

# Milbrodale Matters

Issue 5

Term 1 Week 9 28<sup>th</sup> March 2018

**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](mailto:milbrodale-p.school@det.nsw.edu.au)**



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



**Milbrodale Public School**

**Dear Parents & Guardians**

**We apologise for the lateness of the newsletter. There were a few technical issues statewide last week.**

Easter break is from Friday 30<sup>th</sup> March to Monday 2<sup>nd</sup> April. Students and staff will return to school on Tuesday 3<sup>rd</sup> April.

ANZAC Day is on April 25<sup>th</sup>, this is during the school holidays. The students are invited to march at the Bulga Service on ANZAC Day. We will meet at the Bulga Recreation Grounds at 10.30am. If you can attend that would be wonderful. Please bring a plate of food to share after the ceremony. The students will need to be in full school uniform.

Cross Country will be held at the Fernance property at Broke on Wednesday April 4<sup>th</sup> from 1pm. I am asking for parent transport for this event as both Mrs Forbes and I will be at a training day. There is a note with more information and permission notes attached to the newsletter.

Swimming in term 2 will be:

Tuesday 22<sup>nd</sup> May - Week 4

Tuesday 29<sup>th</sup> May - Week 5

Tuesday 12<sup>th</sup> June - Week 7

Tuesday 26<sup>th</sup> June - Week 9

Tuesday 3<sup>rd</sup> July - Week 10

Leave school at 12.30pm,  
Lesson at 1.15pm, (45 mins)

Finish swim at 2pm,

Changed and return to school by 2.45pm.

I am asking for parent support with supervision on the bus and at the pool. There are 5 dates that will require assistance. A note with details and permission notes is attached to the newsletter.

Welcome to our new family, we now have 13 students at Milbrodale Public School.

Regards Kristen Kime Principal

## School Calendar

Date	Event
Fri 30 <sup>th</sup> March – Mon 2 <sup>nd</sup> April	Easter Break
Tues 3 <sup>rd</sup> April	Last day to receive Coles Vouchers in store or online
Wed 4 <sup>th</sup> April	Leave school 12.30pm for 1pm - Cross Country Fernances' property, Cessnock Road Broke
Mon 9 <sup>th</sup> April	Early Learning Program Student Banking Canteen
Fri 13 <sup>th</sup> April	Last Day Term 1
Sat 14 <sup>th</sup> April – Mon 30 <sup>th</sup> April incl	School Holidays
Wed 25 <sup>th</sup> April	10.30am for 11am start ANZAC Day March Bulga Recreation Grounds
Tues 1 <sup>st</sup> May	Students return Term 2
Fri 4 <sup>th</sup> May	Pizza Night
Mon 7 <sup>th</sup> May	Early Learning return for Term 2 Canteen Student Banking

A quick reminder that staff commence duty from 8.30am.

Please be mindful of this when dropping students to school as there is no formal supervision of the students until that time.



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

## P&C News

### Pizza night

From 5pm Friday 4th May (Term 2)  
All welcome - family, friends and neighbours.

A pizza night is being held on the first Friday back after the school holidays to raise funds towards the purchase of a new electronic white board for the classroom. The existing board needs replacing and the P & C agreed at our recent meeting to contribute \$2,000 plus whatever we raise from the pizza night.

Pizzas will be cooked in the school's handmade clay wood-fired oven.



### Easter raffle

Thank you to all who donated prizes and bought tickets for our Easter raffle.

Winners: Harris family, Amellia, Matt from shop

### Save the date(s)

Two of our major fundraising activities are coming up next term:  
Catering for the truck driver's memorial Saturday 19th May 11am - 2pm.

Manning the gate for the Milbrodale Mountain Classic  
13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> July.

### Next meeting

We have our next P and C meeting on Monday 14th May at 3.15pm in the staff-room. All welcome.

## 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	Linda
26 <sup>th</sup> Feb	Narelle
5 <sup>th</sup> Mar	Vanessa
12 <sup>th</sup> Mar	Tricia
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)

**Cancer Council NSW** Nutrition Snippet

### The simplest way

...to make rainbow and chickpea salad.

