

Milbrodale Matters

Issue 20

Term 4 Week 7 Wednesday 22nd November 2017

Milbrodale Public School

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Dear Parents & Guardians

Missing Items

The 15L water cooler and fold up table are still missing.

The esky has been located and returned to the P&C shed.

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 is a list on the table in the foyer 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.

Intensive Swimming

All the K-6 students will be involved in intensive swimming next week. A permission note is attached please fill it in and return it to school as soon as possible. There is no cost associated with this activity. Please ensure the students have adequate food and drinks as they do get hungry, and a plastic bag to put their wet clothes in, also a change of underwear for when they get changed before returning to school.

Kinder Orientation

The students who will be starting Kindergarten in 2018 have been visiting us on Thursdays and joining in on our wonderful activities like cooking, drumming and games. We are really looking forward to our new friends joining us next year.

Regards Kristen Kime Principal

School Calendar

Date	Event
Thurs 23 rd Nov	Kinder Orientation Drumming
Fri 24 th Nov	9am. Aboriginal Dance at Broke School
Mon 27 th Nov	Canteen ELP children 11am, School students 12.30pm Early Learning Program Student Banking – last one BOOK CLUB Orders due
Mon 27 Nov to Fri 1 st Dec	9.15am – 12.30pm Intensive Swimming @ Singleton Gym & Swim
Thurs 30 th Nov	NO Kinder Orientation Or Drumming - swimming
Sat 2 nd Dec	6pm – 10pm Bulga Community Party & Disco
Mon 4 th Dec	Early Learning Program Canteen NO Student Banking
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
Fri 15 th Dec	Last day Term 4
Tues 30 th Jan 2018	First day students Term 1



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

P&C News

Just a reminder:

- A Christmas Raffle will be run, ready for the Presentation Night - 8th December. Donations of food and other items will be gratefully accepted. Please let us know if you haven't received a book of raffle tickets for selling.
- 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.
- There is a list in the foyer of the office, for people to add their preferences of what they're bringing.



Thank you for a great year of School Banking.

We would like to thank all of our students who have participated in the CommBank School Banking program this year.

Our final School Banking day for 2017 will be **Mon 27th November, 2017**. If your child is eligible to order a reward item please ensure that the reward coupon is completed and returned by **Mon 27th November 2017**. Any tokens that have not been redeemed this year can be used in 2018.

Please note: Mon 27th November 2017 will be the last banking day for this year.

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	Tricia
13 th Nov	Narelle
20 th Nov	Frances
27 th Nov	ELP 11 am lunch K-6 @ Swimming, lunch 12.30pm 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



HAPPY BIRTHDAY MISS KIME

Kinder Orientation





SunSmart Snippet

The simplest way

...to be SunSmart in summer!

Did you know?

Temperature doesn't determine when you need sun protection. It is UV radiation, which is not affected by temperature that damages skin cells and causes cancer. To reduce your family's risk of skin cancer, **use sun protection whenever UV levels are 3 or above.**

How do I know when the UV is 3 or above?

Download the free SunSmart App and set it up for your location!

Most parts of NSW experience high levels of UV radiation, especially from October to March. Check the UV every day using the app, or set up the auto-alert, to find out when you need to use sun protection.

Got any questions? Contact the friendly SunSmart Team on (02) 9334 1761.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



Nutrition Snippet

The simplest way

...to stop junk food advertisers in their tracks.

Cancer Council NSW recently launched the **Our Kids, Our Call** campaign – to increase awareness and build community support for tougher junk food advertising regulations.

Did you know kids pester their parents on average 15 times in every supermarket trip and they are successful in half of these attempts? Marketers target your child with memorable slogans, logos, jingles, characters and highly appealing packaging designed to encourage your kids to pester.

Visit ourkidsourcall.com.au and get behind this campaign – let's stop junk food advertisers targeting our kids.



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



Nutrition Snippet

The simplest way

...to add fruit and veg to a barbecue.

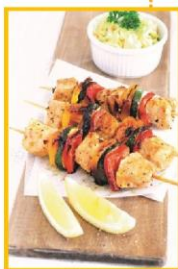
There are plenty of ways to add fruit and veg to your backyard barbecue menu.

Kebabs – add capsicum, zucchini, eggplant and mushrooms to pork, chicken or lamb.

Grilled fruit – grill some pineapple pieces or nectarine halves. Enjoy on their own or add to a salad.

Chips – slice potato or sweet potato and grill on the hotplate.

Salad – grab some green leaves and toss in tomato, cucumber, carrot, beans, capsicum or whatever takes your fancy! For a fruity twist add one of these – sliced mango, strawberries, apples or grapes.



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



SYO at Sacred Spaces

SYO Philharmonic will delight audiences with Holst *Jupiter* and Dvořák *New World Symphony*. Join us for an inspiring afternoon of extraordinary music by young performers.

Sacred Spaces, Singleton
30 Queen St, Singleton, NSW

12:30PM, SUNDAY 3 DECEMBER 2017

Adult \$25
Child \$15
Concession \$15

Tickets available at the door
Book online at syo.com.au



SYDNEY
YOUTH
ORCHESTRAS