

# Milbrodale Matters

Issue 7

Term 2 Week 1 Wednesday 2<sup>nd</sup> May 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

Welcome back to another fun and fabulous term. I am excited to see everyone back and ready to learn.

We are shaping up for another busy term for the students and families, starting with our first pizza night on Friday 4<sup>th</sup> May.

School photos are in week two, next Thursday 10<sup>th</sup> May. Envelopes were sent home last term for school students, and will be sent home with Early Learners on Mon 7<sup>th</sup> May.

NAPLAN will be in Week Three Tuesday 15<sup>th</sup> - Thursday 17<sup>th</sup> May.

Swimming lessons will commence in Week 4 Term 2, thank you to the parents who have volunteered to assist with the travel and supervision. It is not too late to offer your services.

At this stage I have:

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

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

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

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

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

Leave school at 12.30pm, Lesson at 1.15pm, (45 mins) Finish swim at 2pm, Changed and return to school by 2.45pm.

The P&C will again be catering at the Truck Drivers Memorial on Saturday 19<sup>th</sup> May and will be looking for volunteers for the day, please let Narelle, Tricia or Linda know if you are available to help on the day.

Regards

Kristen Kime

Principal

## School Calendar

Date	Event
Wed 2 <sup>nd</sup> May	School ANZAC Service
Fri 4 <sup>th</sup> May	5pm - Pizza Night
Mon 7 <sup>th</sup> May	Early Learning Canteen Student Banking <b>Mother's Day Stall</b>
Tues 8 <sup>th</sup> May	Zone Cross Country, Muswellbrook 2 students
Thursday 10 <sup>th</sup> May	Approx. 11am – School Photos
Fri 11 <sup>th</sup> May	Stewart House envelopes to be returned
Sunday 13 <sup>th</sup> May	Happy Mother's Day
Mon 14 <sup>th</sup> May	Early Learning Canteen Student Banking <b>3.15pm P&amp;C Meeting</b>
Tues 15 <sup>th</sup> – Thurs 17 <sup>th</sup> May	NAPLAN for Years 3 & 5 students
Tues 22 <sup>nd</sup> May	First Swimming Lesson



We appreciate Yancoal for the generous support of our Early Learning Program

Lest We Forget – ANZAC Ceremony



## P&C News

### **Pizza night** From 5pm Friday 4th May

**All welcome - family, friends and neighbours.**

We're looking forward to lighting the pizza oven **this** Friday.

It will be a great chance to meet some of our new families.

Funds raised will go 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.

### **Please Note: Mothers Day Stall** **Mon 7<sup>th</sup> May**

On or before the day of Mon 7<sup>th</sup> May could parents bring a gift to the value of \$5 per student  
If extra gifts are required for grandmothers please provide gifts as required.

The children, including the ELP students, will purchase the gifts for mum, at the stall, on Monday 7<sup>th</sup> May, at the cost of \$5 per gift.

The P&C will wrap and add name tags.  
(The P and C will have extra gifts available if needed)

### **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.

### **Canteen – Term 2**

Please note new Canteen Menu – Winter – attached.

Please advise your availability for the Canteen Roster in Term 2, to Narelle or Margaret. Narelle will do canteen this Monday, then sort the roster from there on.  
Keep an eye on the P&C's Facebook page for the weekly "hotpot" and other specials 😊

### **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 2 2018**

DATE	NAME
30 <sup>TH</sup> April	Staff Day only
7 <sup>th</sup> May	Narelle
14 <sup>th</sup> May	
21 <sup>st</sup> May	
28 <sup>th</sup> May	
4 <sup>th</sup> June	
11 <sup>th</sup> June	Public Holiday
18 <sup>th</sup> June	
25 <sup>th</sup> June	
2 <sup>nd</sup> July	

**Please advise your availability for Term 2.**

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)

### **Good for Kids** good for life

#### 7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

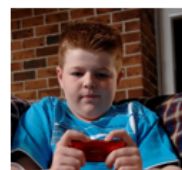
- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.

Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299



## Money News

Invoices will be sent home next week, 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** was the last day to receive vouchers from Coles, for the Sports for Schools collection.

Please return vouchers asap, so we can start ordering our new Sports Equipment.

At 01.05.18 we had 11,897 vouchers.

