

Celebrate and reward school volunteers

Parents and families give so much to their community, from volunteering at the school canteen, to helping out with kid's sports teams, to raising money for schools through stalls and fetes. This contribution is extraordinary and helps to keep school communities thriving.

Often though these commitments can get in the way of other things and parents find themselves wishing they had an extra pair of hands to help out. The good news is that a new community based initiative called Timebanking that provides this support is currently being trialled across Hunter Councils, Newcastle, Lake Macquarie and Central Coast regions. Timebanking is an initiative of the NSW Government.

Timebanking operates by members earning 'time credits' when they provide a service to another Timebanker member such as volunteering to read in classrooms or helping coach a sport teams. They 'bank' these time credits and then redeem them later on a service they or their family need, such as some gardening, tutoring for their children, or some handy work around the home, Timebanking provides a simple and easy way to help build the school community and acknowledge the efforts of volunteers.

Zone Swimming 27th February 2013 **WET WEATHER – IMPORTANT**

Please advise your parents that they can text the keyword **MZONESWIM to 19988767** this will provide information regarding late cancellations.

Also please listen to NXFM/ 2KO/ NEW FM for cancellation news.

HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?

Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – *have you?*

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive \$410 a year for each primary student and \$820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don't have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children's education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed

out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

Canteen News

Due to the increase in our enrolment numbers we still require volunteers for our Thursday roster. If you are able to volunteer one day a month please phone Eleesha Pereira on 4938 5046.



The canteen ladies have requested that when filling out orders please include full name and class of your child.

Canteen Roster

Thursday 28 February	Russell Jessop Kris Doyle
Monday 4 March	Kristie Roberti Sian Jones



Community News

Don't Miss Out! **Paterson Preschool is having a fundraiser with** **Advanced Life Photography**

So book now on 4938 5454 and secure professional portrait images of this special time in the life of your family.

Join Maitland Hockey Association's

Hook into Hockey Program

Suits Boys & Girls U6 to U16 years of age

Starts: Wednesday 27 February to Wednesday 13 March 2013

Time: U6~U10yrs – 5:00pm to 6:00pm

U11 ~ U16yrs – 6:00pm to 7:00pm

Where: Maitland Hockey Field, Maitland Park
Elgin Street, Maitland

Cost: \$60.00 includes Shin pads, stick, ball and mouthguard



Play Hockey this Winter

Registration Day on Thursday 28 Feb 2013

Juniors (U6 – U16) – 5pm to 6pm

Women's – 6pm to 7pm

FUN, SAFE, ONE PLACE, ONE TIME

Further information and registration forms are available on our website: www.maitlandhockey.org.au
OR contact Ros Sherlock 02 4933 5927 or Steven Orchard 0421 831 309

MAITLAND HOCKEY ASSOCIATION INCORPORATED

Community News Cont'd

Dungog Junior Rugby League Needs You

We require more players for teams in 2013

If you are interested please ring

Lindy Hunt - 0429825570

Barry Allen - 0414577727

Shane Darr - 0428044588

All players receive a free football after registration and new
Under 6 years or 7 years are FREE REGO!

Maitland Saints Australian Football Club

Registration Day Sunday February 24, 2013

10am to 2pm

**Max McMahon Oval, Weblands Street,
Rutherford**

For boys aged 4 to 17,
girls aged 4 to 14 - Sunday games
Come and try a great new game in the
Maitland area
All welcome!

Enquiries to www.maitlandsaints.org.au

Vacy and Gresford Dance Centre Vacy School of Arts Gresford School of Arts

CLASSES AVAILABLE:

Jazz Tap Ballet

Gymnastics Hip-Hop

Cheerleading Zumba

For all enquires contact Brooke Holz

Phone: 0437354577

Email: brookedance@bigpond.com



Yoga

People who have not tried yoga have an idea that you need to be able to tie yourself in knots to do it. Not so (haha)! If you have never been flexible or have lost your flexibility the good news is you can improve from there. A student who begins the practice of yoga has much more potential for improvement than the student who can already fold in half! This class is perfect for anyone wanting to try yoga (or maybe Tuesday mornings just suit you!). The class is suitable for any age, male or female.

Local "guru" Donna Cavanough has been a yoga lover for nearly 25 years and a teacher for 13. She teaches in a relaxed, cheerful but focused way. She uses props (mats, blankets, bolsters and blocks to help each student access each yoga posture to the best of their ability. Donna has students in their 70s and 80s practising in Gresford – and the class has nearly as many men as women.

When: Every Tuesday - 10.30am-noon
during term time.

Where: Games room at the Dungog RSL.

Cost: Casual classes \$17/class. Term \$15/14 per class (price to be confirmed).

What to wear: Comfortable stretchy clothing (tracksuits are quite good). All equipment is provided but you can bring your own yoga mat and equipment if you wish.

Rating: *For beginners or those wanting to consolidate. Perfect if you're not sure but want to give it a serious go.*

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