Dear Macgregor Community,

Last Saturday, I joined many parents and friends of Macgregor at the trivia night. It was a really fun evening and we’d all like to thank the AFTERS crew for making it happen and all those who joined us for this FUNdraiser!

Since the last newsletter, much has happened at Macgregor. Our external validation panel has been and gone, leaving us with fantastic feedback on our school improvement journey. The panel were extremely impressed with the school, the staff and the students and we really look forward to receiving their report in the near future. The report will help us to set the strategic direction of the school for the next four years.

Speaking of feedback and planning, each family should have recently received an invitation to participate in the 2014 school satisfaction survey. I would appreciate you taking a few minutes to complete the survey as your feedback is critical to our ongoing improvement. We apologise that there is no way to provide comments on the survey; this is a technical oversight. I am more than happy to receive your praise and/or constructive critical comments via our school email, at any time, but especially now. Email info@macgregorps.act.edu.au

We have also kicked off our scooter program, hosted a hilarious musical production, Rap-Unzel, secured our first 6 school business partners, sent year 3/4 students on camp (and brought them home!) and landscaped our front gardens!

Next week is book week, so all students and staff are invited to dress up as a favourite character from a book, on Friday 22 August. Please join us for the whole school costume parade in the hall from 9:10 am, followed by book related activities in classrooms. The week after will be Literacy and a Numeracy week, please see the advertisement below describing our planned community participation program.

Have you volunteered to help out at the November fete yet? Volunteers are desperately needed to help make the event a huge success...

Yours in Education
Lana Read
Principal

Dear Families, Friends and Carers,

The children of Macgregor Primary would like to invite you to celebrate National Literacy and Numeracy Week with them by spending the first 15 minutes of each day (Week 6) sharing a maths game or activity.

Come on in, switch on those brains, and challenge your children to some maths fun!!

We will also be announcing the winner of the Macgregor story writing competition in NLNW. If your budding writer has been busy drafting something amazing, remember to have them edit and submit their final copy to the front office by Monday 25 August.

This term already seems to be flying by! We have a fun and exciting term ahead.

We have looked at our semester one reports and established some goals for this next semester. Students are beginning to take some ownership over their learning and have been able to identify what they need to do to achieve these goals. This ranges from using some of their silent reading time to practise telling the time, to identifying classmates who they will be able to make good choices and work well with. They have also thought about how they will know when they have got there, which often involved receiving teacher feedback. All students are motivated to achieve their goals and we look forward to supporting this happening and would encourage you to discuss these goals with your child.

We have begun our dance unit where students will be organising a series of movements and performing fundamental movement skills. Within this, students have begun to learn some well known dances such as the Macarena, Nutbush, Hokey Pokey and the Chicken Dance. It has been great to see the students participate enthusiastically and I look forward to seeing what they are able to create when they start to compose their own dances. Check out the students getting their groove on in the photo section on the back.

"Dancing is fun because we get to do funny movements like in the chicken dance."
Sara

"I love doing the Spongebob dance."
Jesse

"Dance is fun because you get to move around."
Isabelle

A goal for all students in our unit this term, is to be able to confidently log on and off computers using their own student ID and password. We have really loved practising these skills during our literacy rotations using both the laptops and iPads. Within this we have also been learning how to use basic functions on Microsoft Word and the students created gorgeous portraits which included a page of their typed name. They loved experimenting with the different fonts they could choose from. Have a look at these also on the back page!

Kind Regards
Stacey Salmon

---

We are almost midway through Term 3 and what a fantastic term we have had so far!

Year 5/6 has been very busy putting together Information Reports in English. We have been looking at the structure and the language features of an Information Report in order to begin writing about animals. We have been using our research skills to locate important information and sort it into topic sentences and paragraphs. The children will assess their work after finishing their Information Report by marking it against a rubric.

