Primary Swimming.....JOY!!
As term one draws to a close, we have taken a moment to reflect on the exciting journey that tuckshop has been so far. Our goal was to provide whole and healthy foods for the MDCS community; foods that are fun, nutritious, and promote strong and healthy bodies. We believe that healthy eating should be modeled and encouraged, and we saw that the school tuckshop could provide a wonderful opportunity to enable children to make healthy food choices, which were affordable for everyone.

When planning tuckshop for 2015, we wanted to align ourselves with the MDCS’s core values in terms of making healthy food choices, respecting and celebrating the provision of food, and our call to be stewards to care for the earth and tend to our food chain. These for example, link closely with the school values of the Bible, the Environment, and Celebrating.

We also believe that tuckshop should comply with the Department of Education and Early Childhood Development School Canteens and Other School Food Services Policy. These changes can be seen in the introduction of the Traffic Light System, with foods rated as either green, amber or red. Feedback from this system has been really encouraging and it’s great to hear kids discussing their lunch orders based on how healthy foods are. Feedback from parents has also been positive. Comments have included that the traffic light concept helps set boundaries and has made it easier to promote healthy food choices.

A great resource we take inspiration from is Jamie Oliver’s food foundation, a goal of which is to “reconnect children with what food is, where it comes from and how it affects their bodies”. We wanted to translate this “connectiveness” with food and it’s origin into our school menu, and hope to include produce from the school garden and eggs from the school chooks.

We are also attempting to accommodate the tastes of primary students and secondary students (which can be quite varied). Our aim is to provide food that reflects seasonal changes, supports local farmers and businesses, and has more choice for those with allergies and food intolerances.

We would especially like to thank the MDCS for being so supportive and for trying new things. We understand that change can be hard, but feedback has been really encouraging and the response to new foods has been exciting.

We are really grateful for the opportunity to serve our school community in this way.

Anne Clowes & Cathie Megee

Open Evening Reflections

God never ceases to amaze me! It was an answer to prayer and such a blessing when we had a record breaking twelve families visit our school last Friday afternoon of the long weekend, with the weather looking drizzly, at our Open Evening. Thank you Lord! Thank you to, to the AMAZING volunteers (to name some, Cathie Megee, Michelle Vogneric, Michelle Boot, Bec Ditton and Leanne Hodgson) who gave hours and their talents to serve God by serving those who visited MDCS and our current MDCS families who attended and needed to just be. Thank you to our tour guides, Fiona Bridges, Michelle Dempsey, Janita Bratton, Marianne Biersteker, our year 11 students Bryce Mc Clean and Alyssa Kotnik, Bron and Talia Van Bockel. You did a wonderful job! Thank you to Kim Nicholls and Katie – Anne Baird for bringing joy and fun to the little people with Face Painting and Balloon Twisting. Thank you to Isaac Van Rossen and Joshua Hodgson for manning the BBQ for hours. Thanks for sticking with it guys. Last but not least, thank you to those student who stayed back and occupied classrooms, to any volunteers that arrived on the night and pitched in and to those students (Kyle, Alec and Darcy) who made beautiful music that filled the atmosphere with joy and peace.

Thank you! – Mel
Hi Parents,

Trinity Sullivan, from Year 5/6BH, is passionate about helping kids in Thailand through Home of the Open Heart, and is running a fundraiser to help raise money for these children.

She will be visiting classrooms and giving a short presentation as to why this is important to her.

Please support her in this initiative!

Mr Heckathorn (class teacher)

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The Parent Teacher Meetings:
19th - 20th March

Pin numbers for the online booking system for Parent Teacher Meetings have been mailed home. GET YOUR BOOKINGS MADE!

If you have any trouble making them and would like some help, please ring the office and we can make them over the phone for you!

REMEMBER: Friday, 20th March, is a student free day.

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Friendship Place

The playground can be a difficult place if you are shy or new to the school. That's why we have a fun place for Primary kids called Friendship Place.

