

## MILBRODALE MATTERS

Issue 11

Term 3 Week 1 Wednesday 24th July 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

Welcome back to another fabulous term at Milbrodale School.

I would like to thank all the parents, staff and friends who were able to support the Milbrodale Mountain Classic over the weekend. This is a big commitment for the school and it is not possible without the support from the school community. The money raised from this fundraiser goes towards supporting all the students at the school in many areas including purchasing STEM resources. It is great when we all work together to benefit the students learning at our beautiful small school.

NAIDOC day is fast approaching and the planning is well underway. There will be a sausage sizzle for all people attending on the day and I am asking for parent support on the day. If you are able to help with lunch, can you please let Margaret or myself know. Lunch will be at approximately 12.30pm. We as a school also provide morning tea for all the staff in attendance so it would be appreciated if parents would be able to send in a plate for morning tea to share.

This term we as a school will be focussing on resilience, what it means and how it can help us in our lives. It would be great if you can chat with your children about times that you have needed to be resilient and how that helped you. We will also continue to discuss respect and responsibility and it would be wonderful to have those conversations continue outside of the classroom and into other parts of the students' lives.

A few events happening this term that would be good to have in your diary are; Crazy Hair Day, School Camp, Family Fun Day, Education Week Awards, Alpha Show. These dates are in the calendar and any other dates that come up will be added into the calendar so please keep checking and add them to your diaries.

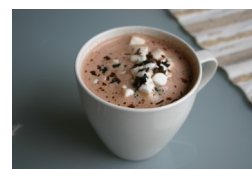
Regards Kristen Kime Principal



School	Calendar
Date	Event
Mon 22nd July	Return for Term 3
	Planetarium at Broke Hall
Fri 26th July	Year 6 girls Touch Footy Bolwarra
Fri 2nd August	NAIDOC Day at Milbrodale School
Mon 5th August	Education Week Awards Singleton Civic Centre 6pm
Fri 9th August	Crazy Hair Day Hot choc fundraiser
Mon 12th August	Staff Development Day - no school for students
Fri 16th Aug	Learn to Swim
	Balance of School Camp Fees due
Mon 19 Aug	2.30pm Assembly
Mon 26th to Wed 28th August	Years 3 to 6 School Camp -Great Aussie Bush Camp
Mon 9th Sept	Cinderella Alpha Show @ Singleton Hts school
Sun 15th Sept	Milbrodale Family Fun Day

Please Note:

The Year 6 Fundraiser will resume Week 3 - Friday 9th August.



## P and C News

Welcome back to term 3!

\* Thank you to everyone who volunteered their time over the weekend for the Milbrodale Mountain Classic. Everything ran smoothly and with the last minute additions to the roster, it eased the pressure from some of the time slots that were difficult to fill. So a huge thank you.

\* The year six girls are continuing their fundraising efforts this term, however, they will not be commencing until week 3. More information will be in the next newsletter and keep an eye out on Facebook for the details.

\* Now that the term has started, we are continuing every Monday for the Return and Earn program, where we collect the cans and bottles that have been kindly donated to the school from the Bulga Tavern. If you would like to be involved, please see Linda or Narelle. This program supports the kitchen/garden program.

\* Mrs Barnes has kindly donated her time on a Wednesday as a volunteer for the kitchen/garden program. It would be great to see as many parents at school on a Wednesday morning from 8:15am to support Mrs Barnes with this great program. If you can help out on cooking days, please let her know.

\* Naidoc Day is fast approaching, and although this is a school run event, the P&C help out on the day. It is a busy time preparing and serving lunch to the 300 students who attend, so if you can volunteer your time, it would be much appreciated.

\* 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.

\* We will be having regular meetings leading up to the Family Fun Day in September. It is a huge event and the biggest fundraiser for the year. It takes all our families, extended families, school staff and people from the community to make this day a huge success. So come along and join our meetings and find out what makes our school so great to be a part of.

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 3** 2019

DATE	NAME
22nd July	Narelle
29th July	
5th Aug	
12th Aug	No Students
19th Aug	
26th Aug	
2nd Sept	
9th Sept	
16th Sept	
23rd Sept	

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)





let's go  
to school



# Every Day Counts

When your child misses just	that equals per year	and therefore from Kindy to year 6	and therefore from Kindy to Year 12 that is	Your child has missed
1 day each fortnight	20 days per year	9 months of school	1 ½ years of school	260 days
1 hour per day	40 days per year	1 and ¼ years of school	Over 2 ½ years of school	520 days
1 day per week	40 days per year	1 and ¼ years of school	Over 2 ½ years of school	520 days
2 days per week	80 days per year	2 and ½ years school	Over 5 years of school	1,040 days
3 days per week	120 days per year	4 years school	Almost 8 years of school	1,560 days

Give your child every chance to succeed.....



**Cancer Council**  
HealthyLunch Box

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://healthy lunchbox.com.au).

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



**Cancer Council**  
NSW

SunSmart Snippet

## The simplest way

... to use shade

Shade is one of the easiest ways to protect yourself from the sun. Using shade can reduce your UV exposure by up to 75%!



