

# Milbrodale Matters

Issue 21

Term 4 Week 9 Wednesday 6<sup>th</sup> December 2017

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## Dear Parents & Guardians

### Presentation Night

The children have been busy practicing their items for the Presentation Night and are excited to be performing them in front of their families.

Don't forget to indicate what you are able to bring along to share on the night. The list is in the foyer and the options are looking delicious.

I am looking forward to celebrating all the successes of the year with you on Friday at the presentation night.

**Still time to donate:** 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 11<sup>th</sup> December will be the Year 6 farewell day. The students will be going to Flip Out Thornton for a fun day. Notes were sent home last week. Please collect and complete a note at the office if you haven't already completed the permission note.

### ELP Fun Day

On Monday 11<sup>th</sup> December the ELP will be having a party day for their last day of the year. Mrs Meredith and Donna are busy getting the preparations made; more details are in the note.

If you are enrolling your child into the ELP for 2018 please return the form to the office.

### Aboriginal Culture

This Friday will be our last Aboriginal Culture for the term. I look forward to seeing the students at Broke PS on Friday morning.

### Thank you

As this is the last scheduled newsletter for 2017 I would like to extend my gratitude to all the families who have helped in anyway throughout the year. We have a beautiful school community who are always there whenever we need something done at the school and we couldn't do all the amazing things for the students without your support. I would especially like to thank the P&C who put in hours of work to keep things running in the background.

I would like to thank all of the companies that have supported us throughout 2017 with financial donations, working bees and general support: Yancoal, Glencore, Bunnings, Clontarf, Singleton Council and Rotary Club of Singleton on Hunter.

## School Calendar

Date	Event
<b>Thurs 7<sup>th</sup> Dec</b>	Kinder Orientation 2pm Drumming
<b>Fri 8<sup>th</sup> Dec</b>	9am Aboriginal Dance at Broke PS 5 for 5.30pm Presentation Night
<b>Mon 11<sup>th</sup> Dec</b>	Year 6 Farewell Day – Flip Out Thornton (school students) Early Learning Program Party Day at school
<b>Thurs 14<sup>th</sup> Dec</b>	Kinder Orientation Cooking Drumming
<b>Fri 15<sup>th</sup> Dec</b>	Last day Term 4
<b>Tues 30<sup>th</sup> Jan 2018</b>	First day students Term 1
<b>Mon 5<sup>th</sup> February 2018</b>	First day Early Learning Program 2018

### Finally

I would like to extend a huge thank you to the staff at Milbrodale who always go above and beyond to support our students so that they can have the best education available to them. I appreciate what each person brings to our school and you are who make the school complete.

Have a Merry and Safe Christmas and New Year.

Regards Kristen



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

### P&C News

Thank you to those of you who have donated prizes for the **Christmas hamper raffle**. If you haven't yet dropped off your donation please do so before 9 am this Friday 8<sup>th</sup> Dec.

And don't forget to sell as many **raffle tickets** as you can. You can pick up extra ticket books from the office.

**The first and second prize hampers will include \$100 and \$50 gift vouchers** - along with loads of delicious foods.

We'll be drawing the raffle at Presentation Night this Friday 8<sup>th</sup>. Please return all sold tickets prior to then.

It's great to see so many of you have put your names down for bringing **foods along to presentation night**.

There's a list in the office foyer for those of you who haven't yet put your name down. You can choose between nibbles, main meal and dessert.

Looking forward to seeing you all at the Presentation Night. Have a safe and enjoyable summer holiday.

### Milbrodale Public School

#### Canteen Roster **Term 4** 2017

DATE	NAME
4 <sup>th</sup> Dec	Narelle
11 <sup>th</sup> Dec	Frances No canteen

Thank you to the parents, Olivia & Amalie and staff who have helped to feed our students and staff, week in, week out.



Nutrition Snippet

## The simplest way

...to enjoy a healthy holiday season.

You can still enjoy treats this holiday season, just don't forget it's all about moderation and aiming for two serves of fruit + five serves of veg every day.

At family dinners or barbecues with friends try these healthier choices:

- Try veggie sticks with veggie dip as a starter. Fill up on healthier foods first.
- Snack on roasted chickpeas or popcorn, and baked veggie chips.
- Make sure half your lunch or dinner plate is filled with veggies or tasty summer salads.
- Serve a big bowl of fruit salad or fruit kebabs alongside dessert.



For more information visit  
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**Eat It To Beat It**



Nutrition Snippet

## The simplest way

...to make fruity ice creams.

### Watermelon

200g watermelon flesh  
200g low-fat vanilla yoghurt  
8 mint leaves

### Mango raspberry

Flesh from 1 mango  
1 banana, peeled  
200g low-fat mango yoghurt  
24 raspberries, fresh or frozen.



### Method

Place all ingredients into a blender. Blend until smooth and pour into the cups or moulds. Freeze for 4-6 hours or overnight until solid. Stand at room temperature for a few minutes before removing from the cup or mould.