Parents supervise activities, such as lego, drawing or board games, at recess or lunchtime, on a weekly or fortnightly basis.

Can you help make playtime fun?

Contact: Stephanie Hanscamp: shanscamp@mdcs.vic.edu.au OR ring the school office!

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Home of the Open Heart
homeoftheopenheart.org/ Our mission is to assist and enable destitute HIV affected women and children by providing education, orphan care, respite and hospice care, both in our home and in our community.

Home of the Open Heart began in 2000 and is a Christian organisation based in Chiang Rai, Thailand.

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Tuckshop Hot Cross Bun Fundraiser—flyer coming home soon in a schoolbag near you! Keep your eye out for it and get your order in!!
Hello Mountain District Christian School community. I trust Term 1 is progressing well for you and your household. If it’s not and you’d like to chat, I am here at the school each Monday and Tuesday.

I wonder how you deal with areas where your child is resistant, e.g. cleaning up their bedroom...or not as the case may be! Do you give up and do the task for them? Do you nag them? Do you yell at them? Do you punish them? Do you criticise them? Such issues can quickly become battlefields, so it is important for us to think about the best strategy to implement.

The reality is that if we choose to battle our child about a particular issue, that regular negative encounter can become a defining event for our child, who may then view themselves as stupid; lazy; dumb or hopeless.

As the adults in the household, we parents sometimes need to take a step back from the intensity of the battle and re-assess what is occurring and how best to deal with the issue.

“Once a child has a specific image of themselves, their skills, abilities and level of success they will actually choose their activities to maintain their current image of themselves...contrary to common opinion, children generally do not work to improve their self-concept but rather prove it”. Laughton King, Psychologist

The reality is there are tasks we resist doing, so let’s display some grace, take a deep breath and re-think how to approach areas of resistance with our children.

Rich blessings.
Elissa White
Chaplain

As you would be aware, a local family from The Patch tragically lost their 2 year old son Eli on Saturday, February 28th, when a tree fell through the family home.

This event (movie night) is for us all to pull together, spend a night at the movies and raise as much money as we can to help this family out.

We need as much help as we can to get the word out there as it’s only a few weeks away.

Many Thanks
Rebecca Billman
Vice President
Hoffy’s Community Burpee Challenge

Monbulk Junior Football Club Season 2015 is looking to invite all players over all age groups to join our friendly and family based club. Exciting news that a girls only competition is hoping to run this year with girls aged between 8 and 12 years being eligible. For more information please visit our website www.monbulkjfc.com.au or contact details for coaches or committee.

NEWSFLASH – We are starting a new under 12 GIRLS FOOTY TEAM this year. Girls aged 8 to 12 are eligible to play. For more information contact Kirsten Beecroft on 0438 402 767. Girls Registration Night Thursday 19th March at the Log Cabin from 5.30 till 7.30pm.

BOMBERS Emerald Junior Football Club 2015

Players Wanted for All Age Groups Under 9’s to Under 16”s

Please call Michelle Marshall to join our family friendly club
0421 063 985

325 Macclesfield Rd P O Box 483 Monbulk 3793 Phone 9756 7244 Fax 9756 7356 mdcs@mdcs.vic.edu.au
On Friday we had clean up Australia Day. It was pretty fun and I am pretty sure we all had fun. It started when we arrived at Silvan Dam and went into our groups. Our group found lots of stuff. In that lots of stuff was a nappy, some cans, a wine bottle and some bottle caps. One group found a baby huntsman. So we all had a great time and at the end we all got a photo in front of the bus with our rubbish. – Sam Roma Year 6

Australia is beautiful, keep it tidy
Australia is very bushy so remember
Try and not litter on our land
Australia is really awesome.
A very little water to save the environment
Be safe around fires.
Put your rubbish in the bin
I love Australia!

AUSTRALIA

AUSTRALIA Acrostic Poem

Yvette Dickerson
Last week, our Primary students enjoyed their week of swimming lessons at the Monbulk Aquatic Centre. You can see by the photo’s much fun was had!