

## MILBRODALE MATTERS

Issue 7

Term 2 Week 3 Wednesday 15th May 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents / Carers

Thank you everyone during this time of sickness. The need to rest and keep the children at home whilst the sicknesses are around has been gratefully appreciated.

The P&C will be providing the BBQ, drinks and cake stall at the Truck Drivers Memorial this Saturday. Any help during the day will be appreciated by the hardworking P&C members. Please let Linda or Narelle know if you are available.

And our school will once again be a Polling Booth for this Saturday's Federal election, 8am to 6pm.

The Year 3 & 5 students have sat the NAPLAN testing this week from Tuesday to Thursday. Each student sits the testing every 2nd year, to map the advancements the students have made.

Interrelate is offered at King St Public School next Tuesday 21st May, for families of Year 3 to 6 students. Please see the office if you require another note on the Interrelate.

The new date for SCHOOL PHOTOS is Monday 24th June. Please keep your envelopes in a safe spot, ready for the Photo Day.

Learn to Swim will commence on the 24th May, with an extra day possibly on Friday 14th June, to replace the 10th May.

Student Invoices will be posted next week, for unpaid School Fees. If you require financial assistance please see Margaret or myself to discuss options.

Regards Kristen Kime Principal



School	Calendar
Date	Event
14, 15, 16 May	NAPLAN Yrs 3 and 5
Sat 18th May	Truck Drivers Memorial Federal Election
Mon 20 May	Book Club Due Yr 6 girls Touch Footy Singleton 12.30 for 1pm
Tues 21 May	Interrelate at King St Public School 6pm Yrs 3+4 7.15pm Yrs 5+6
Wed 22nd May	Stewart House envelopes due 11am Storytime –Alpacas with Maracas
Fri 24th May	Learn to Swim @ Singleton Gym & Swim
Mon 27th May	School Assembly 2.30pm  Pirate Day all day
Fri 31st May	Pizza Night
Fri 7th June	Learn to Swim @ Singleton Gym & Swim
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
Mon 24th June	SCHOOL PHOTOS (new date)
Tues 25th June	Earn and Learn finish
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

14 May 2019

Term 2 is well underway and there are quite a few events coming up.

\*The year six girls are continuing with their fundraising efforts on a Friday. This term they will be selling hot chocolates with marshmallows for \$1.50. Alternatively, students can order a cold chocolate milk for \$1.00. By supporting this fundraiser, you are helping the girls to raise money for the year six gift that is presented to the school at the end of the year.

\*On Saturday 18<sup>th</sup> May, the P&C will be providing a bbq, tea and coffee station, and mini cake stall at the Truck Driver's Memorial (the corner of Putty & Milbrodale Road). If you are able to help, we will be setting up from 9:30am and packing down at approx. 2:30pm, with the bbq being served between 11-2. It's a great opportunity to be involved with other parents and the kids all have a great time. We understand that the weekends are always busy for our families, but just an hour of your time will be appreciated.

\*Just a reminder that the Federal Election is this Saturday, 18<sup>th</sup> May, and Milbrodale School is open from 8am to 6pm for voting.

\*Our first pizza night of the year will be held on the school grounds on Friday 31<sup>st</sup> May. If you haven't been to this great event before, then come along. It's a night where our school invites the community to join us for pizza, fun, and a warm camp fire. More details to follow.

\*The P&C is looking for a parent who would be interested in taking over the Pie Drive in 2019. The first Pie Drive delivery will be June 19, and order forms will need to go out next week. If you have an hour that you could spare, then please see Narelle, who has managed this fundraiser for many years. It is simple, easy to co-ordinate, and is a great way of supporting our school.

\*For our new families, and a reminder to our long time parents, it is worth mentioning early that the Milbrodale Mountain Classic (Off road racing) will be taking place in the next school holidays. The P&C look after the gate from Friday afternoon through to Sunday afternoon. There are many shifts available. This is a huge weekend for the school, so the more assistance spread out over this 48hour period, the easier it is on our families. The Mountain Classic always give a very generous donation and is usually our second most profitable fundraising event second to the Family Fun Day. More details to follow.

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

DATE	NAME
29th Apr	Pupil free day
6th May	KAOS rehearsal No canteen
13th May	Narelle (Lisa)
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)



Nutrition Snippet

## The simplest way

... to add variety to the lunch box

Does your child get bored with their lunchbox?

