

MILBRODALE MATTERS

Issue 6

Term 2 Week 1 Wednesday 1st May 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents / Carers

Welcome back to term 2, another busy and exciting term.

Fortnightly swimming will commence in week 2 on Friday 10th May. Please ensure your students have all the requirements and that everything is clearly labelled so that we can return lost property quickly and easily, this includes jumpers and undies.

KAOS is a great time to showcase our beautiful school, I understand an evening performance can be difficult but it would be great if we can have all the students attend on the evening of Wednesday 8th May at Singleton High School. Mrs Barnes will be assisting with supervision in the holding room and the students need to meet Mrs Barnes in the quad by 5.40pm. The concert will start at 6pm. Looking forward to seeing you all there.

Thank you for the families able to attend the ANZAC service at Bulga on ANZAC day, as always the reports about how well our students represent our school were outstanding. Well done and thank you to Mrs Forbes for giving up some of her holiday to support the students in the march.

Miss Belinda Winsor will not be returning to Milbrodale Public School as she has accepted a position at Scone Public School. I would like to thank her for her efforts and guidance with the students in term 1 and wish her well in her career.

I would like to welcome Miss Cassandra Wright who will be joining us from Term 2. I am looking forward to working with Miss Wright throughout the remainder of the year.

NAPLAN for students in years 3 and 5 will be completed online this year. If you have concerns about your students completing this assessment please make an appointment to see me to discuss your concerns.

Zone cross country will be held at Muswellbrook on Wednesday 8th May. The students need to be at Muswellbrook by 9am, private transport will be required. All students 8 years and above are eligible to attend. Miss Kime will meet you at Muswellbrook for supervision. Please see note with more details.

School photos will be taken on Thursday 9th May. This is the day after the KAOS concert. Please ensure your students are in in full school uniform for the photos and the leaders have their badges.

IMPORTANT: Having witnessed a near miss at the end of school in the car park I am asking that parents please do not park in the staff parking area. Also please ensure your children go straight into the car and NOT run behind other cars in the parking area. We have a lot more traffic in the afternoons with increased numbers of students, please be vigilant with your children.

Regards Kristen Kime Principal

School

Calendar

Date	Event
Wed 1st May	Woolworths Earn and Learn starts
Fri 3rd May	Anzac Service Yr 6 and Miss Kime
Mon 6th May	KAOS rehearsal SHS 9.30 am—2.30pm (No transition)
Wed 8th May	6pm - KAOS performance Singleton High School. 9am 8yrs & up Zone Cross Country, Muswellbrook
Thurs 9th May	School Photos
Fri 10th May	Learn to Swim fortnightly lessons
14, 15, 16 May	NAPLAN Yrs 3 and 5
Sat 18th May	Truck Drivers Memorial Federal Election
Wed 22nd May	Stewart House envelopes due
Mon 27th May	School Assembly 2.30pm
Fri 31st May	Pizza Night
Mon 10th June	Queen's birthday public holiday
Thurs 13 th June	Wambo mine tour Yrs 5/6
Wed 19th June	Pie Drive
Thurs 20th June	Athletics Carnival
Tues 25th June	Earn and Learn finish
Fri 28th June	Bike day
Mon 1st July	School Assembly 2.30pm
Fri 5th July	Last day Term 2
July 19-21	Milbrodale Mountain Classic
Mon 26th to Wed 28th August	Years 3 to 6 School Camp -Great Aussie Bush Camp

P and C News

1 May 2019

Welcome back to Tem 2 everyone.

Canteen will resume on Monday 13 May. There will be no canteen next week as the students will be at KAOS rehearsal. Please add your name to the roster in the office if you would like to volunteer in the canteen this term. All help is very much appreciated.

Return and Earn The P and C will continue to collect cans and bottles for the Return and Earn scheme. Our biggest supporter is the Bulga Tavern, where we meet each Monday after school to collect the cans and bottles for the week. If you would like to help, please come along. You can also donate your cans and bottles to the school, just place in the bins provided. We have earned well over \$1000 to date, which will go towards the Kitchen Garden Program.

Kitchen Garden Program If you would like to help out with the program, we meet at the school each Wednesday morning from 8.15am to assist with weeding or mulching or any other jobs that need doing. The vegepods are coming along beautifully!

Alternatively, you may like to volunteer to help in the kitchen on cooking days.

Truck Driver Memorial Saturday 18 May is the Truck Driver Memorial day. The P and C will once again be catering for this event. It is held at Gary Miller Park, directly across from the school. We would like volunteers to help cook and serve a BBQ lunch from approximately 11am to 1.30pm. Please help out if you can.

Milbrodale Public School Canteen Roster **Term 2** 2019

DATE	NAME
29th Apr	Pupil free day
6th May	KAOS rehearsal No canteen
13th May	
20th May	
27th May	Tricia
3rd June	
10th June	Public Holiday
17th June	
24th June	
1st July	

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)

Welcome Back everyone
Happy Birthday Olivia



The Smoke-free Environment Act 2000 (the Act) requires enclosed public places to be smoke-free. The Act also requires certain outdoor areas to be smoke-free including within 10 metres from children's playgrounds, public swimming pool complexes, public transport stops and stations, spectator areas of sports grounds and within 4 metres from an entrance used by pedestrians to get into or out of a building. Pedestrian access points may include areas such as school gates and entrances where there is limited opportunity for people to avoid second hand tobacco smoke. (The Smoke-free Environment Act 2000).

Smoking at the fence is starting to cause some untidiness with cigarette butts being left on the ground. Could we please make sure these are placed in bins to make our school a tidy place? We do really pride ourselves on our beautiful school and we appreciate your assistance in this matter. Thank you for your cooperation in this matter.



