

MILBRODALE MATTERS

Issue 17

Term 4 Week 3 Wednesday 30th October 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents/Carers

Please support the P&C in raising funds to support Drought Angels. Dress like a farmer and the BBQ will raise funds for the charity and the P&C would love as many families as possible to join them on Friday night to support the fundraising efforts.

The Book Week parade will be held on Monday 11th November. Students are encouraged to come dressed as a book character and the parade will take place during the assembly at 2:30pm.

The next P&C meeting will be held after the assembly and all parents are welcome to come along.

Regards, Kristen Kime

Principal

Orientation at Australian Christian College

By Amalie Harris

On Tuesday the 29th of October I went to ACC for my first orientation. My first period was an introduction and we got to ask questions.

We then moved to our second period which was English. In English we were learning how a movie poster works, like how they can persuade people to watch.

We then moved out to recess for a bit, then we had a double period in Tech. We made a cartoon character and so I did Mickey Mouse.

After that we had lunch.

For lunch we got a free sausage, popper and chips. We then had PE. We played Fat Mat.



School	Calendar
Date	Event
Friday 1st Nov	Dress Like a Farmer - All Day Drought relief BBQ 5pm
Tues 5th Nov	Year 6 to Singleton HS— Jump Start
Fri 8th Nov	Aboriginal Dance 2-3pm
Mon 11th Nov	Assembly 2.30pm Book Week Parade P and C Meeting 3.15pm
Fri 15th Nov	Hunter Valley Gardens Excursion
Wed 20th Nov	Gardening 9.30am
Thurs 21st Nov	Puss in Boots SPS 12pm
Fri 22nd Nov	Aboriginal Dance 2-3pm
Wed 27th Nov	Cooking 9.30am
Fri 29th Nov	Bike Day at school
Mon 2nd to Fri 6th Dec	Intensive Swimming
Tues 3rd Dec	High School Orientation
Fri 6th Dec	Aboriginal Dance 2-3pm
Mon 9th Dec	Kinder Orientation and morning tea Christmas scripture P and C meeting 3.15pm
Wed 11th Dec	Volunteers morning tea
Fri 13th Dec	Presentation Night
Wed 18th Dec	Last day for students Yr 6 fun day

Please send your child to school with their hat every day now that the weather is warming up. Remember No Hat = No Play.

P&C News

The New LW Reid girl's winter pants are now available to view in the office, or come to the next P&C meeting on 11th Nov to discuss.

Canteen days

Just a reminder that if you place an order for canteen on a Monday, be sure to fill out a separate lunch bag for recess. With the weather warming up, there are frozen options available, and the chocolate moosies and fruit juicies go down a treat, especially in the hot afternoons!

We are still looking for volunteers to do canteen, so if you would like to help out, please see Margaret in the office for the dates still available.

Dress Like a Farmer Day Friday 1st November

The year six girls are kindly donating all money raised from their ice-cream/ice-block sales this Friday to the Drought Appeal, so be sure to support their generous effort. Thank you girls.

The BBQ will start at 5pm at the school. Prices are as follows;

\$2- Sausage sandwich

\$4- Steak sandwich

\$1- Poppers

\$2- Cans

\$2- Ice cream bar

**Milbrodale Public School proudly supports
Drought Angels.**

P&C Meeting

The next P&C meeting will be held after the assembly on Monday 11th November. If you would like to know what great things are happening within our school, instead of hearing it by the front gate, please come along. This is an opportunity for you to be involved and have a say on what is important to you and your children.

:)

Milbrodale Public School Canteen Roster **Term 4 2019**

DATE	NAME
14 Oct	Narelle
21 Oct	Linda
28 Oct	Lisa
4 Nov	Narelle
11 Nov	Lisa
18 Nov	
25 Nov	Narelle
2 Dec Swimming	Lunch 1pm Tricia or Linda
9 Dec	
16 Dec	Narelle

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)

Zooper dooper	50c
Icy pole	\$1.00
Bulla crunch	\$1.50
Drumstick	\$2.00

**All the iceblock money raised
this week will be donated to the
Drought Relief Fundraiser**



**All of the vegie pods have now been planted
out. We would really appreciate any
volunteers who could help with watering ,
not just the vegie pods but the orchard and
kitchen garden, at this very dry time.**



Dress Like a Farmer Day

Friday 1st November 2019.

The students and families are encouraged to come to school
"Dressed Like a Farmer"
for a gold coin donation.

There will be a BBQ Dinner from 5pm at Milbrodale Public School
and a Disco for the students during the dinner.

All money raised throughout the day will be donated to
Drought Angels.

Sausage Sandwich	\$2
Steak Sandwich	\$4
Poppers	\$1
Cans	\$2
Ice Cream Bar	\$2



Aboriginal Dance will continue every 2nd Friday until December 6.





