

MILBRODALE MATTERS

Issue 13

Term 3 Week 7 Wednesday 4th September 2019

Milbrodale Public School

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Milbrodale Public School



Dear Parents / Carers, This is Student Voice

Student voice is something we have been working on at Milbrodale Public School. As a result the students have taken over the newsletter. During writing the students have been writing newsletter articles about what has been happening during term 3. These articles will feature in the upcoming newsletters. I hope you enjoy the information from their perspective.

Kristen Kime (Principal)

The Great Aussie Bush Camp By Amalie Harris

3-6 had the most wonderful time at camp.

They appreciate how much effort the staff put in to it. They all want to go back next year.



I went to the top of the rock wall twice on the first day with some other people. When we came back from afternoon tea it started to pour down rain. When all the groups got back from their activities we had to wait until the rain died down before we could go to the lost island. In the lost island it was freezing cold we had to also sing the national anthem.

The next day group 3 went to high ropes. High ropes has three levels. Most of the kids had to go on to level 2 because they were too late. There were only six kids who went to the third level. It was Olivia, Indigo, Nate, Taylor, Joseph and me.

After high ropes we went to do canoeing. In my canoe I had Olivia as the navigator, Chanel as the main paddler and me in the back doing all the turning. When the instructor said raff up you would have to line up and hold onto the boats next to you.

After that we went to lunch then headed to the giant swing. There were about 7 people who went to the top of the swing. We only have 2 hours at each activity but because we had so many kids to get though we were out of time and we had to do it very quickly.

After the giant swing we went to the flying fox. When we did the flying fox some of the kids had to help catch the kids who were coming down and after they had their second turn they would change over so they could have a turn. The next day we did archery. My groups name was the arrow stars. We came last with 25 points. The winning team was called Bob the Builder they had 90 points.

We then had to go to the power fan. You would have to climb 10 meters and at the top there was a platform. When you are up there your legs are jelly. It



would feel like the pole was moving but it was actually your mind making it feel like it moves.



School Calendar

Date	Event
Mon 9th Sept	Cinderella Alpha Show @ Singleton Hts school
	No Transition Program this day
Tues 10th Sept	ICAS Writing Yr 5/6
Fri 13th Sept	Learn to Swim
Sun 15th Sept	Milbrodale Family Fun Day
Tues 17th Sept	ICAS English Yr 5/6
Thurs 19th Sept	ICAS Maths Yr 5/6
Fri 20th Sept	Bike Day
21 and 22 Sept	(Tuff Trucks)
Mon 23rd Sept	Assembly 2.30pm
Wed 25th Sept	You Can Do It Too excursion at Kirkton School
Fri 27th Sept	Learn to Swim
	Last Day Term 3
28 and 29 Sept	Singleton Show

The Yr 6 Fundraiser will continue every Friday this term



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

P and C News **FAMILY FUN DAY**

Sunday 15th September

Don't miss The Milbrodale Public School Family Fun Day. This is a huge event that brings people from far and wide together, and we as a small school get to show the community what we can do!

Kids stall The children all take it in turns to run the kids stall. With so many children at the school now, they only need to spare half an hour each with a buddy. See Kelly.

***Chocolate Wheel *** The prizes for the Chocolate Wheel have started to come in. If you have a business that you would like to approach for prizes, then see Linda for an official P&C letter. Alternatively, you may wish to purchase and donate prizes, and you can drop these off at the staff room.

Trash & Treasure If you have been Spring cleaning and have saleable items that would be suitable for the Trash & Treasure stall, please bring them to school or alternatively, bring on the day.

Cake Stall If you are bringing something in for the cake stall, please note that a list of ingredients must be clearly visible on the label. If you are unsure, please see Narelle for assistance.

Small change It would be a great idea for families attending to bring small change, especially for the children.

Help needed There are still a few positions on the day that need filling. If you can assist Tricia on the pizza oven, or Frances on the bbq, please see them or ask Linda. There will also be jobs on the day that will need tending to, so even if you are only popping in for a couple of hours, every little bit of help helps!

Stalls If you know of anyone who would be interested in having a stall, let them know about our great event. Stall holders only pay \$10 per site.

Sunscreen & Hat Don't forget to slip, slop & slap your child with sunscreen and a hat. If the weather is good to us, the children tend to be out in the sun for most of the day, and please remind them to drink plenty of water.

