a rugby clinic and a visit from Brumby Jack, a BMX bike riding display, Macgregor’s Got Talent heats and finals, and this week we’ve participated in a first aid course with St John Ambulance. Every Wednesday afternoon we either visit or are visited by the children who will be in Kindergarten next year. We get to interact with them, show them around our room and help them get ready for Kindy next year. To finish off this week we are going to prepare something special to go in the school’s time capsule. It will be opened in ten years time - at the school’s 50th birthday celebration.

Finally, thank you to the parents who have been coming in to read with the children, change their home readers or just visit and support us at school.

Captain Glennis loves having your help… thanks!

LSGTC News Update

LSGTC has had a great start to term four, we have been up to a number of things so far. The class has taken advantage of the warmer weather and have delighted in spending more time outside. We have enjoyed planting and watering our strawberries, and are excited to have the first couple of plants begin to fruit. The students are looking forward to harvest time, when we will use the fruit in our cooking program to make chocolate coated strawberries (yum!).

The class has been involved in researching and planning an information report on an animal. They have been focusing on the importance of using a variety of sources for gathering information, summarising the text, and ‘putting it in their own words’. These valuable research skills will keep them in good stead heading into the future. I look forward to reading the final reports, covering a range of animals including red-back spiders, hammerhead sharks, lions, and peacocks.

We have continued our reading egg race (see photo); it has been lovely to see the whole class progressing steadily through the levels of this wonderful program. We have also been engaged in robust guided reading sessions, and it is pleasing to see the huge gains in reading ability and confidence amongst the class.

In numeracy we are focusing on time; we are exploring digital and analogue clocks, and examining the days, weeks and months of the year. As we have a number of students who will be going to high school within the next year or so, we are also studying timetables and schedules. We will be studying the action bus timetable to give us real world practical knowledge, and experience in problem solving with timetables.

As always, we continue to focus on the BRICK principles. The students have specifically been looking at conflict resolution, sharing, team work and resilience. They have been discussing a variety of emotions, such as anger, anxiety and sadness, and examining appropriate ways to express these emotions.

Tom Camilleri
Here we are in term 4. Year 2 have been hard at work creating their art work which be displayed in the Art show, held this year at the school fete on Saturday 22 November. We hope to see you all there. It promises to be a great day and a chance to see your child’s awesome art.

We are also busy writing persuasive text. The students have concentrated on topics such as: should kids have to wear a uniform, boys are smarter than girls, pets should be allowed at school, video games are actually educational and some students have even been attempting to convince the Principal that we need a swimming pool in the playground. Year 2 teachers have been most impressed with the argument put forward. Well done year 2, your arguments are most persuasive.

Towards the end of the year we will be beginning investigations in class during the first hour of the day. During this time the students will investigate and explore concepts at different stations in shared classroom spaces. Topics will be linked to the I can statements and goals. Some stations may include a writers table, a science table, math and visual art activities. There will be allocated roles of reporter, scribe and photographer on a rotational basis. We are sure that learning through investigation will allow students to gain a deeper understanding of all subject areas and have fun! Inquiry skills are skills for life and we know that students learn lots through investigative play. We would like to extend an invitation to all parents and carers to come and investigate with their children from 9.00 am till 10.00 am each morning, beginning in week 6.

I would like to take this chance to thank all of my wonderful students in year 2. I learn from you everyday.

Renee Sochacki and the year 2 team

News from 2RS

Is breakfast still important?

Recently there has been a lot in the media about breakfast not being as important as we have always thought. This new idea comes after research into the benefits of the meal, mainly with regards to adults who are trying to lose weight. The story is a little different for children though. There are a number of reasons why it is important to make sure children are having a decent breakfast each morning:

**Having breakfast increases concentration.** Children who eat breakfast are able to concentrate better in the morning than those who don’t. Eating breakfast has a big impact on a child’s ability to remember and recall information.

**Children who have breakfast have more energy.** Being a kid is hard work. During the school day children do lots of academic work, as well as participating in sports, band or creating friendships. This all takes energy, and breakfast gives children the energy they need from the beginning of the school day, without having to wait until fruit break to fuel their bodies.

**Breakfast helps maintain a healthy weight.** Children who eat breakfast tend to find it easier to maintain a healthy weight. They are also more likely to make better food choices during the day because they are eating regularly and don’t make it to recess feeling half starved.