**Ingredients**  
4 tbsp of reduced-fat Greek yoghurt  
1 tsp honey  
1 tsp lemon juice  
¼ tsp ground cumin  
Freshly cracked pepper to taste  
1 400g can chickpeas, drained & rinsed  
1 large beetroot, peeled & grated  
2 large carrots, peeled & grated  
½ small green or red cabbage, finely sliced  
1 bunch kale washed, stem removed & leaves torn

**Method**  
In a small bowl whisk yoghurt, honey, lemon juice, cumin and a pinch of salt. Add pepper to taste.  
In a large salad bowl toss all the chickpeas and vegetables together. Drizzle with the yoghurt dressing.

**Tip:** This is the perfect accompaniment to a grilled lamb or chicken kebab marinated with lemon and garlic. Try wrapping everything in a wrap with a little hummus and crumbled feta.

Visit [healthy.lunchbox.com.au](http://healthy.lunchbox.com.au) for recipes & information you can trust.  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

**Eat It To Beat It**

**Cancer Council NSW** Nutrition Snippet

### The simplest way

...to pack a healthy lunch box.

Pack at least one item from each of the following food groups for a healthy lunch!

**Breads/ cereals:** Wholemeal or wholegrain bread, wraps and pita. For a treat, pack pikelets, or homemade muffins and slices.

**Fruit:** Serve in fun ways; try fruit kebabs or fruit in jelly, cut whole fruit into small pieces for younger kids.

**Vegies:** Pack carrot or celery sticks with hummus.

**Dairy:** A slice of cheese, yoghurt or custards are all great lunch box items.

**Meat and alternatives:** Cooked chicken, tuna, egg, roast meat and legumes like red kidney beans or chickpeas.

**Water or milk:** Water or milk are the best drink choices.

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

**Eat It To Beat It**

**Cancer Council NSW** Nutrition Snippet

### The simplest way

...to keep lunch foods fresh.

Food packed at home in the lunch box needs to stay fresh and safe to eat at school.

Meat, fish, poultry, eggs, noodles, rice, pasta, custard, yoghurt, cheese and milk need to be kept very cold to prevent food poisoning.

Pack lunches in a cooler bag with a cold brick or use a frozen bottle of water to keep food cold.

Items such as sandwiches, milk poppers, yoghurt, custard tubs, muffins, or fruit segments can be frozen to pack on hot days.

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

**Eat It To Beat It**

## Money News

Invoices will be sent home Term 2 Week 2, for 2018 Student Textbooks and General School Contribution.

The costs will be:

- \$30 per student for Textbooks
- \$30 per student for General School Contribution.

For more than 2 children in a family, the cost will be reduced to \$20 each for the General School Contribution.

The costs can be paid in one payment, or on a payment plan ie: \$10 per term, per item, per student for the remaining 3 terms.

The payment of \$30 for Textbooks is well below the cost of supplying books, stationery, creative arts, technology, sporting equipment etc for the whole year. We would like to make education an affordable cost to families.

We also appreciate the ongoing support of the P&C to help the school with our minimal budget.



**Tuesday 3<sup>rd</sup> April** is the last day to receive vouchers from Coles, for the Sports for Schools collection.

The vouchers can still be returned to school after that date, but as soon as possible will be appreciated.

**To Date: 9876 Vouchers and counting 😊**

## Delwyn 'Del' Richards Book Launch and Author Talk

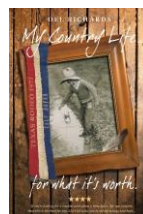
### 'My Country Life ...for what it's worth'.

When: Friday 6<sup>th</sup> April at 10.00am

Where: Singleton Public Library

Light luncheon provided.

Book signing and copies for sale.



ALL YOU NEED IS  
THIS VOUCHER!

**\$9.90\***

**ALL TICKETS**

Bring this coupon to Majestic Cinemas  
Singleton for a \$9.90 movie ticket

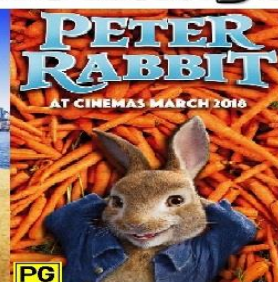
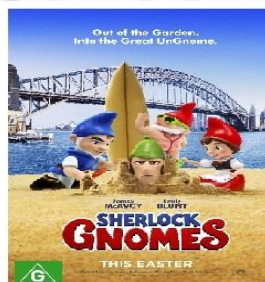
**Valid Until 30th April, 2018**

\*Conditions: coupon must be surrendered to receive ticket offer. Not valid with any other offer. Coupon valid for up to 4 tickets per use.

