

MILBRODALE MATTERS

Issue 1

Term 1 Week 1 Wednesday 29 January 2020

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



Welcome Back

I would like to welcome all returning families, new families and staff back to Milbrodale for 2020.

There have been some changes in families and staffing and I am really looking forward to working with everyone this year for a wonderful year of learning for all the students.

I welcome Mrs Jodie McDonald to our school for 2020, she will be working with the Year 3-6 for Literacy and Numeracy and all the students in the afternoons.

This year there will be some changes so please keep an eye in the newsletter for announcements.

The first big change is that **canteen** will operate on a **Friday** this year commencing on Friday 7th February. The P&C will be looking for support to operate the canteen so if you are able to assist please put your name on the roster, the P&C will support any new parents able to assist.

The **first P&C meeting** will be held on **Monday 3rd February at 3.10pm** in the staffroom. All families are welcome and encouraged to attend.

The major excursion for the Year 3-6 students will be in Term 2 (Tuesday 9th - Friday 12th June) - the excursion is to Canberra and the snow. The P&C have supported this excursion in the past to keep the costs manageable for all families and a discussion about fundraising opportunities will happen at the P&C meeting.

I would like to remind parents that students need to have a **hat** each day to be able to play in the playground. Please **label** all the students belongings so we are able to easily identify the items and return them to their owner.

Our school expectations are: **Respect, Responsibly and Resilience** and we will be focusing on **Respect** in Term 1. Another major focus throughout 2020 is around Visible Wellbeing and the strengths we all have. We are looking at strengths with the students and the staff and ways we can support each other in these areas. The strengths we are looking at can be found at <https://www.viacharacter.org/> All staff have completed the character strengths survey. If you would like to complete the survey with your children and discuss your findings with each other especially for the children aged 10 and above that would support the learning at school.

Again I welcome everyone back for 2020 and look forward to a wonderful year.

Regards

Kristen Kime

Principal

School

Calendar

Date

Event

Wed 29th Jan

Students return for 2020

Mon 3rd Feb

Kinder Transition starts
P & C Meeting 3.10pm

Fri 7th Feb

Canteen starts
NOTE: new day

Wed 12th Feb

Small Schools Swimming
Carnival

Tues 18th Feb

Zone Swimming Carnival
at Scone Pool

Fri 28th Feb

Young Teen Talk Yr 6

Thurs 9th April

Last Day for Term 1

Fri 10 April

Good Friday

Term Dates

2020

Term 1

Wed 29th Jan to Thurs
9th April

Term 2

Tues 28th April to Fri
3rd July

Term 3

Tues 21st July to Fri
25th Sept

Term 4

Mon 12th Oct to Wed
16th Dec

P&C News

Term 1 Week 1 2020

Welcome back everyone, we hope that you've all had a restful holiday.

*Thank you to everyone who helped out on Presentation Night. It was great to see so many family members turn up and support our students.

*The first P&C meeting/AGM will be held on Monday 3rd Feb 2020 in the staff room at 3.10pm. Please come along and be included in P&C matters. It costs \$5.00 per family to join the P&C for the year, and that gives you a voting right at our meetings.

*The Return & Earn program is back on for 2020, and all money raised will be going towards the kitchen/garden program. If you would like to assist, please see Linda or Kelly. Cans and bottles will be collected every Monday from the Bulga Tavern (time to be advised) and we will need help to get these to town and run through the machines.

***Our new canteen day is FRIDAY!** The first canteen day will be 7th Feb. If you would like to help out in term 1, please add your name to the list in the office. If you have not done canteen before, no problem, it is very easy and we will take you through it.

*For new school uniforms, please see Kelly or Linda. The uniform order will be sorted and given to you by Linda or Kelly. This may not be the same day that you order it, but will be as soon as possible.

*Please note: there will be no credit offered for canteen or uniforms this year. When placing your order, please place the right amount in an envelope along with your order form (uniforms) or in your lunch order bag (canteen).

Thank you for your understanding on this matter.

We are looking forward to a great year, so why not come along and join us.



