

# Milbrodale Matters

Issue 2

Term 1 Week 3 14<sup>th</sup> February 2018

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[www.milbrodale-p.schools.nsw.edu.au](http://www.milbrodale-p.schools.nsw.edu.au)



**Milbrodale Public School**

## Dear Parents & Guardians

I am so proud of the sportsmanship displayed throughout the swimming carnival and the effort all the students put into their races and events.

The students were well looked after throughout the day by the wonderful parents who stayed to support their children and our school. I thank you for your support.

As I was busy running the novelty events for most of the day I did not get to see many races but I have been informed our students did a great job.

The senior girl relay team did an exceptional job, as there were only two swimmers, Olivia and Amalie. Congratulations girls.

Congratulations to all our participants on the day: Olivia, Amalie, Brylie, Kody, James, Chanel and Makayla.

I am asking all families, including the Early Learning Transition program students, to complete and return the three questions found at the end of the newsletter. The answers will help shape the directions of the school and ensure everyone's voice is heard. There are some limitations as to what can and cannot be changed however, I would like input into what parents feel is valuable and worthwhile to their children.

We would love to see many new faces join the P&C this year. The meetings are held each month on Monday afternoons from 3.15pm, starting next Monday 19<sup>th</sup> February.

The membership is \$5 per family to be paid at the first meeting. The P&C plays a very important role in our school and is a great source of fundraising for all students to access the many activities we participate in throughout the year. The more hands we have helping the lighter the workload on everyone.

Regards      Kristen Kime    Principal

## School Calendar

Date	Event
Fri 16 <sup>th</sup> Feb	Book Club Orders due
Mon 19 <sup>th</sup> Feb	Early Learning Program Canteen Student Banking  3.15pm P&C Meeting & AGM in the Staffroom - All welcome
Fri 23 <sup>rd</sup> Feb	Zone Swimming
Mon 26 <sup>th</sup> Feb	Early Learning Program Canteen Student Banking
Fri 23 <sup>rd</sup> March	Pie Drive Delivery

## GETTING READY FOR BUSH FIRE IS EASIER THAN YOU THINK

THE 4 SIMPLE STEPS ARE:



1. DISCUSS



2. PREPARE



3. KNOW



4. KEEP

GET THE GUIDE AT

[www.MyFirePlan.com.au](http://www.MyFirePlan.com.au)



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

## P&C News

### Canteen News

The new Roster is to the right.

Please let Narelle know if you need to change your date.

### Next P&C Meeting & AGM

Mon 19<sup>th</sup> February, 3.15pm in the Staffroom.

All are welcome.

\$5 per family, per year, is the membership fee.

Payment to Narelle by the 1<sup>st</sup> meeting is appreciated.

Voting rights only permissible if membership is paid.

Pie Drives: Delivery dates for Pie Drives (from Singleton Hts Bakery) will be Fri 23<sup>rd</sup> March & Wed 27<sup>th</sup> June. Still the same delicious varieties from Singleton Heights Bakery.

### Canteen Menu

The new Canteen Menu is attached.

Don't forget to keep an eye on our P&C Facebook page for any "specials" we may have 😊

## Milbrodale Public School

### Canteen Roster **Term 1** 2018

DATE	NAME
5 <sup>th</sup> Feb	Narelle
12 <sup>th</sup> Feb	Frances
19 <sup>th</sup> Feb	Tricia
26 <sup>th</sup> Feb	Narelle
5 <sup>th</sup> Mar	Vanessa
12 <sup>th</sup> Mar	Linda
19 <sup>th</sup> Mar	Narelle
26 <sup>th</sup> Mar	Kelly
2 <sup>nd</sup> April	Easter Monday
9 <sup>th</sup> April	Frances

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 7.00am)

## Join the Dollarmites on a savings adventure with School Banking!

Every year the School Banking program launches a new savings theme and eight new exclusive School Banking reward items.

In 2018, School Banking is helping children to become Super Savers. The Dollarmites are stationed in their superhero savings headquarters and are ready to help students develop super savings skills.

