

# Milbrodale Matters

Issue 9

Term 2 Week 5 Wed 24<sup>th</sup> May 2017

**Milbrodale Public School**

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## Dear Parents & Guardians

### Truck Drivers Memorial

Thank you to all the parents and staff who were able to assist at the truck driver's memorial. It is wonderful to be out in the community letting people know we are here and how wonderful we are.

### Stewart House Visit

We have been fortunate to be given an award from Stewart House again this year. We have attained a Diamond award. As a thanks to the students and staff who support this worthy school we have decided to take all the students to visit Stewart House and be part of the celebrations. We will travel by bus to Stewart House where the children have the opportunity to tour the facilities and see some of what happens at Stewart House. The day will be Friday 26<sup>th</sup> May and we will need to leave school early. All the details are in the note for the excursion.

### Milbrodale Mountain Classic

Please put the dates in your diary as we will need as much help as we can over the weekend. The money raised from this event will support all the students including the Early Learning Program and it would be great if the parents from the ELP could also offer some assistance over the weekend. This is a great way to meet others from our school and be seen in the community.

### Parent Online Payments

As we move into the new world of our office management there is a new payment process. It is now an option to make payments online through a secure service. The attached note offers an explanation about how the new service operates. Please take the time to read the note and if you have further questions after that please come and see us.

### Canteen

I would like to thank all the wonderful ladies helping out in the canteen this term. It has been great having a variety of new items available this year and I personally love the addition of a nice hot soup or curry as the days are getting cooler. I would especially like to thank Narelle who is cooking these items for us to enjoy each Monday. If you are not on the Milbrodale Public School Parents and Cares Group on Facebook and you would like to please join us as this is where Narelle posts what the special of the day will be. Due to a downturn in salad purchases there will be no salad options for the remainder of Term 2.

**Regards** Kristen

*We appreciate Coal & Allied for the generous support of our Early Learning Program continuing into 2018.*

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## School Calendar

Date	Event
<b>Thurs 25<sup>th</sup> May</b>	10am The Big Veggie Crunch Please bring a piece of vegetable to school .
<b>Fri 26<sup>th</sup> May</b>	8am to 6pm Stewart House Presentation Day
<b>Mon 29<sup>th</sup> May</b>	Early Learning Program Canteen / Student Bank
<b>Mon 5<sup>th</sup> June</b>	Early Learning Program Canteen / Student Bank 2.30pm – 3pm Family Fun Day Planning 3pm to 4.30pm Community Workshop Milbrodale School
<b>Fri 9<sup>th</sup> June</b>	Aboriginal Dance
<b>Mon 19<sup>th</sup> June</b>	3pm Pizza Afternoon with Singleton Council Workshop reps and Rotary
<b>Tues 20<sup>th</sup> June</b>	Pie Orders & Money due
<b>Wed 28<sup>th</sup> June</b>	Pie Drive collection
<b>Fri 30<sup>th</sup> June</b>	Last day Term 2
<b>Fri 7<sup>th</sup> July to Sun 9<sup>th</sup> July</b>	Milbrodale Mountain Classic Off Road Racing

## Missing Garden Gloves and tools

We are missing a blue bucket with kids' garden gloves, a black bucket with garden tools and a cardboard box with kids' garden gloves?

These are used every Wednesday when the students do their gardening, and were last seen last Wed 17/5/17.

Please let us know if you know of their whereabouts?

## P&C News

### Milbrodale Family Fun Day

Our main fundraising activity for the year is fast approaching - the Milbrodale Family Fun Day - tentatively scheduled for Sunday 17th September. The day is a lot of fun - and a lot of work - but is also a very successful fundraiser. We invite everyone to our first planning meeting Monday 5th June 2.30 - 3pm. The main objective of this first meeting is confirm that we have enough support to proceed with the event and to start delegating some of the main tasks. If you cannot make it to this first meeting, but would be happy to help with the event, please leave us a note in the P & C box.

### Pie Drive

Our next fundraising pie drive is happening. Please find an order form attached.

### Mountain classic

The P & C will be manning the gate for the Milbrodale Mountain Classic Friday 7th July through to Sunday 8th July. A roster for the weekend is attached. Extended family and friends are also welcome to help. As a thank you for our assistance the Hunter Valley Off Road Racing Association will be donating \$1,700.00 to the P & C.

### Truck Drivers memorial

Thank you to the families that helped out at the Truck Drivers memorial service. We raised just over \$400 from our catering and \$252 from the raffle. Thank you to everyone who donated prizes and sold or purchased raffle tickets.

