From the Principal

Sports Leaders
Congratulations to the following students who have been selected as our 2014 Sports leaders; Amber, Marli, Elly, Cassidy, Benjamin, Tianah, Fletcher, Oliver, Baynen, Esther, Emily, Matthew, Bridie and Lochie. We wish these fourteen students, pictured below, the very best with this role.

Important Information RE Turning Circle/Buses
We have had another complaint from Mersey Link Bus Service in relation to parents stopping in the turning circle and delaying buses; resulting in the service being behind schedule. Mersey Link have indicated they will have no option but to stop the service from entering the school grounds if this delay continues. Only use the turning circle if your child is waiting; otherwise please utilise parent carparks. I urge you to take this matter seriously as it will have a significant impact on many of our students and their families if the service is moved outside the school.

Mandy Beard

Walk-a-Thon
Here at school we are getting very excited for the 2014 Walk-a-thon. The Walk-a-thon is on Friday 21 March and will start at 1pm. It is a great fundraiser for our school and we are hoping that students and their parents are getting as much sponsorship as they can. Just a reminder, the money and fundraising form is due back at the school office on Wednesday 19 March. This is an event on our Move Well Eat Well calendar and is a great way to get active, get some fresh air and have fun. Any parents or grandparents that would like to join us on the day are most welcome. Please see your child’s teacher and let them know if you are interested. If you need a police check form, they are available from the office or from your child’s teacher. The distances the children will be walking are: Kinder – 1.5km, Prep – 2 – 3km and 3 - 6 – 5km.

From The Fundraising Committee/Claudia Atkinson

Easter Raffle 2014
The Fundraising Committee will once again be running an Easter Raffle. Raffle books will be sent home shortly and it would be appreciated if all families could please donate an Easter egg/bunny to the raffle. The more eggs donated the more prizes we have. Last year we raffled twenty-two medium and one large gift bag so hopefully we can do the same this year. We are fundraising to pay for the Prep to Grade 2 swimming that is not covered by the government, class excursions and the cost of a portable stage. Remember - we are doing this to benefit our kids. If anyone would like to attend our meetings or help in anyway, please ask at the office and they will pass on my details. Keep an eye out in the newsletter under important dates for the dates and times of our next meeting.

School Plan
Last week our School Association approved our current school plans. These plans are the result of a year-long process when staff reviewed our direction, informed by analysis of data and information related to our school. Our vision and beliefs appear below. Our 4 year strategic plan and annual 2014 plan are available from the school office.

Our Vision
Our Mission: At Miandetta Primary School our aim is to provide students with the knowledge, skills and attitudes that will enable them to reach their potential and motivate them to become life-long learners. We foster confident, motivated and engaged learners who persist and are resilient.

We Value: Learning, Excellence, Equity, Respect, Relationships, We encourage our students to: value learning, take risks, be bold and have a go, value themselves and others, recognise the importance of relationships and embrace diversity.

We Believe:
• Learning is life-long, challenging and rewarding
• Learning is inspiring and enjoyable
• Our role is to guide, support and instruct within an inquiry context
• Teaching relies on building strong relationships with students
• Teaching is tailored and explicit, reliant on effective feedback and the celebration of success

Department of Education
**NWPSSA Athletics**

Our Grade 3 – 6 students have been busily preparing to be a part of the Penguin Carnival athletic team by having trials and run offs. Information about this event will be sent home this week with the students who have been selected to represent Miandetta on **Thursday 13 March**.

**Soccer**
The D.J.S roster commences on Saturday 5 April. At this stage teams to be nominated for the 2014 season are listed in the table below.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Number of players listed</th>
<th>team sizes</th>
<th>Current situation</th>
</tr>
</thead>
<tbody>
<tr>
<td>under 5</td>
<td>Kinder</td>
<td>8</td>
<td>4 per side 1 team</td>
</tr>
<tr>
<td>under 6</td>
<td>Prep</td>
<td>11</td>
<td>4 per side 2 teams needing a coach</td>
</tr>
<tr>
<td>under 7</td>
<td>Grade 1</td>
<td>10</td>
<td>4 per side 2 teams needing a coach</td>
</tr>
<tr>
<td>under 8</td>
<td>grade 2</td>
<td>10</td>
<td>7 per side 1 team needing a coach</td>
</tr>
<tr>
<td>under 9</td>
<td>grade 3</td>
<td>9</td>
<td>7 per side 1 team</td>
</tr>
<tr>
<td>under 10</td>
<td>grade 4</td>
<td>14</td>
<td>9 per side</td>
</tr>
<tr>
<td>open 5</td>
<td>grade 5/6</td>
<td>24</td>
<td>11 per side</td>
</tr>
<tr>
<td>open 6</td>
<td>grade 5/6</td>
<td>16</td>
<td>11 per side</td>
</tr>
</tbody>
</table>

Organisation of teams is still being formulated. It is hoped that players names, teams and coaches will be finalised in the coming weeks.

The next step, after we have nominated our teams is the registration stage. We need to register all players by paying $60, completing the registration paperwork and returning payment and form to the school office. The registration forms will be sent home to be completed in the coming weeks.