There are **8 new reward items for 2018** from the Super Savers range:

- Twister Power Handball
- Secret Scratch Pad
- Sparkle Glitter Pens
- Glow Light
- Mighty Boom Handball
- Heat Reactor Pencils
- Slushie Maker Cup
- Zoom Flying Disc



If you would like to know more about School Banking, please ask for a 2018 School Banking program information pack from the school office or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

**Milbrodale Public School**  
**Canteen Menu- Summer 2018**

**LUNCH**

Chicken Chipees x 3				\$1.00
Small Meat Pie				\$1.60
Sandwiches fresh or toasted	vegemite \$2.00	Cheese & v/mite	\$2.50	
	Salad \$3.00	Salad & Meat	\$4.00	
Salad Wraps	(add \$1.00 for ham or chicken )			\$3.20
Salad Bowls	(add \$1.00 for ham or chicken )			\$3.00

**SNACKS**

Fresh Fruit Salad Cup	\$1.50
Muffin - Banana	\$1.00
Choc Chip Cookie	\$1.00
Rice Crackers	\$0.70
Fresh Popcorn	\$0.50

**ICEBLOCKS** (Available recess only)

Frozen Moosies - Chocolate	\$0.80
Frozen Juicies - Tropical or Wildberry	\$0.80

**DRINKS**

Popper 100% Fruit Juices - Apple or Tropical	\$1.00
Milk Poppers - Chocolate or Strawberry	\$1.20
Bottled Water 600ml	\$1.00

\*Hot Food Items will only be served at lunch.

\*Please write child's name and order on paper bag and place money inside bag (please use separate bag for lunch and recess).

# Lego Club - Wednesday, 28 February

Calling all Lego Fans! Meet, build and play at **Singleton Library's** Lego Club. 1000's of bricks and bits, stacks of base boards and an army of minifigures await your imagination and creativity. Made possible with the assistance of the FundAbility grant program. Ages 5 to 15 year olds.



## Good for Kids good for life

### SUGARY DRINKS

The *NSW Healthy School Canteen Strategy* was introduced in 2017. As part of the strategy, sugary drinks are not to be sold in the canteen.

Sugary drinks include: regular soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, fruit drinks, coconut waters, cordials, slushies and frozen fruit drinks with less than 99% fruit juice. All energy drinks are also included.

Our canteen stocks refreshing everyday drinks for the students and includes water, plain and/or flavoured milk and 99% fruit juice.

Why not try cutting back on sugary drinks at home too?



PHONE 4924 6499

## Good for Kids good for life

### DINNER IDEAS FOR SUMMER

Summer is a great time to introduce more salad vegetables into your diet. There are heaps of variations for each of the ideas below:

- Plain beef, chicken, fish or vegetable burgers with loads of salad
- Tacos or burritos with lettuce, tomato, corn, beans, carrot and more
- Kebabs with a combination of meat and vegies such as mushrooms, capsicum and onion
- Pizzas topped with lots of vegies and a side salad
- Salads, salads and more salads and they don't have to be just a garden salad.

Try roast pumpkin, cherry tomato, avocado, cucumber and grilled chicken with a honey mustard dressing.



PHONE 4924 6499



Nutrition Snippet

## The simplest way

...to make zucchini and corn fritters

### Ingredients

- 2 zucchinis, grated & liquid squeezed out
- 1 cup frozen or canned corn kernels
- 1 cup red capsicum, finely diced
- 4 eggs
- ½ cup grated Parmesan cheese
- ½ cup chopped, fresh dill
- 6 tbsp wholemeal flour
- Olive oil spray



### Method

1. Place the zucchini, corn, capsicum, eggs, Parmesan, dill and flour in a bowl. Mix well.
2. Spray a large fry pan with olive oil and heat over a medium heat. Working in batches, fill an ice-cream scoop (or large spoon) with the mixture and drop onto the pan. Flatten the fritters out slightly with a fork. Cook for approximately 4 minutes or until brown, flip and continue to cook until that side is brown and cooked through.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes & information you can trust.

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



Nutrition Snippet

## The simplest way

...to help parents *Eat It To Beat It*.

Want to learn more about getting your family to eat well to reduce cancer risk, and empower other parents to do the same?

Join Cancer Council NSW's *Eat It To Beat It* program as a volunteer Program Facilitator.

We will train and support you to deliver free Healthy Lunch Box sessions and Fruit & Veg Sense workshops that:

- Help families to reduce their cancer risk.
- Make a difference in your community.
- Increase your confidence and improve your presentation skills.

For more information email [eatittobeatit@nswcc.org.au](mailto:eatittobeatit@nswcc.org.au) or phone (02) 4923 0710.

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







### Singleton Netball – 2018 Winter Competition

Now is the time to start organising your 2018 Winter Competition team!

The competition will commence on 17<sup>th</sup> March and conclude with Grand Finals on 1<sup>st</sup> September.

Cost – \$130 for senior registration, \$110 for Set, Go and Junior registration (please see our website for the changes to the Junior Fair Play Policy). The Net Skills program registration fee will be \$80. Team nomination fee is \$100.

**\*\* The NSW Active Kids Rebate may be able to be redeemed against your registration fees (Conditions Apply)\*\***



Registrations (including individual registration payments) will need to be completed online, please visit our website to register or for more information – [singletonnetball.com](http://singletonnetball.com)

Team nomination fees and forms will be collected on 14<sup>th</sup> & 21<sup>st</sup> February from 4.30pm through to 6.30pm.

