

Milbrodale Matters

Issue 19

Term 4 Week 5 Wednesday 8th November 2017

Milbrodale Public School

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Dear Parents & Guardians

Missing Items

It has come to our attention that there are some missing P&C items. An esky, 15L water cooler and fold up table cannot be located within the school at this time. If you have seen them or know where they might be please let the office or the P&C know. The last time we remember using these items was at the Family Fun Day. Thank you for your assistance in locating these items.

Presentation Night

We have set the date of Friday 8th December for our annual presentation night. We are asking families to bring in finger food on the evening. There will be a list to add what you are able to bring so we can cater for nibbles, dinner and dessert food.

The P&C will be holding a raffle and are asking for donations to go into the hampers. Please help support our P&C. They do a fantastic job of supporting the school so the students can do all the amazing activities that happen throughout the year.

Year 6 Farewell Day

Monday 11th December will be the Year 6 farewell day. More information will be given closer to the date but please put this date into your diary. This event will include the Early Learning Program and we will be requiring parents to help with transporting their children to the activity.

Pizza Night

Thanks to the P&C for holding a Pizza Night on Monday and to Tricia for her amazing pizza cooking skills. It is always a great event. Look out for the next date in the new year.

Bike Day

The students had great fun on Bike Day .



Regards

Kristen Kime

Principal

School Calendar

Date	Event
Thur 9 th Nov	Kinder Orientation King Arthur Alpha Show @ Singleton Hts PS
Fri 10 th Nov	NO Aboriginal Dance Students at Milbrodale all day
Mon 13 th Nov	Early Learning Program Canteen Student Bank
Thurs 16 th Nov	Kinder Orientation Drumming
Mon 20 th Nov	Early Learning Program Canteen Student Bank
Thurs 23 rd Nov	Kinder Orientation Drumming
Fri 24 th Nov	9am. Aboriginal Dance at Broke School
Mon 27 th Nov	Early Learning Program Canteen for ELP students Student Banking BOOK CLUB Orders due
Mon 27 Nov to Fri 1 st Dec	Intensive Swimming @ Singleton Gym & Swim
Thurs 30 th Nov	NO Kinder Orientation Or Drumming due to swimming
Tue 5 th Dec	Year 7 2018 Orientation Day @ SHS 9.30-2.30
Fri 8 th Dec	5.30pm Presentation Night
Mon 11 th Dec	Year 6 Farewell Day – all children involved



We appreciate YanCoal for the generous support of our Early Learning Program, continuing into 2018.

Thank you also to YanCoal for sponsoring the Ultimate Challenges at the Family Fun Day.

P&C News

From the last meeting on Monday 6.11.17:

- A Christmas Raffle will be run, ready for the Presentation Night - 8th December. Donations of food and other items will be gratefully accepted.
- The P&C will be obtaining a \$100 Gift Card from a local supermarket, to be included as 1st prize in the raffle.
- Parents & staff are asked to bring a plate of food to share at the Presentation Night on Friday 8th December. This will include Nibbles, Main Meal & Dessert.
- Early in December, a list will be displayed in the foyer of the office, for people to add their preferences of what they're bringing.
- Pie Drives for 2018 will be held at the end of Term 1 and Term 2.
- The P&C passed a motion to donate a one-off \$1000 to assist with the school bus costs.
- \$1000 per term to assist with the Early Learning Program will continue for the rest of this year.

Toronto NDIS information session
with Member for Hunter,
the Hon Joel Fitzgibbon MP


The National Disability Insurance Scheme (NDIS) is the new way of providing support for people with disability, their families and carers in Australia.

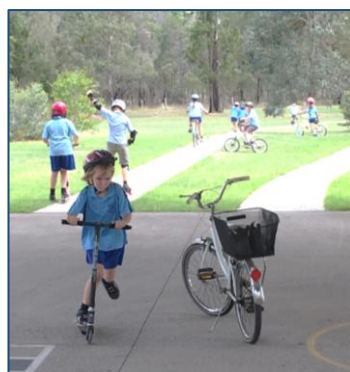
Please join the Member for Hunter, the Hon Joel Fitzgibbon MP and the National Disability Insurance Agency (NDIA) at an information session to find out more about the NDIS and get your questions answered.

For more information and to RSVP visit [Eventbrite](#)

Places are limited. Light refreshments will be provided. Please provide notification of any accessibility requirements.