Making the most of your NDIS plan

Want to find out more about the NDIS and how to make the most of your plan?

Come along to this workshop where you will learn:

- about the role of your LAC
- how your NDIS funding works
- how to get the most from service providers
- about your rights and responsibilities

East Cessnock Bowling Club
Neath Street, Cessnock NSW 2325

Tuesday 5 November 2019, 5:30pm - 8:30pm

RSVP by 29 October: <https://ps-cessnock-5-nov.eventbrite.com.au> (external link)

Please note bookings are essential.

Please note this workshop is designed for NDIS participants, their families and carers. Service providers can only attend if they are supporting a participant who is also in attendance.

For more information about this workshop:

Phone: 1800 794 934 | Email: LAC@vinnies.org.au | Website: lac.vinnies.org.au/events/ndis.gov.au



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Club Singleton
50 Pitt Street, Singleton NSW 2330

Thursday 7 November 2019, 10:00am - 1:00pm

RSVP by 31 October: <https://ps-singleton-7-nov.eventbrite.com.au> (external link)

Please note bookings are essential.

Please note this workshop is designed for NDIS participants, their families and carers. Service providers can only attend if they are supporting a participant who is also in attendance.

For more information about this workshop:

Phone: 1800 794 934 | Email: LAC@vinnies.org.au | Website: lac.vinnies.org.au/events/ndis.gov.au

The simplest way

... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:



- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

healthylunchbox.com.au



The latest edition of SchoolTV is now available!

This month's edition is '**Resilience**'. It is a great edition for parents with children across all year levels.

Resilience is one of those skills that all kids need and should have. It refers to their ability to cope and adapt in situations when confronted with challenges such as adversity, trauma, tragedy, or even stress. It is essential to their mental health and wellbeing as part of their journey to adulthood. It is a skill that can be learned from an early age through the support of an adult role model.

However, being resilient does not mean your child won't experience any difficulties, but it will better equip them to manage those situations. Over-protective parenting can be viewed as being unhelpful towards the building of resilience. Although this may be a natural instinct, potentially experiencing failure is all part of the process.

Encouraging children to take healthy risks will help them trust their capacity to deal with uncomfortable situations and increase their capacity for courage.

In this edition of SchoolTV, parents will gain an understanding of how to support their child's brave behaviour to help them adapt and build resilience. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month's edition <https://singleton-h.schools.nsw.schooltv.me/newsletter/resilience>

On behalf of the Singleton High School and our Wellbeing and Learning Support Team

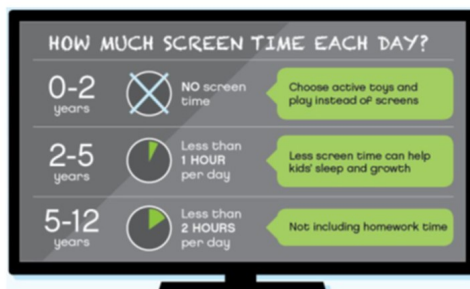
Good for Kids good for life

TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day.
- Limit kids total screen time to less than 2 hours per day.
- Remove TV sets and computers from your child's bedroom.
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24-hour Movement Guidelines

Good for Kids good for life

WAYS TO BE PHYSICALLY ACTIVE

Why not try these ideas?

There are many ways for children to be physically active and to limit sedentary behaviour every day.



ACTIVE AND FUN

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.



ACTIVE TRAVEL

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.



ACTIVE AT HOME

- Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.



ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun – ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water.
- Speak with your doctor or other health professional if your child has a medical condition.

Image source: Department of Health



Start Up Kidz Multisport Programs are coming to

NEWCASTLE

Start Up Kidz multi-sport camps give children with a physical disability the opportunity to try a range of adaptive sports while also improving their skills and having fun!

Children are able to try six adaptive sports in the January and April school holidays.

Visit www.startupkidz.com.au to register your interest and learn more!

#startupkidz

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SPORTAUS




**KIRKTON
PUBLIC SCHOOL P&C
COLOUR RUN &
MARKET DAY
3RD NOVEMBER 2019**

- Market 10am-2pm
\$15 fee for a stall (insurance is required) Please contact Kim on 0438 176 237
- Colour Run from 1pm. \$5 entry fee (please wear a white shirt and bring your own glasses)
- P&C BBQ available all day
- P&C Cake & Plant Stall
- Carnival Alley 50cents per game



For more information about this event
Claire Johnson—Principal
Phone: 65747152
Email: kirkton-p.school@det.nsw.edu.au
www.kirkton-p.schools.nsw.edu.au
Like us on Facebook

A member of
the Singleton Learning Community



797 Standen Drive
Lower Belford NSW 2335

COME AND JOIN THE FUN AT KIRKTON PS!



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