

MILBRODALE MATTERS

Issue 3

Term 1 Week 6 Wednesday 6th March 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents / Carers

Congratulations to Olivia for making it to Hunter swimming. She has once again represented our school and the Singleton Small Schools proudly. We are proud of her efforts and achievements.

Zone trials are available for the students and notes were sent home. This is an opportunity for the students to try out against others from schools throughout our area. At a school level we are not able to send a teacher so parents will need to transport and supervise their children while at the trials. If any students are successful then the parents will need to be able to get the students to and from training and games and supervise their children at each event.

The students have been enjoying athletics training with Renee from Cessnock PCYC. They are learning skills to support them in the upcoming athletics carnival. Some of the skills they are learning are running techniques, discus, shot put and jumping. This is an outdoor activity and as such the children need to be wearing a school hat. Please remind your children that a school hat is required and they are responsible for making sure their hat is cared for whilst at school. We are finding many hats in the playground at the end of the day and hats are going missing. Please ensure the children have their name in their hat and remind them to return it to their bag or hooks.

As a school we are developing our Positive Behaviour for Learning (PBL) expectations. The students have been working hard on cooperating this week and are earning raffle tickets as a group to earn a reward. The idea of PBL is that it is for **Everyone, Everywhere, Every time**. This means that we are all needed to model this behaviour for our students in all areas. There is a behaviour code of students attached to this newsletter and I encourage you as a family to discuss this document and think of ways we can all work together as a community to abide by these behaviours. This code extends to external means of interaction including social media.

Regards
Kristen Kime
Principal

School	Calendar
Date	Event
Fri 15th Feb to Fri 5th April	9.30am - Athletics program - every Friday till 5th April
Wed 13th March	Upper Hunter PSSA Soccer Trials Bill Rose Complex Scone
Monday 18th March	Upp Hunter PSSA Rugby League Trials Olympic Park Mswrook
Sat 23rd March	State Election Milbrodale School is local Polling Booth
Mon 8th April	2.30pm School Assembly AND Easter Hat Parade / Raffle
Wed 10th April	12.45 for 1pm start- Cross Country Fernances's Property Broke
26th to 28th August	Years 3 to 6 School Camp - Great Aussie Bush Camp

Term Dates	2019
Term 1	Wed 30th Jan to Fri 12th April (In Holidays—Easter 19th - 22nd April and ANZAC Day 25th April)
Term 2	Tues 30th April to Fri 5th July
Term 3	Tues 23rd July to Fri 27th Sept
Term 4	Mon 14th Oct to Wed 18th Dec

P and C News

6th March 2019

Thank you to everyone who came along to the AGM and first P&C meeting for 2019. The new positions have been filled and we would like to welcome Frances as our new President, and Kelly as Vice President.

Our thanks go to Tricia for all the wonderful and memorable years that she has put in as President, and for taking on her new role as Media Officer.

*During this year, Amalie and Olivia will be fundraising for the year 6 gift that is to be donated to the school at the end of the year. In term 1, they will be selling ice-creams and ice-blocks from the school canteen during recess, generally on Fridays. Prices are between 50c and \$2.00.

*Parents of the P&C have been meeting regularly at the Bulga Tavern on Monday afternoons to collect the bottles and cans that have been kindly donated. If you would like to assist, or have bottles and cans that you would like to donate, please see Linda or Narelle.

*Volunteers are still needed for the remaining canteen days in term 1. If you are able to assist, please see Narelle, or alternatively, put your name on the canteen list in the office.

*The Election Day is fast approaching, and the P&C will be holding a cake stall and bbq on the school grounds from 8am. If you are able to assist, or would like to donate baked goodies to sell on the day, then please come along.

*Donations are now welcome for the Easter Raffle. You can leave your chocolates or other items in the staff room. The students will be selling raffle tickets on the election day, so it would be great to have at least one basket filled by then.

It is going to be a very busy year for the P&C, with fundraising events planned for each term. We would love to see as many families as possible. The cost to join the P&C is \$5.00 per family, per year. So come along to the meetings, this is the time where we discuss and make decisions that benefit our school and students.

The next meeting is to be advised.

Looking forward to another great year at Milbrodale!



Milbrodale Public School

Canteen Roster **Term 1** 2019

DATE	NAME
4th Feb	Narelle
11th Feb	Kelly
18th Feb	Narelle for Lisa
25th Feb	Tricia
4th March	Linda
11th March	Troy
18th March	Frances
25th March	
1st April	
8th April	

If you are unable to do canteen on your rostered day, please try and arrange someone to take your place or contact

2019 P&C Committee

President: Frances Brown

Vice President: Kelly Amidy

Secretary: Linda Ellison

Treasurer: Narelle Harris

Fundraising Coordinator: Linda Ellison

Uniform coordinator: Frances Brown

Canteen Coordinator: Narelle Harris

Assistant Canteen coordinator: Kelly Amidy

Publicity Officer: Tricia Hogbin

A Term and Annual Calendar is in the planning stages.

