Dear Parents and Friends,

Getting the most out of school life.
Thank you to our families for coming along Tuesday evening and to Rainer, Angelica and Emily for staying back to help with the child minding. We had great conversations about how to support our children with school life by having routines in place at home and school, being clear about our expectations, packing healthy food in lunchboxes and keeping the communication lines open.

There was a suggestion on the night that we include lunchbox ideas in our newsletter on a regular basis so please email any lunchbox ideas that have been a winner in your house and we will put them in our newsletter, let’s help each other out by sharing our lunchbox winners.

Don’t forget that Malmsbury Primary School is a Go For Your Life school and we encourage all our students to have a water bottle at school each day, to pack fresh fruit, veggies, grains, breads and pasta and dairy foods. No lollies or chocolate should be coming to school in lunchboxes, please keep them for after school or weekend treats. We also encourage our families to pack Nude Food lunches—no packaging. It can be a challenge but a challenge you can work on together as a family.

Your children love to be involved in packing their lunchboxes and choosing what goes in them, with your guidance of course. It can also mean they eat more of what is packed when they have been part of deciding what they will eat that day.

Working in and with our Community.
Do you have time on a Wednesday between 11:30-1:30 to work with a small group of students on an area you are interested in? Do you have a passion for cooking or gardening or something else you’d love to share? Please let us know as we would love your support!

Ride2School day and School’s Clean up Day next Friday.
You can meet a teacher at the Lucky 7 store or with your bike opposite The Mansions next Friday morning to be part of Ride2School Day.
At 9am we will be giving our yard and surrounding streets a good tidy up as part of Clean Up Australia Day. Parent helpers are welcome along to both of those events—the more the merrier!
If you can help prepare second breakfast for our Ride2School students please let me know. I will be out on my bike so won’t be here cooking toast or cutting up fruit!

Deb enjoying a week’s Long Service Leave.
Deb will be absent from Monday 7th March to Friday 11th March. This is a big test for us all—can we manage without her!!

Warm regards,
Carolyn Tavener.

At Malmsbury PS we value: Respect, Honesty, Responsibility and Inclusiveness

Term 1 CALENDAR

MARCH

Tues 1  2:30pm Parents Club meeting in the Playgroup room.
Wed 2  9am Morning tea to welcome our new parents hosted by Parents Club in the Playgroup room.
Fri 4  Ride2School Day and Schools Clean Up Day.
Tues 8  Curriculum Day—no students at school.
Mon 14  Labour Day public holiday.
Fri 18  3:15pm Fresh produce market.
Wed 23  6:30-8:30pm Parents Night Out.
Thurs 24  2:30pm End of Term 1.

APRIL

Monday 11  Start of Term 2.

2016 camp dates.
3-4 May Grade 1/2 camp to Boomerang Ranch.
16-18 May Grade 3/4 camp to Sunnystones.
25-27 July Grade 5/6 camp to Urban camp.
15 September Prep sleepover at school.
Our School Values for this term are Responsibility and Inclusiveness.

Responsibility— We tell the truth.
We make sure we are ready to learn.
We look out for each other.

Inclusiveness— We try to understand and be aware of others feelings.
We treat people as equals.
We invite people to join in.

STUDENT ACHIEVEMENT AWARDS
Congratulations to the following students for striving to be the best they can be.

Writer of the Week.
Ella for using descriptive language in her writing.

Musician of the Week—
Anna for her wonderful behaviour and exceptional musicianship.

You Can Do It Award—
Hasan for showing persistence with his learning when working with Alison.
Jaxen for overcoming his fear of speaking in front of the class and applying for JSC.

School Values Award—
Molly H for being a super learner and understanding how she learns best.
Isabella F-P for showing great responsibility during her learning in class.

Outside of School Hours Care (OSHC)
Another great week in OSHC with our paper maché creations building up layers and layers of newspaper. Our OSHC children have great plans for what they are going to turn their balloon into. I can’t wait to see them when they’re done!

Here is our program for next week—
Monday— Fruit. Painting and playing on the play equipment.
Tuesday— Raisin bread. Painting & playdough. Skipping.
Wednesday— Dip, biscuits and vegie sticks. Painting & board games. Sandpit excavating!
Thursday— Fruit and vegie faces. Painting & drawing. Get around the obstacle course!
Friday— Yoghurt and fruit salad. Painting & free choice. Games outside.

Don’t forget, for your child to attend OSHC they must have a 2016 enrolment form completed and handed in to the office. Children can be booked in by 11am each day or you can make a permanent booking for a particular day of the week.

From Claire.