Our current WIN cycle is focused around writing sentences. The children are targeting areas of need in writing simple sentences, compound sentences and complex sentences. It has been wonderful to see the progress the children are making with their writing.

In maths we have been focusing on fractions, decimals and percentages. We have begun with exploring fractions, we have been looking at equivalent fractions, adding and subtracting fractions and putting fractions on a number line. To conclude our unit we will look at the relationship between fractions, decimals and percentages.

As a part of our health unit we are beginning to investigate our new topic Mental Health. The children’s rich task activity requires them to work in groups to use iMovie to put together a advert using information they have researched about a chosen mental health organisation.

In physical education this term we will be focusing on cooperative games and the skills required to play these games. The children are going to be set a task to create a cooperative game of their own. They must consider the equipment they will need, the timing for the game, how it will be setup and the rules of the game. They will then teach these games to their classmates. We have also started our fitness rotations on Thursday mornings. Students move through a series of activities building up their skills and fitness levels.

In Geography, the year 6 students have been busy researching Australia and its relationship with its neighbouring countries. They have been doing some mapping and using the iPads to look closely at maps to find important landmarks, habitat information and major cities. In year 5, students have been working on their rich task to build a hotel in a continent they have researched.

Finally, in week two we had NAIDOC week. 5/6RW did some beautiful artwork that we would like to share with you. We used various patterns and colours to decorate Boab Trees. All the different trees looked amazing when put all together in a series.

Could we please remind all Year 5/6 students to bring back their portfolio folders and to make sure they are bringing a broad brim or bucket hat to wear outside.

From 5/6RW

---

Claim the Date
Saturday 20 September
1pm-4pm
40th Anniversary: Macgregor Primary Reunion!!

All ex-students, ex-teachers and parents of Macgregor are invited to a reunion BBQ and school tour.
If you know anyone who fits this bill, please help us out by passing on this information. They should LIKE our Facebook Page for future updates.

From 5/6RW
CHESS CLUB NEWS –TERM 3

I would like to remind all students that Chess Club will continue with ‘PLAY DAY’ every Monday lunch time, in the Chess room no.29 and all Macgregor Primary students are welcome. I wish to inform the students that I will be absent from week 7 to the end of term, but would like to assure you that ‘Monday Play Day’ will still continue with Les Kovacs.

I sadly wish to announce that my own Wednesday, ‘LESSON DAY’ will not continue due to other commitments.

Cameron Day from the ‘Sydney Academy of Chess’ will be holding chess lessons every Wednesday lunch time, 12.50pm-1.40pm, in the chess room, starting from Wednesday 27 August. The cost for these lessons with Cameron are $35.00 for 5 weeks for the remainder of term 3, starting 27 August and in term 4, for 9 weeks is $63.00. All money needs to be paid directly to Cameron on chess lesson days.

Furthermore: ‘The Sydney Academy of Chess’ will be holding a FREE CHESS DEMONSTRATION on Wednesday 20 August between 1.00pm-2.00pm in Chess room 29. If you are interested in your child attending lessons, please contact Jason Michael at the Academy on 02 9745 1170 or email: enrol@sydneyacademyofchess.com.au

Thank you, Leah Shelley

Astronauts

Can you believe we are in term three? This term the Astronauts have hit the ground running beginning to explore the power standard; responding to diversity with respect. We have been exploring this concept through discussions and looking at the many ways we are different and the same. We have also been exploring how we are all unique. Below are some ideas about what makes some of the Astronauts special.

“I am good at swimming and I got an award”
Brodie

“I speak Indonesian at home ” Keisha

“I am good at drawing” Armani

“I am good at swimming” Myles

We have also created bar graphs about our favourite foods, our height and how we have different eye and hair colour.

Last Friday the children took a vote on what toys they wanted to explore for the next two weeks. They decided on dinosaurs, My Little Pets, Lego, farm animals and play dough. Children will also be invited to increase their fine motor skills and practise holding their scissors and pencils correctly by engaging in activities at scissor and writing stations. The budding young Masterchef’s in the Astronauts have also created a sushi restaurant.