### Next P & C meeting

Family Fun Day Planning Meeting Monday 5th June 2.30 - 3pm.

*Don't forget yearly Membership is \$5 per family, payable asap. Leave payment in envelope with name, in P&C box.*

## Milbrodale Public School

### Canteen Roster (revised)

**Term 2 2017**

DATE	NAME
1 <sup>st</sup> May	Lea
8 <sup>th</sup> May	Narelle
15 <sup>th</sup> May	Lea
22 <sup>nd</sup> May	Tricia
29 <sup>th</sup> May	Lea
5 <sup>th</sup> June	Linda
19 <sup>th</sup> June	Lea
26 <sup>th</sup> June	Narelle

If you are unable to do canteen on your rostered day, please try and arrange someone to take your place or contact Narelle on 6579 4649 (before 8.00am)



## The simplest way

...to ensure you use sunscreen correctly.

Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma, both in the short and long term.

### What does sunscreen do?

Sunscreen protects against the damaging effects of the sun by reducing or filtering the amount of ultraviolet (UV) rays that reach the skin.

### What is the most effective way to use sunscreen?

- Use at least **SPF 30+ broad spectrum water-resistant** sunscreen.
- **Patch test** sunscreen on a small area of skin - especially if you have not used the product before.
- **Apply and re-apply.** Apply sunscreen 20 minutes before going outside and re-apply every two hours.
- **Apply generously.** Dosage will vary depending on the size of the child. However on an average size child, it is recommended to apply ½ a teaspoon of sunscreen to each arm, leg, front of body, back of the body and the face (including ears and neck).
- **Remember** sunscreen filters out most but not all UV radiation. Use sunscreen in combination with other sun protection methods, including broad brimmed, bucket or legionnaire style hats, sun safe clothing and staying in the shade. Sunglasses are recommended to protect children's eyes.



For more information on sunscreen visit: <https://www.cancercouncil.com.au/cancer-prevention/sun-protection/>

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



Nutrition Snippet

## The simplest way

...to save money and improve your health.

Including two serves of fruit and five serves of vegetables in your daily diet can help prevent cancer and save you money too.



Reducing the amount of expensive meat ingredients and increasing the amount of cheaper vegetable ingredients in recipes is a great way to boost your veg intake and reduce the grocery bill.

Try it with:

**Pizza** - limit or avoid processed meats and add more mushrooms, capsicum, onion or leftover roast vegies.

**Stir fries** - reduce the meat and add extra capsicum, broccoli, snow peas and bok choy.

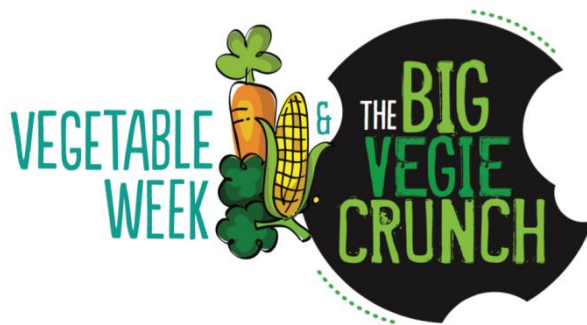
**Bolognese** - use less mince and more grated or chopped carrot, celery and zucchini or add canned lentils or kidney beans.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)





## Get ready for The Big Veggie Crunch!



On **Thursday 25<sup>th</sup> May at 10 am** our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.

But we need your help to make it a success!

On Thursday 25<sup>th</sup> May, please pack your child a container of vegetables (**not fruit**) for them to crunch on.

Need some ideas?

- carrot , celery, cucumber – cut into sticks or left whole
- capsicum – cut into sticks or wedges
- corn – raw baby corn spears or a cooked corn cob
- broccoli or cauliflower florets - raw or lightly cooked to keep their crunch
- tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
- beans or snow peas - raw or lightly cooked to keep their crunch
- mushrooms – sliced or left whole

### Cooking Eggplant Parmigiana 18/5/17

#### eggplant parmigiana

Serves: 4

Preparation: 15 mins

Cooking: 45 mins

3 small eggplants

120g (1½ cups)

grated parmesan

200g cherry bocconcini\*,

roughly chopped

140g (2 cups) fresh

breadcrumbs\*

Tomato sauce

60ml (¼ cup) olive oil

1 onion, finely chopped

4 cloves garlic,

finely chopped

2 tsp chopped oregano

2 x 400g cans chopped

tomatoes

½ cup loosely packed

basil leaves, torn

(see Chef's Tip)

**1** To make tomato sauce, heat oil in a saucepan over medium heat, add onion and garlic and cook, stirring occasionally, for 5 minutes or until softened. Stir in oregano and cook for a further 2 minutes or until onion is light golden. Add tomatoes, season with salt and pepper and bring to the boil. Reduce heat to low, cover with a lid and simmer for 15 minutes. Stir in torn basil.