**Breakfast reduces the risk of developing Type 2 Diabetes and other chronic diseases.** These diseases seem like a problem that our children won’t have to think about for many years to come. However, the way that they eat now, and the habits that they develop in childhood can have an impact on their health in adulthood. Children who eat breakfast regularly have a lower risk of developing chronic diseases like Type 2 Diabetes and heart disease.

**What is a good breakfast?**

A breakfast that includes a wholegrain cereal, a protein is a great way to start the day. Adding some fruit gives you even more bang for your buck!

Below are some examples of ‘Breakfasts of Champions’

- Wheat biscuits with low fat milk and chopped banana
- Two slices of wholegrain toast and a boiled egg
- Greek yoghurt with stewed or fresh fruit and some uncooked oats or natural muesli
- Porridge, a glass of milk and a piece of fruit
- Baked beans on wholegrain toast and ½ cup

**Ham, cheese and tomato omelette**

2 eggs
½ slice of ham
2 Tbs grated cheese
2 Tbs diced tomato
1 Tbs low fat milk
1 tsp olive or canola oil

Whisk the eggs and milk.
Heat a non stick frying pan over medium heat and add oil
Swirl to coat the pan
Add egg mixture and cook on a low heat until just set
Sprinkle fillings over egg mixture and fold omelette in half to enclose fillings.
Cook on low heat for a further minute to melt cheese and warm fillings.

** If folding the omelette is a challenge, whisk filling ingredients through egg mixture and cook all together until egg is firm.

Jeanette Ryan APD (Accredited Practising Dietitian)
We had a visit from the ACT Firefighters last week. We learned about how to keep ourselves safe and what to do in an emergency.

We had a visit with two players from ACT Brumby team. We participated in a Rugby football clinic. Being part of a sporting team is a great way to be healthy and fit.

During morning Investigation time, Ryan and Adam made a combine harvester from Mobilo. They shared with the class all the different parts of their harvester and what each of its functions. An amazing machine!

In maths we’ve been learning about capacity. We worked with liquid and solid shapes to understand full, nearly full, half full, nearly empty and empty.

In science we have been learning about how toys move. We have used forces like pushing, pulling, dropping and rolling to test the best way to make them move.
And that my friends is week 4 done and dusted! It is fantastic to see the children enjoying the Hot Shots Tennis Program during specialist PE lessons and improving their skills and understanding of the game. Feel free to join us for some fun during your child’s lessons whenever you can!

**MILO T20 Blast Cricket Finals**

Congrats to the following girls who represented our school at the ACT/Southern Region finals of the MILO T20 Blast cricket series last Tuesday: Year 3/4 Red — Piper H, Jennifer B, Samantha C, Ellie M, Shauna A, Holly T, Mackenzie W and Cassandra S; Year 3/4 Blue — Ashlee A, Lara M, Dyan J, Kara T, Elizabeth W, Piper B, Hannah G and Amanda-Jayne U; Year 5/6 Red — Yasmine F, Georgia J, Hayley L, Selena G, Gabrielle A-G, Cheyenne J, Imogen M and Kimberley R. Both our year 3/4 teams showed excellent growth in skills and game sense throughout the finals and were expertly coached by ASBA Ronnie and ASBA Nick on the day. Our year 5/6 team won four games convincingly and narrowly went down in the other by only 4 runs to finish an impressive equal 3rd overall. A big thank you to those parents/carers who were able to stay and cheer on the teams!

**Ben Donohoe Run and Walk For Fun**

On Sunday our school team participated in the 10th Ben Donohoe Run and Walk For Fun at Lake Ginninderra in some awesome weather. Our team included staff and their children, students, parents/carers, grandparents and even a handful of ex-students. As a team we ran, walked, piggy backed, scooted, balance biked, prammed, hopped, skipped and jumped our way around the course for a great cause. The event is organised by our good friends at Hawker College Sports Admin and it was great to see these students, many of them ex-Macgregor, smiling, encouraging and officiating around the course. Well done and congrats Team Macgregor!

**ACT Royal Lifesaving Active Family Fun Day**

Royal Lifesaving Society ACT will be hosting an Active Family Fun Day as a part of ACT Water Safety Week on Sunday 9th November! Macgregor Primary students, staff and families are invited to come and enjoy the warming weather and sunshine at the Dickson Aquatic Centre from 12:00pm to 3:00pm!

Active Family Fun Day is the perfect way to end the week and helps us to highlight the RLSS messages around the importance of Water Safety. It is also a great lead in activity to our swim and survive program our year 3/4 students are involved in each year. Activities on offer include Face Painting, Live Music, Water Games, Sausage Sizzles and much more! Entry for a Family is only $10 on the day!

