

MILBRODALE MATTERS

Issue 11

Term 3 Week 3 Wednesday 7th August 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents / Carers

Reminder- next Monday 12th August is a Staff Development Day. All staff will be attending a training day on Visible Wellbeing. There will be no staff on site and no students should attend school on this day. This day was changed from the first day of term 3.

NAIDOC Day was again a great success. I would like to thank all the staff who attended on the day to support the smooth running of the day. Without your support we would not be able to put on a great day. I would also like to thank the parents who helped on the day. Troy from Teachers Mutual Bank and Joshua were great cooks on the day getting many sausages cooked ready to feed the hundreds of hungry people. I would also like to extend my thanks to the Singleton AECG who are a tremendous support for the day and run a variety of activities for the students to participate in and learn more about the Aboriginal culture and traditions. Lastly I would like to thank MACH Energy who joined us on the day and give us a generous donation each year to support with the costs of running the day for all the small schools in Singleton.

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. An example of what the students are learning in the K-2 classroom is about what is fair and equal and how we can use our resilience to understand that sometimes people do things at different times to allow everyone to have a successful day.

A few events happening this term that would be good to have in your diary are; **Crazy Hair Day, School Camp, Family Fun Day, Alpha Show and swimming lessons**. 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.

Swimming lessons will again be offered this term if we are able to have parents commit to assisting with transport. A timetable is on page 3. Please view the dates and let Margaret know which date you can assist.

Canteen volunteers are urgently needed to fill in the remaining weeks of term 3. If you are able to assist in the canteen please see Margaret in the office or let Narelle know.

Regards Kristen Kime Principal

School	Calendar
Date	Event
Wed 7th Aug	Zone athletics
Thurs 8th Aug	Book club orders due
Fri 9th August	Crazy Hair Day Yr 6 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	2pm Family Funday Meeting 2.30pm Assembly 3.15pm P&C Meeting
Mon 26th to Wed 28th August	Years 3 to 6 School Camp -Great Aussie Bush Camp
Fri 30th Aug	Learn to Swim
Mon 9th Sept	Cinderella Alpha Show @ Singleton Hts school
Sun 1 Sept	Father's Day
Fri 13th Sept	Learn to Swim
Sun 15th Sept	Milbrodale Family Fun Day
21 and 22 Sept	Tuff Trucks
Fri 27th Sept	Learn to Swim
28 and 29 Sept	Singleton Show

The Year 6 Fundraiser every Friday for the rest of the term—

Ice blocks



Zooper dooper 50c
Icy pole \$1.00
Bulla crunch \$1.50
Drumstick \$2.00

P and C News

As the **Family Fun Day** is fast approaching, we will be having regular meetings to discuss the progress of various aspects of the day. Our next scheduled meeting is for **Monday 19th August at 2pm** in the school staff room. Please come along as your support and input is what makes the Family Fun Day a huge success.

*Following the Family Fun Day meeting on the 19th, is the school assembly at 2:30. Everyone is welcome to join us afterwards for the **P&C meeting at 3pm**, where we discuss everything from fundraising to where the funds should be spent, to other matters that involve our school grounds, learning opportunities, future planning on school grounds, canteen, excursions, and sporting events. It's a great way to be included and have a say, and know exactly what the P&C have in mind for our great little school.

*The **Vegepods** have arrived and the kids are looking forward to growing their vegetables for the kitchen program. Parents are welcome to assist in gardening each **Wednesday morning from 8:30am**. This half hour per week is a huge help to Mrs Barnes, who has kindly donated her time to the school, so that she can devote more learning time to the students during the gardening and kitchen program.

***The term 3 canteen roster is looking for volunteers.** If you can spare three hours per term (on a Monday) please add your name to the roster. If it's your first time on canteen, please see Narelle so that she can help you through the process. It's easy, fun, and the kids (and staff) enjoy their canteen days.

* A huge thank you to **Lee at Bulga Tavern**, who every week donates the bottles and cans for our kitchen/garden program. The money raised goes directly to the children's learning.

* The donation letters are ready to go for the **Family Fun Day chocolate wheel**. If you have a business that you are associated with or shop at, and would like to approach them for donations, see Linda. The chocolate wheel has been a huge success over the years but it cannot operate without the prizes!

*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	Kellie
5th Aug	Kellie
12th Aug	No Students
19th Aug	Linda
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)

TERM 3 2019 SWIMMING TRANSPORT –

Please see Margaret in the office to add your name for transport for swimming.