**2** Meanwhile, cut eggplants into 5mm-thick rounds. Heat a chargrill pan or barbecue over high heat. Grill eggplant, in batches, for 2 minutes on each side or until lightly charred. Transfer to a bowl and cover with a tea towel. Repeat with remaining eggplant.

**3** Preheat oven to 190C. Lightly oil a 1.5 litre (6-cup) ovenproof dish. Place a layer of eggplant in the bottom and spoon one-third of sauce over. Scatter with one-third of parmesan and bocconcini. Top with a second layer of eggplant, then spoon over half the remaining sauce and cheeses. Finish with final layer of eggplant and top with remaining sauce. Mix remaining cheeses with breadcrumbs and scatter over sauce. Bake for 30 minutes or until top is golden. Stand for 5 minutes before serving.

\*See Cooking Notes, p 38

CHEF'S TIP Tear the basil leaves just before they are added to the sauce to prevent the leaves oxidising and going black.

MIX & MATCH Replace eggplant with chargrilled zucchini for a change.



## Students ANZAC Dressups



## Early Learning Program

### Milbrodale Public School Easter Hat Parade - 3.4.2017





Dear Parents and Carers



Milbrodale Public School will transition to the new NSW public schools' finance system and a new bank account on **24 July 2017**.

To ensure a smooth transition, there will be changes to the way we accept parent or carer payments.

1. **Direct deposits:** As of **30 June 2017**, we will no longer accept direct deposits into our current school bank account as we prepare to close this account and transition to the new one. Any payments made using direct deposit after this date cannot be properly allocated to a student's account in a timely manner. Please ensure you have made any outstanding direct deposits before **30 June 2017**.
2. **Cash and cheque payments:** Between **19 July 2017** and **24 July 2017**, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments before **19 July 2017**. From **25 July 2017**, cash and cheque payments will be accepted as before.
3. **Online payments:** As of **now**, we can accept online payments using the Department of Education's Parent Online Payment (POP) system. Further information below.

Thank you for your patience and understanding as we transition to our new finance system. We are hopeful the addition of an online payment facility will prove of benefit to families. If you have any questions, please contact **Kristen or Margaret at Milbrodale Public School – 6574 5163**.

## Make Online Payments

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card, and can be made via computer, tablet or mobile phone. The payment page is accessed from the front page of the schools website [www.milbrodale-p.schools.nsw.edu.au](http://www.milbrodale-p.schools.nsw.edu.au) and selecting \$ Make a payment

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities. There is also a category called 'Other'. This is to cover items not covered in the previous headings. 'Other' can be used to make a complete payment of a school invoice.

When you access the \$ Make a payment you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.
- 

These details are entered each time you make a payment as student information is not held within the payment system. **There is also the option to enter the Student Registration Number and Invoice number if you are aware of them.**

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.



Milbrodale Public School, Singleton Council and Rotary Club of Singleton on Hunter are partners in **Rural Schools – Keeping Cool**. This project has been assisted by the NSW Government through its Environmental Trust

## COMMUNITY WORKSHOP @Milbrodale Public School

Monday, 5 June 2017  
3:00pm to 4:30pm  
Supper and refreshments provided  
RSVP 6574 5163

## Bushfire Management and Survival in a Changing Climate

presented by Leanne Bell (Rural Fire Service) and  
Shane Wright (National Parks and Wildlife)



NSW RURAL FIRE SERVICE

## FREE FAMILY FUN DAY

**SATURDAY 24 JUNE 2017**

**10.00am – 2.00pm | Bulga Station**

Bulga Rural Fire Brigade invites you to a Family Fun Day being held at their station on Saturday 24<sup>th</sup> June FREE OF CHARGE! The aim of the day is to bring the community together and have some fun while learning about the services that the brigade provides to the community as well as easy ways to prepare your property for bush fire.

There will be lots of activities for the kids with jumping castle, merry-go-round and fire safety games. There will also be plenty of things for the parents to investigate while the kids are having fun such as chain saw and community first responder displays.