Parents Club.
On Wednesday 2 March we are hosting to a welcome morning tea for our new parents.
We hope that lots of our new parents can come along for a chat and a cuppa.

A sign up sheet will go up at the front of the school for parents who would like to come out for dinner at the pub on Wednesday 23rd March. Our wonderful teachers have offered to do the child minding so we can all have a meal together. You will be paying for your own meals but the child minding is free! Make sure you add your name if you are coming along so we know how many people to book for.

Don’t forget our first fresh produce market coming up on Friday 18th March. Home baked goodies and home grown goodies will be on sale. All donations welcome!
Our next meeting is Tuesday 1st March at 2:30pm in the Playgroup room. Hope to see you then.

From Katie and Marg.
On Wednesday our Grade 1’s were keen to build our local fairies some houses to live in. Here are the fairy houses and the writing the students did about the houses. (Thanks Flynn for the idea)

My fairy house has leaves to the bedrooms and a big door and it is a castle, a huge castle and there are sticks for the door and flowers next to the bedrooms. By Anna.

I liked that it had a door. I made the flag. By Hasan.

The fairy house has sticks, bark, a roof, a defence force, a throne and the fairy queen sits on the feather. By Jayden.

I like my fairy house. It has flowers, rocks, sticks, a roof, defence force, beds, throne. The tooth fairy sits on it. Will they give me lollies? I really liked making it. It was fun. I felt tired and worn out. By Flynn.

We made a fairy house. We used flowers, sticks, bark, leaves and beds. There is a throne that the tooth fairy sits on. By Isabella.

On my fairy house there are rocks, sticks, bark, roof a defence force, beds, the throne is for the tooth fairy. By Jack.
LEARNING, SHARING, GROWING TOGETHER
Being crafty and creative during Wednesday clubs.
Welcome to our new families morning tea!
Wednesday 2nd 9am

Parents Club warmly invites all our new families to enjoy a cuppa and a chat next Wednesday morning. We will be in the playgroup room. If you can’t stay for long, pop your head in and introduce yourself. See you there!

Back to School asthma spike
Every year there is a well-documented rise in asthma flare-ups and hospitalisations when students return to school after the Christmas break. Asthma Australia has information for parents of students with asthma to help them prepare for school. Asthma Australia’s website and social media provide the latest information, including a checklist of what to do to help your child and a survey to complete to determine the impacts for parents/carers.

Asthma Australia recommends that you talk to school staff about your child’s asthma and the school’s medication policy, provide an Asthma Plan from the doctor and supply a spare reliever puffer and spacer for your child’s use at school.

Asthma Kids
Looking for a way to help your child understand more about their asthma or about a friend with asthma? Asthma Kids is an online, interactive tool to help primary school aged children understand what it’s like to have asthma and what they can do to help. Watch one of the introductory videos then take Chester’s Asthma Trail. There are prizes to win too! www.asthmakids.org.au

Kyneton Autumn Flower Show.
Next Friday P/1 and Grades 2/3/4 will be making their entries for the Autumn Flower Show.

We will need donations of flowers, fruits, vegies, small containers for small posies of flowers and shoe box lids for shoe box lid gardens! Please send the donations along next Friday morning. If you’d like to help our students then please stay to be part of the creative fun. If you can help deliver the displays on Friday or collect the them on Sunday please let us know.

Don’t forget that Tuesday 8th March is a curriculum day and no students will be at school. All staff will be attending a professional learning day at the Bastow institute in Melbourne. Our OSHC service will not be operating on this day.
School banking details-
Bank Australia
BSB – 313 140
Acc. No. 12074523
Reference – your surname

Student Absences.
Please remember if your child is absent from school, you must inform the school the reason for their absence. You can send a note, tell their teacher, contact the school or send us a message via http://goo.gl/i0dKij

Lunchbox Winners!

Salmon, Ricotta & Quinoa cups.
Ingredients-
\[1/2\] cup quinoa
\[2/3\] cup water
1 fresh corn cob, husk removed
6 large eggs*
200g reduced fat ricotta cheese*
210g can red salmon, drained and flaked
1 cup gated zucchini (1 small-medium)
2 green shallots, thinly sliced
\[3/4\] cup grated reduced fat tasty cheese*

* Suitable products include those with the Heart Foundation Tick.