Are you interested in starting your own business — jewellery, sewing, candles or a tourism venture on the farm using empty buildings or a spare paddock? Then this may be for you, an opportunity to gain skills and have support as you develop another source of income for your farm.

BUSINESS TRAINING FOR RURAL FAMILIES IN SINGLETON

Five two-hour sessions focused on developing a micro- business or agritourism venture delivered by the Business Centre Newcastle on:

- Starting your own business
- Business numbers
- Selling online
- Marketing
- Personal Development

The course is free, it will be delivered on Friday's between May 10 and June 14 from 10am-12 noon, followed by a light lunch. Child minding is available.

If you are interested contact the Singleton Neighbourhood Centre, 21 Mary Street Singleton on 65712499 or snc5@bigpond.com

FREE TAFE Course for Women

Skills for Work & Vocational Pathways is a short course for women wishing to re-enter employment or further study.

Upgrade technology & job seeking skills, build confidence and enhance career pathways in a friendly and fun atmosphere. This course is within school hours, 2 days/week from 6 May – 19 Sept.

Information and enrolment session: Wed 3 April at 1pm at Singleton TAFE or ph 6578 7100.



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 Apr
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
GLENCORE

Finance Matters

Student Invoices were mailed to individual families last term. Thank you to the families who have paid already.

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 payment 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.



Earn & Learn starts Wednesday 1 May , until 25 June 2019

It's time to start collecting stickers and earning equipment for Milbrodale Public School.

Anyone can help you earn equipment

Starting Wednesday 1 May, anyone can collect stickers to support our school when they shop at Woolworths, whether they're staff, parents or friends.

Stick together and collect more

With every \$10 spent (excluding liquor, tobacco and gift cards) at Woolworths, one sticker is collected. These can be placed on the Earn & Learn sticker sheets, and when completed, can be dropped into the collection box at Milbrodale Public School or Singleton Woolworths.

To help boost your sticker collection, look out for the range of participating products in store which will earn double stickers.

Earn great equipment from MTA

Once again, Woolworths will partner with Modern Teaching Aids. This means our school can choose equipment for our learning needs including Arts & Craft, Digital Technologies, Maths, English, Science, Outdoor and Indoor Play.



Singleton Netball – Winter Net Skills Clinic

Boys & Girls aged between 5 & 7 are invited to attend our Winter clinic to be held in conjunction with the Saturday Winter Competition in 2019! Participants must be turning 5 in 2019 to register.

Net Skills will commence on 4th May and run for 11 weeks through until 10th August. Please check our website for winter competition breaks as we have time off over school holidays. The program will commence at 11.15am and run until Noon.

Cost - \$80 (included in this cost is a NetSetGo pack sent out by Netball NSW)

**** The NSW Active Kids Rebate may be able to be redeemed against your registration fees (Conditions Apply)****

Registrations can now be completed online via our website – singletonnetball.com

We will be taking limited numbers to ensure that all of the participants have a great experience!

** Registered coaches are also welcome to attend this clinic and learn some new coaching strategies **

Please email singletonnetball@hotmail.com if you have any queries



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

insights

Why developing empathy in your child matters

by Michael Grose



Parenting is a socialisation process during which parents develop in their children and teenagers the skills and attitudes that will enable them to fit into the different groups they encounter. These groups will exist inside the classroom, in friendship groups, during sports and leisure activities and elsewhere.

This socialisation process needs to begin from a young age.

Initially, most kids believe that their world and everyone in it revolves around them. “I want” is their mantra. Patient, firm parents will continually remind children that they need to think of others. “It’s your brother’s turn.” “Nana doesn’t feel comfortable listening to that language.” “Think about how your behaviour affects others.” These are the types of appeal to a less self-centred approach that many parents make.

The socialisation process operates on two levels. On one level its focus is on teaching and helping kids to follow social rules or conventions that exist to help them get along with each other. At a deeper level successful socialisation develops empathy in a child or young person.

Empathy – the ability to understand how another person is feeling or how they respond to a behaviour or an event – is the basis of all respectful relationships. Without empathy it’s impossible for someone to enjoy a relationship based on respect and equality. It’s easy for a person who doesn’t practise empathy to reject, bully, intimidate or hurt someone else.

Empathy learned in childhood carries on to adult life

Empathetic adults enjoy better personal relationships and experience less stress. They also make better leaders who are more likely to get the best out of people than self-centred, result-focused leaders.

Anecdotal evidence suggests that empathy, if neglected in childhood, can be difficult to develop in adulthood. In some adults it takes a traumatic event or a ‘road-to-Damascus’ moment for them to adopt an empathetic perspective.

So, rather than wait until adulthood, let’s focus on developing empathy in your children and adolescents. There is a good chance they will benefit very soon in terms of enjoying better friendships, improved wellbeing and more success at school. Here are five ideas to get you started:

1. Model empathetic behaviour. Be kind even though the person in front of you in that queue is slow.

2. Read fiction stories to kids or encourage them to read fiction. People who read fiction score highest on tests that ask them to infer other people's thoughts and emotions.
3. Praise kind and compassionate behaviours. The behaviours that parents focus on, even with teenagers, are those that tend to expand, so bring their empathetic behaviours to the fore.
4. Validate your child's feelings. When a child shares difficult stories or emotions let them know you understand, without offering solutions or advice.
5. Invite your child to walk in someone else's shoes. Occasionally ask your child a question like, "What would it be like to be feel tall like Tanya?"

Empathy is too important to wait until adulthood so make it a priority to develop a sense of 'other' in your child from an early age.



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*.