

Milbrodale Matters

Issue 8

Term 2 Week 3 Wednesday 16th May 2018

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Milbrodale Public School

Dear Parents & Guardians

The students in Year 3 and Year 5 have been sitting the NAPLAN test this week; they have all tried their best in all the tests. Please remember this is a different way of assessing the students and it is a standardised exam, meaning all the students across the country are sitting the same exam at the same time. I am proud of the students and their efforts throughout these exams. If you have any concerns or questions about these exams please do not hesitate to make an appointment to talk to me.

Swimming lessons will commence next Tuesday. Please make sure you and your children have packed everything they will need including a bag to put the wet swimmers in at the end of the lesson. It is a busy and difficult time to organise all the students at the end of the lessons to get them back on the bus. To assist us with this could you please make sure your student knows how to put all their wet clothes into the bag and how to put their shoes and socks on. Practising these skills at home will make it much easier for us at the pool. A current copy of parents' Working with Children Checks will need to be provided.

Tuesday 22nd May - Week 4- Lisa

Tuesday 29th May - Week 5- Linda

Tuesday 12th June - Week 7- Vanessa

Tuesday 26th June - Week 9- Linda

Tuesday 3rd July - Week 10- Lisa

The P&C will again be catering at the Truck Drivers Memorial on Saturday 19th 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.

The General Permission form (attached) will cover the students' walking excursion on 31st May, as well as any future walking excursions.

Regards Kristen Kime Principal



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

School Calendar

Date	Event
Tues 15th – Thurs 17th May	NAPLAN for Years 3 & 5 students
Wed 16th May	Book Club Orders due
Sat 19th May	10am – 2pm P&C to cater for Putty Road Truck Drivers' Memorial
Mon 21st May	Early Learning Canteen Student Banking
Tues 22nd May	First Swimming Lesson (Lisa and Miss Kime)
Wed 23rd May	National Simultaneous Storytime
Thurs 24th May	3 students & Mrs Meredith to Grip Leadership Conference, Newcastle
Fri 25th May	Bike Day
Mon 28th May	Early Learning Canteen Student Banking Year 5 Mine Day at Wambo Mine
Tues 29th May	2nd Swimming Lesson (Linda & Miss Kime)
Thur 31st May	Walk to Tricia's house excursion
Mon 4th June	Early Learning Canteen Student Banking
Tues 5th June	Smart Start – money presentation for K-6
Mon 11th June	Queen's Birthday Holiday
Tues 12th June	3rd Swimming Lesson (Vanessa & Miss Kime)
Wed 20th June	Small Schools' Athletics Carnival, Alroy Oval Singleton
Mon 25th June	P&C Meeting

P&C News

Catering for the Truck Driver's Memorial

We will be catering a BBQ lunch for the Truck Drivers Memorial this Saturday 19th May. Any help cooking and serving (between 11am and 1pm) is welcome.

It is usually a relaxed and social fundraising day. Located at the Putty Road Truck Drivers Memorial, just across the road from the school.

Manning the gate for the Milbrodale Mountain Classic

The school community will be manning the gate of the Milbrodale Mountain Classic from Friday night 13th July until Sunday afternoon the 15th July. (School holidays) In return the Hunter Valley Off Road Racing Association will donate \$1,700 to our P & C association.

It is a busy weekend and we welcome assistance from our school families and their extended community. We are currently finalising a roster for the weekend. In the meantime, please add the dates to your calendar.

Next Pizza night

Inspired by the support we received for our recent pizza night - we've scheduled the next one for Friday 29th June.

Funds raised will go towards fees for a four-day Sydney excursion the year 3-6 students are attending in September. At our most recent meeting, the P & C agreed to contribute \$250 towards excursion fees for each of the seven students attending. Funds raised on the pizza night will decrease excursion fees even further.

Next meeting

We have our next P and C meeting on Monday 25th June at 3.15pm in the staff-room. All welcome.