Finally, this term we have introduced a news box to the class. The children take home the news box and bring it back with items which are connected to their culture, heritage and traditions to share with their peers.

Aaron shared his favourite book Charlie and the Chocolate Factory as he read it together with his whole family.

Alec brought in his is Nana’s secret recipe for short bread.

Michaela brought in family photos and her ponies.

Miley brought in toys from her favourite movie.

Lily-Rose brought in family photos and her special teddy.

Cecilia and I have our costumes all ready to go for book week in week 5. We will be participating in the whole school assembly on Friday 22nd of August, and can’t wait to see what book characters the children will dress up as!

Have a great term,

Jodie, Cecilia and the Astronauts

Rap-Unzel

I would like to remind all students that Chess Club will continue with ‘PLAY DAY’ every Monday lunch time, in the Chess room no.29 and all Macgregor Primary students are welcome. I wish to inform the students that I will be absent from week 7 to the end of term, but would like to assure you that ‘Monday Play Day’ will still continue with Les Kovacs.

I sadly wish to announce that my own Wednesday, ‘LESSON DAY’ will not continue due to other commitments.

Cameron Day from the ‘Sydney Academy of Chess’ will be holding chess lessons every Wednesday lunch time, 12.50pm-1.40pm, in the chess room, starting from Wednesday 27 August. The cost for these lessons with Cameron are $35.00 for 5 weeks for the remainder of term 3, starting 27 August and in term 4, for 9 weeks is $63.00. All money needs to be paid directly to Cameron on chess lesson days.

Furthermore: ‘The Sydney Academy of Chess’ will be holding a FREE CHESS DEMONSTRATION on Wednesday 20 August between 1.00pm-2.00pm in Chess room 29. If you are interested in your child attending lessons, please contact Jason Michael at the Academy on 02 9745 1170 or email: enrol@sydneyacademyofchess.com.au

Thank you, Leah Shelley
Congratulations to all our students on a fantastic beginning to our gymnastics unit in PE this term. They have been very enthusiastic about the activities offered to them so far and have already shown great progress with the high beam, mini tramp and floor mat. We have even managed to fit in a few sneaky rides on the new school scooters within rotations. Parents/carers are welcome to come along and join in with their child’s sessions at any stage in the term.

**Belconnen Region Track and Field Carnival**

Congratulations to our school track and field team of 39 students who competed at the Belconnen Region Carnival at the AIS today. Our team ran, jumped and threw their little hearts out and should be proud of the way in which they represented our school and of their performances. Results of the carnival will be published in the next sport report when available. A big thank you to Mrs Johnson, ASBA Ronnie and ASBA Nick for assisting with the school team on the day and to all those who were able to come along and cheer.

**Sporting Clinics:**

**AFL**—over the last few weeks students from kindergarten to year 2 have been participating in AFL clinics run by NSW/ACT AFL. The clinics have focussed on the development of fundamental movement skills and specific AFL skills through many fun activities run by “Mango” (Jack). Clinics will run through until the end of next week.

**Hot Shots Tennis Clinics**—this term year 3/4 students have been participating in tennis clinics with our good friend Adrian from Elite Coaching, Kippax. Clinics have focussed on the development of the forehand, backhand and volley strokes, movement around the court and racquet control.

**Cricket Mega Clinic**—on Friday 29 August year 3/4 and 5/6 students will be participating in a new initiative by ACT Cricket, the Cricket Mega Clinic. Each cohort, approximately 90 students, will be treated to an hour of cricket rotations focussing on fundamental movement skills, teamwork and specific cricket related skills.

