

MILBRODALE MATTERS

Issue 2

Term 1 Week 4 Wednesday 20th February 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents / Carers

Assemblies

School assemblies will be held on Monday afternoons from 2.30pm twice per term. We will hold them in week 5 and week 10 each term. The dates are:

Monday 25th February: Please note this is next Monday, just before the P&C meeting

Monday 1st April

Monday 27th May

Monday 1st July

Monday 19th August

Monday 23rd September

Monday 11th November

Monday 16th December

Swimming Carnival

The students had a lovely day at the small school swimming carnival and from all accounts everyone did Milbrodale School proud and tried their best.

Congratulations to all the swimmers who earned places in events, there were lots of ribbons in our school. Congratulations to Olivia for successfully making it through to the zone swimming and has done us all proud and qualified for all her events at the regional level.

Athletics Training

The students have started athletics training with Renee from the PCYC Cessnock. They are learning skills to assist when we compete in the Athletics Carnival in Term 2. Some of the skills they are learning include shot put, discus, and running techniques. Thank you for ensuring that the children are in suitable clothing and joggers for the activities.

Robotics

The students in K-2 have been exploring coding using robotics over the past few weeks. They are exploring how to make the robots move around the room, talk, dance and spin. They are discovering the joys of coding to meet challenges and developing their skills using technology. The students in 3-6 will be using the robotics in the coming weeks to develop their skills and strategies.

P&C Meeting and AGM

Please come along to the first P&C meeting for the year. The P&C play an integral part of the school community and help support the students learning through a variety of activities. The AGM will be held and we would love to see many new faces supporting the P&C and taking on a role.

Kitchen/Garden

Mrs Barnes has done an amazing job to get the garden program ready to thrive for 2019. She has already had many supporters come in and help to establish the garden beds. There will be many opportunities to support this program throughout the year and I would like to extend an invitation to all parents and friends to come and have a look and see if you are able to help out in any way. Updates will be on the P&C Facebook page when special activities are happening. Alternatively please talk with Mrs Barnes about ways you can help. We are hoping to get some mushroom compost so if you are able to assist in this please see Mrs Barnes for who to contact. Please be mindful that a lot of what is happening for the garden is in Mrs Barnes' own time and all support is welcome.

Regards, Kristen Kime, Principal

School

Calendar

Date	Event
Fri 15th Feb to Fri 5th April	9.30am - Athletics program - every Friday till 5th April
Mon 25th Feb	2.30pm School Assembly 3.15pm P&C AGM & ordinary meeting
Tues 26th Feb	5-6.30pm Singleton High students Year 7 in 2020
Fri 1st March	Year 6 Young Teen Talk - Singleton school library
Sat 23rd March	State Election Milbrodale School is local Polling Booth
Mon 1st April	2.30pm School Assembly

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

AGM and Ordinary Meeting

We will be holding our Annual General Meeting (followed by an ordinary meeting) on Monday 25th February 3.15pm in the staffroom. All welcome. Looking forward to seeing you there.

Membership of \$5 per family is due before the meeting, payable in envelope, marked with name, and placed in P&C box

Bottle and Can Collection

We are looking for people to help collect cans and bottles and also to put them through the collection machine in Singleton. Please see Linda Ellison if you can help. Funds raised will be discussed at next meeting.

Uniform payment

All uniform purchases need to be paid in **cash at collection**. Please fill out your order form completely and place it in the white P&C box in an envelope with full payment. We appreciate your assistance in ensuring the management of the uniform stock and funds runs smoothly.

Canteen Volunteers - Any help is greatly appreciated.

Footy Tipping Competition

We are looking for a volunteer to manage the footy tipping competition. It is relatively simple to manage once the app is set up. Please see Narelle if you are happy to take on this task.

Next meeting: **AGM & General meeting**
Mon 25th Feb 3.15pm All welcome
All welcome

Milbrodale Public School Canteen Roster **Term 1 2019**

DATE	NAME
4th Feb	Narelle
11th Feb	Kelly
18th Feb	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 Narelle on 6579 4649 (before 7.00am)



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.

A one-stop-shop for everything you need to know about packing a lunch box, Cancer Council's [website](http://www.healthy lunchbox.com.au) is now even easier to use and share with friends and family.



- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

healthy lunchbox.com.au



SunSmart Snippet

The simplest way

... to reduce your child's skin cancer risk

2 in 3 people who grow up in Australia will be diagnosed with skin cancer in their lifetime.



Protect their skin in these **FIVE ways**:

- **Slip** on sun-protective clothing
- **Slop** on SPF 30 sunscreen or higher
- **Slap** on a broad-brimmed, bucket or legionnaire hat
- **Seek** shade
- **Slide** on some wrap-around sunglasses.

When you protect your child's skin, you reduce their risk of skin cancer.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartsnsw.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



Singleton Netball – 2019 Winter Competition

Now is the time to start organising your 2019 Winter Competition team!

The competition will commence on 16th March and conclude with Grand Finals on 31st August.

Cost – \$130 for senior registration, \$80 for Set, \$110 for Go and Junior registration. The Net Skills program registration fee will be \$80. Team nomination fee is \$100. Please note that there is a 3% processing fee that will be added to these charges when registering.