That's a lot of groceries!

What a great effort for our small school ☺

Thank you

## Good for Kids good for life

### RECIPE: HONEY SOY CHICKEN STIR-FRY

INGREDIENTS	QUANTITY
Chicken breast, cut into strips	500g
Soy sauce	1/4 cup
Honey	2 Tbs
Garlic, minced	2tsp
Carrot cut into strips	2
Onion cut into wedges	1
Capsicum cut into thin strips	1/2
Udon noodles	2 x 200g



#### METHOD

1. Combine chicken with soy sauce, honey and garlic. Set aside for 5 minutes to marinate.
2. Heat oil in wok or frying pan over high heat. Drain chicken from marinade and stir fry in batches until just cooked through. Remove from wok and set aside.
3. Add vegetables to wok and cook lightly, stirring constantly.
4. Return chicken and reserved marinade to wok with noodles and toss until heated through.

**Tips:** You can add as many vegetables as you like including: green beans, snow peas, mushrooms, zucchini, bok choy etc.

Source: Kidspot



PHONE 49246299



Nutrition Snippet

## The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.



Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

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



**SINGLETON**  
VACANCIES AVAILABLE | ENROL NOW

**SINGLETON MOBILE PRESCHOOL**

- Caters for children 3-5 years of age (2 year olds are considered if places are available)
- Operates at Community Halls from 9am to 3pm during school terms
- Tuesday and Friday - Broke | Wednesday - Mitchell's Flat | Thursday - Mt Olive

FOR MORE INFORMATION  
T (02) 65787550 E [mcgccc@singleton.nsw.gov.au](mailto:mcgccc@singleton.nsw.gov.au)

**COLLEEN GALE CHILDREN'S SERVICES**

- Caters for children aged from 6 weeks to 6 years of age
- Monday to Friday from 6.30am to 6pm
- All meals provided
- Individual educational and school readiness programs

FOR MORE INFORMATION  
T (02) 65787550 E [cgccc@singleton.nsw.gov.au](mailto:cgccc@singleton.nsw.gov.au)

**SINGLETON OUT OF SCHOOL HOURS CARE**

- Caters for children aged 4 - 12 years
- Before School 6.30am to 9am
- Casual and permanent bookings available

FOR MORE INFORMATION  
T (02) 6571 5780 E [oooh@singleton.nsw.gov.au](mailto:oooh@singleton.nsw.gov.au)  
W [singleton.nsw.gov.au](http://singleton.nsw.gov.au)

# Milbrodale Public School

## Canteen Menu- Winter 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
	Cheese & ham/chicken \$4.00
Hot Pot (will vary from week to week)	\$3.00

### SNACKS

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

Hot Milo	\$1.50
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).



# say cheese

## School Photo Day is

10 May 2018

***Have your child's school memories captured forever***

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:



- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon *request*
- Please enclose correct money as no change is given. Cash and money orders only (sorry no credit card accepted)

**For any enquiries, please feel free to contact us**

e [admin.nhvcc@msp.com.au](mailto:admin.nhvcc@msp.com.au)

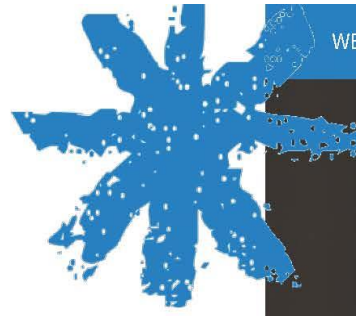
p +61 2 4966 8292

f +61 2 4966 8293

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# insights



## Understanding your child's anxious behaviour using the ABC method

by Dr Jodi Richardson

*When our children are suffering they turn to us for help. Never is this more true than when they're experiencing anxiety. The experience of it is awful and they want it stopped. Now. That's all we want too: to put an end to their fear, dread and worry. To help them feel calm, happy and playful again. But the contagious nature of anxiety means that while, as parents, we're helping our children in the midst of their turmoil, we can also struggle with anxiety of our own. All those stories begin to swirl around in our minds leaving us worrying about what it all means for our child's future happiness.*

The more you understand about the events that trigger anxiety in your child and the way he or she behaves when feeling anxious, the better equipped you'll be to respond in a truly helpful way.