Method-
1. Grease a 12-hole (\[1/3\] cup capacity) non-stick or silicone muffin tray. Preheat oven to 190°C (170°C fan-forced).
2. Place quinoa and water in a small saucepan. Bring to boil. Reduce heat, simmer covered for about 10 minutes or until all liquid has been absorbed. Remove. Stand covered for 10 minutes.
3. Cut corn kernels from the cob.
4. Whisk the eggs and ricotta in a large bowl until combined. Stir in quinoa, corn, salmon, zucchini, shallots and grated cheese.
5. Spoon mixture evenly into muffin tray. Bake in preheated oven for 20-25 minutes or until set and light golden. Stand quinoa cups in muffin tray 10 minutes, then loosen edges and remove.

Recipe can be prepared a day ahead. Keep cooked quinoa cups refrigerated in a container until required.

Tips: Try serving quinoa cups warm with salad for a tasty gluten free lunch or light dinner.
Swap salmon with 185g can light tuna in springwater, if preferred.

Serves 6 (makes 12)
Preparation time 20 minutes
Cooking time 35 minutes
COMMUNITY NEWS

Taradale Mineral Springs Festival

Sunday 13 March 2016 10am – 4pm
Taradale Mineral Springs Reserve

• Handcrafted local wines
• Specialty foods, oils and multicultural delights
• Music & dance including flamenco, rock & folk music
• Historical displays & Devonshire teas
• Vintage and classic cars
• Art Exhibition - Sat & Sun 10am - 4pm
• Jumping castle & giant slide

Free Parking
$5 entry - children under 15yr free
BYO picnic basket & blanket

Art Exhibition Opening Friday 11th March 7-9pm
COMMUNITY NEWS

**Dromkeen Literary Festival**

**SATURDAY 19 MARCH 2016**

It's Back - a Festival celebrating Children's Writing and Storytelling at beautiful Dromkeen Homestead & Gardens.

Come along and meet authors & illustrators; hear them read their stories; have fun with book & story activities, listen to panels discussing writing, literacy, and learning; join in creative workshops - all in picnic settings.

Meet the Authors & Illustrators. Fun & Activities in the Gardens. Book Readings and Panel Sessions.

For tickets or further information visit: www.dromkeen.com.au/litfest

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**Join the Doxa working bee**

**A VOLUNTEER OPPORTUNITY NOT TO BE MISSED!**

It's that time of year again when the Doxa camp at Mallinbury need a bit of TLC. That's where you come in!

Can you spare a day to ensure that our lovely outdoor space and activities remain in pristine condition for the thousands of children and young people that visit each year?

We'll need your help to tidy up and get your hands dirty in and around the site, helping out to make a good care and secure and generally giving the camp a fresh look.

Involved in camp planning, building or generally just to help in any other way you can? We want to hear from you. We promise you'll love it and feel great for helping out. Please get in touch soon to register your interest.

Contact:
Joe Callister
Tel: 0423 979 277
email: joecallister@doxa.org.au

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**If your child talks to you about bullying:**

1. **Listen** calmly to get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
5. **Contact** the school.
6. **Check-in** regularly with your child.

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**BULLYING. NO WAY!**

**www.bullyingnoway.gov.au**

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**Doxa**

Schewing greatness together.
Sunscreen reminders.

- No sunscreen provides full protection so never rely on sunscreen alone for sun protection. During the daily sun protection times (when the UV Index is 3 and above), combine sunscreen with sun-protective clothing, a broad-brimmed hat that protects the face, head, neck and ears, shade and sunglasses.
- Apply sunscreen 20 minutes before you go outside and again every two hours (whether or not the label tells you to do this).
- Use a generous amount of sunscreen. The average-sized adult should apply more than half a teaspoon of sunscreen (about 3 ml) to each arm and the face/neck (including ears), and just over one teaspoon (6 ml) to each leg, the front of the body and the back of the body. That is, approximately 35 ml of sunscreen for one full body application.
- Check and follow the ‘use by’ date stated on the packaging and store sunscreen below 30°C.
- If you have an allergic reaction to a sunscreen, try another brand or look for a fragrance-free product such as a toddler or sensitive sunscreen. A doctor or chemist could also offer advice about choosing another product.
COMMUNITY NEWS

SUSTAINABLE LIVING FESTIVAL
Saturday & Sunday
27th & 28th February 2016

Now being held at the Woodend Community Markets site cnr of Forest and High Streets Woodend.

THE GARDEN
Saturday 10am - 4pm
Community Garden & Hub

FOOD & GARDENING EXPO

COMMUNITY PICNIC
Sunday from 12.30pm
Woodend Children’s Park

DESIGN & TECHNOLOGY EXPO

Sustainable Ranges
BUS TOURS
Sunday from 9am

*Excludes Bus Tour

SUPPORTED BY:

Mary-Anne Thomas MP
State Member for Macedon

Lisa Chesters MP
Member for Bendigo

slf.mrsgonline.org.au