Date: Monday 13 November 2017
Time: 11.00am - 1.30pm
Location: Toronto Workers Club, 9 James Street, Toronto NSW

#ndisready 



Milbrodale Public School

Canteen Roster **Term 4 2017**

DATE	NAME
9 TH Oct	Narelle
16 th Oct	Frances
23 rd Oct	Tricia
30 th Oct	Linda
6 th Nov	Narelle Tricia
13 th Nov	Frances
20 th Nov	Tricia
27 th Nov	ELP only K-6 @ Swimming Linda
4 th Dec	Narelle
11 th Dec	Frances

If you are unable to do canteen on your rostered day, please try and arrange someone to take your place or contact

Good for Kids good for life

CRUNCH&SIP®

Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat salad vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh fruit and vegetables
- Dried fruit or tinned fruit in juice but only sometimes
- Plain water

Items that are not considered fruit and vegetables for Crunch&Sip® include:

- Fruit products (e.g. fruit leathers, fruit roll-ups)
- Fruit jams or jellies, fruit pies or cakes
- Tinned fruit in syrup
- Vegetable or potato chips, hot potato chips, popcorn
- Vegetable pastries (pies, pasties)
- Vegetable cakes, fritter, quiches or similar
- Fruit or vegetable juices or any drink other than plain water

 Nutrition Snippet

The simplest way

...to reduce cancer risk with wholegrains.

New evidence shows that eating wholegrains every day significantly reduces your bowel cancer risk.*

Delicious wholegrains you can incorporate into your family's diet include:


- wholemeal or multi-grain bread, muffins and crumpets;
- wholegrain or whole-wheat breakfast cereals or muesli;
- wholemeal or mixed grain crispbread;
- brown rice, rice cakes, wholemeal pasta, corn, oats, quinoa, rye, spelt, millet or amaranth;
- barley (not the pearl variety) or cracked wheat (bulgur).

We recommend at least four serves of wholegrain or wholemeal foods every day. One serve equals 1 slice of wholegrain bread or ½ cup of cooked porridge.

*Diet, nutrition, physical activity and colorectal cancer report. Available online: wcrf.org/colorectal-cancer-2017.

For more information visit www.eatittoBeatit.com.au or join us at facebook.com/eatittoBeatit



 Nutrition Snippet

The simplest way

...to make tasty tabouli.

Serves: 6 | Preparation: 10mins | Cooking: 30-60mins

Ingredients


- ½ cup uncooked bulgur*
- 2 cups reduced-salt chicken or vegetable stock, hot
- 2 bunches Italian flat leaf parsley, chopped
- 1 bunch mint, chopped
- 3 shallots, chopped
- 3 Roma tomatoes, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice

Method

1. In a large bowl, pour the boiling stock over the bulgur. Let sit for 30-60 minutes until softened and then strain through a fine mesh sieve. Cool.
2. Combine the bulgur, parsley, mint, shallots and tomatoes in a large bowl. In a small bowl, combine the olive oil, lemon juice and pinch of salt. Pour over the bulgur mix and toss to mix well.

*Bulgur is a cereal made from whole wheat partially boiled then dried. It can be substituted with couscous or quinoa.

For more information visit www.eatittoBeatit.com.au or join us at facebook.com/eatittoBeatit



The Great Moscow Circus has kindly donated

- A Family Pass (2 adults and 2 children) for use on 15 Nov 2017 at Singleton Showground. AND
- Single Passes of 1 Adult and 2 children for use on 15 Nov 2017 at Singleton Showground.

for 2 lucky families to win.

The Circus will be in Singleton from 15th Nov to 19th Nov 2017

BUT the prize tickets need to be used on Wed 15th Nov 2017.

The prizes will be drawn at Milbrodale School on Monday 13th November 2017.

If you would like to win one of these prizes please complete the following and return to school by Monday 13th November 2017.



THE GREAT MOSCOW CIRCUS

SINGLETON SHOWGROUNDS 15TH NOVEMBER 2017

I would like to go in the draw to win either:

- A Family Pass (2 adults and 2 children) for use on 15 Nov 2017 at Singleton Showground.
- OR
- Single Passes of 1 Adult and 2 children for use on 15 Nov 2017 at Singleton Showground.

Family Name: _____

Contact Number: _____

The 2 prizes will be drawn at Milbrodale School on Monday 13th November 2017.

Good Luck

