From the Principal – 16/03/2015 (Week 8A – Term 1)

Welcome to Week 8A. Our Years 7-10 students will return from the Robotics excursion on Monday afternoon. They have thoroughly enjoyed the experience. Congratulations to our students for achieving eighth place in the Robotics competition. This is a wonderful achievement for our school. Our students have also had the opportunity to participate in a variety of sight-seeing activities in Sydney. This included Centrepoint Tower, Sydney Aquarium, Madame Tussauds Wax Museum, I-Max Movie Theatre at Darling Harbour, Powerhouse Museum, a trip on the Parramatta ferry, ANZAC Memorial and Hyde Park. A comprehensive journal of the excursion will be completed by our students and displayed in next week’s Monday News.

Special thanks to Maari Ma for organising another visit to our school and assisting our students, parents and caregivers to create healthy meals. The parents & community members created a healthy Spaghetti Meatballs dish whilst our students focused on creating healthy smoothies. They also discussed the amounts of sugar that are contained in favourite soft drinks, orange juices, energy drinks and flavoured milks. Our primary students thoroughly enjoyed preparing, making and drinking the smoothies. They enjoyed the opportunity and experience of utilising pedal-power on a converted bike to blend the smoothies. It was the highlight of the activity for all of the primary students.

Don’t forget to apply for the family energy rebate for energy bills. More information can be found in the Monday News. Applications must be completed online by 16/06/15.

Coming events:-
* Jane Jones (Early Childhood Hub) – Monday, visit to Darnick 16/03/15 - 10:00 am – 12:00 pm.
* P&C meeting & AGM – 3:15pm – Monday – 16/03/15
* Preschool with Sally Weymouth & Lile Kitione on Tuesday, Wednesday & Thursday (9:30am – 3:00pm)
* Healthy Lunches – Tuesday – 17/03/15
* Ivanhoe Central School assembly – Friday 20/03/15 – 10:00 am start.
* Senior Citizens’ Week – 9.30 a.m. visit to Ivanhoe Central School for shared reading in the classroom, followed by the school assembly and participation in the morning tea. – All Ivanhoe parents and citizens are welcome to attend. Please help our school celebrate Senior Citizens’ Week, on Friday 20/3/15.

Parent tips for use in school newsletters and on school websites – 13 March 2015

Facts about fractions:- If you’ve forgotten 3/5 of primary school maths and 7/8 of high school maths, what’s left? Ah ha! Kids need help learning how to add fractions too. The only thing left is to print these fact sheets. Find our more: https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4013.pdf

Amazing art:- Autumn’s the perfect season to take a trip to a gallery. The popular Art Express exhibition connects us to the inner lives and self-expression of high school students. Amazing works are on show throughout NSW. Check out the calendar. Find out more: http://artexpress.artsunit.nsw.edu.au/
Year 6 students moving into Year 7 in 2016: Completed Expression of Interest form should be returned to your primary school no later than Friday 20 March 2015


Fitness for the family: Michelle Bridges talks about how to make fitness a priority for the whole family - and the start of a lifetime habit for your kids. Try out tips to keep your kids healthy, active and out of the pantry. Find out more: http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/fitness-for-the-whole-family

Mark Densmore – Relieving Principal

MESSAGE FROM THE NEW PRINCIPAL
Hello Ivanhoe Central School and Community, my name is Patricia Sharp. I will be taking up the principal’s position first day term two.

I plan to visit next week (week 9) 23 Monday and 24 Tuesday, I look forward to meeting with the wonderful staff, students and any community people happy to introduce themselves. I’m very excited and can’t wait to get started.

My family and I will be relocating from Tamworth over the Easter break.

Well done year 7/8/9 and 10 students. What an experience participating in the Sydney Robotics competition, I hope you all enjoyed your trip and made great memories. I would love to hear all about it when I visit next week.

I look forward to meeting you all.

Patricia Sharp.

LIBRARY
TOMORROW—TUESDAY IS LIBRARY BORROWING DAY FOR STUDENTS PLEASE REMEMBER TO BRING YOUR LIBRARY BOOKS TO EXCHANGE.

