

The Mount Dandy News

Top of the mountain, top results.



Issue 291

14th June 2016

News and Views...

Feedback Please

For the latter part of 2016, we are proposing to publish our newsletter fortnightly. Please give us your feedback and suggestions for improvements we can make.

Last day Term 2

School will be dismissed at 2.30 pm next Friday, 24th June



MT DANDY BLITZ - WE NEED YOU!!

Please join our community for a 1 hour working bee.

Thursday 16th of June, 3.30pm - 4.30PM

Our major job is pruning

Please bring; secateurs, hedge trimmers, wheel barrows, brooms, leaf blowers etc.

Many hands make light work!



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Purpose Statement

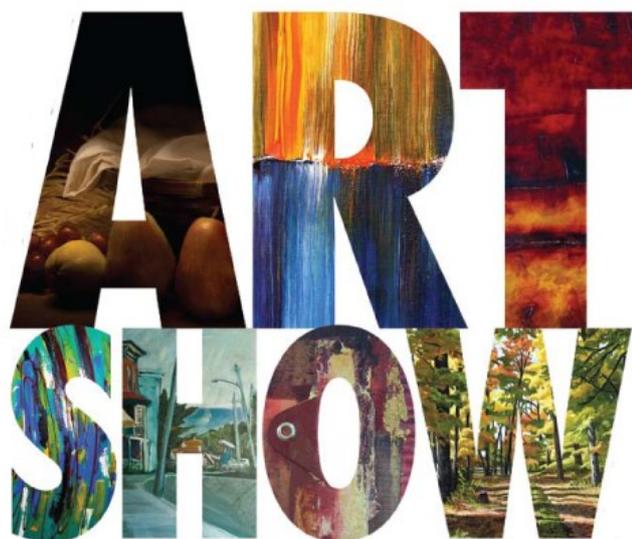
Mount Dandenong Primary School values our unique environment and close community. It is a place for creative opportunities and academic excellence, nurturing respect, happiness and independence.

Art News

In the last week of term each child will be bringing home an Art folio containing their artworks completed during Semester 1. The children have worked hard on their pieces and are very proud of their work. We hope you enjoy discussing and sharing the work with your child.

The winter school holidays is an ideal time for the children to decorate their folios in any way they choose. The decorated empty folios need to be returned to the Art room after the school holidays so we can use them to store artworks completed during Semester 2. The folios will be sent home again in December.

Thank you
Liz Kennedy, Art teacher



Calling all Families, Friends and Community members

It is hard to believe our Art Show, held each year in October, is now in its fifth year! We have been fortunate enough to be able to engage with the local community through our Art program by inviting artists from the area to deliver a lesson to the students. Students create artworks based on these lessons and the pieces are exhibited at the Art Show. The links to the broader community are valuable to the learning and engagement provided to students.

This year we would like to invite the creative, artistic and talented members in our local school community who would be willing to volunteer some time to share their skills. If you have a mum, dad, aunty, grandpa or anyone in your family who has a particular creative passion or a skill they might like to share, then we would love to hear from them. In past years we have had parents, grandparents, friends and neighbours sharing skills in painting, drawing, photography, sewing, pottery, printing, paper making and more! All ideas are most welcome.

We anticipate that the artworks will be created during Art lessons on a Monday and Wednesday in Term 3 ready to be exhibited at our Art Show in early Term 4.

For further information please email me kennedy.elizabeth.t@edumail.vic.gov.au or visit me in the Art room on a Monday or Wednesday.

Thank you
Liz Kennedy
Art teacher

Sports Bulletin Board

Have you seen our new Sports Bulletin Board near the multi purpose room? It has some fantastic photos from events at school and we would love students to bring in photos of their families doing something relates to fitness ... hiking, swimming, sport, etc.

School Sport Tops

We are missing quite a few of the school provided sports tops which are provided to students when competing at an inter school event. If you have one at home please wash and return to school as soon as possible.

80s Music Trivia night

Sat 27th August 7-10.30pm
Mount Dandenong P.S Multi

\$20 per ticket

80s fancy dress

Live Band

Byo drinks and nibbles

Games, prizes, raffles
 and auctions

10 x 10 seat tables only

Tickets for sale at the office

Bring your gold coins

Eftpos available on the night





Term 3 Canteen Roster 2016



HELPERS NEEDED

Date	Names	Resident Baker
Friday 17th June	Melinda Salomons/ Rachael Hutchin	Adele Cotton

CANTEEN TERM 3 2016

Possum Café is looking for volunteers for Term 3!

We need 2 parents each Friday from 12:30 –2:10 pm.

Please see the office or email Shauna at

solorganic@hotmail.com

A **big** thank you to our resident baker Adele Cotton for creating some tasty lunchtime snacks for the weeks ahead. If you have any ideas for wholesome snacks, especially savoury items, please feel free to suggest!

