



## Dear Parents & Guardians

The students and I have revised our expectations and we would like to share them with the community so that we are working on them in all areas of our life.

### Our Expectations

6 L's- Look, Listen, Lips, Laps, Legs, Learn.

Use nice, respectful words

Manners- Thank you, Please, Excuse me, Hands up, wait my turn.

Be safe- keep room tidy, sitting in correct spaces, walking, using equipment correctly, hands and feet to ourselves.

We are all getting excited about our upcoming excursion to Sydney, I have spoken to the students about the expected behaviours on the excursion and am sure they will be respectful, responsible and wonderful during our time in Sydney. The students in K-2 will be having a wonderful time at Milbrodale with Mrs Cook and Mrs Meredith over the days we are in Sydney.

### SASS Recognition Week

This week is the official SASS Recognition week and I would like to acknowledge all the work our staff does to make our school wonderful. Please find the time to thank our tireless SASS staff- Mrs Margaret Forbes, Mr Garry Kirchen and Donna Clout. We will have a morning tea for the SASS staff in week 9 (as everyone will be back at school) on Monday 17<sup>th</sup> September to say thank you for everything you do for our school. (We will save some delicious treats for Mr Kirchen on the Thursday). If parents would like to attend and/or bring in a small plate to share that would be lovely we will have the morning tea at 9.30am.

### Family Fun day

Plans are well underway for the Family Fun Day- any lucky dip prizes or prizes for the chocolate wheel can be left in the staffroom. Please encourage family and friends to come along on the day and maybe even enter the Ultimate Challenge- only \$20 for the chance to win a cash prize of up to \$400.

would like to hold the days when it is convenient for most families and when it works in with the school.

### Head lice

A reminder to continue to check your children's hair for lice and treat them every week until you see no sign of them. Don't forget to wash bed linen, hats and cushions. It is important to keep checking and treating over a number of weeks to ensure you have managed all of the eggs, as well as the live lice. Thank you for your ongoing support in this matter.

Regards, Kristen Kime, Principal

## School Calendar

Date	Event
Wed 5th Sept	10.30am—12.30pm Singleton Library visit
10th—13th Sept	Years 3 to 6 Sydney excursion. Kinder to Year 2 @ Milbrodale school
Mon 13th Sept	Early Learning Program Canteen
Sun 16th Sept	9am to 2pm Milbrodale Family Fun Day
Fri 21st to Sat 22nd Sept	Singleton Show
Fri 28th Sept	Last day Term 3
Mon 15th Oct	Students and Staff return for Term 4

### Kinder orientation

We will be holding kinder orientation in term 4. If you have a student who will be commencing Kindergarten in 2019 could you please complete the expression of interest form and return to the school ASAP. I would like to hold the days when it is convenient for most families and when it works in with the

We would like to thank Yancoal for their ongoing support of our Early Learning Program



## P and C News

Thank you to those of you who have been helping to organise our upcoming family fun day. Not long now!

One area we still need help with is **prizes for the chocolate wheel**. If you know of any businesses who may donate a prize or two - formal letters inviting donations can be found on the filing cabinet in the office entry. We also invite families to donate prizes. Ideas include hampers, hardware - anything you think you would like to win is a great idea.

We're also accepting **donations for the Trash and Treasure stall**. Items can be dropped off on the day before 9am, or can be placed in the P and C shed prior (see office regarding access).

There's extra flyers available in the office entry. Please invite all your friends and family and share the event on social media.

This is a huge event for our little school and all hands on deck makes the task easier. If you are able to help out on the day, even just for an hour or two, please let us know. Areas we still need helpers include: helping to man the school stalls, cooking the bbq, and timekeepers for the Ultimate Challenge. We'd also love help setting up marquees and stalls from 7 AM and packing up from 1pm.

**Next family fun day planning meeting is 9am Friday 14th September 9am. All welcome.**


**NEXT P&C General Meeting**

Our next P&C meeting is Monday 29th October 3.15pm in the staff room. All Welcome.

## Milbrodale Public School Canteen Roster Term 3 2018

DATE	NAME
23 <sup>rd</sup> July	Staff Day
30 <sup>th</sup> July	Vanessa
6 <sup>th</sup> Aug	Leah
13 <sup>th</sup> Aug	Linda
20 <sup>th</sup> Aug	Vanessa
27 <sup>th</sup> Aug	Narelle
3 <sup>rd</sup> Sept	Lisa
10 <sup>th</sup> Sept	Tricia
17 <sup>th</sup> Sept	Lisa
24 <sup>th</sup> 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)

Nutrition Snippet

### The simplest way


...to make cauliflower & spinach dahl.

**Ingredients**

- 1 tbsp olive oil
- 1 tbsp mustard seeds
- 1 red onion, diced
- 3 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 tsp curry powder
- 1 tsp turmeric
- ½ tsp ground coriander
- ½ tsp paprika
- 4 ½ cups vegetable stock
- 1 cup dried red lentils
- 1 can chickpeas, drained & rinsed
- 2 cups cauliflower florets
- 2 cups baby spinach
- ½ cup fresh 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](http://www.eatittoBeatit.com.au)  
or join us at [facebook.com/eatittoBeatit](https://www.facebook.com/eatittoBeatit)



## Money News Reminder

Please see Miss Kime to discuss outstanding student invoices.

Weekly repayments can be arranged.

Please assist with finalising this payment.

Expression of Interest Kindergarten 2019 (please return to Milbrodale School office )

My child \_\_\_\_\_ will start kindergarten in 2019.

The best day for our family for orientation in Term 4 2018 is Tuesday or Thursday.

Name \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

✂

# MILBRODALE FAMILY FUN DAY

SUNDAY 16TH SEPTEMBER 2018

9 AM - 2 PM

MILBRODALE PUBLIC SCHOOL  
2615 PUTTY ROAD MILBRODALE

*Loads of family fun!*

Live music

The Ultimate Challenges

Wood-fired Pizza

Free Pony rides & petting zoo

Free jumping castle

Local produce

Old-fashioned kids novelty games

Trash & Treasure stall

Cake stall

Donations for  
Trash & Treasure  
stall welcome.  
Drop off during school  
hours from  
1st Sept.

Market stall  
sites available  
for only \$10.  
Info + bookings  
contact Vanessa  
0472752569

A fundraising event organised by the  
Milbrodale Public School Parents & Citizens  
Association

Chook lotto with a difference



Free  
pony  
rides



Enter our  
Ultimate Challenge



Supported by:

