

# MILBRODALE MATTERS

Issue 4

Term 1 Week 8 Wednesday 20th March 2019

Milbrodale Public School

T (02) 6574 5163

2615 Putty Road

F: (02) 6574 5201

MILBRODALE NSW 2330

E: milbrodale-p.school@det.nsw.edu.au

W: <https://milbrodale-p.schools.nsw.gov.au>



Milbrodale Public School



Dear Parents / Carers

Well done to the students who tried out for zone soccer and rugby league. These competitions are very competitive and I am proud of the students for trying out.

Over the past few weeks the students have been learning about Respect and Resilience. We are finding that the students are gaining a deeper understanding of how to cooperate with each other and are starting to build up resilience for minor disagreements.

We have set up structure groups in the playground for the next few weeks where the older students will guide the younger students in appropriate games throughout the week. The groups will be the same to begin with then the students will be mixed around to start developing the skills needed when working with others in many situations. The students are able to suggest games to play with their group in their space. As a school community we are working hard to develop these skills and strategies for all our students so they become successful members of the broader community.

Our Year 3-6 camp will be at The Great Aussie Bush Camp this year, 26th to 28th August. Milbrodale, Broke, Jerrys Plains, Kirkton and Mt Pleasant students will join together to help support the relationships of our great network of small schools. The camp will cost \$300 per student and includes transport, food, accommodation and activities. If you would like to begin a payment plan or require student assistance please come in and see Margaret or me to discuss your options.

This year sees the CAPA performance KAOS. All Singleton schools participate in this event, which will take place on Wednesday 8th May, starting at 6pm at Singleton High School. We are currently working on our school performance and look forward to being a part of this event, that celebrates the creative and performing arts. We look forward to performing at KAOS.

Regards  
Kristen Kime

School	Calendar
Date	Event
Fri 15th Feb to Fri 5th April	9.30am - Athletics program - every Friday till 5th April
Sat 23rd March	8am - 6pm State Election @ Milbrodale School 8 am - 1pm P&C Cake Stall/BBQ
Mon 25th March	3.10pm P&C Meeting
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
Fri 12th April	Bike Day Last day of term
Wed 8th May	6pm - KAOS performance Singleton High School
Thurs 9th May	School Photos
Fri 10th May	Learn to Swim fortnightly lessons
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
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

### 20<sup>th</sup> March 2019

Wow, we are in the last few weeks of term 1, and the P&C have lots of great programs and fundraising events in motion.

\*The year six girls are doing a great job fundraising for the end of year gift that they will donate to the school. Amalie and Olivia will be selling ice-creams and ice-blocks from the school canteen during recess on a Friday. Prices are between 50c and \$2.00.

\*So far, \$900 has been raised through the cash for cans and bottles recycling program. That's nine thousand cans and bottles that our parents have put through the machines. These cans and bottles have been kindly donated to the school by the Bulga Tavern and the National Parks and Wildlife depot, also located at Bulga, as well as donations from school families and the community. A huge thank you to everyone involved. The money raised is going towards the garden and kitchen program.

\*Parents are welcome to come along to school on Wednesday mornings at 8:15am for gardening. Mrs Barnes has kindly taken over the kids' gardening program and is doing an excellent job in teaching our students about garden care and growing fruit and vegetables. This 45 minute weekly time slot for parents is used for weeding and preparation work, allowing the students more time learning. All parents are welcome.

\*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.

\*We are still looking for donations 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. Raffle tickets will be attached to today's newsletter. If you need more tickets they will be available from the office.

We would love to see as many families involved in the P&C as possible. The cost to join 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 held on Monday 25<sup>th</sup> March at 3.10pm. All are welcome and we look forward to meeting our new families.

## 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	Narelle? for Troy
18th March	Frances
25th March	Lisa
1st April	Kelly
8th April	Frances

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

Don't forget your Easter Raffle tickets.

Drawn at the Easter Hat Parade - Monday 8th April.



## **Finance Matters**

Student Invoices have been mailed to individual families recently. If you feel you haven't received your student's invoice please check with Margaret, for a copy of the Invoice. The invoice can be emailed also.

The costs have remained as per last year's costs:

- **\$30 per student for Bookpacks** - This assists the school with costs for Textbooks, subscriptions, technology, Creative Arts & PD/Health/PE.

AND

- **\$30 per student (\$20 for 3rd & subsequent child) for Voluntary School Contribution**  
(the state level is capped at \$49 per student)

Payment can be made by cash or cheque at the office,

or online at the school's website: <https://milbrodale-p.schools.nsw.gov.au> top of the page—MAKE A PAYMENT.

**Thank you for your attention to this matter.**

*Happy birthday to Thomas H and Ethan*



**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 get kids excited about eating veg!

With only 5% of NSW kids eating enough vegetables, Cancer Council supports this great initiative linking vegetables to fun times!



Join hundreds of primary schools across NSW this term and [register](#) for **Vegetable Week & The Big Veggie Crunch, Monday 1st to Friday 5th April, 2019.**

Help break the record for the largest number of children eating vegetables simultaneously. More than 50,000 children crunched together in 2018. Let's smash this number in 2019!

For more information visit [healthy-kids.com.au](http://healthy-kids.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**The simplest way**

... to keep Easter fun whilst making it healthy.

Easter can mean many things.

**Easter bunny:**

- Eat what bunnies eat, try some carrot filled recipes such as '[carrot cake oat biscuits](#)'
- Decorate pancakes with fruit to make a bunny face.



**Easter eggs:**

- Paint hard boiled eggs with food coloring - the perfect family activity *and* healthy snack.

**Chocolate:**

- Include other sweet treats in celebrations such as '[apple and date bliss balls](#)'

**Family celebrations:**

- Check out [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes the whole family will enjoy.

