

Milbrodale Matters

Issue 13

Term 3 Week 3 Wed 2nd August 2017

Milbrodale Public School

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MILBRODALE NSW 2330

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Dear Parents & Guardians

NAIDOC:

Well done and congratulations to everyone on another sensational day. I have heard only positive reports from others about how wonderful the day was, that is thanks to everyone helping each other, and making sure everything runs smoothly. Although we are a small school, we are sensational, awesome and fantastic.

Education Week Awards

Congratulations to all the Education Week award winners for 2017.

Donna Clout for commitment to supporting teaching and learning and providing a positive learning environment.

Deb Boston for contributing many volunteer hours at Milbrodale Public School

William Harris for stepping up to the responsibilities of school leadership and supporting the younger students in all areas.

Amanda Cook for providing the students with lifelong skills in making healthy lifestyle choices.

Kristen Kime for great leadership, positive culture building and commitment to Early Action for Success.

Jo Vinson for providing invaluable support to the Singleton Small Schools NAIDOC day each year.

Thank you for attending the awards evening and representing our school with pride.

School Camp

The camp for year 3-6 is fast approaching. Miss Kime will be accompanying the students with the teachers from Broke PS and Jerrys Plains PS. There will be a note with further information attached to the newsletter.

The K-2 students have been invited to attend an excursion to Hunter Valley Zoo with Broke PS on the Friday 18th August; a note is attached with further details.

Jump Rope for Heart

The students have been developing some skipping skills and had a visit to learn some basic activities. We will be having a jump rope for heart day to celebrate their successes. Details will follow in other newsletters.

School Calendar

Date	Event
Mon 7 th August	Early Learning Program Canteen Student Banking
Tues 8 th Aug	Learn to Swim 9.15 – 11.30am
Fri 11 th Aug	Zone Athletics Carnival Singleton
Wed 16 th to Fri 18 th Aug	Great Aussie Bush Camp Years 3 – 6 K-2 Excursion with Broke PS on 18/8/17
Sun 17 th September	Milbrodale Family Fun Day

Cooking with our garden produce



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

COAL & ALLIED
Managed by Rio Tinto Coal Australia

P&C News

Family Fun Day

The date of Sunday 17th September is confirmed for our Family Fun Day. Mark it on your calendar. We are in full planning mode already. A flyer is available at the office, if you have businesses who can assist with donations etc.

Footy Tipping

The Footy Tipping competition is coming to an end, with a few close contenders for the top spot. Don't forget, if you haven't already done so, you can still use your Joker (double points for 1 round).

Next P & C meeting -
to be decided

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 **Term 3** 2017

DATE	NAME
24 th July	Lea
31 st July	Linda
7 th August	Lea
14 th August	Narelle
21 st August	Lea
28 th August	Tricia
4 th Sept	Lea
11 th Sept	Frances
18 th Sept	Lea

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)

MILBRODALE FAMILY FUN DAY Sunday 17th September LOADS OF FAMILY FUN!!!

FREE PONY RIDES & JUMPING CASTLE
THE ULTIMATE CHALLENGES (over \$600 in PRIZES!)
LEARN HOW TO ROPE A CALF
LIVE MUSIC
LOCAL PRODUCE
SPRING SEEDLINGS
NOVELTY GAMES
CAKE STALL + ARTS & CRAFT
TRASH & TREASURE STALL
WOOD FIRED PIZZA

Market stall sites available for only \$10
Info + Bookings - Narelle 6579 4649
or Milbrodale Public School 6574 5163



FUNDRAISING EVENT ORGANISED BY MILBRODALE PUBLIC SCHOOL PARENTS & CITIZENS ASSOC.

Supported by:

**COAL
&
ALLIED**

Member of the Blue Cross of Australia

Are you...

THE ULTIMATE?

Find out at the third

MILBRODALE ULTIMATE CHALLENGE

Sunday 17th September 2017
Milbrodale Family Fun Day
(A fundraising event for
Milbrodale Public School)

Registrations open from 9am
ULTIMATE CHILD (under 15) 10am
ULTIMATE WOMAN heats 11am
ULTIMATE MAN heats noon
Finals 1pm.
2615 Putty Road Milbrodale

Supported by:
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Good for Kids good for life

WHY DOES OUR SCHOOL HAVE HEALTHY EATING AND PHYSICAL ACTIVITY PROGRAMS?

Good nutrition and physical activity improves students' concentration and behaviour and boosts school performance.

Below are some examples of strategies schools are implementing to promote healthy eating and physical activity:

- Crunch&Sip® – a daily fruit, vegetable and water program
- NSW Healthy School Canteen Strategy – revised canteen strategy replacing Fresh Tastes @ School
- PE lessons have a focus on developing students fundamental movement skills
- Students have access to physical activity equipment during breaks
- Teachers have been trained in the Live Life Well @ School Program
- Teachers are regularly incorporating healthy eating and physical activity into their lessons



Health
Hunter New England
Local Health District

PHONE 4924 6499

Good for Kids good for life

WINTER RECIPE: PUMPKIN SOUP

INGREDIENTS	QUANTITY
Olive oil	2 Tbs
Onion, finely chopped	1
Leek, white part only, finely sliced	1
Garlic clove, crushed	1
Ground coriander	1/2 tsp
Ground cumin	1 tsp
Ground nutmeg	1/2 tsp
Peeled pumpkin, diced	1kg
Potato, peeled and diced	1 large
Chicken or vegetable stock	1L
Thin cream	1/2 cup



METHOD

- Heat oil in a large saucepan over low heat. Add leek and onion and cook for 2-3 minutes until softened.
- Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil.
- Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly then blend in batches.
- Return soup to pan, stir through cream and reheat gently. Serve with toasted crusty bread.