Milbrodale Public School Canteen Roster **Term 1 2020**

DATE	NAME
7Feb	Kelly/Linda
14 Feb	
21 Feb	
28 Feb	
6 March	
13 March	
20 March	
27 March	
3 April	

If you are unable to do canteen on your rostered day, please try and arrange someone to take your place or contact Linda on 0408686220 (before 7.00am)

Please call the school if your child will be away, for any reason.

If your child is absent and we haven't heard from you, we will follow up for an explanation.



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.....



Brad Hazzard
Minister for Health and Medical Research

Sarah Mitchell
Minister for Education and Early Childhood Learning

MEDIA RELEASE

Tuesday, 28 January 2020

UPDATED ADVICE AHEAD OF SCHOOL RETURNING

The NSW Government has today requested that children who have visited China in the last two weeks not attend school or childcare services until 14 days have lapsed from their date of departure from China.

Health Minister Brad Hazzard and Education Minister Sarah Mitchell said although the risk to children is very low, the NSW Government has taken this step as a precautionary measure.

"I've been advised that it's not medically necessary, but the NSW Government has acted in line with community expectations to ensure the safest possible environment for our students," Mr Hazzard said.

"The internationally recognised incubation period for the coronavirus is 14 days, so this is the logical timeframe to ask students to refrain from attending school. After this time, there is no risk.

"Advice about not attending school has already been provided to any close contacts of confirmed cases."

The Commonwealth Department of Health has confirmed that all passengers disembarking from planes from China are being given comprehensive information about coronavirus in both English and Mandarin.

NSW Health has been contacting passengers who were on the same planes as confirmed cases to provide appropriate advice and has processes in place to identify any close contacts of cases confirmed in Australia.

Ms Mitchell said the Department of Education has issued guidance to schools and childcare services across NSW on protocols in the event of a child becoming sick.

"Although the risk remains very low for children, we believe it is the right thing to do to take this extra step and will continue to update the community with advice," Ms Mitchell said.

There are currently four confirmed cases of novel coronavirus in NSW. All cases had travelled to Wuhan, China or had contact with a confirmed case in China.

Parents with concerns can contact their local Public Health Unit on 1300 066 055 for advice or visit the dedicated NSW Health information page at:

www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx

Anyone who develops a fever, cough, sore throat or shortness of breath within 14 days of travel to Hubei or contact with a person with confirmed coronavirus, should immediately isolate themselves from other people, contact their GP or local emergency department or call the healthdirect helpline 1800 022 222.

Information for parents and carers

Large scale distressing events impact our communities in many ways. As with the drought the recent bushfires have impacted a number of our communities and have been unsettling and stressful for many students. Children cope with traumatic experiences in different ways and there is no one 'standard' pattern of reaction. If you are concerned about your child, it's important to discuss your concerns with their teacher(s) and seek support from the school counsellor or other professionals you know.

Distress may be related to:

- having been directly at risk/exposed to fires (loss of homes, pets, personal belongings)
- being concerned about family or friends
- being exposed to distressing media coverage including injured wildlife, and
- feelings and memories resulting from previous experiences and other instances of grief and loss.

There is no such thing as a typical reaction. Some may show much distress or they may ask many questions and appear preoccupied with the event. Some of these reactions may appear immediately but others may not show themselves for weeks or even months later.

Some reactions may include sleep disturbances, regressive behaviour (thumb sucking), nightmares, fear of the dark, clinging to parents/carers, loss or increase in appetite, physical complaints that have no medical basis, aggressive behaviour, competition with sibling for parental attention, withdrawal and/or loss of interest in regular activities.

Children look to the significant adults in their lives for guidance on how to manage their reactions. Parents and teachers can help children cope by remaining calm and reassuring them that they will be all right.

Children are usually very resilient and for most children these reactions will gradually reduce over time with the support of families. After a traumatic event, children need comfort, reassurance and support, and to know that they are safe and are being looked after.

