

# MILBRODALE MATTERS

Issue 8

Term 2 Week 5 Wednesday 29th May 2019

Milbrodale Public School

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Milbrodale Public School



## Dear Parents / Carers

Pirate Day Thanks to everyone for dressing like a pirate and raising awareness and money for Brain Cancer research. We raised \$39.45 for this worthy cause.

Cooking Mrs Barnes has been working hard to get the kitchen garden program operating this year. She has done an awesome job with lots of help from some parents and staff from Milbrodale Public School. Mrs Barnes is very excited to cook with the students each fortnight but needs your assistance. She needs parents to help with cooking for supervision and having extra hands to help in the preparation. If you can help please indicated via Facebook or directly with Mrs Barnes so she can coordinate the program around available helpers. She is going to be cooking from 9am so parents can stay when they drop off their children.

Life Ed Every second year we are involved in visiting Broke School to join in with Life Education- Healthy Harold. The students will be able to attend their age appropriate session with other students from Broke . The students will attend Broke Public School for the day and be in classes with the Broke students throughout the day. Miss Wright, Miss Kime and Donna will be at Broke school for the day supervising the students as well. A note with further details is attached to the newsletter.

Swimming We had our first swimming lesson last week and the students did a wonderful job with their lessons. Please, especially the younger students, encourage your children to practice getting dry and dressed themselves at home. Encourage them to take everything they need with them to the bathroom before they shower and show them how to keep their belongings out of the water. Shoes and socks are also tricky when they have damp feet. Please allow them to practice these skills at home. This will assist us greatly at the pool and make leaving on time easier. Also a reminder to label all the children's belongings. There are a number of jumpers in the classroom with no names on them so I am unable to return them to their rightful owners.

Thank you for your assistance with these matters.

Regards Kristen Kime Principal

Pirate Day  
Assembly  
Monday  
27th May



School	Calendar
Date	Event
Fri 31st May	Pizza Night
Mon 3rd June	Life Education at Broke School—No Canteen
Fri 7th June	Learn to Swim @ Gym & Swim Pie orders & money due back today
Mon 10th June	Queen's birthday public holiday
Wed 12th June	P & C meeting 3.15pm
Thurs 13 th June	Wambo mine tour Yrs 5/6
Wed 19th June	Pie Drive collections
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
Monday 22 July	Back to school Term 3
Mon 12th August	Staff Development Day—no school for students
Mon 26th to Wed 28th August	Years 3 to 6 School Camp -Great Aussie Bush Camp



## P and C News

Welcome to Winter!

\*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.

\*Thank you to everyone who volunteered their Saturday for the Truck Drivers' Memorial. It turned out to be a nice day and certainly was busy, with an overflow of people coming from the school after they voted in the Federal Election. Approximately \$1600.00 was raised on the day.

\*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. Set up will be from 3pm, however, pizzas will start at 5pm and finish at around 7pm. An ice-cream bar will be available for dessert. If you could, please bring small change so that the kids can practice handling of money.

\*The order forms for the Pie Drive have gone out, and will need to be returned by Friday 7<sup>th</sup> June. If you need another form, they are available in the office. The pies will be available for pickup on Wednesday 19<sup>th</sup> June at 3pm. Thanks to Lisa for taking on this fundraiser.

\*The uniform shop will be open on a Wednesday morning between 8:30 – 9am. If you need warm winter uniforms, please see Frances on this day. A uniform order form is attached to your newsletter today. Extra forms are available at the office. Please make sure that you have the correct money on this day. Thank you.

\*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.

\*The next P&C meeting will be on Wednesday 12<sup>th</sup> June at 3:15pm. All welcome.

## 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	Frances
27th May	Tricia
3rd June	Life Ed @ Broke
10th June	Public Holiday
17th June	Kelly
24th June	Linda
1st July	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)



This coming Friday night is Pizza Night

Set up will be from 3pm.

All helpers welcome.

Orders will be taken from 5pm till 7pm.

Come and join in this family night of fun, friendship and fantastic food.

And a fire!



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

**Please continue to collect stickers and earn equipment for Milbrodale Public School. There is a collection box in the office and one at Singleton Woolies.**

### **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.

## **The Welcoming Committee – Singleton**

**Meet at: Singleton Public Library**

**Meet on: First Wednesday of the month from 9.30am.**

**Come along for morning tea and conversation.**

**This friendly group is open to all – not just newcomers to the town.**

**The 5<sup>th</sup> June meeting supports Cancer Council with a big morning**



**Pirate Day**  
**Monday 27 May**



A big swashbuckling THANK YOU to all the pirates who came to school last Monday. Mounds of treasure was unearthed and we raised \$39.45 for Brain Cancer Research and had lots of fun to boot. Ahoy me hearties and very well done.





