

Milbrodale Matters

Issue 14

Term 3 Week 6 Wednesday 23rd August 2017

Milbrodale Public School

2615 Putty Road

MILBRODALE NSW 2330

T: (02) 6574 5163

F: (02) 6574 5201

E: milbrodale-p.school@det.nsw.edu.au



Dear Parents & Guardians

School Camp

The students from years 3-6 had a wonderful 3 days at camp. They were challenged to step out of their comfort zones and face some fears. I want to congratulate all the students on their fabulous behavior throughout the camp. I am proud of the way they represented our school and tried every activity. There were so many glowing comments about how wonderful our students were and how great their behavior was throughout the camp. Please enjoy all the photos attached to the newsletter.

Hunter Valley Zoo

I had wonderful reports from the teachers from Broke PS who took the K-2 students to the Hunter Valley Zoo. They showed respect and excellent manners throughout the day and the teachers were very impressed with their behavior. There are some photos of the day attached to the newsletter.

Book Week

This year we will be holding a book swap beginning on Monday 4 September at the Book Week Parade. If you would like to participate, please bring in any old books or magazines in good condition for donation on or prior to the day. On the day (and during the week in the library) we will hold a stall where you can purchase donated books for 20 cents/book. Any leftover books may be taken home at the end of the week or will be donated to a good cause.

P&C Meeting

The next P&C meeting is on Monday 28th August, everyone is welcome and we will be discussing the Family Fun Day.

Activities for Yrs 3-6

Broke PS has invited the students in years 3-6 to join them for two sporting activities. The first is T20 cricket on Friday 1st Sept and the second is Touch Football on Thursday 14th September. Broke teachers will supervise both of these events and notes will be given to the students with more details.

Book Week Parade

We will be holding our Book Week Parade on Monday 4th September from 2pm for school students and the Early Learning Program. This year's theme is Escape to Everywhere. Children are encouraged to dress up as their favourite book character and we will have a short parade where you will be able to take photos and cheer them on. Children may wear their costume to school, if practical; otherwise they can wear their school uniform and get changed at recess. Please remember to wear enclosed shoes.

As this day also begins the SASS Recognition Week, parents are invited to bring a plate along to share for afternoon tea at 1.30pm.

School Calendar

Date	Event
Wed 23 rd Aug	1-2pm Book Week @ Singleton Library
Mon 28 th Aug	3.15pm P&C Meeting ELP Canteen Student Banking Father's Day Stall
Fri 1 st Sept	Aboriginal Dance @ Broke PS Yr3-6 T20 Cricket with Broke PS @ Singleton
Sun 3 rd Sept	Father's Day
Mon 4 th Sept	ELP Canteen Student Banking Afternoon Tea 1.30pm Book Week Parade 2pm
Tues 5 th Sept	Learn to Swim 9.15 to 11.30am
Mon 11 th Sept	ELP Canteen Student Banking
Thurs 14 th Sept	Touch Football for yr 3-6 with Broke PS
Fri 15 th Sept	Aboriginal Dance @ Broke PS
Sun 17 th September	Milbrodale Family Fun Day
Mon 18 th Sept	ELP Canteen Student Banking
Tues 19 th Sept	Learn to Swim 9.15 to 11.30am
Fri 22 nd Sept	Singleton Show Last day Term 3

Father's Day Stall

Please bring in a gift to the value of \$5 to sell at the Father's Day Stall on Monday 28th August.

Each student will be able to purchase a gift for \$5 on the day including the ELP students.

P&C News

MILBRODALE FAMILY FUN DAY

Sunday 17th September

Planning update 21st August 2017

Our major fundraising event for the year is less than a month away. Here's a quick summary of how you can help contribute to the day's success.

Promotion:

Please invite your family and friends and share the promotional flyers (there's two - one for the day and another for the ultimate challenge) online and in real life. You can get an electronic version suitable for sharing online from Tricia (email her on triciahogbin@gmail.com to request) and we have hard copies available in the office. There will be a pile on the filing cabinet near the P & C box. Take as many as you think you can use.

Prizes for Chocolate wheel:

We're seeking donations for our chocolate wheel from local businesses. A letter of introduction - suitable for taking with you when you ask for donations will be available on the filing cabinet near the P & C box. Donations can be dropped off at the office anytime or by 9am on the day.

Donations for Trash and Treasure stall:

We're also seeking donations for our Trash & Treasure stall. Donations can be left at the office or dropped off at the Trash & Treasure stall on the day from 8am.

Seeking stallholders:

Do you know anyone who may be interested in booking a stall on the day? They're only \$10. To book a stall please contact Narelle on 65794649.

Ultimate Challenge officials:

We'll need a couple of runners to help organise the Ultimate Man Challenges on the day. If you can help please add your name to the roster that will be on the filing cabinet near the P & C box.