Bring your coins for our awesome snacks all lunchtime Friday!

Lunch order menu Friday, 17th June 2016

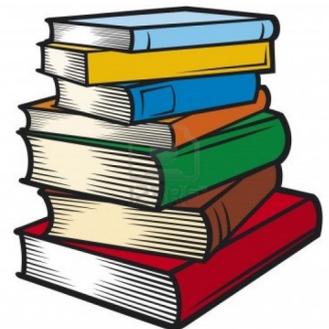
Minestrone soup	\$3
Toasted ham and cheese croissant	\$4
Lamb burger	\$5
Carbonara pasta	\$5

Side salad \$2 and fruit salad \$3 as usual

Canteen snacks available

Healthy, wholesome snacks and home baked goods available at lunchtime. Bring your gold coins. Dairy and gluten free options always available.

BOOKS BOOKS AND MORE BOOKS



Come and grab some bargain books to curl up with this winter!

Book Fair & Car Boot Sale
@ StMichael's Church Hall,
Mt Dandenong Tourist Road,
Kalorama.

Saturday 18th June 10am—4pm
Sunday 19th June 12noon—4pm

We welcome donations of quality
secondhand books

Enquiries 03 9728 6353

events@lightinthehills.org.au

Cup cake day

Bring a \$2 coin to raise money for Animal Aid in Coldstream. We are going to sell chocolate, vanilla and gluten free cupcakes.

When: Monday the 20th of June

Time: 11am (recess)

Where: Outside the canteen

All cupcake are homemade and are made with free range eggs.



The Fondue Française (healthy snippets from Maj)

Following on from last week—**PUMPKIN & CARROT SOUP**—perfect winter cocktail.

Italian taste:

2 carrots, an average size piece of pumpkin, 1 potato, fresh rosemary (put string around it to enjoy the flavour but not the leaves). Add water to cover and a vegetable cube for broth. Cook and add a dash of cream or salted fresh butter. The fresh rosemary gives a refined taste. Add garlic for an exotic twist.

SUMMER CARROT SALAD:

Shred your carrots (4 or 5), add 2 tablespoons of good olive oil, juice of fresh lemon or even better, lime. Add crushed garlic, fresh chopped coriander (half a bunch), fresh ginger and a bit of fresh chilli (if you like). I promise you will eat the whole bowl. A bomb of freshness and energy.

Garlic is just extraordinary. It keeps your blood clean (with olive oil, garlic is one of the reasons why the Mediterranean diet maintains healthy people and according to scientists, makes them live longer).

When feeding your family ... what is new often encounters resistance in general, and in particular with kids. I cook only one main dish each meal; same for everybody. When I cooked a dish called Poulet a la crème (chicken with cream), my son Michelange did not like the mushrooms—I told him that a dish was like a story you had to take it all, with the parts you love and the ones you like less. I made him eat it all as one dish and it has paid off. He changed his mind and it is now his favourite dish.

When buying your vegies take advantage of the specials ... Clean, cut and peel your vegies and prepare some freezing bags with a mix of vegies ready to be put into a pot to make a fresh soup when you lack take. The only vegie that is better fresh is the potato. My grandmother's typical soup was: Half onion, clove garlic, fresh bay leaf, thyme, 2 carrots, 1 zucchini, 2 sticks celery, beans, 1 potato. The kids will love it if you add a little pasta.

Same with fruits, cut apples, cook them with sultanas, with raw sugar, lemon, cinnamon. Cool and store in freezing bags, ready to be served warm with canilla ice cream or to make a pie.

Strawberries when in season, you can buy from growers in the Yarra Valley. I pre cook them with lemon and sugar. You can make sorbets, great with natural yoghurt, cereals or muesli.

