

Milbrodale Matters

Issue 12

Term 3 Week 1 Tuesday 24th July 2018

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Milbrodale Public School



Dear Parents & Guardians

Welcome back to Term 3.
The students have settled in well and eager to learn.

Tomorrow (Wed 25th July) is Singleton Small Schools' Athletics Day. Third time lucky, it will be held at Alroy Oval, Singleton. Please have students there by 9am. Finishing time will be approximately 2.30pm.

An Athletics Carnival program and Canteen Menu are attached at the end of this newsletter.

Looking forward to seeing everyone with a sunny day tomorrow.

Regards

Kristen Kime Principal

SNOW TIME - 6TH July 2018



School Calendar

Date	Event
Tues 24th July	Return to School – Term 3 for students
Wed 25th July	Singleton Small Schools Athletics Carnival, Alroy Oval, Singleton
Mon 30th July	Early Learning returns for Term 3 Canteen, Student Banking
Fri 3rd August	Singleton Small Schools NAIDOC Day at Milbrodale School
Mon 6th Aug	ELP, Canteen, Banking 3pm Family Fun Day Planning meeting 6 for 6.30pm Education Week Awards @ Civic Centre, Singleton
Wed 8th Aug	Book club orders due
Mon 20th Aug	P&C meeting
10th – 13th Sept	Years 3 to 6 Sydney excursion
Sun 16th Sept	Milbrodale Family Fun Day



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

P&C News

Milbrodale Mountain Classic.

Thank you to the volunteers who manned the gate for the Milbrodale Mountain Classic (weekend of 13-15th July). The roster filled with brave volunteers who gave up their holiday time.

In return for our time the Hunter Valley Off Road Racing Association will donate \$1,7000 to our P & C association.

Burger Night

Burger Night has been postponed from Fri 10th Aug to a date to be advised.

Milbrodale family fun day PLANNING MEETING

Our next planning meeting is scheduled for Mon 6th August at 3pm in the school staff room. Hope to see you there.

Thank you to Majestic Cinemas, Singleton

for the donation of 2 x double passes to the movies.

Congratulations - The winners were:

Kirsty Pipiciello

Leah Hainge

Milbrodale Public School

Canteen Roster **Term 3 2018**

DATE	NAME
23 rd July	Staff Day
30 th July	Narelle
6 th Aug	
13 th Aug	
20 th Aug	
27 th Aug	
3 rd Sept	
10 th Sept	
17 th Sept	
24 th Sept	

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)

Money News Reminder

Invoices were sent home last term, for 2018 Student Bookbags (General School Contribution) and Voluntary School Contribution.

The costs are:

- \$30 per student for Bookbags
- \$30 per student for Voluntary School Contribution.

Please note the POP (Parent Online Payment) option via our school website:

www.milbrodale-p.schools.nsw.edu.au

“Make a Payment “

OR cash or cheque to “Milbrodale Public School” payable at the office.

 Nutrition Snippet

The simplest way

...to love your freezer.

To help beat the morning school rush, spend a couple of hours on the weekend doing a big cook up of freezer friendly lunches and snacks that can be ready on hand to add to the kid's lunch boxes.


Home-made baked goods such as muffins, scones, pikelets, bliss balls, pizza, frittata and mini quiches can be made in advance, then wrapped individually and frozen.

Items such as sandwich bread, milk poppers, yoghurt tubs and smoothies can be frozen. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.

Many vegies in season can be cut up and frozen to save time with food prep later on (i.e. spinach, zucchini and pumpkin).

Visit healthy.lunchbox.com.au for more freezer-friendly recipes.



 Nutrition Snippet

The simplest way

...to make cauliflower & spinach dahl.

