

# MILBRODALE MATTERS

Issue 9

Term 2 Week 7 Wednesday 12th June 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents / Carers

I hope everyone had a lovely long weekend and enjoyed the sunshine.

Thank you for your support in letting your children practice getting themselves dressed. There was a noticeable improvement in the students speed at which they were ready after swimming last week. Don't forget we have a makeup lesson this Friday.

There have been some bags of clothes left in the Pizza Oven area, if you know anything about these could you please let Margaret or I know so we can get them to the correct place.

There are a few events coming up in the next few weeks so please keep checking the calendar for updates. Tomorrow the year 5 & 6 students are invited to attend a mine tour and Troy Tomkins has kindly offered to attend this excursion to supervise. Thanks Troy. The athletics carnival is on Thursday 20<sup>th</sup> June at Alroy Oval, Singleton. More information will be supplied as it comes through from the organising school. School photos are Monday 24<sup>th</sup> June, please remember to send your students in full school uniform and send in the photo envelope if you are purchasing photos on the day. Please see Margaret if you have misplaced the envelopes. With plenty of notice more envelopes can be ordered. The Singleton Community Neighbourhood kindly donated a box full of polo shirts to our school, some of these have been given out to families, and there were limited sizes. We thank them for their kind donation.

## Staff Development Day change Term 3

Several of our public schools in the Singleton Learning Community will be undertaking Professional Learning together on Monday, 12<sup>th</sup> August, from 9am to 4pm. This professional learning is called Visible Wellbeing. The keynote speaker, Professor Lea Waters is a positive psychology expert in regards to education, organizations and parenting. Professor Lea Waters has devoted her time to help people thrive using the science of positive psychology. Our schools are striving to create positive wellbeing across our communities, and to strengthen our partnerships with the Where There's a Will foundation.

Because of the availability of Professor Waters in coming to the Singleton Learning Community, our schools have had to rearrange our Staff Development Days. In Term 3, students will return to school on the first Monday back, 22<sup>nd</sup> July, and then our school will be closed on Monday, 12<sup>th</sup> August, Week 4, so all staff can attend the Visible Wellbeing workshop.

We apologise for the inconvenience that this may cause, but we are giving our communities plenty of notice about this, in preparation for the change.

Regards Kristen Kime Principal

School	Calendar
Date	Event
Wed 12th June	P & C meeting 3.15pm
Thurs 13th June	Wambo mine tour Years 5/6
Fri 14th June	EXTRA Learn to Swim 11.30am—1.4pm
Wed 19th June	Pie Drive collections
Thurs 20th June	Athletics Carnival
Fri 21st June	Learn to Swim 11.30am—1.40pm
Mon 24th June	SCHOOL PHOTOS (new date)
Tues 25th June	Earn and Learn finish
Fri 28th June	Bike Day Camp 2nd payment due
Fri 5th July	Last day Term 2 Learn to Swim 11.30am—1.40pm
Fri to Sun July 19-21	Milbrodale Mountain Classic
<b>Monday 22 July</b>	<b>Back to school Term 3</b>
Fri 2nd August	NAIDOC Day at Milbrodale School
Fri 9th August	Crazy Hair Day
Mon 12th August	Staff Development Day— no school for students
Fri 16th Aug	Balance of School Camp Fees due
Mon 26th to Wed 28th August	Years 3 to 6 School Camp -Great Aussie Bush Camp

## P and C News

\* Thank you to everyone who came along to Pizza Night. It was another great fundraiser, and a huge thank you to Tricia who put so much time and effort into this event. Well done to the year six girls, who ran the ice cream bar on the night. The money raised from the dessert bar will go towards the year six gift to the school. It was also great to see so many of the children wanting to be involved in the preparation, clean-up, and taking of orders on the night. Well done to all.

\* Just a reminder that if you are needing winter uniforms, please see Frances. The uniform shop will be open from 8:30 - 9am on Wednesday mornings if you require to try on sizes. An order form is attached to the back of today's newsletter, or alternatively, you can pick up an order form from the office. Please fill out all information and place the correct money in an envelope and return to the school.

\* We are continuing every week with the Wednesday morning gardening to assist Mrs Barnes. The weeding and preparation of the gardens will give Mrs Barnes more time to our students during the kitchen/gardening program.

\* The pie drive delivery will be next Wednesday 19th June at 3pm. Pie collection will be from the staff room. Thanks again to Lisa for taking on this fundraiser.