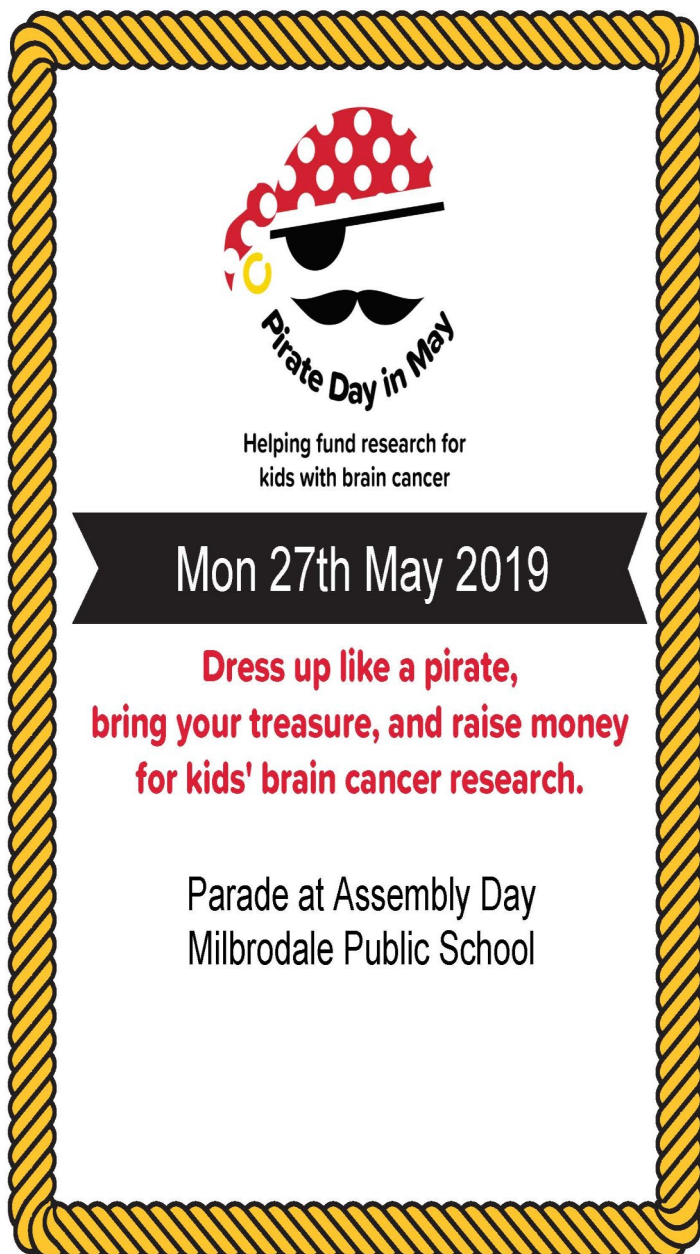
Making a few small changes can keep it interesting. Try these quick tips to add variety



- **Mix up the breads** - instead of sandwich bread try: rolls, wraps or pita pockets.
- **Fruit** provides endless possibilities for variety, pack: different coloured, fresh, whole, diced, sliced, canned or dried fruit.
- Use our [interactive lunch box builder](#) and get your children to choose what they would like packed in the lunch box.
- Try some new [sandwich filling ideas](#) - visit our website for quick, easy and tasty filling combinations.
- Check out our website for new [healthy snack ideas](#).
- Cook extra for dinner and pack leftovers for lunch.

For more tips, recipes and ideas visit our [website](#).

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



Pirate Day in May is a collaboration between The Kids' Cancer Project and The Pirate Ship Foundation.

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



## SCHOLASTIC BOOK CLUB TERM 2

**ORDERS DUE 20<sup>th</sup> May 2019**

**Every purchase from Scholastic Book Club helps the school to buy extra classroom resources.**

Scholastic Book Club orders for Term 2 are now open and orders will close on 20<sup>th</sup> May 2019.

The easiest way for families to order and pay for Book Club is to use the online **LOOP** platform. This will ensure that students get their orders, which are delivered to school for free, and that the correct payment is received. Please use the link to register and start your order

[www.scholastic.com.au/loop](http://www.scholastic.com.au/loop)

**LOOP** is also available as an app, for both apple and Android devices.

**Families who order via LOOP will receive a free reusable book bag with their second order for the year, and a poster and bookmark for those who place their third order.**

For cash payments, please ensure you have the correct money and that the envelope is securely sealed with your completed order form. This makes it a lot smoother to process all orders and ensures the order can be submitted to Scholastic in a timely manner.