See you all on the day!

Please send your child to school with their hat now that the weather is warming up.
Remember No Hat = No Play.



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	Kirsty/Kellie
2nd Sept	Kirsty
9th Sept	No Canteen
16th Sept	Lisa
23rd Sept	Linda

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	Linda Ellison	2	Yes
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	Holly ?	2	
13 th Sept	Kirsty P	1	
27 th Sept	Narelle Harris	6	Yes
27 th Sept			
27 th Sept			

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.

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

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

Chook lotto with a difference



Free
pony
rides

\$650 in
prizes

Enter our
Ultimate Challenge



Supported by:



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 ROAD
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:



\$650 in
prizes



Nutrition Snippet

The simplest way

... to make no bake cookies

Prep time: 10 mins
Cooking time: 0 mins
Makes: 12

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.

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

healthylunchbox.com.au



Nutrition Snippet

The simplest way

... to get enough calcium.

The biggest opportunity to build strong bones is in childhood, when children are still growing.

This is why it is extremely important that children eat enough calcium rich foods such as milk or calcium fortified dairy alternatives (e.g. soy milk), cheese and yoghurt. Visit the dairy section of our [lunch box builder](http://lunchboxbuilder.com.au) to see how many dairy serves your child needs and to get calcium rich lunch box ideas.



Visit healthylunchbox.com.au and try these calcium rich recipes:

- [Minty yoghurt dip](#)
- [Berrylicious smoothie](#)
- [Turkish, avocado, ricotta & tomatoes](#)
- [Easy Pizza](#)

healthylunchbox.com.au

Please join us in welcoming the newest family to our school.

REQUEST FOR ALL SCHOOL MAINTENANCE LOCAL TRADES PROVIDERS AND SUPPLIERS

The NSW Government has committed the largest investment in planned maintenance at public schools in the history of NSW. A record \$1.3 billion is being spent on an ambitious delivery program, focused on employing local businesses and contractors across the state.

To assist in addressing regional school maintenance issues and at the same time provide work for local trade's persons and suppliers across the Hunter / Central Coast regions, over \$100 million is being invested to upgrade and maintain our school infrastructure.

Given this record spend by School Infrastructure NSW, you are invited to an Asset Management Unit industry breakfast briefing. This will provide information to existing and new contractors on how you can get involved.

To find out more by attending our Industry breakfast register at <https://www.eventbrite.com.au/e/industry-engagement-information-session-tickets-65766578607> or contact your Asset Management Unit on 4088 3500.



School Holiday Activities

Free activities for primary school students at The Reserve Bank Museum

Students will receive an interactive presentation on banknote security features and get a sneak peek at the new uncirculated \$20 banknote. They will also be taken on a guided journey through the Museum and learn about the history of Australia.

Cost:
Free (Registration essential)

Booking Information:

- Expressions of interest are now open for the Spring school holiday period.
- For further information, session times, and to register your child please visit the Museum website.
- Registrations will close on 20th September at 5.00 pm.

Contact Information:

- museum.rba.gov.au
- museum@rba.gov.au
- (02) 9551 9743
- Ground Floor, 65 Martin Place, Sydney NSW 2000



RESERVE BANK OF AUSTRALIA

BULGA COMMUNITY CENTRE



Family Disco

Bring along the family for a fun night of dance and games!

FREE ENTRY!!

6pm - 10pm

* 100 BOARD (chance to win \$100)

* RAFFLES

* FUN & GAMES

Sat 14th Sept

*sausage sandwiches
cold drinks for sale*



LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



Health
Sydney
Local Health District

Submission By
30.09.2019

Singleton Quilters Inc presents QuiltFest 2019

20th - 22nd September 2019

Friday 10 - 4pm

Saturday 10 - 4pm

Sunday 10 - 3pm

Mechanics Institute

74 George Street

(New England Hwy) SINGLETON

Entry \$5 per person donation.

Sale Table, Demonstrations & Pop Up Shop
Thimbles & Threads from Denman

All proceeds from the Raffle Quilts to the
Singleton High School Special Education Unit

Enquiries:

Marea (President) 0408 731 529

Kim (Secretary) 0415 804 856

Jane (Treasurer) 0448 773 203