Date	Parent	No of Students	Sighted D/L & Car Rego
16 th Aug			
16 th Aug			
16 th Aug			
30 th Aug	Narelle Harris	6	Yes
30 th Aug			
30 th Aug			
13 th Sept			
13 th Sept			
13 th Sept			
27 th Sept	Narelle Harris	6	Yes
27 th Sept			
27 th Sept			

Congratulations to all the award winners at the **Education Week Awards** this week:

Narelle Harris for continued school community work and leadership within the school community that she does with a smile.

Kitchen and Garden Program for teaching the students how to use the garden to grow the food to cook with in the kitchen, with a focus on healthy eating and sustainable living.

Margaret Forbes for tireless work to support the school needs, from helping in the garden, being the face of the school and managing the everyday operations of the school.

Chanel Ellison for always being a respectful and responsible member of our school who is willing to support others at all times.

Kim Barnes for being committed to our school and working hard to create engaging lessons for our students in the classroom, garden and kitchen.

MILBRODALE FAMILY FUN DAY

SUNDAY 15TH SEPTEMBER 2019
9 AM - 2 PM
MILBRODALE PUBLIC SCHOOL
2615 PUTTY ROAD MILBRODALE

Loads of family fun!

- Live music
- The Ultimate Challenges
- Wood-fired Pizza
- Free Pony rides & petting zoo
- Free jumping castle
- Local produce
- Chocolate wheel
- Trash & Treasure stall
- Cake stall

Donations for Trash & Treasure stall welcome.
Drop off during school hours from 2nd Sept.

Market stall sites available for only \$10.
Info + bookings contact Narelle on 0428971346

Supported by:

YANCOAL
GOLD COAST
MT THORLEY WARKWORTH

Chook lotto with a difference

Free pony rides

Enter our Ultimate Challenge

\$650 in prizes

ARE YOU THE ULTIMATE?

FIND OUT AT THE 5TH

MILBRODALE ULTIMATE CHALLENGES

SUNDAY 15TH SEPTEMBER 2019
AT THE MILBRODALE FAMILY FUN DAY
CORNER OF MILBRODALE AND PUTTY ROADS
MILBRODALE

Registration open from 9 am

ULTIMATE student heats 10 am
ULTIMATE WOMAN heats 11 am
ULTIMATE MAN heats noon
Finals 1pm.

Entry \$5 children, \$20 adults

A fundraising event organised by the
Milbrodale Public School Parents & Citizens Association
Supported by:

YANCOAL
GOLD COAST
MT THORLEY WARKWORTH

\$650 in prizes

Years 5 and 6 enjoyed their time at Baiame Cave as part of the NAIDOC Day celebrations





It's Rego Time!

SINGLETON TRACK & FIELD CLUB ARE NOW TAKING REGISTRATIONS FOR OUR 2019 / 2020 SEASON!

At the STFC it doesn't matter about your Athletic ability, as our main focus is on personal improvement and having fun. We welcome all abilities. We can't wait to meet any newcomers and say hi to all our returning athletes.

COMPETITION NIGHTS ARE HELD EVERY TUESDAY AT ALROY OVAL, SINGLETON
FIRST COMP NIGHT IS TUESDAY 17TH SEPTEMBER -
LAST COMP NIGHT IS TUESDAY 3RD MARCH

Tiny Tots (aged 3-4) Start Time 5:15pm - All other divisions start time 5:45pm

STFC is a registered Active Kids Provider so make sure you download your \$100 voucher to reduce the registration costs

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

ALL REGISTRATIONS ARE COMPLETED & PAID FOR ONLINE

Early Bird Registration (available until 10th September)

Tiny Tots \$ 80

6 years & older \$110

Registration Fees (from 11th September)

Tiny Tots \$90

6 years & older \$120



Athletes that register before the 9th September can collect their Registration Packs from Alroy oval on Tuesday 10th September from 4pm - 6pm. STFC Uniforms will also be available.

Anyone who registers after this date can collect their packs at the 1st comp night.

If you are having trouble registering online, please do not hesitate to contact

Bec Hatch - 0418445323 or bec_hatch@bigpond.com

www.stfc.com.au for more information

Good for Kids good for life

CHOOSE WATER

How much water should our kids drink everyday?

1-5 years 1.25L

6-12 years 1.5L



TIPS TO DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle when you go out
- Pack water for school
- Encourage drinking extra water when they play sport
- Limit buying sugary drinks



Information source: © Cancer Council Victoria 2018



HNEHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

KEEPING ACTIVE IN WINTER

When kids come home from school during the cooler months there is less light for fun outdoor time to burn off energy. Less daylight hours and cooler temperatures does have to equate to more screen time (TV/video games).

Keeping activity is important for everyone even in the cooler months, and the Australian 24-Hour Movement Guidelines recommend that children get **at least one hour each day of physical activity**.