PH: 6571 5252

WWW.MAJESTICCINEMAS.COM.AU

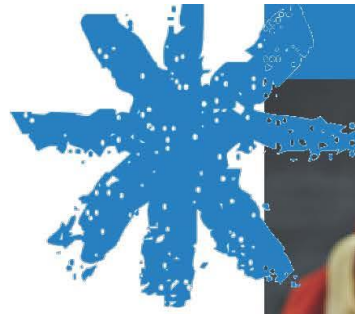
## School Holidays







# insights



## It's time to talk bullying and autism

by Kate Johnson

*What comes to mind when you think about bullying? Is it consistent physical punches to the back when a child walks past a stronger child? Is it the nasty whispers of those who critique everything from hair to the way a girl walks or talks, isolating her? Is it the posting of horrible online rants that mean a person can't escape the taunts they receive, even when at home? Or the teasing about things that a person can't control, such as sensory overload, stimming (repetitive movements) or needing extra assistance to complete their work?*

Bullying is all of these things and more – especially when it comes to children with autism. The likelihood of a child on the autism spectrum experiencing bullying is far greater than it is for a child without autism. And as with any child, the impact of bullying can have devastating, lasting effects. In children with autism, bullying can heighten anxiety, cause school refusal, disturb sleep, damage confidence and mental health and cause extreme regression.

### Educate to empower

Often, children will pick on things that are different and that they don't understand. Autism gives them plenty of ammunition. However, by equipping siblings, friends and classmates of children with autism with knowledge, and having an open forum for discussion, you may find that the hearts of many enlarge. What they found different or confusing they will now find different and cool.

Instead of being scared of the body language of a child with autism, kids may become more aware of what he or she is saying through body language and offer to help. A great way to do this is to watch the 'Amazing Things Happen' YouTube clip <https://www.youtube.com/channel/UCZYtA26fbFCYlecm-WsEaeQ>. Watch it together as a family, perhaps including friends of your children.



You can start by introducing the clip and positively framing it so the children understand that they are learning about the amazing ways our bodies process information and how we are all unique in this regard. Afterwards, encourage some discussion amongst the children present. Many will ask great questions or share about someone they know who has autism. In one school where I ran this discussion, a child who had been relentlessly bullying a child on the spectrum raised his hand and asked whether Joshua (not his real name) would be able to forgive a bully, as the bully understood more now and thought Joshua's brain was cool.

When we equip communities of children, we are empowering the bystanders. This can potentially limit the

likelihood of bullying as what was allowed before is no longer tolerated by a broader range of people in that community. This is community and culture building.

## Step up the anti-bullying strategies

If you have a child with autism, what tools do you have within your family to help that child communicate when they feel unsafe? Often, children on the autism spectrum may not be able to articulate that someone is bullying them. However, their behaviour will communicate it for them. All behaviour is communication and we need to ask the question “Why are they behaving this way?” as opposed to punishing the negative behaviour. Here are some great ways to equip children with strategies to communicate:

- Social stories about what bullying can feel like and what it can look like.
- Social stories on what to do if you feel unsafe.
- Picture books on body parts and where people are not allowed to touch.
- Communication about who the safe and trusted people are that a child with autism can go to when they feel uncertain or hurt.
- Encourage those around your child to watch for changes in behaviour, regression, aggression or increased anxiety and to let you know immediately if something arises, not waiting for the ‘right time’ to pick up the phone.
- Access social skills groups that allow for a small group learning approach, explicitly laying out what bullying is, effective communication strategies, and time to practice these in a safe and encouraging environment.

What if we take this as a different way of empowering our children by disempowering a bully through kindness and agreement, instead of anger and reaction, when it comes to verbal bullying? Could we as communities build on this and equip children on the spectrum with key phrases they can use to reject the rubbish a bully is speaking over them, and instead walk away, winning that battle? How could we do that? There is a great clip on YouTube called ‘How to Stop a Bully’ by Brooks Gibbs where he plays a role with a girl who is being feisty and mean to him. You can view it here: <https://www.youtube.com/watch?v=7oKjW1Oljuw>.

- You could watch the video as a family and discuss it with your children.
- Encourage your child’s teacher to watch the video with their class, then pull it apart and reflect on the lessons.
- Develop a social script that your child on the autism spectrum could use if they felt like someone was bullying them, including a checklist to help them recognise if they are being bullied.
- Celebrate every attempt to rebuff negativity, highlighting your child’s strengths.