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



Keeping our kids active

Making junior sport affordable with **\$100 rebate** per child

Registrations (including individual registration payments) will need to be completed online, please visit our website to register or for more information – singletonnetball.com

Team nomination fees and forms will be collected on 20th February from 5:30 to 7pm.

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



STAY ACTIVE STAY ENERGISED

Walking Netball is a health and wellbeing program which caters to all fitness levels. The program brings together a variety of low-intensity cardio, strength, balance, stretching and netball skills over 60 minute sessions, finishing with a game of Walking Netball.

Come & Try Walking Netball in SINGLETON!

When: Wednesday 20 February 2019, 10:00am-11:00am
Where: Singleton Netball Association, Rose Point Park, Singleton
Cost: FREE
Sign up: via playwalkingnetball.com.au

To find out more or sign up for session, visit www.playwalkingnetball.com.au or call Nathan Keys on 02 9951 5020.



SINGLETON RUGBY CLUB

Junior Rugby Registration!

"Run with the herd of Junior Bulls to start your rugby career now!"

Registration Dates	Prices
Saturday 16th February 1pm to 4pm	\$100 Under 7s Friday Night Train & Play
Friday 22nd February 5pm to 7pm	\$165 Under 8s - Under 10s
Saturday 23rd February 1pm to 4pm	\$185 Under 11s - Under 17/18s
At Singleton Rugby Club, Howe St, Singleton	\$20 Early Bird Discount until March 1st (excludes U7s) Rego includes club shirt, socks and shorts

- Family oriented
- Focused player development for all skill levels
- Inclusive, fun learning environment
- Equal game time strategy for all players
- Active Kids voucher redeemable at time of registration

Girls Rugby in age groups U12-U17 in the new Hunter Junior Girls Rugby Competition

For more info visit our Facebook page [f](https://www.facebook.com/singletonjuniorrugby) Singleton Junior Rugby #stampede19


REGISTRATIONS ARE OPEN

Come join our Club in 2019

Registration days at Cook Park Clubhouse for those paying by cash:

Fri 22/02/19: 4pm-6pm

Fri 01/03/19: 4pm-6pm

Singleton McDonalds 
Wed 27/02/19: 5pm-6pm



Rego Fees;
All Players: *\$130.00 per player
Incl. Shorts, Socks & Polo Shirt



Any enquiries please email
singletonjrl@yahoo.com.au

*Please note: New Registrations need to supply birth certificate. If paying by cash in person please complete the first step of registration prior. Registration link can be found on our Facebook Page or Website. Registration must be completed and paid prior to training. *\$100 Active Kids Voucher may be used towards Registration fee*

CHILDCARE LIMITED PLACES

Enrol now

T 02 6578 7550
W singleton.nsw.gov.au



The simplest way

... to swap a packet of chips

Chips are high in saturated fat and salt, are not very filling and do not contain the nutrients needed to fuel your kid's for the school day.



SWAP chips FOR:

- Plain popcorn
- Plain rice crackers
- Dry roasted chickpeas
- Baked pita bread triangles
- Baked veggie chips

For more snack ideas, swaps and recipes visit our [website](http://healthy lunchbox.com.au).

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



Preventing childhood bullying

by Michael Grose

Childhood bullying is an insidious behaviour that thrives on secrecy and adult acquiescence.

The recent efforts by a father in Ohio, USA to hold his child accountable for bullying is commendable, even if the technique he used is questionable.

Matt Cox insisted that his ten year daughter walk eight kilometres each way to school for three days after she was banned from the school bus for bullying.

He posted a film of her walking to school on social media, which has drawn over 15 million viewers. Cox's actions have drawn mixed responses from parents and professionals alike.

Let's look at the filming and posting of a disciplinary measure to social media first. It's a firm belief of the Parenting Ideas team that discipline works best when it's a private matter between parents and their children, and not something shared with others.

Keep discipline private

Many kids feel uncomfortable when even their close family are aware of the discipline they are experiencing. The posting of the film on social media borders on the realms of humiliation, which probably wasn't this father's intention. Imagine thirty years ago if Cox's parents had filmed an act of discipline involving their son and screening it as a short in movie theatres across the country. There would have been a public outcry about this invasion of privacy. Now thanks to social media posting of private matters is the new normal, which often goes unquestioned.

Parents should be encouraging their children to think very carefully before they post anything on social media as once the genie is out of the bottle it can't be put back. This video could well come back to haunt his daughter in the years to come.

Being accountable

It's laudable that this father wants to hold his daughter accountable for her actions rather than dismiss the behaviour as minor, or 'just one of those things that happen.' Too often parents excuse their children's poor behaviour, or simply don't take it seriously enough.

problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful [Sharon Witt](#) will conduct a webinar ‘[Teach girls to build each other up](#)’, focusing on friendship skills especially for parents of girls.

4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it’s mostly undetected as community understanding of anxiety is low. It’s our experience at Parenting Ideas that many parents are anxious and they don’t know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar ‘[Managing your child’s anxiety](#)’ to help parents on this challenging but important topic.

5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they’ve become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person’s important life markers in his webinar ‘[Creating 21st century rites of passage](#)’.

Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We’ve pointed you in the right parenting to take this year. With our webinars we’ve made it easy to take that vital first step. Have a great parenting year.



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 *Spooned Generation: How to raise independent children*.