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Canteen Roster **Term 2 2018**

DATE	NAME
30 TH April	Staff Day
7 th May	Narelle
14 th May	Linda
21 st May	Narelle
28 th May	Tricia ?
4 th June	Lisa
11 th June	Public Holiday
18 th June	Leah ?
25 th June	Lisa
2 nd July	?

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)

Milbrodale P & C invites family,
friends and neighbours to a

Pizza Night

Friday 29th June
at Milbrodale Public School.

We'll be serving woodfired pizzas
from our handmade oven between 5pm
and 8pm ish.

Take-away available.

Funds raised will go towards
excursion fees for a four-day Sydney
trip the year 3-6 students are
attending in September.



Good for Kids good for life

USING PHYSICAL ACTIVITY AS A REWARD

We all like to treat our kids with rewards when they have completed a task at home or have performed well in school.

Here are some ideas on how to incorporate physical activity into your rewards:

- Visit a park that your child loves to go to.
- Instead of buying a food reward why not get some new sports equipment for home, such as a skipping rope or basketball?
- Plan a special trip to an indoor park.
- Go on a family bike ride and pack a special morning tea.
- Invite their friends over for a play in the backyard.



PHONE 49246299

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/ wholemeal bread and wraps.

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit



The simplest way

...to use shade!

Shade is one of the easiest ways to protect yourself from the sun. Using shade can reduce your UV exposure by up to 75 per cent!

There are plenty of different types of shade including trees, tents and shade sails. All of these provide good protection from UV radiation.



Remember to lead by example!

Children learn from adults around them so make sure that you are seeking out shade when you go outside. Encourage children to think about where the shade is and move throughout the day to stay safe.

For total sun protection, make sure that you Slip, Slop, Slap, Seek and Slide whenever the UV is above 3.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



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 the 3rd & subsequent child 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 simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.



In our free 60-minute sessions, you will learn:

- How to save money.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- How to save time with easy, family-friendly recipe ideas.
- Strategies to manage fussy eaters.
- How to improve the long-term health of your family... and much, much more!

Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit



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

At 10.05.18 we had 11,897 vouchers.

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).

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2018 GENERAL PERMISSION FORM

PLEASE COMPLETE A FORM PER CHILD

Student's Name:.....

Class: Milbrodale

Parents/caregivers are asked to complete this form and return it to their child's teacher. These permission notes remain valid for 2018. In general, you will be informed of any walking excursions that are planned. Should you wish to revoke your permission, please write a letter to Miss Kime.

WALKING EXCURSION

I give permission for my child to participate in local excursions within walking distances of Milbrodale Public School. I understand the Principal will have approved the activity before it takes place.

Please tick appropriate box: ☐ Yes or ☐ No

PUBLICATION OF STUDENT INFORMATION

The school may publish information about your child for the purposes of sharing his/her experiences with other students, informing the school and broader community about school & student activities. This may include your child's name, age, class and information collected at school such as photos, sound & visual recordings of your child, your child's work and expressions of opinion such as interactive media.

I approve of the use of such material to promote Milbrodale Public School.

Please tick appropriate box: ☐ Yes or ☐ No

INTERNET CONTRACT

Internet access at school is a privilege, not a right. Inappropriate use and access will result in restriction and /or termination of this privilege. I agree that my child should abide by the conditions of responsible use of Internet access. I understand and accept that this privilege may be withdrawn if he/she does not abide by the terms and conditions of use.

Please tick appropriate box: ☐ Yes or ☐ No

PERSONAL DEVELOPMENT PROGRAM

The Department of Education instructs all schools to teach Child Protection lessons from Kindergarten to Year 6. Areas include self-esteem, communication, assertiveness, preventing child sexual assault and drug education. These are all important, essential components of student development and understanding. If you have any concerns about the content contact your child's teacher. Precise anatomical terms for private body parts may be used in lessons. If you don't wish your child to participate in these lessons please advise the school in writing. I agree for my child to be included in Milbrodale Public School's Personal Development Program.

Please tick appropriate box: ☐ Yes or ☐ No

Parent/Carer's Name: _____

Parent/Carer's Signature: _____ Date: _____