**PE Pulse Sports Participation Day**

Congrats to the 60 students from NRG, LEGO and year 5/6 girls who ventured out to the new multi sports complex at Greenway last Tuesday to participate in a sports day run by the PE Pulse network. Feedback to me from the organiser was that Macgregor students were “very well behaved and seemed to really enjoy the activities”. She then went on to say "It was fantastic to see the older students interacting with the younger ones and helping them out" and that she also overheard one of our boys at the golf activity saying "This is the best day of my life!" How's that for feedback! Golf was clearly the favourite with our students followed closely by table tennis and badminton. Other sports offered were gymnastics, orienteering and athletics. Thanks to Mr A and Mr B who accompanied the students without Mr C ;)

**Swim and Survive Program**

For the next two weeks (weeks 5 and 6), 48 of our year 3/4 students will be participating in the Royal Life Saving Society’s Swim and Survive program at Civic Pool. Students who are taking part will depart school by bus at 9.30 am, have their lesson from 10 am to 10.45 am, and will return in time for recess at 11 am. The program is partially subsidised by the Education and Training Directorate and was further reduced courtesy of the $1000 schools bonus our school won through radio station 2CC. The students are excited about participating in the program and further developing their swimming ability and understanding of water safety.

Have an awesome weekend.

Glen Ridley
PE Teacher

**Heroes Corner**

Congrats to Theo L for graduating from Kings Swim School. As a graduate Theo can swim 1000m of continuous freestyle, is competent in all four strokes, has completed the Kings swim and survive program and can swim like a fish!. Way to go Theo!

Good luck to Jess P, Georgia D, Georgia J and Cheyenne J who have started playing Oztag this season. The girls are hitting the training paddock hard this Sunday and taking on their parents in a game to run through a few set plays and discuss tactics. Good luck girls and we look forward to hearing all about your games!
The fete committee have been very busy getting everything finalised for the fete!!! We even had a working bee to make the ‘Fun Fete Package’ necklaces, tickets for the various attractions, volunteer name badges and raffle ticket boxes...lots of cutting, laminating, wrapping and threading! The turnout of helpers was great and we got a lot done. A BIG thank you to everyone who helped. All stalls, activities and attractions are on track for the big day. 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, show bags and lots of great food. We even have a raffle with LOADS of great prizes. Not to mention the entertainment...Macgregor’s 40th Anniversary fete is not to be missed.

Don’t forget to order your ‘Fun Fete Package’ necklaces for only $20 which contain multiple tickets for a fun-filled day, as well as an ‘Ultimate Rides Wristband’ for only $25 for unlimited rides through-out the day. The necklaces and receipts for the wristbands will be handed out on Monday 17th November.

The P&C’s fete committee would like to thank everyone who has volunteered to help at our school fete. We are now 60% full and it’s not too late to get involved, either before the fete or on the day. We still need Stall Convenors for the following stalls:

1. Tattoo Stall
2. Kindy’s SPONGE stall
3. Year 2’s Raffle and 100 Club

We also need volunteers to help set up the fete from 12—3pm and pack-up the fete from 7 pm—9pm on the day.

Please consider volunteering at www.volunteersignup.org/C3KFQ or email beeclear@hotmail.com if you have any questions or need assistance.

Tickets in the Fete's Monster Raffle will be available from the front office during school hours from Monday 17th November. Tickets are $1 each, 3 for $2 or 8 for $5. There are over 40 prizes, including signed Jamie Oliver cook books, a round of golf with cart for 4 people, seafood vouchers, Questacon family pass, a 2 hour Gardening Service, carpet cleaning, movie tickets, a "Frozen" pack, a "Teenage Ninja Mutant Turtle" pack and much more. When purchasing tickets you will be able to distribute your tickets into individual prize boxes to go into the draw for the prizes of your choice. Tickets will also be available on the day of the Fete. Prizes will be drawn at 6pm at the Fete on 22nd November.

DON’T FORGET
SCHOOL BANKING IS ON THURSDAYS!

Fundraising News
Our 5 cent fundraiser was a huge success and we have banked $2047.55!!! A huge than you to all the parents that support this fundraiser each year and collect all year round, it’s amazing the amount of money that can be raised with the tiniest currency we have!

