

MILBRODALE MATTERS

Issue 5

Term 1 Week 10 Wednesday 3rd April 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

Fortnightly swimming will commence next term and potentially continue into term 3. The students will have the opportunity to be involved in regular swimming lessons through the Sporting Schools grant. To support this initiative we will be looking to hire a bus that will fit all the students so that the parents will not need to attend. The cost of this will not be completely covered by the grant and we will be asking the P&C and parents to contribute to this cost to make it viable. A note is attached with more details.

The students have been having a lovely time in the playground this week and have worked extremely hard on being respectful, responsible and showing resilience. We are however having some issues around possession of equipment when students are bringing their own balls and toys to school. We have a sports shed full of balls and other items that are available for the students to use and I would like to suggest that we utilise this resource and keep personal items at home to alleviate some of the issues arising. Thank you for your cooperation in this matter.

Currently the P&C have approximately \$11,000 in their funds to support the school. We need as many parents as possible to attend the P&C meetings so that the collective voice of the parent body is heard and considered about how best to spend the funds raised throughout the year.

So far this year the P&C have supported the school with \$500 towards the upkeep of the school bus, \$500 towards readers, \$360 towards term two swimming and up to \$1000 to support the students attending the Yr 3-6 camp in August. We thank the P&C committee and all the volunteers who have worked hard to accumulate this amazing amount.

The Cross Country will be held at 368 Cessnock Road, Broke (Fernance's property) on Wednesday 10th April. The staff working on the day will be able to transport the students to the property. However the students will need to be collected from the property at Broke at the end of the day. Mrs Kim Barnes will be supervising the students and any parents that are available to assist with marking points will be greatly appreciated. A note has been sent home.

Bike day will be on the last day of term. Due to safety considerations I will be implementing a timetable for the day with different groups of students riding at different times.

Parent teacher interviews will be held in Week 1 Term 2 Tuesday 30th April from 3.30pm.

This is an opportunity to talk to the student's teacher about their progress this year. The allocated time will be 10mins for each student. Please indicate your preferred times on the attached sheet and you will be sent a confirmation of your time.

ANZAC service will be held at Bulga Recreation Ground on 25th April 2019 from 10.45am. All families are invited to attend, meeting on Inlet Road by 10.30am, and the students are invited to march. A note was sent home last week.

Regards Kristen Kime Principal

School	Calendar
Date	Event
Fri 5th April	9.30am - Athletics program - last one
Mon 8th April	2.30pm School Assembly AND Easter Hat Parade Raffle drawn
Wed 10th April	Cross Country Leave Milbrodale 12.30pm for 1pm start Fernance's Property, Broke
Fri 12th April	Last day of term Bike Day Camp deposit due
Thurs 25th April	Anzac Day March Meet 10.30am for 10.45 start.
School Holidays	Inlet Rd Bulga
Tues 30th April	Students return Term 2 Parent/Teacher Interviews 3.30—6pm
Wed 1 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 Integration)
Tues 7th May	Yrs 3-6 Hockey at Singleton Parent transport
Wed 8th May	6pm - KAOS performance Singleton High School Zone Cross Country
Thurs 9th May	School Photos
Fri 10th May	Learn to Swim fortnightly lessons
14th, 15th, 16th May	NAPLAN Yrs 3 and 5
Sat 18th May	Truck Drivers Memorial
Wed 22nd May	Stewart House envelopes due
Mon 26th to Wed 28th August	Years 3 to 6 School Camp -Great Aussie Bush Camp

P and C News

3rd April 2019

As we are nearing the end of term 1, the cooler weather is setting in, especially in the mornings. It's time to find those warm jumpers! If you need to purchase winter uniforms, there is a uniform order sheet in the office, or see Frances if you need to look at sizes.

*The year six girls are continuing with their fundraising efforts on a Friday, selling ice-blocks and ice-creams from the canteen. Prices are between 50c and \$2.00. The kids are looking forward to term 2, when the girls will announce what they will be offering next.

*On Monday, a huge cans and bottles donation from the Bulga Tavern and the National Parks and Wildlife depot, was taken in for deposit. Another \$200 was raised. That's two thousand plastic bottles and aluminium cans that were put through the machines and are not going into landfill. That's another \$200 towards our garden and kitchen program. A massive thank you to everyone involved.

*The garden and kitchen program is now in full swing; with the new Vegepods planted with all sorts of seedlings. Parents are welcome to come on a Wednesday morning from 8.15am to assist in the preparation work and general garden maintenance. It's also a great time for parents to learn!

*The Election Day was a great fundraising day. The cake stall raised \$670, while the BBQ raised \$275. Thank you to everyone who donated baked goods to sell, and who helped out on the day.

*We are still looking for donations for the Easter Raffle. You can leave your chocolates or other items in the staff room. If you require more raffle tickets, please see the office staff.

* The pizza night will be held at the school on Friday 31st May. If you have not been to this great social night before, then come along, it's a good chance to meet the new families and the children have an awesome time! More information will follow next term.

We hope that everyone has a restful school holidays. Enjoy!

Don't forget your Easter Raffle tickets.

Raffle drawn at the Easter Hat Parade on Monday 8th April.



Milbrodale Public School Canteen Roster Term 1 2019

DATE	NAME
4th Feb	Narelle
11th Feb	Kelly
18th Feb	Narelle for
25th Feb	Tricia
4th March	Linda
11th March	Narelle?
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 Narelle on 6579 4649 (before 7.00am)

Milbrodale Public School Canteen Roster Term 2 2019

DATE	NAME
29th Apr	Pupil free day
6th May	Narelle
13th May	
20th May	
27th May	
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)

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 recently. 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 nearly 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.