‘The Last Viking Returns’ written by Norman Jorgensen & James Foley. Josh is as brave as a Viking warrior. And not much can scare a Viking. But the two littlest Vikings are going beserk. They think they’re invincible, and that spells trouble! When Pop takes the family to viking world, Josh finds out just how far he’ll go to keep them safe.

‘My Father the great pirate’ written by Davide Cali and illustrations by Maurizio A.C.Quarello. When I was a child, my father went away. He came home only once a year, in the summer for two weeks. He smelled of the sea, my father. That’s because he was...A great pirate.
IVANHOE P&C AGM

DATE: 16TH MARCH 2015
TIME: 3.15PM
WHERE: SCHOOL LIBRARY

FOLLOWED BY AFTERNOON TEA.

The P&C desperately needs more volunteers/ helpers/ members to continue to provide the needs of our small school and students. Please consider joining us and getting involved.

Discussed at this meeting will be the organisation for the car rally.
**EXPRESSION OF INTEREST**
**IVANHOE CWP SECRETARIAT**

Ivanhoe Community Working Party (CWP) is looking for Expressions of interests for a secretariat.

Description: To be available to take and circulate minutes from CWP meetings held monthly.

Pay to be negotiated with the Chairperson.

If you are interested please phone: Fay Johnstone on 0427 283 570

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**IVANHOE HOSPITAL AUXILIARY**

MARCH MEETING HAS BEEN POSTPONED TILL FURTHER NOTICE

HON. PRESIDENT TRUDY EDSON & HON SECRETARY

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**CWA NEWS**

The Ivanhoe CWA Branch meeting scheduled for this Thursday March 19th has been cancelled due to catering on Friday 20th. A brief meeting will be held on Friday following the catering.

Marie Kelly Branch Secretary.

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**JODIE’S HAIRDRESSING**

Jodie’s next visit to Ivanhoe will be

Saturday 21st & Sunday 22nd March

Note change of days.

For an appointment, please phone Hay 02 6993 3087
2014-2015 Family Energy Rebate

Apply before Midnight 16 June 2015

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- Up to $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- Up to $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you MUST:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here’s a quick checklist. Have you:

- Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

- ONLINE – it takes just two minutes to submit an application. Processing starts immediately.
- PAPER – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
Healthy Hydration

Last Thursday the Maari Ma nutrition team ran activities for the students at ICS.

We discussed the importance of adequate fluid intake. The children learnt that milk and water are the best drinks for children and adults alike. Ask them how many teaspoons of sugar are in a 600mL bottle of Fanta! The children made three healthy fruit smoothies using the blender bike.

The recipes have been included for your family to enjoy at home.

### Avocado and Banana Flip

**Ingredients**
- 1 banana, sliced
- ½ avocado, peeled
- 2 teaspoons honey
- ¼ teaspoon vanilla extract
- 2 cups low fat milk

**Steps**
1. Blend banana, avocado and honey until smooth
2. Add vanilla and milk, blend for 30 seconds

### Peach and Muesli Smoothie

**Ingredients**
- 1 400g can peaches
- ¼ cup rolled oats
- ½ banana
- ¼ cup low fat milk
- 1 teaspoon honey

**Steps**
1. Add peaches, oats, banana, and milk to the blender
2. Drizzle with honey and serve

### Fruity Yogurt Smoothie

**Ingredients**
- 400g yogurt
- 1 cup low fat milk
- 1 cup strawberries, chopped

**Steps**
Blend ingredients together until smooth
Last Thursday the Maari Ma nutrition team visited the children at Ivanhoe Preschool.

We talked about milk and made milk moustache straws. The children used their straws to drink milk – yum! We learnt that milk is good for strong teeth and strong bones.

The children can use their milk moustache straws to drink milk at home.
IVANHOE SENIOR CITIZEN’S WEEK PROGRAM

SENIOR CITIZENS AT THE SCHOOL

Mark this date on your calendar. **Friday 20th March**
Please come to the school for the Assembly and the morning tea.
Reading in the classrooms at 9.30am. Assembly at 10.00am

Saturday 21st March - Dinner at the RSL Club Oasis Dining Room 7pm

Numbers need to be in by Wednesday 18th March.