Please email [singletonnetball@hotmail.com](mailto:singletonnetball@hotmail.com) if you have any queries!



### Singleton Netball – Winter Net Skills Clinic

Boys & Girls aged between 5 & 7 are invited to attend our Winter clinic to be held in conjunction with the Saturday Winter Competition in 2018!

Net Skills will commence on 17<sup>th</sup> March and run for 15 weeks through until 11<sup>th</sup> August. Please check our website for winter competition breaks as we have time off over school holidays.

Cost - \$80 (included in this cost is a NetSetGo pack sent out by Netball NSW)

**\*\* The NSW Active Kids Rebate may be able to be redeemed against your registration fees (Conditions Apply)\*\***

Registrations can now be completed online via our website - [singletonnetball.com](http://singletonnetball.com)

We will be taking limited numbers to ensure that all of the participants have a great experience!

**\*\* Registered coaches are also welcome to attend this clinic and learn some new coaching strategies \*\***

Please email [singletonnetball@hotmail.com](mailto:singletonnetball@hotmail.com) if you have any queries



**FEMALE  
FOOTBALL  
WEEK**

PRESENTED BY  
**rebel**

**SATURDAY 10 MARCH, 2018**

**FESTIVALS**

These festivals offer opportunities for young girls to engage in additional skill development sessions to improve their confidence and coordination, and will include fun football games. An opportunity to engage and celebrate with other enthusiastic girls, and a chance for girls aged 4 to 11 to experience football before the 2018 season starts.

Limited spaces apply, register now!

**Date:** Saturday 10 March 2018  
**Time:** 9am to 11am  
**Cost:** \$22 pp - each participant will receive a rebel Female Football Week shirt and drink bottle.  
**Locations:** Speers Point + Singleton + Lennox Head + Taree + Coffs Harbour + Tamworth

**REGISTER:** [www.northernnswfootball.com.au/female-football-week](http://www.northernnswfootball.com.au/female-football-week)

FEMALE  
FOOTBALL  
WEEK  
PRESENTED BY  
**rebel**

FOOTBALL  
FEDERATION  
AUSTRALIA

NORTHERN NSW  
FOOTBALL

**Get ready for a Super Savers adventure with School Banking.**

This year in School Banking, your child will join the Dollarsmites on a Super Savers adventure, developing strong savings skills.

School Banking encourages children to learn the value of saving and rewards those who demonstrate a regular savings behaviour.

**New Super Savers reward items.**

Introducing an exciting new range of reward items with two released every term.  
Available in Term 1:

- Twister Power Handball
- Secret Scratch Notepad.

Your child can redeem one of these rewards, while stocks last, after making 10 School Banking deposits.

**Remember,** with the CommBank Youth app, it's easy for your child to monitor the Dollarsmites tokens they earn when making School Banking deposits and track their savings. Available to download from the App Store on any iOS9+ device.

**A chance to win a family trip to Hawaii.**



Students who truly are Super Savers will have the chance to win a family trip to Honolulu, Hawaii, staying 7 nights at the Sheraton Waikiki Resort, plus AU\$2,000 spending money.

To enter, students simply make 15 or more School Banking deposits before the end of Term 3 2018, and they will automatically enter the Super Savers Grand Prize Competition.

To find out more about School Banking, or explore fun activity sheets for your child, visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

Things you should know: The "Super Savers Grand Prize Competition" (Promotion) is conducted by the Commonwealth Bank of Australia (ABN 40 123 123 123) of Level 30, 11 Harbour Street, Sydney NSW 2000. The Promotion starts at 12pm AEST on 22/03/18 and ends at 11:59pm AEST on 30/09/18. Entry is open to Australian residents aged 4-15 years who have made 15 successful School Banking deposits into their CommBank "Dollarsmites" account during the Promotion period. Eligible amounts will be automatically entered into the draw. Maximum 1 entry per person. The first eligible entry randomly drawn will win a trip to Honolulu, Hawaii, USA for two adults and up to three children (aged 17 years and under), including 7 nights accommodation and \$2,000 AUD spending money, valued at \$17,000 AUD. Terms and conditions apply. The draw will take place at 12pm AEST on 15/10/18 at the address above. The winner will be notified by telephone and email, and will be published online at [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking) and in The Australian on 17/10/18. Winner must claim the prize by 3pm AEST on 15/11/18 or the prize will be forfeited. The prize will be awarded to the winner's nominated parent or guardian. Conditions apply to accepting the prize. Full terms and conditions available from [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking) under NSW Public Law LPS17/18118, ACT Permit No. ACT 17 1701/889 and SA Permit No. 117/18/78.

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