On the Calendar will be school events as well as fundraising events.

This can be placed on your fridge, or wherever convenient, and you can add to it as the year progresses.

Look out for the Calendar in the next week.

Gardening at Milbrodale Public School



Measuring between plantings



Looking for 'mini beasts' in the orchard!



Watering the fruit trees.



Rolling through the wheel barrow obstacle course

Welcome to Kinder at
Milbrodale Public School,
courtesy of Singleton Argus
6/3/19



Milbrodale Public School

**P&C CAKE STALL Sat 23rd March.....
8am- 1.00pm**

The P&C will be holding a Cake Stall and possibly sausage sizzle on Sat 23rd March at the School, as the school is the local polling booth for the upcoming election.

It would be great if our families could help out by making some biscuits, slices, cakes or other home baked goodies that can be sold on the day. We can help with packaging/traying them up on the morning if you are not sure what to do.

The students will also be selling tickets in our Easter Raffle during the day. So over the next week or two we will be seeking donations of Easter Goodies to go in our annual Easter raffle baskets.

How Can You Help?

- *home baked goodies can be brought in on the morning of election
- *if you are not a Baker you could donate some money towards ingredients
- *volunteer to help set up or sell goods on the day
 - *donate some Easter items for the raffle
 - *help with the sausage sizzle and tea/coffee
 - *students can also volunteer to help sell raffle tickets on the day (even for a short time is great)
- *all funds raised on this day go towards supporting the children's education



The simplest way

... to ensure your child gets the nutrients they need at school

Simply pack something from each of the 5 food groups plus water. Try this great example lunch box:



Wholegrain Breads & Cereals: Bread Sushi

Vegetables and salads: Corn cob

Meat & Alternatives: Baked bean muffin

Dairy: Yoghurt tub

Fruit: Strawberries

Water: Always pack a bottle of water

For these recipes and more examples of healthy lunch boxes visit our [website](http://healthy lunchbox.com.au).

healthy lunchbox.com.au



The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website healthy lunchbox.com.au is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](http://healthy lunchbox.com.au) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

healthy lunchbox.com.au

Yoga in the Park

FREE • FAMILY FRIENDLY



with Randi Thraves: Sunday 8am—9am

Bulga Coal is offering a series of free family yoga classes in Broke and Bulga to promote well-being, fun and a sense of community.

The classes are for all ages and ability levels—everyone welcome!

BROKE TENNIS COURTS

3rd Feb
10th Mar
31st Mar
28th April
26th May
23rd June

BULGA TENNIS COURTS

17th Feb
17th Mar
14th April
12th May
16th June

For more information, like Yoga in the Park—Broke & Bulga facebook page or call Teegan 0408 733306.

See you there!

**BULGA
COAL**
GLENCORE

Daily lessons in resilience

by Michael Grose



Recently, I saw a mother give a simple, yet profound resilience lesson to her school-aged child, after he missed a much-anticipated excursion due to poor behaviour at school. Replying to the child's protests about teacher unfairness and his over-reaction to missing out on a learning opportunity his mum simply replied, "Oh well!" Then she busied herself with other tasks. The child stunned by her reaction, shrugged and headed off to complete his homework.

Adult reactions matter

It's in our reactions to children's and young people's every day mistakes, mess-ups, muck-ups and hurts where the real lessons in resilience lay.

The lessons for this child were simple but profound. "Oh well" meant:

- *Stuff happens*
- *Don't look for fault or blame*
- *Keep your perspective*
- *Pick yourself off and continue with what you were doing*

How to react

The resilience lesson for this mother were equally as profound. When a minor mishap with a child or teenager occurs:

- *Match your response to the incident*
- *Stay calm and be positive*
- *Don't look for fault or blame*
- *Remember, stuff happens*

Resilience lesson for parents – "Oh well"

Every day there are opportunities for parents to give their children lessons in resilience.

A child misses being picked for a team that he had his heart set on joining. *"Oh well. Let's see how you go next time"*

When a boy experiences rejection in the playground at school. *"Oh well. You'll find that some people don't want to be your friend."*

When a teenage girl doesn't get the mark she thinks she deserves in an assignment. *"Oh well. Sometimes we don't get the marks we think we deserve."*

Match your response to the challenge to promote resilience

There are times when "Oh well" won't cut it. When a child is bullied he needs your continued support.

When a student's continuous efforts at improvement are constantly met with criticism then you may need to act on his behalf and meet with a teacher.

When a child always struggles to make the grade and is never picked for a team then you may need to help him make different choices.

These types of situations also present opportunities for daily lessons in resilience, but they require more parental support and teaching.

The resilience lessons learned are deeper and include concepts such as 'things will eventually go your way,' 'there are times when you need to seek help' and 'this too shall pass.'

Promoting personal resilience focuses on helping kids cope with life's hurts, disappointments and challenges in the present, while building strengths for the future.

Daily lessons in resilience are everywhere. You just need to be ready to make the most of these valuable lessons when they come your way.



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*.