It is time for a rethink on bullying, and especially the bullying of kids who are ‘different’ such as those with autism. We are all a part of this within our communities and schools. When we work as a community to tackle this big issue, we will see amazing things happen in the lives of children with autism and across our communities as compassion, leadership and resilience increase.



**Kate Johnson**

*Kate is the Founder and Director of Spectrum Journeys Inc, a not for profit Autism service that equips and empowers families and educators as they support children on the Autism Spectrum to flourish. Kate leads an amazing team in the Outer East of Melbourne and focuses on practical Autism education as well as community projects and supporting carers. Kate is married to Joel and they have 4 beautiful children (their eldest being on the Autism Spectrum).*



# insights

## Helping children achieve sustained school success

by Sharon Witt



*The new school year is well and truly underway and thousands of kids (and their parents) across the country are settling in for a full year ahead. For some children, this year marks their first step into their school journey, while for others it is a chance for new opportunities, friendships and educational experiences. Here are some tips to help your child navigate the school year ahead:*

### 1. Communicate with school

Communication with the school is important in aiding a successful school year for your child, whether they have just started at the school or have been there for several years. Familiarise yourself with your child's class teacher. If your child has any specific learning or behavioral issues it is important to communicate these with their teacher early on in the year. Don't assume that all relevant information will be passed on from previous teachers. It is well worth sending an introductory email to a new teacher outlining any information that would be helpful in relation to your child, including any strategies that have been successful in the past. Far from initiating 'red flags', this information is actually much more helpful for teachers than having to find out themselves.

Be sure to communicate any early concerns regarding your child's experience at school to the class teacher as soon as you become aware of them. Teachers can only deal with information you share with them, so by all means, call or email the school and make an appointment to discuss any issues. Avoid trying to have a serious discussion with the teacher at the beginning or end of the school day as this is often the busiest time for teachers. Booking an appointment time is desirable unless it is an urgent matter.



### 2. Give organisational tools to support success

Children thrive on routine and being able to visually see what is happening in the school week ahead. Creating a family calendar, whiteboard or wall chart that is visible to your child is helpful. Include important events such as camps, sports days and excursions.

It is also helpful to set up a communication tub or tray in the home where your child can place any notices they bring home, forms that need signing or books that need to be checked or worked on for homework. When children have a place for things it creates an environment that supports them gaining organisation skills and increased independence. Having a place to put their school bag each afternoon and encouraging them to empty out their lunch box and unpack notices is important.

### 3. Provide support with homework

Homework can be a struggle for both your child and yourself as a parent, especially when you are exhausted at the end of a working day. To enable your child to complete any set homework, ensure your child has a well-lit space where they can complete tasks, with the correct tools on hand – pens, rulers, whiteout, paper, etc. (a stationery tub or set of small drawers is helpful for the home).



Prioritise time to sit with them and guide them through their homework. If homework is becoming burdensome in your home and causing extra stress to your child, communicate this to their class teacher.

### 4. Prepare for a successful day ahead

Ensure your child gets plenty of sleep. Children should be averaging around 8 to 12 hours of sleep each night. Make sure they have a regular bed time and stick to it wherever possible. Reading before bedtime can be a helpful way to end the day and set the scene for a good night's rest.

The best way to set up a successful day ahead is for your child to eat a healthy breakfast and take a nutritious and balanced lunch with them, including plenty of snacks to keep their brain focused throughout the day.

### 5. Make time to chat about school

Keep the lines of communication open with your child. Ask them questions about their day and look for any signs that they might be experiencing any concerns, particularly social issues. Remind your child that you are always available to listen. At the end of dinner time each evening you could ask each family member: “What went well for you today?”

### 6. Assist with friendships

Making and maintaining friends is an important aspect of your child's school life. Ask your child regularly about the friends they are making at school, who they are playing with and how they are interacting with others. Get to know your child's friends where possible and look for opportunities to grow your child's social experiences, particularly if you have a shy child. If there are social concerns at school, make sure you communicate these as early as possible to the class teacher.



**Sharon Witt**

*Sharon Witt has been immersed in teen world for over two decades in her role as a Secondary teacher, Author and Presenter. Sharon is one of Australia's leading book authors for young people. She has written 12 books for young people to help guide them through many of the issues they face in early years and help them develop key strategies in building resilience. [www.sharonwitt.com.au](http://www.sharonwitt.com.au)*