



**Principal: Keith Beal**  
**Chairperson Governing Council: Chris Dalgairns**  
**Deputy Principal: Lance Nesbit**

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# NEWSLETTER

1<sup>st</sup> March, 2017

## UPCOMING EVENTS AT LONSDALE

6/3/17	Monday	Governing Council Meeting 7 p.m.
9/3-30/3/17	Thursday's	Gymnastics for the Junior Primary Unit
13/3/17	Monday	Adelaide Cup Public Holiday
<b>13/4/17</b>	<b>Thursday</b>	<b>Last Day of School Term 2.15 p.m. dismissal</b>
14/4/17	Friday	Good Friday Public Holiday

## FROM THE PRINCIPAL

### 2017 MATERIAL & SERVICE FEES

**W**ell here we are, Week 5 already. A reminder that **school fees were due on February 28th, 2017.**

If you are experiencing financial difficulty and wish to pay in instalments either direct to the school or by direct debit using the **free Centerpay** service provided by Centerlink – **forms are available at the school on your request.** If you require **free** financial advice, please come in and speak to Mel Jolly in the Finance Office.

**If you are eligible to apply and have not submitted a School Card Application form this year - this needs to be done ASAP.** If you need another form, please come to the office to get one.

Eligibility for School Card assistance is dependent upon the combined family gross income for the 2015/2016 financial year being within the following School Card income limits:

Number of Dependent Children	Gross Annual School Card Income Limit	Gross Weekly School Card Income Limit
1	\$37,274	\$717
2	\$38,291	\$737
3	\$39,308	\$757
4	\$40,325	\$777
5	\$41,342	\$797
Each additional dependent	\$1,017	\$20

Thank you for your attention to this matter.

**Mel Jolly**  
**Finance Officer**

***I HAVE READ THE NEWSLETTER DATED 1/3/17 PLEASE ENTER ME IN THE NEXT RAFFLE DRAW IN THE WEEK 6 Term 1 ASSEMBLY.***

***NAME:***

***CHILD'S NAME:***

***CHILD'S CLASS:***

***FEEDBACK ON THE NEWSLETTER:***


**THE RECEPTION CLASS ARTWORK AND PHOTOS FROM SWIMMING IN WEEK 3**

At **AQUATICS** I really enjoyed every thing! It was fun.



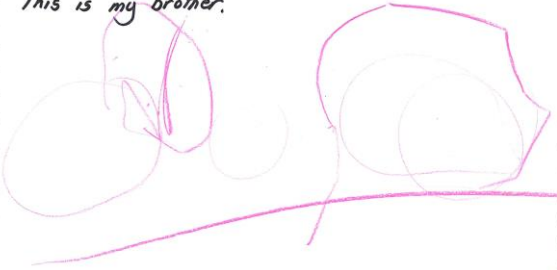
Taden.

At **AQUATICS** I really enjoyed This is my family.




Amelia.

At **AQUATICS** I really enjoyed This is my brother.



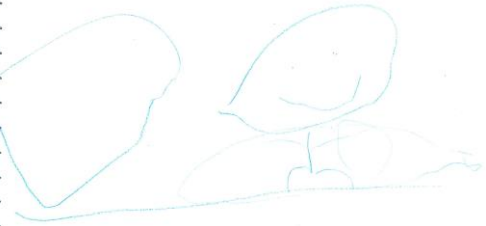
Aslan.

At **AQUATICS** I really enjoyed boogie boarding in the big waves.




Leo

At **AQUATICS** I really enjoyed boogie boarding in the big waves.



Tark

At **AQUATICS** I really enjoyed looking at the sea creatures with goggles on.



Nia

At **AQUATICS** I really enjoyed drawing in the sand and playing games.