### The fight, flight, freeze or freak out response

It's important to remember that all of our kids will experience anxiety at some time or another. It's a natural and protective reaction to the anticipation of danger or discomfort, a deeply ingrained instinctive response that gears people up, big and small, to **fight** for their life, or run for it (**flight**). As well as the 'fight or flight' response, it's also been called the 'fight, flight, freeze or freak out' response. No argument there!

In the majority of cases where kids experience anxiety (which may even be trepidation or nervousness) – such as when faced with a maths test or a presentation in front of the class – when the 'danger' passes the anxiety passes too.

However there are kids who experience debilitating anxiety on a more regular basis: anxiety that interferes with their ability to function, participate in life and enjoy being a kid. In these cases it's important to develop a deeper understanding of the events that happen before and after the anxiety is displayed. The ABC anxiety technique is an invaluable tool used by psychologists when looking at behaviour patterns.

You can use it too.

### The ABC technique

Anxiety can be thought of as a sequence of events, beginning with a triggering event that is called the **Activator**. The Activator is present before your child becomes anxious and fearful. It isn't always one thing but can be a set of circumstances or factors like tiredness and hunger. Children won't always be aware of what's triggered their anxiety but as you begin to note down the ABC's, you'll establish some patterns that will help you both.

The activator triggers your child's anxious Behaviour. Now's about the time you might form a picture in your mind of what you witness when your little one is anxious. You'll see a whole bunch of behaviours including avoidance, anger, fear and distress, but what you won't necessarily see are the 'private' behaviours of your child such as their thoughts and feelings. Understanding these is really insightful.

Lastly, your little one's anxiety will naturally bring about a reaction from others. This can be from you, other family members, your child's friends and/or their teacher, depending on where they are. These reactions are the last part of your new tool, termed Consequences. Understanding what happens in response to your child's anxiety is important, again, for understanding patterns that have built up over time.

Start by creating a table (anyway you like) similar to the one below but include more rows in yours.

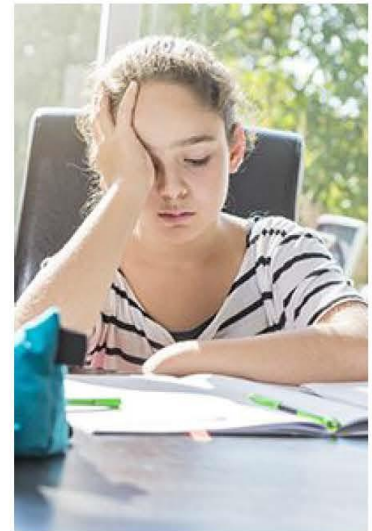
Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you.

Let's say for example that thunderstorms trigger anxiety in your child. Their behaviour might include fear, crying, an upset tummy and hiding away from the noise. Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you.

At first glance the activator might seem obvious: thunder and lightning in this example. But perhaps the anxiety is triggered earlier than that. Could it begin with overhearing the storm forecast on the news or the heavy rain preceding the storm? Finally, the Consequences column is to note what happens immediately after the anxious behaviour. What happens, and how everyone feels.

Go through this same process with the other anxious behaviours you listed. There are some examples on the following page.

The ABC exercise enables you to contemplate your child's anxious behaviours and the circumstances around them including, importantly, when you're not actually in the thick of it. My guess is that you're already pretty clear about the behaviours, but after doing this exercise you'll be armed with details of the triggers (Activators) and outcomes (Consequences) as well. Combined, this understanding will give you insights into how anxiety unfolds for your child, an opportunity to reflect on your own responses to anxious behaviour, and where there might be opportunities for helpful change.



If at any time you're at all concerned about your little one, please consult with your GP to seek advice and reassurance.

## Example ABC table and anxious behaviours

Activators	Behaviours	Consequences
Thunderstorm forecast	Upset tummy, cries and hides in bedroom, won't get ready for school	Repeated reassurance, gently encouraging to get uniform on and have breakfast. Only makes things worse. Late for school, again. Feeling frustrated.
Teacher announces upcoming test	Irritable, keeps repeating "I'm going to fail", headache	Suggested making a plan to prepare for test, rejected. Consoling with arm around her telling her it's going to be okay. Both feeling really upset.



### Dr Jodi Richardson

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*