Please contact Fay Linnett 02 6995-1315 or mobile 0429 951 224
Ray Longfellow 02 6995-1140

THEME FOR SENIORS WEEK

ACKNOWLEDGE AND RESPECT
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Ivanhoe Health Service has Registered Immunisers on duty Monday to Friday 0830 to 1600

For appointments
Please phone 6995 1133
Monday to Friday, during business hours
AVAILABLE NOW!

To book please email info@ivanhoehotelmotel.com.au or call 02 6995 1320.

IVANHOE HOTEL MOTEL ACCOMMODATION

Boasting recently refurbished motel style rooms the Ivanhoe Hotel Motel is proof that quality accommodation brings you comfort in the outback!

The rooms of the Motel are modern, comfortable and are enhanced with a range of features. These include; air-conditioning, complimentary tea and coffee making facilities, a bar fridge, and a brand new flat screen television.

Our rooms are fitted out with comfortable bedding, the Ivanhoe Hotel Motel is the smart choice for those who recognise that quality and comfort can make your trip worthwhile.

Our overall warm country atmosphere, with friendly and welcoming surrounds is well worth a stopover. Why not check out our new restaurant menu and come and say G’day to Ben and Marie and Friendly staff.

Check out our website www.ivanhoehotelmotel.com.au
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OASIS ROSE CAFE

AUTUMN

OPENING HOURS

- Open: 8am Monday-Saturday; 9am Sunday
- Close: Monday, Tuesday, Wednesday, Thursday 6pm
- Friday and Saturday (Pizza Nights) 8pm
- Sunday 3pm

Phone: 6995 1335
OASIS ROSE CAFE

MEALS

- T-Bone Steak with salad or veg. + chips & gravy ....................................... $24.00
- Rump with salad or veg. + chips & gravy .................................................... $18.50
- Lamb Chops with salad or veg. + chips & gravy ....................................... $17.00
- Rissoles with salad or veg. + chips & gravy ............................................... $14.00
- Steak sandwich (small steak, fried onion, lettuce, beetroot and BBQ sauce on toast) ...................................................$9.00
- Ivanhoe $400BA (steak sandwich with "the lot" — bacon, egg and pineapple) ................................................................. $14.00
- Plain Hamburger (beef mince, fried onion, lettuce, beetroot and toasted bun) ................................................................. $9.00
- Ivanhoe Whopper (burger with "the lot" — egg, bacon) ................................................. $14.00

FRIDAY AND SATURDAY 6pm-8pm

Pizza ("Supreme" style without anchovies and olives) .................. $25
Pizza Deal (includes pizza, garlic bread, and 2 litre Coca Cola) .... $30

BREAKFAST

- THE ALL-DAY BREKKY: Bacon, 2 eggs, Tomato and toast .......... $12.50
- Bacon and Egg Roll (+salt & pepper and BBQ sauce) ............. $8.00
- THE BIG BREKKY: Bacon, eggs sausage, fried onion, tomato, Spaghetti/Baked beans .......... $15.00
- Scrambled or poached eggs on toast ...................................................... $10.00
- Toast (2 slices) with Vegemite, peanut butter, strawberry jam or marmalade .......... $5.00

SNACKS

- Dim Sims — Large $4.50 Small... $3.00
- Pluto Pups ................. $4.00
- Potato Scallops ....3 for $4.00
- Chicken Nuggets .... $1.50
- Fish Cocktails .... $1.50
- Garlic Chicken Balls ..$2.00 each
- Battered Fish (Hoki) ... $8.00
- Cup of Chips .............. $4.00
- Large Chips .............. $10.00
- Pies — plain $5.00 — potato $5.50
- Spring Rolls .... $4.00
- Mini Pizza .... $7.00
- Nuggets, chips & gravy .... $8.00
- Chicken Schnitzel .... $7.00
- Chicken Bits ... $2.00 each
- Crab Sticks .... $5.00
- Small Chips $7.00
- Toasted Ham, Cheese & Tomato Sandwich ........ $5.00

Lionel is still serving dinner at the Oasis Dining Room at the RSL Club from Wednesday-Sunday

Tea, coffee, milkshakes, iced coffee, ice cream spiders and ice creams are also available.