## FREE BUSINESS TRAINING FOR RURAL FAMILIES



**This course is designed for people wanting to start a microbusiness eg jewellery, card, sewing, candles or an agritourism venture – farm stays, primitive camping**

### Course Content

5 x 2 hour sessions covering

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

**Reserve your spot by calling or emailing**  
**The Singleton**  
**Neighbourhood Centre**  
[snccsupport@bigpond.com](mailto:snccsupport@bigpond.com)  
**65712499**  
**21 Mary St.**

**This course will be run Fridays**  
**Only**  
**Friday June 14th - Friday July 12th**  
**10.30am-12.30pm**  
**Light Lunch provided**  
**Babysitting available by request**  
**Course presented by**  
**Newcastle Business Centre**



## The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you **spread your fruit and veg out throughout the day.**



**Breakfast:** Start your vegie intake in the morning with avocado or baked beans or tomato on toast

**Morning tea:** try some [zucchini slice](#) or wholegrain crackers and hummus.

**Lunch:** Include some salad with lunch. Try our tasty [salad recipes](#).

**Afternoon tea:** have your favorite piece of fruit.

**Dinner:** Try our delicious vegie filled [recipes](#).

**Dessert:** Berries and yoghurt or [healthy apple crumble](#).

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

## The simplest way

... to ensure your child is eating from the five food groups

Try our nutritious [Chicken Burrito Bowl](#) which ticks off three of the five food groups.

**Grain (Cereal) Foods**

**Meat & Alternatives**

**Vegetables**



Together with a piece of fruit and some dairy, such as a tub of reduced-fat yoghurt, lunch is sorted!

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

# insights

## Help kids develop impulse control

by Michael Hawton



How many of you have been in a situation where, after being on a diet for a few days, a colleague comes to work selling chocolates for a fundraiser? Do you give in and buy a chocolate? It's for a good cause after all. Or do you resist?

Austrian psychologist Walter Mischel conducted an experiment in 1965 involving four-year-olds and marshmallows. Mischel invited individual children into a room where a marshmallow was on the table. The man who brought the child into the room explained that he had to step out for a couple of minutes and if the child wanted to, he or she could eat the marshmallow. However, if the child could wait until the man returned before eating the marshmallow, they would be given an extra marshmallow – so two instead of one. Sure enough, some children couldn't wait and ate the marshmallow before the man returned, while others were able to resist the temptation in order to earn the reward.

Mischel followed the subjects of his experiment into adult life. He discovered that those who had displayed the ability to delay gratification as young children grew to be more socially competent, self-assertive and dependable. And they performed better at school.

Other studies have shown similar results: individuals who had self-control when young later do better on a whole range of variables.

Mischel initially believed that the ability to delay gratification was a result of a certain personality type. However, in a subsequent study with Albert Bandura, Mischel placed children who had not shown the ability to delay gratification in contact with adult role models who demonstrated some delaying tactics. The adults engaged in some kind of self-distracting activity or put their heads down for a nap. The children who observed these adults later showed the ability to delay gratification themselves. That is, they had *learned* the ability to resist temptation from their experience with the adult role models.

### Impulse control is a skill

The implications for parents are clear. If our children display characteristics such as impulsivity, we can help them learn more beneficial ways to deal with the world. Parents can role model the appropriate behaviours and talk to their children about the strategies they used.



Two main factors seem to influence the ability of both children and adults to delay gratification. Both are more likely to delay gratification if they trust they will eventually get the better reward. That is, they will be more inclined to hold out if they believe the person or organisation that is offering the reward is likely to follow through.

Second, people will generally only display delaying behaviours if they have the skills to turn what might be tedious waiting time into a more enjoyable (or at least tolerable) time. In the original experiment, children who delayed eating the marshmallow showed a range of behaviours including turning their chairs away from the table, singing, inventing games with their hands and feet and talking to themselves to help them pass the time.

## **Emotional intelligence is the key to impulse control**

Parents can help younger children delay gratification by distracting them. Many parents find themselves doing this instinctively. When four-year-old Holly nags for snacks just before dinner, they give her a job to do. However, be aware that children younger than about four generally haven't yet developed the parts of the brain that allow them to delay gratification of their own accord.

Older children need to learn how to distract themselves by redirecting their emotions. This is more likely to happen if children understand that emotions don't always need to be acted upon. Older children who are able to focus on the bigger picture will be able to make choices that allow them to achieve their goals.

In the book *Influencer*, the authors contend that many social skills, including the ability to delay gratification, can be learnt. This is good news for most of us! They maintain that while we accept that practice improves performance in sport, music and technical areas, few people would think to practice the skills needed to delay gratification, be a better team member or to negotiate with a boss. However the authors say we should. They claim that with the right kind of practice, we can all learn to be more socially competent.

Note: *Influencer* by Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan and Al Switzler is available through [Parentshop](#).

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# Milbrodale Public School

Students Name: \_\_\_\_\_

Contact No: \_\_\_\_\_

Order Date \_\_\_\_\_

## Uniform Order Sheet 2019

<u>Description</u>	<u>Style</u>	<u>Size</u>	<u>Price</u>	<u>Qty</u>	<u>Total Price</u>
Polo Shirts	School logo embroidered on front		\$18.00		
Sport Shirts	Embroidered microfibre sports shirt		\$35.00		
Track Suit Pants	Royal Blue, elastic waist and bottom		\$20.00		
Track suit Tops	Royal Blue, zippered Front		\$16.00		
V- Neck Jumper **	Old stock printed logo		\$14.00		
V- neck Jumper (new)	Royal Blue, embroidered logo on front		\$25.00		
Girls Skorts	Royal Blue, part elastic waist		\$17.00		
Boys Shorts	Grey		\$15.00		
Girls Slacks	Royal Blue		\$20.00		
Boys Trousers	Grey		\$18.00		
Sports Shorts	Royal Blue, Microfibre		\$15.00		
Hats	Wide brim, royal blue, school logo		\$12.00		
Dresses	Short sleeved girls checked dress		\$18.00		
Total amount owing					\$

(NOTE: All items must be paid for prior to collection)