[healthylunchbox.com.au](http://healthylunchbox.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	BULGA TENNIS COURTS
3rd Feb	17th Feb
10th Mar	17th Mar
31st Mar	14th April
28th April	12th May
26th May	16th June
23rd June	

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

See you there!

**BULGA COAL**  
GLENCOORE

# BULGA COMMUNITY CENTRE

Newsletter - March 2019

## 2019 Committee

**President** Jan Hedley **Vice President** Heather Davis **Secretary** Belinda Passlow **Treasurer** Phil Reid

We are looking forward to bringing our community together with these events and many more!!



**Biggest Morning Tea**  
BULGA COMMUNITY CENTRE  
10am - 2pm  
**EVERYONE WELCOME!!**  
Enquiries: Helen Upward  
65 745 119  
Bring your friends and come along to join the Bulga Crafter's enjoy a cuppa whilst raising money for a worthy cause!!



- Tea Pot Display
- Gold Coin Donation
- Raffle - Numerous Prizes

**Tues 7th May**



**Down Under Hypnotic Adventure**  
Doors open at 7.15pm -  
Show starts at 8pm  
Hypnotic Show is 1.5 hours followed by 60's/70's/80's music!  
**A fun filled evening!!** 

**BYO Supper & Refreshments**  
Tickets at the door  
Adults \$20—Family \$45  
Enquiries  
Phil Reid 0438 865 064

**Sat 25th May**



**Family Disco**  
Bring along the kids for a fun night of dance and games!  
6pm - 10pm  
**FREE ENTRY!!**  
This is a community event everyone is welcome.  
Sausage sandwiches  
cold drinks for sale

**FUN & GAMES** **RAFFLES**  
100 BOARD (chance to win \$100)

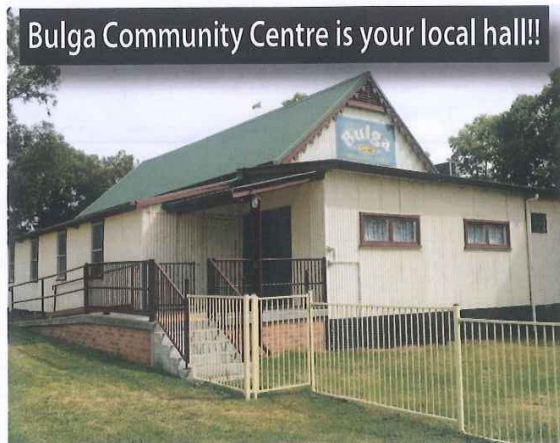


**Sat 14th Sept**

**SAVE THESE DATES - MARK YOUR CALENDARS NOW!!**

We have a committee who meet monthly. Everyone is welcome to attend our meetings, so come along and get involved!!

Our aim is to provide the community with various events throughout the year catering for everyone.

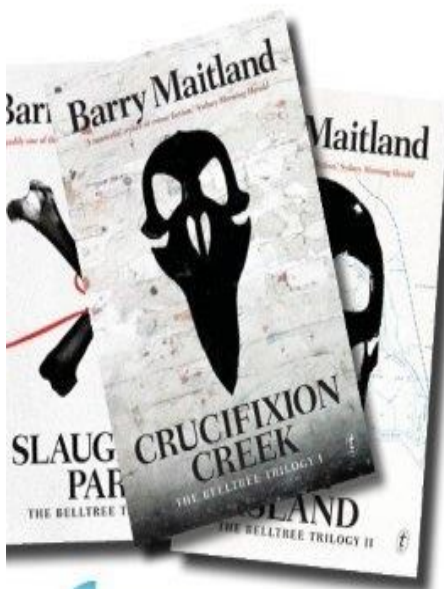


Our local hall provides the opportunity for people to get together in a relaxed, safe, fun and social environment.

**BINGO -**  
1st Monday of the Month  
6.30pm

**RAFFLES**  
Every Friday night 6.30pm  
at Bulga Tavern

**MEETINGS**  
2nd Wednesday of each  
month - 7.30pm  
**EVERYONE IS WELCOME**



## Big Book Club with Barry Maitland

Share wine, cheese and a mystery with the author!

What more could you want from a free night out? Open to everyone, so drop in and borrow a copy of Crucifixion Creek today.

**Thursday 04 April | 5pm-7pm**



T 02 6578 7500 E [library@singleton.nsw.gov.au](mailto:library@singleton.nsw.gov.au)



Cancer  
Council  
NSW

## Biggest Morning Tea

### BULGA COMMUNITY CENTRE

will be hosting a morning tea  
Tues 7th May - 10am / 2pm



- Gold Coin Donation
- Raffle - Numerous Prizes
- Tea Pot Display



*Bring your friends and come along to join the Bulga Crafter's enjoy a cuppa whilst raising money for a worthy cause!!*

**EVERYONE WELCOME!**

Enquiries: Helen Upward - 65 745119



## Developing a resilience mindset

by Michael Grose

If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adopt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

### Watch your self-talk

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

### Park the bad stuff

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

### Stay flexible in your thinking

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners'. This shows inflexible,

unrealistic thinking that leads to stress and anxiousness. When you have a resilience mindset you'll use more moderate language reflecting a flexible approach to life. The above statements become 'I'll always try to be on time but sometimes it's impossible,' 'They are sometimes helpful but they can be forgetful,' and 'I'd like it if they were well-mannered but sometimes they aren't'.

#### Make sleep a priority

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary lifestyle steps to make sleep easy to attain.

#### Create a pressure valve

In a society that views busyness as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value downtime and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your kids. Developing resilience in kids is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.



#### 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*.