Take the fire fighter challenge test or challenge the kids to 'knock down the flames'



- Fairy Floss
- Sausage Sizzle
- Refreshments
- Free Coffee (Barista Made)
- Slides
- Obstacle Course
- Merry Go Round

### FOR FURTHER INFORMATION

Contact: Cindy Paget 0419 979 569 [cindy.paget@rfs.nsw.gov.au](mailto:cindy.paget@rfs.nsw.gov.au)

BUSH FIRE INFORMATION LINE  
**1800 NSW RFS**  
1800 679 737  
[www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

**BULGA COAL**  
GLENORE

**PREPARE. ACT. SURVIVE.**

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## Good for Kids good for life

### KEEPING ACTIVE IN WINTER!

As the temperature starts to drop, it's important that your kids are still physically active through the colder months.

Here are some tips for keeping kids active when it's cold or wet outside:

Freestyle dancing – turn the radio or MP3 player on and encourage your children to make up a dance to the music



Balloon Volleyball – tossing a balloon up in the air across a make shift net made of pillows



Story time doesn't have to be sitting still and quiet. Choose a common word in the story and an activity that you do every time that word is read e.g. The word chosen is "car" and every time car is read out the kids zoom around the house making car sounds on their hands and knees.



If it's wet outside take advantage of the muddy puddles by putting on your rain coat and gum boots and splashing stomping and jumping in muddy puddles



Health  
Hunter New England  
Local Health District

Phone 4924 6499

## Good for Kids good for life

### INCIDENTAL PHYSICAL ACTIVITY

It all adds up! Physical activity doesn't just mean team sports. There are simple and cheap ways to get your kids active.

Children should be getting at least 60 minutes of moderate to vigorous activity (that is activity that makes them "huff and puff") across the day. Whether it be walking, riding a scooter, cycling or even playing hide and seek! It all adds up.

Here are some ideas to keep your kids entertained during those cold winter months:

- Playing games like 'Simon Says', and 'Hide and Seek' in the backyard
- Walking or cycling to and from the local park, shops or school
- Taking the dog for a walk
- Playing games with siblings such as skipping, hopscotch or handball

These activities don't require any uniforms, expensive sporting equipment or registrations.

Check out this activity diary to keep track of how much physical activity your kids are getting: <https://www.healthkids.nsw.gov.au/kids-teens/kids-activities/activity-diary.aspx>



Health  
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Local Health District

Phone 4924 6499

## Good for Kids good for life

### RECIPE: BROCCOLI & SPINACH FRITTATA



INGREDIENTS	QUANTITY
OLIVE OIL COOKING SPRAY	-
BROCCOLI, CUT INTO SMALL FLORETS	1 CUP
SPRING ONIONS (SHALLOTS), CHOPPED	2
SPINACH LEAVES, READY-TO-EAT	1/4 CUP
EGGS	4
REDUCED FAT CHEDDAR CHEESE, GRATED	50G

**METHOD:**  
1. PREHEAT OVEN TO 180°C AND GREASE A MUFFIN TRAY WITH COOKING SPRAY. LINE THE BASES WITH SOME BAKING PAPER.  
2. STEAM, MICROWAVE OR BOIL BROCCOLI UNTIL TENDER; DRAIN AND COOL SLIGHTLY.  
3. SPRAY A NON-STICK PAN WITH COOKING SPRAY AND SAUTE ONIONS OVER MEDIUM HEAT FOR TWO MINUTES.  
4. MIX EGGS AND GRATED CHEESE TOGETHER. STIR THROUGH ONIONS, COOLED BROCCOLI AND SPINACH LEAVES.  
5. SPOON FRITTATA MIXTURE EVENLY BETWEEN THE MUFFIN TINS AND BAKE FOR 30 MINUTES, OR UNTIL SET AND GOLDEN ON TOP.  
6. STAND IN THE TIN FOR FIVE MINUTES BEFORE REMOVING. SERVE WARM.

Adapted from: National Heart Foundation of Australia



Health  
Hunter New England  
Local Health District

Phone 4924 6499



# **GATE ROSTER -** **Milbrodale Mountain Classic** **Off Road Racing** **4pm Fri 7<sup>th</sup> July to 3pm Sunday 9<sup>th</sup> July 2017**

Please indicate below the times you are available to help by placing your name in the appropriate boxes and return to the school by **Wed 14<sup>th</sup> June**.

Friday 7 <sup>th</sup> July	Saturday 8 <sup>th</sup> July	Sunday 9 <sup>th</sup> July
4pm - 10pm 4 people	6am - 10am 4 people	6am - 11am 3 people
10pm - 6am 2 people	10am - 2pm 4 people	11am - 3pm 3 people
	2pm - 6pm 3 people	3pm Gate Closed
	6pm - 10pm 3 people	
	10pm - 6am 2 people	