DANDENONG RANGES

Physio

Pilates Orthotics Remedial Massage

- Back/neck pain
- Sports injuries
- Headaches
- Overuse injuries

- Sprains/strains
- Falls & balance
- Post-surgical rehab
- Women's health

OLINDA - 9751 0400 - Opposite Mt Dandenong Hotel www.drphysio.com.au

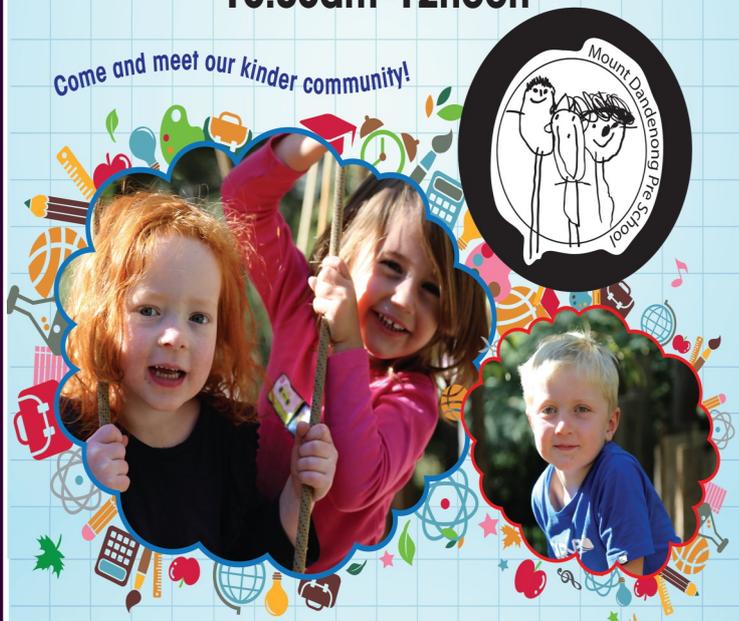
*Enjoy a break with a
Massage or Natural Facial
It's a fast & effective way to relax and unwind
Call or text Melinda 0411 622 445
at Elle Naturelle Olinda
Shop 1 | 1606 Mt Dandenong Tourist Rd Olinda
www.ellenaturelleolinda.com.au
Open every day!*

Mount Dandenong Preschool

OPEN DAY

**Saturday 18th June
10.30am - 12noon**

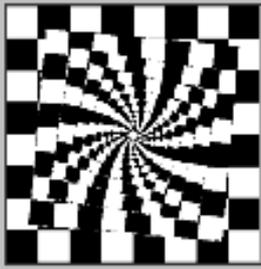
Come and meet our kinder community!



*Learning by exploration, imagination, discovery,
experimentation and socialisation.*

**1345 Mount Dandenong Tourist Road, Mount Dandenong
www.mtdandenongpreschool.com.au**

Chess Ideas



Ph: 9532 8370

Fax: 9532 8360

P.O. Box 3158
Ripponlea 3185

admin@chessideas.com.au

- Established in 1994
- Teaching in over 100 schools in Melbourne and Ballarat.
- Coaches to the top junior students in Victoria.

Mount Dandenong Primary School Term 3, 2016 Starts 20 July



Classes will start on Wednesday 20th July

Dates: 20/7 – 14/9; 9 weeks

Time: Wednesday 1.30 – 2.30

Cost: \$9.00 per lesson \$81.00 for the term.

PLEASE NOTE: If chess lessons coincide with swimming or school camp, please deduct the cost of these lessons from the total amount. Otherwise students will not receive a refund for classes missed but students commencing *after* the first week *do not pay* for the earlier lessons.

Cheques should be made payable to "Chess Ideas (Australia) Pty. Ltd or we take payment via Visa and Mastercard, this can be phoned into our offices or posted. **PAYMENTS CAN BE MADE ONLINE AT:** www.chessideas.com.au

PLEASE ADVISE MICHAEL LEONARD YOUR NAME AND DETAILS THAT YOU HAVE REGISTERED

If your child has a *medical condition* we should know about please ring our office with details.



Follow us on
Facebook
Chess Ideas Australia

*Play Chess at home against the computer.
Go to www.chessideas.com.au home page.
Click on "play chess". It's fun!*

CHESS REGISTRATION TERM 3, 2016 (Mount Dandenong Primary School)

NAME OF CHILD: _____ **GRADE:** _____

CONTACT PARENT/GUARDIAN: _____ **Ph. #:** _____

SIGNATURE OF PARENT/GUARDIAN: _____

Credit Card Details:

NAME ON CARD: _____ **CARD TYPE:** _____

CARD NUMBER: _____ **EXPIRY DATE:** _____

EMAIL ADDRESS: _____

Please enclose **\$81.00** and send to: "Chess Ideas (Australia) Pty. Ltd." PO Box 3158, Ripponlea Vic 3185, or phone 9532 - 8370 or fax 9532 - 8360 with credit card details between the hours of 9:30 a.m. and 2:30 p.m.

June 2016

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13 Public Holiday Queen's Birthday	14	15	16 Working Bee Blitz 3.30—4.30	17 Gr 12C Friday morning as- sembly	18	19
20	21	22	23	24 School Finishes 2:30 pm	25	26
27	28	29	30			

July 2016

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
				1	2 Elections BBQ	3
4	5	6	7	8	9	10
11 School Resumes	12 Three Way Interviews	13 Three Way Interviews	14	15	16	17
18	19	20	21	22	23	24
25 Prep-2 Swimming	26 Prep-2 Swimming	27 Prep-2 Swimming	28 Prep-2 Swimming	29 Prep-2 Swimming	30	31