We are running our Tea Towel fundraiser, so please get your orders in by the 14th November. Notes went home last week.
5 Cent Fundraiser
Results 2014
1st Place Class- Pizza Lunch 2CH
2nd Place Class- Goody bags KGW
3rd place Class 5/6 RW

Class winners:
STARS- Paige L
ROCKETS- Ali D
ROBOTS- Oliver W
COMETS- RYLAN B
ASTRONAUTS- Miley H
KGD- Cody B-A
KGW- Gemma H-M
KMS- Aiden S
1CR- Brooke K
1JB- Maggie B
1NC- Suzie B
1NT- Liam M
2KA- Kira C
2RS- Vincent B
2CH- Emily L
2MM- Joshua L
3/4AH- Chelsea M
3/4DL- CJ V
3/4RV- Hayden S
3/4WM- Jake S
5/6AE- Hayley L
5/6RW- Chelsea G
5/6KD- Kaycey Y
LSGAC- Lachlan H
LSGTC- Kaya I

OUT OF SCHOOL HOURS CARE
Macgregor Primary School OSHC/Holiday care program will be running from Monday the 12th of January to Friday the 30th of January. School term will begin on the 2nd of February for Kindergarten students and Out of School Hours Care will resume on Tuesday the 3rd of February 2015.

There will be a fee increase for 2015. Before school care will be $11/$13 Permanent/Casual. After school care $19/$21 Permanent/Casual. Holiday Care $60 per day. All permanent places are for whole terms and in the event that your child will not be attending for any reason, the booking will be charged.

Casual places will be $2.00 extra per session, but given 24 hours’ notice, your place can be cancelled at no charge (24 hours’ notice is necessary to stand down staff rostered on to accommodate staff to child ratios). Numbers are rising and we have limited places so it is in your best interest to enrol your child as soon as possible. Children enrolled in school in 2015 can attend the holiday care program. Any enquiries should be directed to Eileen Nilsson on 6254 4141 after 2pm Monday to Friday.

The Aussie Pooch Mobile will be at the fete. Bring your dog along to be washed...all proceeds go to the school.
Small dog $30,
Medium dog $35,
Large dog $40,
Extra large dog $45.
The Macgregor Primary School Fete needs YOU 😊
If everyone does a little – a lot will be achieved.
“Someone else” is already helping – we need you too!

* **YOU** - We still needs heaps of volunteers for only 2½ hours on the day – we need YOU to make this fete a success, please help us. The two shifts are 2.30-5 or 5-7.30. We are also looking for some volunteers from 12pm to help set up. We still need convenors for the tattoo stall, sponge game and the raffle stall (the raffle is nearly organised but we desperately need someone to co-ordinate it on the day.) This doesn’t mean you have to organise everything and man it for the whole day – please contact macgregorfete@gmail.com if you think you can help – we think you could do a great job! https://www.volunteersignup.org/C3KFQ

* **Gazebos/Shelters** - We will need a number of these on the day to provide shelter/shade for the stalls. If you have sandbags, or weights (heavy kettlebells, bar weights) so we can hold the gazebos down if it’s windy that would be great too) If you are able to provide a gazebo/weights on the day (Saturday 22\textsuperscript{nd} Nov) please email macgregorfete@gmail.com

<table>
<thead>
<tr>
<th>Name of Stall</th>
<th>Items wanted</th>
<th>Drop off details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Books</td>
<td>Good quality preloved books</td>
<td>In the 3/4 classrooms, from now till Thursday 20\textsuperscript{th} Nov.</td>
</tr>
<tr>
<td>Cake Stall</td>
<td>Cakes, slices, biscuits etc. (all ingredients labelled)</td>
<td>Either Fri 21\textsuperscript{st} Nov in Year 1 rooms or at the cake stall on Fete Day by 2.30pm.</td>
</tr>
<tr>
<td>White Elephant Stall</td>
<td>Good quality preloved clothes, toys, bric a brac</td>
<td>At the front office, ONLY during the week of 10-14\textsuperscript{th} Nov please.</td>
</tr>
<tr>
<td>Choc Toss</td>
<td>“Family size” blocks of chocolate</td>
<td>In the 5/6 classrooms, from now till Thursday 20\textsuperscript{th} Nov.</td>
</tr>
<tr>
<td>Plant Stall</td>
<td>Plants , seedlings</td>
<td>Fete day, at the plant stall, before 3pm please.</td>
</tr>
<tr>
<td>Lolly Jar Stall</td>
<td>Lollies</td>
<td>In the LSGAC classroom, Thursday 20\textsuperscript{th} November.</td>
</tr>
<tr>
<td>Glass Jar Stall</td>
<td>Small items that can fit inside a glass jar (e.g.: erasers, small toys)</td>
<td>At “Afters”, in the hall, by 14\textsuperscript{th} Nov.</td>
</tr>
</tbody>
</table>

Please consider volunteering, and helping to make the fete a well organised success. Maybe sign up with a friend?