Recipe from taste.com.au



Health
Hunter New England
Local Health District

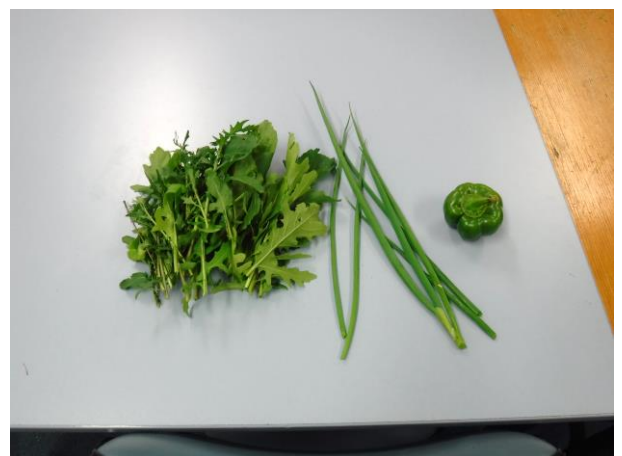
PHONE 4924 6499



Jump
Rope for
Heart
practice



Cooking and enjoying our garden produce





MILBRODALE PUBLIC SCHOOL
2615 Putty Road
Milbrodale

Ph: (02) 6574 5163
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Permission Note Great Aussie Bush Camp

Where: Great Aussie Bush Camp, Tea Gardens
When: Wednesday 16th - Friday 18th August 2017
Transport: Bus (Rover Coaches)
Cost: \$300 (P&C to confirm their donation
plus \$100 from school per student,
balance to be advised)

Students in Years 3-6 are invited to attend this year's major excursion to the Great Aussie Bush Camp, GABC, located near the coastal town of Tea Gardens.

At GABC they provide the best possible outdoor recreation based teaching and learning outcomes through programs that are fun, challenging, diverse, relevant and memorable.

Students will travel by bus (Rover Coaches) leaving Broke Public School at 9am on Wednesday 16th August and returning to Broke Public School at 3pm on Friday 18th August.

All meals and activities are included in the cost of this excursion.

Students will get the opportunity to participate in a wide range of exciting activities under the guidance of trained camp staff.

Miss Kime will be attending the excursion along with Miss Mahony & Miss Cunningham from Broke Public School & a teacher from Jerry Plains Public School.

Attached is seven (7) pages of information from GABC including three (3) notes to be returned with this permission note. There is also a souvenir price list; this can be returned at any time before the excursion in a labelled envelope with the correct money inside. The orders will be given to students on the way home from the excursion. *Students are not to take any money to the excursion, as there will be no opportunity for them to go to the gift shop.*

Miss Kristen Kime
Principal

Permission Note Great Aussie Bush Camp

I give permission for my child/ren _____
to attend the Great Aussie Bush Camp at Tea Gardens,
Wednesday Aug 16th to Friday August 18th 2017.

I understand Rover Coaches will provide transport.

I have enclosed the relevant permission notes attached from GABC.

Signed Parent/Guardian _____

Date ____ / ____ /2017



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Permission Note K-2 Hunter Valley Zoo

Where: Hunter Valley Zoo
When: Friday 18th August 2017
Transport: Saxby Coaches
Cost: \$25 per student (P&C to cover costs)

Students from K-2 will travel to Hunter Valley Zoo in Nulkaba on Friday 18th August 2017. Students from Milbrodale PS will need to be taken, by private transport, to Broke Public School by 9am.

Transport from Broke Public School will be by bus, departing Broke school at 9:30am and returning to Broke by 3:00pm. The Milbrodale students can be collected from Broke at 3pm.

Students will arrive at Hunter Valley Zoo at 10am and have fruit break. They will have time to walk around the zoo and have the chance to feed some of the animals.

The students will have lunch at the zoo and the bus will depart the zoo at approximately 2pm.

Students will need to take their fruit break, lunch, recess and water bottle.

Students are to wear sports uniform and take their school hats.

The cost is nil.

Parents are welcome to attend, however there are only a limited number of vacancies available on the bus. If you would like to attend please let us know ASAP, it is a first in best dressed. Cost to parents is \$25, parents are to pay on entry to the venue.

Please remember a Working with Children Check is required if you would like to attend.

Please return this permission note by Monday 14th August.

Miss Kristen Kime
Principal

Permission Note K-2 Hunter Valley Zoo

I give permission for my child /children _____
to travel to Hunter Valley Zoo in Nulkaba on Friday 18th August 2017. I also understand private transport is required to take my child/ren to Broke PS by 9am, and collect my child/ren at 3pm from Broke PS.

I understand that transport is by Saxby Coaches.

Signed Parent/Guardian _____

Date __/__/2017