**Healthy Active Kids Website**

This week I shared with staff a fantastic resource called Healthy Active Kids; an online resource encompassing videos, games, free teaching units and activities, all promoting healthy eating and activity for children both at school and at home. There’s even a special “Kids Corner”, just for children (no adults allowed!) Overall, it’s a holistic approach to encourage Australian primary school students to live a healthy, happy, and active lifestyle. This great online resource can be found at healthyactivekids.com.au. Make sure you have a look at it with the kids and let me know what you think.

Have a great weekend...

Glen Ridley
PE Teacher

---

**Book Week Parade**

22 August

9.10 am - 9.45 am

Dress as your favourite book character

Please join us for the costume parade, followed by a fun book-related activity in your child’s classroom.
MACGREGOR PRIMARY SCHOOL
LINKED BY LEARNING... EXPERIENCE, EXPRESSION & EXCELLENCE
Principal: Lana Read

MACGRGEGOR'S BUSINESS SCHOOL PARTNERS

PLEASE SUPPORT THE BUSINESSES THAT SUPPORT OUR SCHOOL

PLATINUM BUSINESS SCHOOL PARTNERS SPOT AVAILABLE

PLATINUM BUSINESS SCHOOL PARTNERS SPOT AVAILABLE

PLATINUM BUSINESS SCHOOL PARTNERS SPOT AVAILABLE

Canberra Carpentry & Roofing

Elite Meats Kippax
Butchers – Retail - Holt
Shop 12/ Hardwicke Cres, Holt
62549338

Premium Plus Automotive
103 Osburn Drive, Macgregor,
E: premiumplus@ppcanberramechanic.com T: 02 6254 3412 F: 02 8608 3999
www.premiumplusautomotive.com

Jessica Meyer Elders Real Estate
Address 3/12 Chalmers Place, Macgregor 2615 P: 6166 1533
info@tommyandme.com

GOLD BUSINESS SCHOOL PARTNERS SPOT AVAILABLE

GOLD BUSINESS SCHOOL PARTNERS SPOT AVAILABLE

GOLD BUSINESS SCHOOL PARTNERS SPOT AVAILABLE
To all parents and citizens in our school’s community

Macgregor Primary School Fete
3-7 pm Saturday 22 November 2014

VOLUNTEERS URGENTLY NEEDED

The Macgregor Parents and Citizens Association has been planning to hold a school fete on Saturday 22 November. This is the first Macgregor Primary School fete to be held in about 8 years and as this year is Macgregor Primary School’s 40th birthday we expect the event to be HUGE.

The fete committee, which consists of less than 10 parents, has been working hard all year to organise the fete. For our fete to be successful we desperately need volunteers!

IF WE DO NOT FIND ENOUGH VOLUNTEERS WE WILL BE FORCED TO CANCEL THE FETE!

To the volunteers who have already signed up, thank you! We are very grateful. ☺

We need Stall Convenors for a number of stalls as well as volunteers and runners to help out on the day. Stall convenors will need to organise the stall beforehand to ensure the stall has everything needed to run on the day. The volunteer roster is for the day of the fete only so if you have volunteered as a convenor and need help to prepare for the fete you will need to organise this before the fete.

Volunteers who are unavailable on the day but are willing to help with preparation, please sign up on the volunteer sheet under “preparation” and a stall convenor will contact you.

The link to the volunteer sign-up sheet is: https://www.volunteersignup.org/C3KFQ

If you are not able to sign up online or if you are a “preparation” volunteer interested in a particular stall, please contact the Volunteer Coordinator, Belinda Clear on email beeeclear@hotmail.com or telephone 0432 608499.

Thank you - your help will be greatly appreciated!