TEL. 6995 1335

YES! We do school lunch orders.
ITEMS FOR PUBLICATION IN MONDAY NEWS

Please do not leave it until the last minute to submit your items for publication in Monday News. Whenever possible, submit these to reach the school (by email or fax) by Friday of each week prior to publication. This will ensure they are included in the next Monday News.

Phone - 02 6995 1108    Fax - 02 6995 1290    Email - Ivanhoe-c.school@det.nsw.edu.au

Just a reminder that it will also be available on our school website along with some previous editions http://www.ivanhoe-c.schools.nsw.edu.au/newsletters

Community Notices are accepted in good faith and without charge at the discretion of the Principal. All notices need to be submitted before 10.00am each Monday morning (no later please)

Community Notices are accepted in good faith and without charge at the discretion of the Principal. All notices need to be submitted before 10.00am each Monday morning (no later please)
The Ivanhoe Campdraft Club would like to congratulate Trish Baxter and Kylie Palmer on becoming the new President and Treasurer respectively. We look forward to working with you and thank you for providing your services to the club.

On behalf of the Ivanhoe Campdraft Club we would also like to thank outgoing executives Brian Thomas and Kylie Rees for their 15 years of service. Their contribution is greatly appreciated—they helped get the event off the ground and build it into the very well regarded campdraft it has become today.

Jo Griffiths
Ivanhoe Campdraft Secretary.

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**Enjoy a slice of history and step back in time at Griffith Pioneer Park Museum Action Day**

- Horse-drawn Wagon
- Vintage Vehicles
- Steam Pumps
- Free Traditional Games & Prizes
- Blacksmith
- Train Rides
- Pony Rides
- Jackaroo Skills
- Craft & Gems
- Local Artists
- Sheep Shearing

**Adults $10 – Pensioners $8 – Children $6**
**Family $30 (2 adults + 3 children)**

**Good Friday, April 3, 10am – 4pm**
Young local entertainers organised by local artist Gloria Burns “Homemade pasta sauce & a range of other food & refreshments”

Pioneer Park Museum, Remembrance Drive.  T 6962 4196
CONGRATULATIONS IVANHOE

Message sent from Peter Davis,
Head Teacher Technological & Applied Studies,
Normanhurst Boys High School.

Dear Ivanhoe Central School Students,
Congratulations on your brilliant efforts at Homebush in the FIRST robotics competition.
Your team and their idea of red soil souvenirs was inspiring.
I have written the following article for our school inspired by yours.

Earhtime 11.00 am Thursday 12th March 2015.
Place: Homebush Sports Centre, Olympic Park, Sydney, NSW, Australia

The robots have arrived.

From across the planet they have converged on this stadium that once hosted competitions of human athleticism. That mortal lineage from Ancient Greece until the modern Olympic games has now come to an end. No muscle-bound, lycra-clad, drug infused warrior specimens of the human race are to be found amongst the life forms here.

Instead round faced bespectacled technologists, engineers and modern masters of 21st century tools peer through safety glasses at the mechanical, intelligent fruits of their labours.

They are here to compete in games of the mind & machine.

New gods now appeased with newer games.

This is a scene from a Stanley Kubrick dream.

Among the gigantic, shiny, slick and polished international, university and private school teams a small group of country and indigenous kids huddle nervously in the corner. This team represents the whole of Ivanhoe Central School. The kids from Ivanhoe have made the journey from the most remote school in the state to be part of this inspiring and world class event.

Their next door neighbours in the pits are the impeccably mannered and clever young men from Normanhurst Boys High. These boys have oft felt intimidated by the size and scale of productions from more fancied rivals and know a little of the awe the Ivan’s are feeling.

The dazzle of colour and lights, the clang of metal and machine and the pomp and ceremony of proceedings is enough to make the most urbane flinch for occasional cover. Spectators are startled and surprised.

The human concept of games has left physicality and rockets toward disembodiment, to sports for the mind where robots react to impulses and frequencies from the brain.

Yet down in that hidden corner of the stadium the shy, skinny kids from Ivanhoe hand out their souvenir gifts to other teams…small clear bags of red soil from home.

In our flight to the future theirs is a solemn reminder to us all.