\* There are approximately ten canteen days per term, so if you would like to volunteer one Monday, please see Narelle. The students do get excited when they see their parents helping out during school hours.

\* **The P&C meeting will be held after school today.** Everyone is welcome. It is a time that we get to sit down together with staff and discuss/make important decisions that contribute to our students education, playtime, and improvements to our school. On the agenda today; ideas on where the funds raised should be spent. So come along and have a say on where you would like to see the money go.

\* The Hunter Valley Off Road Racing Event (Milbrodale Mountain Classic) will be held over the weekend of 19th—21st July (end of school holidays). Once again we have been asked to man the gate over the weekend. A roster is attached. If you can help in any way over that weekend it will be gratefully appreciated.

\* Thank you to all the families for your support. No matter how big or small, your contribution is always appreciated!

## 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)

### A note from The Hunter Valley Off Road Racing Association.

"We are once again promoting the Milbrodale Mountain Classic (HV Off Road Racing) on the weekend of 19th/20<sup>th</sup>/21<sup>st</sup> July 2019 and we were hoping that you would once again be willing to assist us in our Event as you have in previous years.

If you are able to help us, we would require your assistance in the manning of the main gate from Friday afternoon (19th July), throughout the weekend until Sunday (mid afternoon).

In previous years you also took on the cleaning of the toilets and keeping the spectator area rubbish free, and for your assistance our Association would be willing to donate \$1,700.00 to your P&C Association.

We greatly appreciate the help you give us in running our Event and if you believe you have enough personnel to do the job we would welcome your assistance once again this year."





### 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.


SunSmart Snippet

## The simplest way

... to role-model SunSmart behaviours

Children imitate adult behaviours - both good and bad.

**ROLE- MODEL SunSmart behaviours by:**

- Wearing a SunSmart hat
- Wearing a shirt with a collar and sleeves
- Be seen applying sunscreen before going outside
- Slide on a pair of sunglasses
- Choose shaded areas whenever you're outside.

By role modelling these behaviours you will reduce your own risk of skin cancer at the same time!

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)




Nutrition Snippet

## The simplest way

... to make baked veggie chips

Serves: 4 | Prep time: 15 min | Cooking time: 20 min

**Ingredients**

- 1 sweet potato, peeled
- 2 carrots, peeled
- 2 parsnips, peeled
- 1 large beetroot, peeled
- Sprigs of fresh rosemary or thyme
- Olive oil spray
- Sea salt

**Method**

Pre-heat oven to 190°C. Slice all the vegies into thin rounds. Spread them out on paper towels and blot dry, ensure they're as dry as possible.

Line a baking tray with foil and lightly spray with olive oil. Spread the vegies and herbs on the tray and spray them with olive oil and add a dash of salt. Bake for approx. 20 minutes, checking every 5 mins. to ensure they're not burning. Remove any that are brown and crispy before the others.

For more recipes, tips and ideas visit our [website](http://healthylunchbox.com.au).

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



# 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)





## Top five strategies to improve your parenting this year

by Michael Grose

The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

### 1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement led by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

[Professor Lea Waters](#), author of the wonderful new book *The Strength Switch* and current President of the [International Positive Psychology Association](#) will show you how to focus on kids' strengths in her webinar '[Switching on your child's strengths](#)'.

### 2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert [Dr. Jodi Richardson](#) will help you find the right balance of activity for your family in her webinar '[Balancing extra-curricular activities](#)'.

### 3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be

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 *Spoonfed Generation: How to raise independent children*.



# **GATE ROSTER –** **Milbrodale Mountain Classic** **Off Road Racing** **2pm Fri 19th July to 3pm Sunday 21st July 2019**

Please indicate below the times you are available to help by placing your name in the appropriate boxes and return to the school by **Thursday 27<sup>th</sup> June**.

Friday 19th July		Saturday 20th July		Sunday 21st July		
2pm – 6pm Set Up	3 people	5am – 9am	2 people	5am – 9am	2 people	
		8am – 12 noon	3 people	8am – 12 noon	2 people	
	5pm – 9pm	4 people	11am – 3pm	3 people	11am – 3pm	2 people
8pm – 12 midnight	2 people	2pm - 6pm	3 people	3pm	Gate Closed and Pack up	
		5pm – 9pm	3 people			
		8pm – 12 midnight	2 people			