<table>
<thead>
<tr>
<th>Showbag</th>
<th>Stall – volunteers needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tattoo</td>
<td>Stall – convenor and volunteers needed</td>
</tr>
<tr>
<td>White Elephant</td>
<td>Stall – volunteers needed</td>
</tr>
<tr>
<td>Year 3/4 Second hand Book</td>
<td>Stall – volunteers needed</td>
</tr>
<tr>
<td>Pre-school Plants (selling)</td>
<td>Stall – volunteers needed</td>
</tr>
<tr>
<td>Kindy SPLAT Game (water guns)</td>
<td>convenor and volunteers needed</td>
</tr>
<tr>
<td>Year 1 Cake</td>
<td>Stall – convenor and volunteers needed</td>
</tr>
<tr>
<td>Year 2 100's Club</td>
<td>Stall – convenor and volunteers needed</td>
</tr>
<tr>
<td>Year 5/6 Sideshow Alley</td>
<td>convenor and volunteers needed</td>
</tr>
<tr>
<td>LSGs Lolly Jar (guess how many)</td>
<td>Stall – volunteers needed</td>
</tr>
<tr>
<td>Runners/Helpers</td>
<td>– 2nd shift volunteers needed</td>
</tr>
<tr>
<td>Back-up Volunteers</td>
<td>– volunteers needed</td>
</tr>
<tr>
<td>Face Painting</td>
<td>– 2nd shift volunteers needed</td>
</tr>
<tr>
<td>Pony Rides (assisting the pony club staff)</td>
<td>– volunteers needed</td>
</tr>
<tr>
<td>Out of School Hours Care’s Glass Jar Lucky Dip</td>
<td>Stall – convenor and volunteers needed</td>
</tr>
<tr>
<td>Preparation</td>
<td>– many hands make light work! Please help. ☺</td>
</tr>
</tbody>
</table>

Preparation – many hands make light work! Please help. ☺

Any time before the fete
CANTEEN PANTRY DRIVE – TERM 3

The canteen is doing a pantry drive to help keep costs down. Please help the canteen by sending in the following items.

Kindy, Year 1 & Year 2  Tin Tomatoes / Tomato Passata / Pasta Sauce / Tomato Paste
Year 3                 Long Grain Rice / Penne Pasta / Plastic Forks & Spoons / Plastic Cups
Year 4                 Tin Baked Beans / Tin Spaghetti / Long Life Custard / Gladwrap
Year 5 & Year 6        Massel Stock Powder & Stock Cubes Salt Reduced – Beef, Chicken and Vegi

Also if you have any extra home grown fruit or veggies the canteen would love to have some.

WE APPRECIATE ALL THE HELP YOU CAN GIVE TO THE CANTÉEN.
Sheryl Miller & Jayne Jones
Canteen Managers
Macgregor Primary School Chess Classes – 2014

Classes will take place on Wednesdays from 12:50PM – 1:40PM in Chess Room 29.

To enrol, please tick the appropriate boxes below:

Term 3 – Cost: $35  [27th Aug - 24th Sep]  □

Term 4 – Cost: $63  [15th Oct - 10th Dec]  □

Workbook 1 – Cost: $22  [Beginner / Rookie]
Workbook 2 – Cost: $22  [Intermediate]
Workbooks 1&2 – Cost: $35  [SPECIAL OFFER]
Chess clock – Cost: $65  [DGT Easy Gametimer]
Chess set – Cost: $22  [Roll-up chess board + pieces]
NEW Advanced Book – Cost: $33  [Exploration in Chess Beauty]

Payment is due by the day of the first lesson. There will be no refunds for students who miss classes during the term.

Total amount paid: $__________

Method of payment [please note that cash payments will NOT be accepted]

□ Online payment

Pay online at https://sydneyacademyofchess.com.au/payment with your credit card. Enter the code: M33D07662X and fill in the electronic form, instead of this form.

□ Direct deposit

Sydney Academy of Chess
BSB: 062 319  Account Number: 1036 9569  [Commonwealth Bank]

In the transaction description, you must write the school code “MG”, followed by the term/equipment code(s) and the child’s first initial and surname.

Codes: Term 1 = 1, Term 2 = 2, Term 3 = 3, Term 4 = 4, Workbook 1 = 5, Workbook 2 = 6, Workbooks 1&2 = 56, Advanced Book = 7, Chess clock = 8, Chess set = 9

For example, “MG368USmith” would be John Smith’s payment for term 3, plus a payment for Workbook 2, and a chess set. If you pay by direct deposit, you must email a receipt and this permission form to enrol@sydneyacademyofchess.com.au

□ Cheque

Payable to Sydney Academy of Chess
Pay at Sydney Academy of Chess or post together with the permission slip to:
Sydney Academy of Chess
PO Box 1325 Burwood NSW 1805

□ Visa  □ Mastercard

Post (see address above) or fax to (02) 9745 1176.

Card Holder’s Name: __________________________

Card Number: __________________________

Expiry Date: __ / __  Card Validation Code: ___

Student’s Name: __________________________  Date of Birth: __ / __ / ___

Class: __________ Parent’s Name: __________________________

Contact Numbers: (Home) __________________________ (Work) __________________________ (Mobile) __________________________

Email: __________________________

Relevant medical conditions / allergies: __________________________

Signed: __________________________  Date: __ / __ / ___

Sydney Academy of Chess Pty Ltd
Sydney Chess Centre, Level 1, 30A George Street Burwood, NSW
P: 9745 1170  F: 9745 1176  PO Box 1325, Burwood, NSW 1805
E: info@sydneyacademyofchess.com.au  W: sydneyacademyofchess.com.au
As the school year cranks up, kids’ involvement in after school activities gets under way as well. It seems everyone in the family gets on the activity round-about once school starts back.

Now is a good time to take stock of your child’s after-school schedule to make sure that there’s time for relaxation, free play and catching up with family.

A recent Australian study found that four and five year olds spend more time in organised, structured activities than in unstructured play. They spend 4.2 hours each day in unstructured play and watching television compared to 5.2 hours visiting others, doing lessons or classes or in child care.

So much for the image of childhood being a time of carefree, child-initiated fun!

As they get older their lives become more organised. The proliferation of organised sport, performance-based and educational type activities available in the burgeoning ‘child development and education’ industry ensures that kids’ lives are heavily scheduled. Many modern kids don’t have a chance to get bored. They are always on the go.

But has it gone too far? While high parental involvement to maximize kids’ potential in the early years is to be applauded, this flurry of activity can leave parents exhausted too. The idea of having a few spare hours to read a book or laze on the couch is foreign to many parents. They are vague memories of a different life stage when life revolved around them, their partner and friends.

It seems we try to fit so much in our days that there isn’t a lot of fun in parenting for many people. Kids too are feeling the strain. The rise in childhood anxiety as reported by educators and health professionals indicates that the push for early success comes at a cost to children’s well-being and mental health.

Seek a balance
Most of the evidence suggests that parents should take a balanced approach to child-rearing and make sure that kids have sufficient time to just be kids. Not everything in their lives needs to be tied to learning or needs to have a purpose. One or two organised activities a day maybe okay, but any more, and you may find you are creating a ‘stimulus junkie’. When children want to add an organised or adult-lead activity to an already bulging schedule then they should be encouraged to delete an activity, which is a great life skill.

Build regular down-time into family life.
Avoid being a family that’s always on the go. Make sure you have some down-time so family members can relax and have the chance to connect. And don’t be afraid that your kids may become bored. Boredom gives kids opportunities to keep themselves occupied. This may mean that you need to say no to an after-school activity. Alternatively, kids can participate but maybe another adult can take them and pick them up.

Some tips for getting the balance of activities right:
1. Make sure kids have a couple of after-school activities that suit their interests, and that they want to do.
2. They should have enough spare time to do homework without feeling stressed.
3. Make sure they have spare time each day for self-initiated activities including watching television, using the Internet (if appropriate age-wise) and socialising.
4. Check that children have opportunities each day to spend time with family members including parents.

Are kids too busy these days? Tell me what you think. Visit Facebook.com/michaelgroseparenting, look for The Busyness Trap on the Discussion page and leave a comment.