21 RYAN AVENUE, SINGLETON

MAJESTIC
CINEMAS

SCHOOL HOLIDAY FUN!

ALL YOU NEED IS
THIS VOUCHER!

\$9.90*

ALL TICKETS

Bring this coupon to Majestic Cinemas
Singleton for a \$9.90 movie ticket

Valid Until: 1st May, 2019

*Conditions: coupon must be surrendered to receive ticket offer. Not valid with any other offer. Coupon valid for up to 4 tickets per use.

PH: 6 5 7 1 5 2 5 2
WWW.MAJESTICCINEMAS.COM.AU



21 RYAN AVENUE, SINGLETON

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PH: 6 5 7 1 5 2 5 2
WWW.MAJESTICCINEMAS.COM.AU



✂ —————

Win a Double Pass to Majestic Cinemas, Singleton

Return to Milbrodale school office by Monday 8th April

for your chance to win a Double Pass (2 tickets) to a movie of your choice.

Valid until 31st July 2019

Name: _____

Phone Number: _____

Intentionally left blank



Invitation

You are invited to attend the:

Wanaruah “Bring Them Home” Ceremony

Wanaruah Bring Them Home Ceremony is being conducted to welcome the remains of Ten (10) Aboriginal ancestors removed from the Upper Hunter post colonisation. Wanaruah Local Aboriginal Land Council will be facilitating the repatriation of Aboriginal ancestors who will be interred at Wanaruah Park, Simpson Terrace, Singleton NSW.

The ceremony will start at 10am on Saturday the 6th April 2019 in Wanaruah Park entry via Simpson Terrace, Singleton NSW 2330 and is expected to take about 90 minutes. The day is expected to finish at 3pm

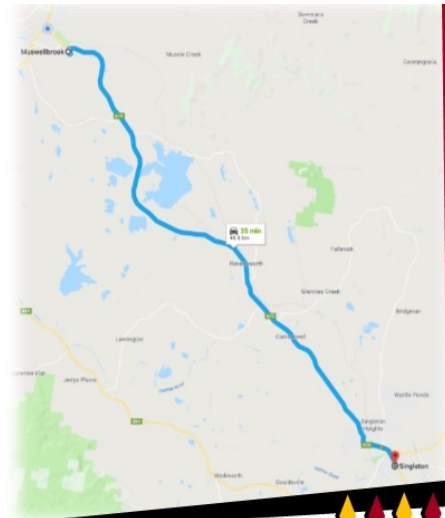
These Aboriginal remains have been waiting, in the Australia Museum in Sydney and at the University of Sydney, to come home for more than 18 years and now it's time to bring them home to Wanaruah country from where they were removed from all those years ago. We invite you to help us celebrate.

RSVP

Thursday 4th April 2019

By email or phone admin.wanaruah@bigpond.com or phone 02 65431288





BRINGING THEM HOME

BUS TRANSPORT TO SINGLETON

If you would like to attend the Bringing Them Home ceremony and are in need of transport to Singleton please contact the Wanaruah Local Aboriginal Land Council to book your spot on our **FREE** bus service!

TAKING BOOKINGS NOW!!

Bookings are essential please call 02 6543 1288

The earthly remains of several Wanaruah people are currently held by the Museum in Sydney. It is the intention of the Wanaruah Community to bring them home and inter our ancestors in the earth of the Hunter Valley once more.

The Interment Ceremony is planned for the 6th April 2019 at Wanaruah Park in Singleton. Save the date and help us celebrate their return home.

When: Saturday April 6th 2019

Time: 9:30am for a 10am start

Where: Wanaruah Park, Simpson Terrace, Darlington (Singleton)

ALL ARE WELCOME!!

02 6543 1288
19 Maitland Street, Muswellbrook 2333
admin.wanaruah@bigpond.com



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 for recipes the whole family will enjoy.

healthylunchbox.com.au

The simplest way

... to choose foods for the lunch box

Pick one food from each food group:

Breads & Cereals:
rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.



Vegies & Salads:
high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

Meat & Alternatives: rich in protein, iron and zinc.

Dairy: important for growing healthy bones and teeth.

Fruit: naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit healthylunchbox.com.au

healthylunchbox.com.au



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



SINGLETON LIBRARY

T 02 6578 7500 E 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

- Raffle - Numerous Prizes
- Gold Coin Donation
- 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

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

healthylunchbox.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 healthylunchbox.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://healthylunchbox.com.au) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

healthylunchbox.com.au

Technology holiday guide for parents

by Martine Oglethorpe



As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:

Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

One console on one television...outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the

appeal of just one more quick game can very quickly rob them of important sleep time.

Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

Parent Teacher Interview Times – Milbrodale Public School

Tuesday 30th April 2019

Please write your child/rens name in the times you would like. Return the whole form to the office.

Please indicate three choices. (Place 1,2,3 next to students name to indicate preference)

We will advise you of your allocated time/s, via the slip below.

Time	Miss Winsor	Miss Kime
3.30pm		
3.40pm		
3.50pm		
4.00pm		
4.10pm		
4.20pm		
4.30pm		
4.50pm		
5.00pm		
5.10pm		
5.20pm		
5.30pm		
5.40pm		
5.50pm		
6.00pm		

Dear _____

Your allocated time for parent interview is:

Regards

Kristen and Belinda