Try the following indoor activities:

- Make up a dance
- Try 'Just Dance' on a gaming console or YouTube
- Sign up to 'Go Noodle!' for free and move along to your favourite Go Noodle's
- Hula hooping or skipping
- Juggling
- Use the furniture to create an indoor ninja park or obstacle course
- Try a family fitness challenge, e.g. who can do the most push-ups, squats, sit ups, burpees
- Use a pair of socks or a balloon to play volleyball, tennis, soccer or football indoors



HOW TO PLAY SOCK WRESTLING
 Everyone needs to be wearing a pair of socks! Clear a space and make sure you have some safety rules and limits so no one gets hurt.
 The aim of the game is to get people's socks off without losing yours.
 The last one with a sock on wins!

Image source: <https://picklebums.com/20-fun-ways-to-get-active-with-your-kids/>



HNEHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

COME TO THE JERRYS PLAINS COMMUNITY FAIR & CAR BOOT SALE

SATURDAY 21st SEPTEMBER
8:00am - 1:00pm

Jumping Castles ★ Face Painting ★ Coffee & Cakes
 BBQ & Food Stalls ★ Market Stalls ★ Trash & Treasure

Jerrys Plains Recreation Grounds
Wambo St Jerrys Plains

LIVE MUSIC
with KYDA ROCK

FREE Kids Activities
 The Balloon Man
 Jumping Castles
 Toy Box - UHCS

Stall sites available Call
 Maureen on 0413 318 666 after 6pm
 or
 Kim on 0411 288 977
 email: kimsawayinusa@hotmail.com

PONY RIDES

Donate your formal wear



Why not get
your work place
to donate a
bulk collection?

Drop off your donation by Friday 9 August

For families needing a helping hand this formal season

Upper Hunter Community Services
QEII Community Centre
Cnr Bridge & Market Sts, Muswellbrook

Aberdeen Treasures
Mount St, Aberdeen

Scone Neighbourhood
Resource Centre
130 Liverpool St, Scone

Singleton Youth Venue
Cnr Pitt and Bathurst Sts,
Singleton

For more information call Bec Eveleigh or Jess Dallah from UHCS on 6542 3555

BHP Proudly Supported by
Mount Arthur Coal

UPPER HUNTER
COMMUNITY SERVICES Inc.



This service is proudly provided to you by:
Upper Hunter Community Services Inc.
QEII Community Centre
Cnr Bridge & Market Streets • Muswellbrook
Phone 02 6542 3555 • www.uhcs.org.au

Coastal Valleys Girl Guides

Girl Guides have lots of FUN! We camp, cook, craft, play games, earn badges and learn skills for life.

Girl Guides meet in a suburb near you!

For more information: please contact
Sandra Herbert on 0418 160 402 or
herbshaven@bigpond.com
or go to www.girlguides-nswact.org.au



GIRL GUIDES
AUSTRALIA
NSW & ACT

HEALTHY
LUNCH
BOX

Cancer
Council

Mexican baked sweet potato *NEW*

Makes: 8
Preparation time: 15 minutes
Cooking time: 50 minutes

Ingredients

- 4 small sweet potatoes
- 1½ tbsp olive oil
- 1 small red onion, diced
- 1 tin black or kidney beans, rinsed & drained
- 1 125g tin corn kernels
- ½ large capsicum, diced
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ small avocado, diced
- 1 cup fresh coriander leaves
- 200g reduced-fat natural yoghurt
- Salt & pepper

Method

Preheat the oven to 200°C. Rub the sweet potatoes with ½ tbsp olive oil and sprinkle lightly with salt and pepper. Prick each with a fork a few times and place into a large baking dish. Bake for 50 minutes until skin is crispy.

While the potatoes are baking, add the remaining olive oil and onion to a large frypan over medium heat. Cook for 5 minutes until the onion softens. Add the beans, corn, capsicum, garlic and ground spices and cook for 1 minute.

Remove the potatoes from the oven and slice each in half lengthwise. Hollow

Fabulous Formal Wear Giveaway

Everything
FREE



Free formal wear and accessories for those
needing a helping hand this formal season

4:00pm - 6:30pm
Tuesday 13th August
CWA Merriwa

4:00pm - 6:30pm
Wednesday 14th August
Brookside Church
Muswellbrook

4:00pm - 6:30pm
Thursday 15th August
Scone RSL (upstairs)

4:00pm - 6:30pm
Wednesday 21st August
Singleton Youth Venue

Or call Bec Eveleigh or Jess Dallah from UHCS on 6542 3555

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Phone 02 6542 3555 • www.uhcs.org.au

Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.

Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes such as [poppletana](#).
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or [vegie muffins](#).
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.



healthylunchbox.com.au

**NAIDOC Day Friday 2 August 2019, was a great success.
Tommy T's comment just about summed up the day; he said "It's raining kids!"**