Other donations:

We appreciate that not everyone has time to help out with preparations or on the day. We also welcome donations - for example of soft drink cans for the BBQ stall or for the chocolate wheel. Donations can be left at the office.



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

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

Thank you also to Coal and Allied for sponsoring the Ultimate Challenges at the Family fun Day.



Managed by Rio Tinto Coal Australia

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**



Singleton Junior Touch Team Registrations

For ages; 7yrs(turning 7 by 21st March 2018) to 16yrs.

To Register visit our Website

www.singletonjuniors.touch.asn.au

Cost- \$50 per player

Team Registrations close 5th September 2017

Looking for a team?

Call or leave name, age and contact details with Geoff – 0403 272 952

Check Singleton Junior Touch, Facebook page for Team Registration date.



HUNTER VALLEY
Gardens

02 4998 4000 - Broke Rd Pokolbin - hvg.com.au

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

1. Heat oil in a large saucepan over low heat. Add leek and onion and cook for 2-3 minutes until softened.
2. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil.
3. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly then blend in batches.
4. 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



Nutrition Snippet

The simplest way

...to help fussy eaters.

Fussy eating is very common and often very stressful for the whole family. While there is no magic solution, perseverance, involvement, presentation and disguise are four effective strategies that can help address this behaviour.



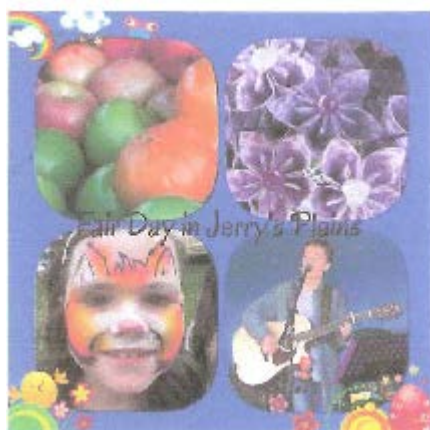
Other tips include:

- Offer new foods at times when children are hungry.
- Encourage kids to try new foods but do not force them to eat. "Parents provide, children decide" is a good rule of thumb to use.
- Let kids help out with food preparation.
- Be a good role model.
- Praise your child for trying new foods: sometimes kids refuse foods to get attention.
- Add "hidden" vegies to recipes such as spaghetti bolognese, soups, casseroles and home-made burgers.
- Cook vegies lightly and use a variety of types so they have different flavours and colours.
- It will take several attempts (10 - 15 times) so do not give up after the first time.

For more information visit

www.eatittobeatit.com.au

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



JERRYS PLAINS FAIR & CAR BOOT SALE

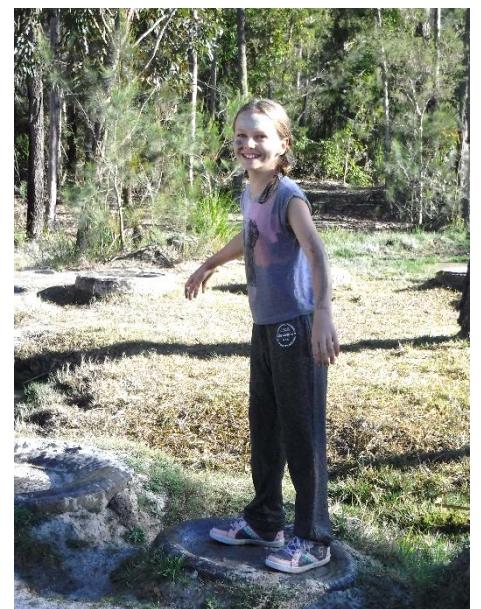
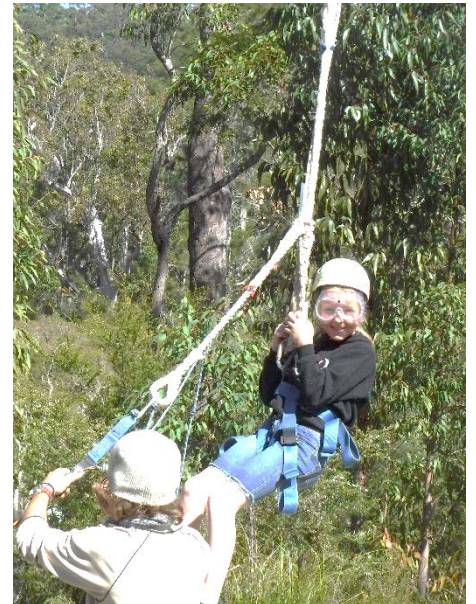
SATURDAY 16TH SEPTEMBER 2017

**BOOK YOUR STALLS
NOW**

ONLY \$10.00 PER SITE

Call Maureen AFTER 6PM on 0413 318 666

WILL, AMALIE & OLIVIA AT GREAT AUSSIE BUSH CAMP



ETHAN, THOMAS & MAKAYLA AT HUNTER VALLEY ZOO