All the IPads the children use, the soccer pitch, and the large shelter outside above the junior playground, are just some of the things that have been bought with money the P&C have raised. Please help us to raise the next lot of money for the children of Macgregor Primary School 😊

Kind regards,
P&C Fete Committee.
Convoy Helping Hand Banner

The students at Macgregor Primary School, along with SL@M have chosen to participate in the truck banner fundraiser for The Cancer Support Group convoy. Students are asked to bring a gold coin donation on **Tuesday 25 November** to have their hand print put on our school’s banner. Our banner will be proudly displayed on a Holcim concrete truck in the convoy, which is on the 1st February 2015!

**Bring in your gold coins on Tuesday 25 November and support this worthy cause!!**

104.7 Black Thunder will be coming to visit our school on Tuesday 25 November! We will also have a banner available at the Fete on the 22 November, for our community to put their hand print on if they wish to!

*The cancer support group are a locally based charity who support people suffering from cancer in the ACT, Queanbeyan and surrounding areas.*

---

Convoy Helping Hand Banner

The students at Macgregor Primary School, along with SL@M have chosen to participate in the truck banner fundraiser for The Cancer Support Group convoy. Students are asked to bring a gold coin donation on **Wednesday 26 November** to have their hand print put on our school’s banner. Our banner will be proudly displayed on a Holcim concrete truck in the convoy, which is on the 1st February 2015!

**For Rockets, Comets & Astronauts on Wednesday 26 November**

**Bring in your gold coins on Wednesday 26 November and support this worthy cause!!**

We will also have a banner available at the Fete on the 22 November, for our community to put their hand print on if they wish to!

*The cancer support group are a locally based charity who support people suffering from cancer in the ACT, Queanbeyan and surrounding areas.*
MACGREGOR PRIMARY’S BUSINESS SCHOOL PARTNERS

PLEASE SUPPORT THE BUSINESSES THAT SUPPORT OUR SCHOOL

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
Canberracapentry.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 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 Lathlain St, Belconnen
62532149 / 62514260
Email: belco@onyabikecanberra.com.au
1) What is the ‘Get Active Expo’

The Get Active Expo is a health and fitness event created by myself to showcase all of the different options for people to get active and live a healthy lifestyle around the ACT. The expo has a variety of over 80 exhibitors targeting all different ages & fitness abilities. Performances and Demonstrations such as BMX, strongman and fashion parades are running all day and we even have a ‘Get Active Kids’ area with fun classes running all day for people to try. The Get Active Expo promotes the message ‘Anyone Can Get Active’

2) How did you get into the industry and what did you need to work hard on at school

Event planning has always been a passion of mine. When I left school, I fell into a job that didn’t make me happy. Last year I decided to take the leap and create Dynamic Events Canberra. I had to do some additional studying to educate myself in PR, Marketing and of course Business but the event planning itself comes naturally. Looking back at school, I can see how important it was for me to work hard on subjects such as English and Maths. I use these every day to contact clients, write media releases, do my accounting work, sell tickets etc.

3) If you could have superpowers, what would they be?

I would love to read people’s minds and know what they are thinking! – I’d also love to be magic. I think that would be awesome!

4) Do you have any tips for being healthy everyday?

The biggest tip that I have for people to live an everyday healthy lifestyle is that it can actually be really easy! Simple choices such as saying no to the chips and yes to an apple, riding a bike instead of playing a PlayStation, joining a sport, walking with friends – your commitment to being healthy doesn’t have to be massive, it can be fun, social and no matter what it is beneficial.

Jessica Read is a proud business partner of Macgregor Primary School in 2014.

Please support the local businesses that support our school.
GET ACTIVE KIDS

at the GET ACTIVE EXPO

Saturday 15th November 2014
9am - 4pm
Budawang Pavilion, Exhibition Park Canberra

$10 Adults, Gold Coin 16 & under

Attractions, exhibitors & demo's for the whole family

Rock Climbing | Packing Healthy Lunchboxes with the Healthy Eating Hub | BMX Clinics and BMX Jump Demo’s with Backbone BMX | Self-Defence Classes with GKR Karate | Born to Move fun exercise classes with LesMills | Jumping castle, merry-go-round and more.

Checkout what’s on at:
www.getactiveexpo.com

Proudly sponsored by: