

## Dates for the Diary

### Thur 20 June

Capital Football Gala Day

### Fri 21 June

Recycling Hub Guided Tour

### Wed 26 June

Assembly including Citizenship Awards

Reports home (Gurran)

### Thur 27 June

Reports home (P—6)

## Reminder

**Monday, 1—Thursday, 4 July**

Parent / Teacher Interviews

Bookings through the PTO system are now available

## From our Principal

Dear Families and Friends,

We have had another busy week with lots of in and out of class learning experiences going on. The weather has finally turned for the winter and it is quite chilly. Please ensure your child has a warm jumper or jacket as children use the outdoor space daily. We are building up a pile of lost property so I remind you to make sure all clothing items are clearly marked with first and last names to support items getting returned quickly. Please also take a moment to check the items your child brings home, because sometimes things end up in the wrong households.

### ATHLETICS CARNIVAL

What a wonderful day we had on Friday for our whole school athletics carnival. The weather was perfect and the wide range of assorted activities kept everyone busy and active all day long. It was a wonderful event. Thank you to all the community helpers, without your support we wouldn't be able to hold such events. I would also like to thank the staff who go the extra mile to make sure there is something for everyone and we have high engagement.

### PUBLIC SPEAKING

Last Wednesday we held our school Rostrum final. I was impressed with the calibre of our contestants this year. It takes an enormous amount of bravery to stand up in front of over 100 people and speak. Did you know that public speaking is listed as one of the things adults fear most? So it really goes to show how amazing our young people are. The speeches were interesting, well-researched and delivered with confidence. I would like to congratulate Joey as our school representative and Issy as our runner up.

### PARENT / TEACHER INTERVIEWS

I would like to remind you that the information for booking a mid year parent/teacher interview comes home today. As at the beginning of the year we are using the PTO booking system. You can make appointments with your child's teacher online. We are able to manually book for anyone who doesn't have access. Interviews will take place during the last week of school (1-4 July) after the semester one reports have come home.

Have a wonderful week.

*Danielle*



### Library

Open for families  
Mon, Tue, Thur, Fri  
8.30am—9.00am

### Office Hours

Monday — Friday  
8.30am — 3.30pm

## Macquarie Directory

K—6 Site Ph: 6142 1550 Fax: 6142 1571

Preschool Site 6142 1570 After School Care: 0451 681 604 (Huw)

Email: [admin@macquarieps.act.edu.au](mailto:admin@macquarieps.act.edu.au)

Website: [www.macquarieps.act.edu.au](http://www.macquarieps.act.edu.au)

Facebook Page: <http://www.facebook.com/macquarieprimary>

School Mobile Phone: 0434 751 607

P&C President: Sheree Murray  
Email: [macquariepandc@gmail.com](mailto:macquariepandc@gmail.com)

Board Chair: Janet Hope  
Email: [janetehope@gmail.com](mailto:janetehope@gmail.com)

### School Contacts

Principal  
Deputy Principal

Danielle Porter  
Jodie Rowell

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[jodie.rowell@ed.act.edu.au](mailto:jodie.rowell@ed.act.edu.au)

Executive (P—Yr 2 Team)  
Executive (Yr 3—6 team)

Stacey Naden  
Veronique Canellas

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Larissa Dann



## PARENT EFFECTIVENESS TRAINING (P.E.T)

Supported by Parentline ACT

Tired of yelling? Looking to find a way to get out the door on time, while still liking each other? Learn respectful communication skills for a peaceful, gentle approach to parenting, without the use of punishment or reward. P.E.T helps children and parents develop resilience, emotional intelligence, confidence and consideration. The course is powerful, proven and practical and will help you put peace back into your parenting.

For more information visit our [Parent Skills website](#); join the [Parent Skills Facebook](#) community; and read [P.E.T. on a Page](#).

*The 24 hour course consists of three-hour sessions, once per week, for eight weeks. Bookings are essential. Investment includes a workbook and textbook.*

**Course begins:** Monday, 29 July, 2019 (minimum number of participants required); **Time:** 6.30pm—9.45pm; **Place:** Weston, ACT.

Enjoy P.E.T. with **Larissa**, accredited P.E. T. instructor.  
[info@parentskills.com.au](mailto:info@parentskills.com.au)

## MEDICATIONS

In the interests of keeping all students safe, **medication that your child requires during the school day must be stored in the office.** Macquarie's school office team manages first aid, emergency medical plans and medications for students. Please contact the Front Office team if you have any changes to your child's medical treatment plan or if you would like further information about our practices.

## SUSTAINABILITY SNIPPETS

Consider car pooling or car sharing.



### NOTES HOME

EVENT DETAILS	YR GROUP	DATE DUE BACK
Capital Football	Yrs 5/6	Perm & payment ASAP
Recycling Discovery Hub Guided Tour	LSU & selected students	Perm note by 19/6
National Arboretum	Yrs 1/2	Perm & payment by 28/6
Language Perfect	Yrs 3—6	Perm note ASAP
Class Dojo	All families	Response ASAP
Band payment	Members of band	Payment when possible
Voluntary contributions	All families	Payment when possible

## Save the Dates



## CAMP DATES

Year 5/6 @ Camp Cooba from 23—25 October

Year 3/4 camp @ Murrumbateman from 7—8 November

## NEWS FROM THE P&C

### GET INVOLVED WITH THE P&C

The P&C (Parents and Citizens Association) is about people just like you who want to help their school. We work closely with Macquarie's staff, building a stronger school community where all our children benefit.

We do many activities throughout the year and are grateful for the support and involvement of the many families that make them happen.

Here are just some of the ways you can be a part of our P&C:

1. Help at Breakfast Club which takes place every Friday morning at 8:45am in Oasis.
2. Help distribute canteen lunches on Friday from 12:30pm.
3. Volunteer in the Uniform Shop once a fortnight on a Monday, Wednesday or Friday.
4. Join one of our sub committees – such as Garden & Grounds; Events & Fundraising; Canteen and Uniform Shop.
5. Talk to your children about the things they would like the P&C to support and send those suggestions through.
6. Attend our next meeting at 6.30pm on Wednesday, 7 August (Term 3) in the Library.

Please email [president.mpsandc@gmail.com](mailto:president.mpsandc@gmail.com) to get involved or for more information.

### CURRENT P&C INITIATIVES

**Breakfast Club** – providing weetbix and toast every Friday morning for anyone who would like it.

**Canteen** – available every Friday. Order via Flexischools [www.flexischools.com.au](http://www.flexischools.com.au)

**Fundraising** – have raised over \$8,000 this year already towards a new playground area. Current purchases include musical equipment for the sculpture garden and new school representative sports shirts.

**Gardens and Grounds** - have run two working bees and are liaising with the school on future plans for our playground areas.

**Uniform Shop** – selling low cost new and pre-loved uniforms in shop 3 days a week and online via Flexischools.

### EVENTS COMING IN TERM 3

School disco, Fathers' Day stall and more!

**Sheree**  
**President**



## Community Notices



Canberra's newest dance academy is now taking enrolments. Highland Dancing is perfect for both adults and children, and is a great way to meet new friends, get fit, celebrate the Scottish spirit and have fun.

TUESDAYS, 4:30-5:30PM  
CANBERRA DANCE THEATRE  
KINGSLEY STREET, ACT



Contact [canberraahd@gmail.com](mailto:canberraahd@gmail.com)  
for more details.



Australian Government  
Department of Health

# Have you **moved** enough today?



**SLEEP**  
• 5–13 year olds need 9–11 hours per night.  
• 14–17 year olds need 8–10 hours per night.



**PHYSICAL ACTIVITY**  
Aim for 60 minutes or more per day – the more you huff & puff the better!



**INACTIVITY**  
Move more & sit less in your spare time.

Find out more at [www.health.gov.au](http://www.health.gov.au)

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years):  
An Integration of Physical Activity, Sedentary Behaviour, and Sleep



**CELEBRATING 50 YEARS 1969-2019**

## YMS WINTER MUSIC SCHOOL

# LET'S CELEBRATE WITH MUSIC

**A HOLIDAY PROGRAM OF MUSICAL FUN AND GAMES AND LEARNING FOR PRIMARY-AGED CHILDREN**

Directed by Jim Sharrock with Jenny Sawyer and Alex Wanjura

Macquarie Primary School  
Bennelong Cres, Macquarie  
weekdays July 8 - 19  
9am - 3:30pm  
(drop-off from 8:30am, After School Program until 5:30pm for an additional fee)  
Book for one week or two!

**PARTY!**

Bookings and more information  
[www.youngmusicsociety.org.au](http://www.youngmusicsociety.org.au) or call 6258 0200

## Get creative and learn to code at Australia's highest rated school holiday camp!

More than 80,000 Aussie boys and girls have loved Code Camp so far.

Sponsored by Powered by

### Why kids & parents love Code Camp!

Rated 4.9 on ProductReview.com.au with over 400 5-star reviews!

"Was tentative to do it at first, but after the first day was absolutely in love with code camp. Insisted on wearing hat and t-shirt for the next 2 days. Post-camp, he has continued to build on his game and now shares it with his school friends and family."

Stuart, Melbourne ★★★★★

"My daughter loved her code camp and will be back for more... The experience was great, teachers were fantastic and the follow up emails with more activities has been unbelievable..."

Katie, Sydney ★★★★★

"The end result is far and away the best programming teaching environment I have ever seen. Seriously now my primary school child can program in JavaScript."

Jeffrey, Melbourne ★★★★★

**Book with confidence**  
We are so sure your kids will love Code Camp, if they don't want to come back after Day 1, we'll refund the remaining days!

Book now at:  
**[www.codecamp.com.au](http://www.codecamp.com.au)**

Give us a call on:  
**1300 263 322**

There are over 100 locations around Australia to choose from