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**Eat It To Beat It**





2017  
Easter Hat  
Parade  
3<sup>rd</sup> April



Cooking  
29<sup>th</sup> June



Early Learning  
children  
with school  
students  
29<sup>th</sup> May







## Gardening

I did weeding in the primary garden today. I also went to the pumpkin patch and I had to untangle the hose. It was a lot of fun.

Brylie



I did weeding in the garden.



Ethan

I found a massive witchetty grub, Olivia said it does not taste good to eat. Makala thought it looked tasty and I laughed at her. I found it in the dirt while I was weeding in the primary garden. I put it in the compost then Olivia washed it and she said it's clean now. I turned the compost over then it disappeared. I was looking for it in the compost but I could not find it. I said could we put worms in it but Mrs Cook said no because they might drown when we put water in it. Olivia said worms don't drown. I started to look for worms in the open compost that is now a worm farm. It is really stinky when I smelt it. The grub was near our tiny fairy garden where I pulled out the big weed with the big witchetty grub. There are 3 raspberries that are ready to pick. The passion fruit bush has no fruit because it is too young. There are too many sunflowers next to the passion fruit. We have a lot of strawberries that are ready to pick. There was a bad one that I threw where the witchetty grub was. We have lots of dirt in the compost that has the witchetty grub in it. Dad has eaten a witchetty grub and he said it was yummy but by the look on his face I thought it was gross.



By William Harris

Today we went out to the garden. Mrs Cook took a picture of us. Will found two witchetty grubs. Ethan and Makala found two cicada shells. We untangled the hose.



Chanel

I like picking food.



Tom

## Gardening

We pulled  
weeds. We  
went to  
The Pumpkin  
Patch. We  
untangled  
the hose

was my favorite part  
wee bit



James

Today in gardening I found two  
cicadas on a tree. I was going  
to take one home and Ethan was  
going to take the other one but  
when we played Pock-man the wind  
blew one away.



Makayla



## WORM FARM

Amalie and Olivia decided to have our own worm farm with our garden. Will, Amalie and Olivia were looking in the worm farm to try to find some worms. Amalie found one dead worm and we found a lot of rubbish (stickers off fruit, plastic etc.). We added water to the dry worm farm and mixed it all together carefully in case there were any worms.

We also got the green compost bin to put our natural waste in. It already had lots of broken down materials and dirt. We are going to put newspaper in the compost and the worm farm. After our compost has decomposed we are going to use it for our plants in our garden so that they will grow.

We have had a few raspberries on our raspberry bush and we have had one to split between us, we also have three more small raspberries that we all are waiting to eat. After a while we are going to put our compost and worm wee on the raspberry bush and hopefully it will grow big and we will get lots of raspberries.

In our garden we have two sides with a path between them. On the right side we have four sunflowers, lots of strawberries, mixtures of flowers, choc- mint, celery and three types of lettuce. On the left side we have five types of tomatoes, cucumber, two sunflowers, raspberry and passion fruit.

By Amalie and Olivia

## Merry Christmas from Milbrodale Staff







## Skin, Scales and Feathers

Newcastle Museums Latest Holiday Science Show – FREE!

Our colourful **dinosaurs**

*These holidays why not visit Newcastle Museum to see some amazing science around **Dinosaurs**. Be amazed at the size and strength of these pre-historic creatures and be surprised by their colour. This holiday we promise to entertain and stun you with the science of these Feathered Fiends!*

### Tuesdays

Dates: **9th January and 16th January 2018**

Times: 11.15am, 12.15pm and 1.15pm

### Thursdays

Dates: **11th January and 18th January 2018**

Times: 11.15am, 12.15pm and 1.15pm

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](http://wcrf.org/colorectal-cancer-2017).

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or join us at [facebook.com/eatittoBeatit](https://facebook.com/eatittoBeatit)

Nutrition Snippet

## The simplest way

...to download our free resources.

We have a bunch of great resources on our website for you to print out – free – to help make your whole family healthier.

- Reward your kids using our **My Fruit and Vegetable Chart**.
- Plan ahead, save time and money with your **Family Menu Planner**.
- Make packing lunches easier with our **Healthy Lunch Box Planner**.
- Learn how to manage fussy eaters with our **Strategies for Fussy Eaters Guide**.
- Get new ideas for healthy snacks with our **Fruit and Vegetables Snacks Guide**.
- Find out when to buy your fruit and vegies in our **Seasonality Guide**.

Visit <https://tinyurl.com/ycp5a89a> to download.

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ALSO Go In The Draw To Win A Double Pass for a movie of your choice at Majestic Cinemas

For session times and information visit [www.majesticcinemas.com.au](http://www.majesticcinemas.com.au)

Return entry to Milbrodale school office by 2.30pm 11/12/17



I would like to win a double pass for Majestic Cinemas

Valid until 31<sup>st</sup> January 2018

Drawn 2.30pm Mon 11/12/17

Name: \_\_\_\_\_

Phone: \_\_\_\_\_