When outside, **ENCOURAGE** children to play under:

- Trees
- Tents
- Shade sails

Shade is just one part of sun protection! Remember to use SunSmart hats, clothing, sunglasses, and to apply sunscreen.

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)

## Sacred Spaces Singleton

Sacred Spaces Singleton  
&  
Newcastle Music Festival  
presents

# ANIMAL TALES



**2PM | Saturday 10 August**  
Sisters' Chapel, Sisters of Mercy Convent  
30 Queen St, Singleton, Hunter Valley

**Newcastle Wind Orchestra**  
with narrators  
Ghillian Sullivan & Carl Caulfield  
performing

Robert Browning's  
**The Pied Piper of Hamelin**  
and Henry Lawson's  
**The Loaded Dog** (and other classics!)

**25 Adult | 10 Student**  
**5 Pre-School | 60 Family**  
[trybooking.com/501825](http://trybooking.com/501825)  
or at the door from 1:30PM

**Kids – come dressed as your favourite mouse!**

 [sacredspaces.org.au/events](http://sacredspaces.org.au/events) | (02) 6572 2398



### No bake cookies \*NEW\*

**Makes: 12**  
**Preparation time: 10 minutes**

#### Ingredients

1 cup pitted dates  
½ cup raisins  
1 cup quick oats  
½ cup shredded coconut & ½ cup for rolling  
½ cup sunflower seeds

#### Method

Place the dates, raisins, oats and ½ cup coconut into a food processor. Process until mixture lifts away from the edges of the bowl. Remove from the processor and mix through the sunflower seeds.

Roll into a log and slice into 12 even pieces. Shape into cookies and roll in the remaining coconut.

*The Healthy Lunch Box website was created by Cancer Council NSW to save you time and money, and our clever tips for adding fruit and vegetables to your diet can set yourself and your family on a path of lifelong healthy eating, to reduce your cancer risk. Help us continue our work in cancer prevention – [Donate now](#)*



### Vegetable dumplings \*NEW\*

**Makes: 40**  
**Preparation time: 10 minutes**  
**Cooking time: 40 minutes**

#### Ingredients

1 tbsp olive oil  
1 tbsp ginger, minced  
2 cups brown mushrooms, finely chopped  
300g pack fine cut coleslaw mix (found in the supermarket bagged lettuce section)  
4 spring onions, finely sliced  
¼ tsp black pepper, ground  
1 tsp sesame oil  
2 tbsp reduced-salt soy sauce  
250g pack round wonton wrappers

#### Method

Heat oil in a large non-stick frypan over medium-high heat. Sauté the ginger. Add the mushrooms and cook for 2 minutes until the moisture has evaporated. Add the coleslaw mix and cook for 2 minutes until tender. Turn off the heat and add the spring onions, pepper, sesame oil and soy sauce. Stir and transfer to a bowl to cool.

Place wrappers on a flat surface and spoon 2 teaspoons of the mixture on 1 half of each wrapper. Brush the edges with cold water, fold over and press the edges together to seal.

Place a steamer lined with baking paper over simmering water. Cook the dumplings in batches for 6 minutes or until tender and cooked through.



	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
July		8	9	10	11	12	13/14
July		15	16	17	18	19	20/21
July	<b>1</b>	<b>All Students return</b>		Newsletter		Yr 6 girls touch footy at Bolwarra	
		22	23	24	25	26	27/28
July/ August	<b>2</b>					NAIDOC Day at Milbrodale School	
		29	30	31	1	2	3/4
August	<b>3</b>	<b>Education Week</b> 6pm Ed Wk awards at Singleton Civic Centre		Newsletter		Crazy Hair Day Yr 6 Fundraiser	
		5	6	7	8	9	10/11
August	<b>4</b>	Staff Development Day – <b>NO STUDENTS</b>				Learn to Swim Camp fees due St Cath's Netball Gala Yr 6 Fundraiser	
		12	13	14	15	16	17/18
August	<b>5</b>	2.30pm Assembly		Newsletter		Yr 6 Fundraiser	
		19	20	21	22	23	24/25
August/ September	<b>6</b>	School Camp	School Camp	School Camp		Learn to Swim Yr 6 Fundraiser	Father' Day Sunday
		26	27	28	29	30	31/1
September	<b>7</b>			Newsletter		Yr 6 Fundraiser	
		2	3	4	5	6	7/8
September	<b>8</b>	Alpha Show	ICAS Writing Yrs 5/6			Learn to Swim Yr 6 Fundraiser	Family Fun Day Sunday
		9	10	11	12	13	14/15
September	<b>9</b>		ICAS English Yrs 5/6	Newsletter	ICAS Maths Yrs 5/6	Bike Day Yr 6 Fundraiser	(Tuff Trucks)
		16	17	18	19	20	21/22
September	<b>10</b>	2.30pm assembly				Learn to Swim Yr 6 Fundraiser	Singleton Show
		23	24	25	26	27	28/29