Ingredients


1 tbsp olive oil	1/2 tsp paprika
1 tsp mustard seeds	4 1/2 cups vegetable stock
1 red onion, diced	1 cup dried red lentils
3 cloves garlic, minced	1 can chickpeas, drained & rinsed
1 tsp fresh ginger, grated	2 cups cauliflower florets
1 tsp curry powder	2 cups baby spinach
1 tsp turmeric	1/2 cup fresh coriander
1/2 tsp ground coriander	Naan bread or steamed rice

Method

Heat a large saucepan over a medium heat and add the olive oil. When hot, add the mustard seeds and cook for one minute. Add the onion, garlic, ginger and sauté for 5 minutes. Add the curry powder, turmeric, ground coriander and paprika and sauté for a further minute.

Add the stock, lentils and chickpeas and stir to combine. Bring to a simmer and then cover and reduce heat to medium low. Cook for 20 minutes and then fold through the cauliflower. Cover again and cook for another 8 minutes. Add the spinach and fold through. Top with fresh coriander and serve with Naan bread or steamed rice.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit



insights

Five forgotten skill sets that contribute to student success

by Michael Grose



At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.



2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

Singleton Small Schools' Athletics Carnival



2018

Broke Public School

Jerrys Plains Public School

Kirkton Public School

Milbrodale Public School

Mount Pleasant Public School

Events

Age Races – Heats - 100m

12 /13 yrs Girls
11 yrs Girls
10 yrs Girls
9 yrs Girls
8 yrs Girls

12/13 yrs Boys
11 yrs Boys
10 yrs Boys
9 yrs Boys
8 yrs Boys

Age Races—50m

5 yrs Girls
6 yrs Girls
7 yrs Girls

5 yrs Boys
6 yrs Boys
7 yrs Boys

*All children in Years K-2 , are to meet their teacher
in the middle of the field after their age race.*

Pre-Schoolers Race

Parents Race

200m - Straight Finals

Junior Girls
11yrs Girls
12/13 yrs Girls

Junior Boys
11 yrs Boys
12/13 yrs Boys

Age Races – Finals - 100m

12/13 yrs Girls
11 yrs Girls
10 yrs Girls
9 yrs Girls
8 yrs Girls

12/13 yrs Boys
11 yrs Boys
10 yrs Boys
9 yrs Boys
8 yrs Boys

LUNCH BREAK

800m — Straight Finals

12/13 yrs Girls
11 yrs Girls
Junior Girls

12/13 yrs Boys
11 yrs Boys
Junior Boys

Relays — Straight Finals

Junior Girls 4 x 100m
Junior Boys 4 x 100m

Senior Girls 4 x 100m
Senior Boys 4 x 100m

Field Event Rotations

will take place during track events

Discus Finals	Long Jump Finals	Shot Put Finals
1st Rotation 12/13yrs Girls & Boys	1st Rotation 10 year Girls and Boys	1st Rotation 11yrs Girls & Boys
2nd Rotation 11yrs Girls & Boys	2nd Rotation 12/13yrs Girls & Boys	2nd Rotation 8/9 Girls & Boys
3rd Rotation 8/9 Girls & Boys	3rd Rotation 11yrs Girls & Boys	3rd Rotation 10 yrs Girls & Boys
4th Rotation 10 years Girls/Boys	4th Rotation 8/9 Girls & Boys	4th Rotation 12/13yrs Girls & Boys

Students selected for their house relay will be notified on the day of the carnival by their SPORTS CAPTAIN.

Years 3-6 need to be sitting in their house area after their event.

Parents are most welcome to take their child with them after they have notified their teacher.



Singleton Small Schools
Athletics Carnival
2018



CANTEEN PRICE LIST

BACON & EGG ROLL	\$4.00
SAUSAGE SANDWICH	\$3.50
CHICKEN BURGER	\$4.00
MEAT PIE	\$4.00
SAUSAGE ROLL	\$3.50
MEAT SALAD ROLL	\$4.50
SALAD ROLL	\$4.00
ASSORTED SANDWICHES	\$3.50
CHOCOLATES	\$2.00
PACKET CHIPS	\$2.00
LOLLIES	\$0.50
HOMEMADE CAKE & SLICE	\$1.00
SOFT DRINK	\$2.50
FLAVOURED MILK / POPPERS	\$2.00
TEA / COFFEE / HOT CHOC	\$2.00
WATER	\$2.00