Ethan

At **AQUATICS** I really enjoyed using the boogie boards

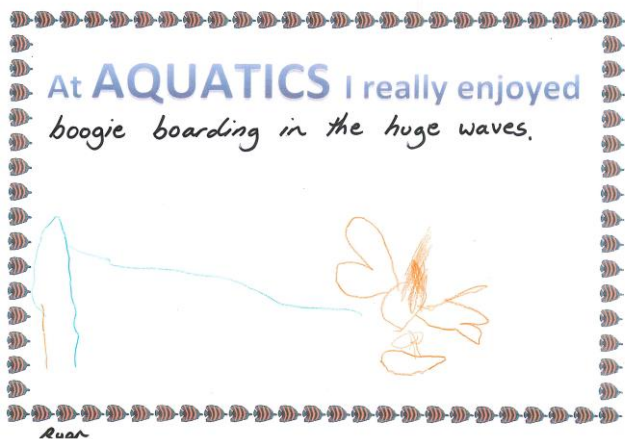
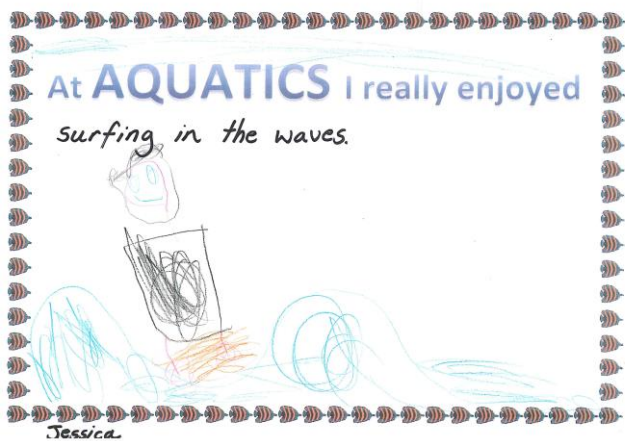
Sand

ME!

water



Dasmond.



Beat eggs, milk, salt and pepper in a large bowl. Prepare vegetables and mix into the egg mixture, add the flour and mix well. Put mixture into greased muffin tins. Cook for 20 – 25 minutes till golden brown. These are a great snack for the children's lunch boxes. If you grate the vegetables finely they can be disguised quite easily.

## PLAYGROUP

We have a community member who has young children who is interested in getting our playgroup up and running again. If you would like to come along to playgroup it will be running on Friday's from 9 a.m. – 11 a.m. All you need to bring are your children and a healthy snack for them to share. Activities and craft supplies will be provided in the Preschool.



## Milk consumption and cognitive function in children

CSIRO is looking for families to participate in a study investigating the effects of milk drinks on cognitive function, and physical growth and fitness in primary school children

We would like to hear from you if your child:

- was born between November 1<sup>st</sup>, 2007 and May 1<sup>st</sup>, 2010
- is a low dairy consumer
- is not taking micronutrient supplements,
- has not been diagnosed with a psychological, behavioural or other disorder (e.g., Autism, ADHD, Specific Learning Disorder) or movement disorders (e.g., cerebral palsy, tremor, myoclonus etc.)
- speaks English as their primary language

For further information or to register your child's interest, please visit the following link <http://www.surveygizmo.com/s3/3112056/Milk-Kids-4>

If you have any queries about this study or would like further information please call (08)

## COOKING CLASSES

Each week on Tuesday's in Term 1 the Junior Primary students will be involved in cooking classes in the kitchen. We will post the recipes made from each week's cooking so you can have a try at making them at home for healthy lunchbox snacks. These are simple recipes that the children can help with the preparation. Please ask your child what they either made or tried each week.

### Frittata Muffin Recipe

6 eggs  
 ½ cup milk  
 Salt & Pepper  
 1 cup shredded cheese  
 ½ cup grated zucchini  
 ½ cup grated carrot  
 ½ cup chopped capsicum  
 Dehydrated onion for taste  
 ½ cup plain flour.



Preheat oven to 180 degrees.

8303 8906, 1800 850 036 or email  
[MilkKids@csiro.au](mailto:MilkKids@csiro.au)

**The school has extra pages of information for anyone who may be interested. Please speak to a staff member on the Front Desk.**



  
**MITCHAM GIRLS**  
HIGH SCHOOL

A girls' school | A public school  
An unzoned school delivering academic excellence  
and educating girls from all suburbs across  
Adelaide and nearby country towns

**OPEN DAY 8 MAY 2017**  
9-11am and 5-8pm  
Principal's address 9.10am | 5pm | 7.15pm  
Tours during opening times