**Devon netball Development Squad Training Sessions**

Training sessions will start on Monday March 17 (5pm- 6.30pm) for the Devon Netball Development Squads. If you are interested in developing your netball skills or fitness, 11 and under and 12 and under players are welcome to attend. For further information contact admin@devonnetball.com.au or phone 6427 2786 (Wednesday/Thursday between 9am - 4.30pm)

**Friday 21 March – Open Classrooms - Reminder**

Parents are invited to visit their child’s classroom on Friday 21 March between 11.30 and 12.30, providing an opportunity for parents to view and share in the work undertaken in classrooms. Parents are welcome to enjoy a muffin and coffee in the multi-purpose room from 12.30 until 1pm.
**Move Well Eat Well**
In the rush to get ready for the school year, parents are reminded of the importance of preparing a healthy lunchbox for their children.

Department of Health and Human Services Community Nutrition Manager Julie Williams said it is often a daily challenge to prepare enjoyable, healthy and nutritious school lunches.

**Six-step guide to a well balanced school lunch**

1. **Start with the base**
   For bread, try different types such as wholegrain, wholemeal, high fibre, white and rye, pita, rolls, bagels, mountain bread and English muffins. You can also use pasta, rice, potatoes, couscous and noodles.

2. **Add protein fillings or toppings**
   Lean beef, lamb or ham, corned beef, rissoles, meatloaf, chicken, turkey, fish, (e.g. tinned tuna, salmon and sardines). For cheese, try different types such as cheddar, Swiss, cottage and ricotta. You can also use egg, three-bean mix, baked beans and hummus.

3. **Add vegetables (cooked or salad)**
   Lettuce, tomato, cucumber, grated carrot, snow peas, sprouts, celery, capsicum, mushrooms, cabbage, zucchini, eggplant, beans, spinach, asparagus, sweet potato, avocado (avoid soggy fillings for sandwiches such as tomatoes).

4. **Flavouring suggestions**
   Herbs and spices such as parsley or chives, curry powder, lemon juice, mild mustard, a little tomato sauce, a little mayonnaise, chutney and relishes. Don’t add salt.

5. **Add fruits**
   Choose from a variety of fruits in season. Try a small apple (different types), small banana, orange, mandarin, small bunch of seedless grapes, a couple of apricots, nectarines, peaches or plums, a small container of fruit salad, small pear, berries, kiwi fruit, cut pieces of melon, snack pack or small tin of fruit.

6. **Don’t forget the drink**
   Water is the best drink. Or try milk or soy milk that has at least 100mg calcium per 100ml.

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**The Salvation Army Devonport Ride to Change Our World Bike-a-Thon**

The Devonport Salvation Army Kidzone Kids invite all Primary School aged Children to come and join them in their inaugural Bike-a-thon on Saturday 29 March from 10am to raise money for overseas Mission Work.

This year during March The Salvation Army are focusing on programs in, Tanzania, China, Bolivia and Bangladesh. Our weekly Kidzone Kids Club felt challenged to help out with this fantastic cause by hosting a bike-a-thon to raise money. The ride will commence at 10am at the Devonport Aquatic Centre and finish at the Vietnam Veterans BBQ area. Children are asked to gather donations from family, friends and neighbours prior to the ride and bring it all to the ride. All children raising funds will receive a certificate of appreciation for all their awesome efforts.

The day will finish with a BBQ and all children will be able to have a free sausage and drink at the end of their ride and parents/carers will be invited to join them at the BBQ and purchase sausages and drinks with all proceeds going to our great cause.

Children will need their own bike, scooter and a helmet to participate.

For more information and to register for a Donation Pack please contact on: Sally 6424 4416 or email sally.smith@aus.salvationarmy.org

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**Latrobe Demons Under 12 Girls Basketball**

The Latrobe Demons Basketball Club are looking for players for their Under 12 Girls Team to play in the NWBU Intertown Roster.

The Roster is played on Sunday’s starting on March 30 through to August. If you were born in 2003/2004 (Grade’s 4 and 5) and would like to play, or for more information, please phone: Nicole Thompson 0439 917 322 or Rose Muir 0407 278 977.

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**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 10</td>
<td>Public Holiday</td>
</tr>
<tr>
<td>March 13</td>
<td>NWPSSA Athletics Carnival</td>
</tr>
<tr>
<td>March 19</td>
<td>Walkathon Donations/Form Due</td>
</tr>
<tr>
<td>March 21</td>
<td>Parent Morning</td>
</tr>
<tr>
<td>March 21</td>
<td>Walkathon</td>
</tr>
<tr>
<td>April 8</td>
<td>Bushwahzee (keep this for your diary)</td>
</tr>
<tr>
<td>April 17</td>
<td>Term 1 Ends</td>
</tr>
<tr>
<td>May 5</td>
<td>Term 2 Begins</td>
</tr>
</tbody>
</table>

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Disclaimer: Parents should note that advertisements for educational services, companies, activities or similar events are published as ‘community service’. Miandetta Primary School is in no way liable for the quality, supervision or integrity of the provider and strongly suggests that parents make their own enquiries before engaging with the advertised event.