Thank you to everyone who ordered from Book Club in Term 1. Milbrodale Public School earned **\$20.00** in Scholastic Rewards, as 20% of what you spend goes back to the school. Your support, in ordering from Book Club, has allowed the school to buy additional books and classroom supplies.



Nutrition Snippet

## The simplest way

... to make beetroot hummus.

### Ingredients (serves 8)

2 medium sized beetroots, skin on  
400g can chickpeas, rinsed and drained  
1/3 cup tahini  
1/2 large lemon, juiced  
1/4 cup olive oil  
2 garlic cloves, crushed  
1/4 tsp cumin  
3-4 tbsp water  
Pinch of salt



### Method

Pre-heat oven to 200°C. Wrap each beetroot in foil and roast for 1-2 hours (depending on size) until soft. Remove from the oven and cool. Peel and chop into chunks.

Place all ingredients in a food processor with only one tablespoon of water. Process until smooth. Add more water, one tablespoon at a time until the desired thickness is reached.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for more recipes and ideas.

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





**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.

**JERRY'S PLAINS COMMUNITY FAIR**

**& CAR BOOT SALE**

**SATURDAY 21ST SEPTEMBER**

**Book your stall NOW!  
only \$10 per site**

Call Maureen after 6pm on 0413 318 666

Kim on 0411 288 977

email: [kimsawayinusa@hotmail.com](mailto:kimsawayinusa@hotmail.com)

# insights

## How to stop your children from swearing

by Michael Grose



If you're like me, you feel decidedly uncomfortable when kids of any age turn the air blue with profanities. Swearing shows lack of respect for others, and also a lack of awareness for their surroundings.

Teaching kids to use appropriate language is trickier now than in the past. For a start, standards have changed where many words – such as the 'F' word – that were deemed inappropriate in the past are often heard on radio and seen in mainstream newspapers. Words that everyone agrees are inappropriate are frequently used in public forums, to the point that the boundaries of appropriateness have become blurred.

Standards may change, but the job of parents hasn't altered. That is, **to teach kids to use language that doesn't offend others**. Whether it's teasing or swearing – it's all the same. If a word or words are offensive, then choose other words or say nothing at all. That is the message to get across to the next generation.

### **Socially smart kids alter their language**

Socially skilled kids of all ages will adjust their language to suit the situation they are in. They may speak one way with their friends but use a completely different vocabulary when they are with adults. They are aware that what works with their best friend just won't cut it when they are in Grandma's company. This awareness shows social acuity and the flexibility to adjust to different environments. It needs to be extended to all sorts of situations including where adults and younger children are present. Kids who constantly swear limit their social possibilities.

### **They didn't hear that from me!**

What do you do when you know your children swear despite your best intentions? Don't over react. Try to work out its purpose. Children swear for many reasons, including: to experiment with language; to attract your attention; to make themselves appear bigger or older than they are; and even as a challenge or expression of personal power.

Inappropriate language can also simply be a reflection of your children's peer groups. *"Everyone else swears so there's nothing wrong with it"* is a common attitude of many children and young people.

Teach them that while swearing may be appropriate in one context or be accepted by one group, it is not acceptable in every situation. While not condoning swearing, get across to children that they need to learn to control their use of language and adjust it to suit the situation they are in.

### **When swearing becomes a habit**

If swearing has become a habit for kids, make up alternative words to replace the swear words. One family I know

had replaced certain words with fruit. They had a fruit for every situation!

Alternatively, use a penalty or fine system to make kids aware of their poor language. When you hear a family member swear, fine them an agree amount. At the end of the week or month give the money collected to a worthy cause. Of course, this strategy is easier to implement when parents join in as well.

### **Take a long, hard look at, er ... yourself!**

It's also helpful to examine your own choice of language to judge if it is an acceptable model for your children. Yep, sometimes kids will pick up their parents' language and repeat it at the worst possible time, such as when relatives are over.

The job of adults is to develop a sense of social awareness in the next generation so they can easily navigate a variety of different groups and social situations. Teaching appropriate language use is at the very heart of teaching kids to be socially skilled. That's something we all should swear by!

### **Things to remember when kids swear:**

1. Avoid over-reacting when your kids swear. Look for the reason.
2. Discuss with older children the concept of matching their language with the audience.
3. Nip it in the bud before it becomes habit forming.
4. Use a penalty or fine system when kids swear in front of you.
5. Model the language you want your kids to use.

### **A last word**

Standards may change, but the job of parents hasn't altered. That is, to teach kids to use language that doesn't offend others. If it's offensive then encourage them to choose other words, or say nothing at all. That's the approach that socially smart kids follow.



#### **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*.