How you can support your child

- Children need comfort, reassurance and support, and to know that they are safe and are being looked after. Try to spend more time with your children and provide them with plenty of affection through cuddles and hugs.
- Let them be more dependent on you for a while and try to re-establish daily routines, for example routines around mealtimes, bedtimes and returning to school. Keep to your regular routines and activities as much as possible.
- Listen to your children's concerns. Listen closely to what they are asking or saying, and if they are looking for factual information, or if the questions are expressing anxiety about the bushfires. Try to keep your own feelings to yourself when talking about their feelings. Let them know that you understand how they feel. Correct any misunderstandings or confusion.
- Keep your responses appropriate to the age and emotional maturity of your child. Young children often need reassurance more than facts.
- Monitor their exposure to television/social media stories regarding the fires. Children can be distressed by watching repeated images. Explain to them that it may not be a good idea to keep watching repeated images.
- Include your child in planning any changes resulting from the current situation.
- Support your child to stay connected to friends.
- Be aware of how you talk. Adults need to be conscious of the presence of children when discussing the effects of natural disasters. It is a good idea not to let children overhear adult conversations about worrying things if they cannot join in at their own age or stage of development.

Most importantly, look after yourself. When you are feeling cared for you are better able to respond to the needs of your children.

Where to get help

While most children will bounce back after a traumatic event, some children may show prolonged distress and may benefit from professional support. Please contact your school to discuss the most appropriate support for your child.

If you would like additional support, the following services are available:

- The school counsellor
- Your local GP
- Kids Helpline – 1800 55 1800 – kidshelpline.com.au
- Headspace – 1800 650 890 – eheadspace.org.au
- Parent Helpline – 1300 1300 52
- Beyond Blue – 1300 22 4636
- Mensline – 1300 789 978
- Lifeline – 13 11 14

OFFICE OF SPORT

CLAIM TWO \$100 ACTIVE KIDS VOUCHERS



All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers** each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July 2020, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS



Mary Sm|



- 1** Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2** Click on the Active Kids icon found in your SERVICE tab
- 3** Fill out the requested information (you will need your current Medicare card)
- 4** Print a copy of each voucher or email it to yourself


Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1** Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2** Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab









COMMUNITY BUSHFIRE RECOVERY DROP-IN SESSION

BROKE COMMUNITY HALL, ADAIR STREET, BROKE
FOR RESIDENTS OF BROKE, BULGA, MILBRODALE
+ PAYNES CROSSING

THURSDAY 30 JANUARY 2020 | 1PM > 6PM

Representatives from NSW RFS, Police, Local Land Services, Australian Defence Force Chaplaincy and Singleton Council will be on hand to provide information about potable water replenishment, State and Federal recovery grants, mental health support, Council services including waste, animal welfare, property damage as well as to speak to residents about bushfire impacts.

Council is currently organising another session to be held at the Putty Community Hall for the residents of Putty, Howes Valley and Garland Valley. Check Council's Facebook page for details when they are available.

singleton.nsw.gov.au



2019 ARCHIBALD PRIZE

muswellbrook regional arts centre

26 JANUARY—
8 MARCH 2020

ACCOMPANYING EXHIBITIONS:

YOUNG ARCHIE, Muswellbrook
REFLECTIONS: Contemporary Portraiture from the Collections
IGNITE: Muswellbrook High School HSC Works




Muswellbrook Regional Arts Centre
Corner of Brook & William Streets, Muswellbrook
Exhibition Friday 12pm - 5pm
Wednesday, 12pm - 5pm
artcentre@muswellbrook.nsw.gov.au
muswellbrookregionalartscentre.nsw.gov.au

SINGLETON NETBALL ASSOCIATION



REGISTER NOW

NET SKILLS PROGRAM
Girls & Boys 5-7 Years \$80 - Individual Regos accepted
COMPETITIONS (REQUIRE TEAM ENTRY)
Set Go & Junior \$120 - Senior \$140

Rego info evening 12/02 McDonalds from 5.30pm
Rego payments due 20/02 at SNA clubhouse 5.30-6.30pm

**ACTIVE KIDS VOUCHERS REDEEMABLE ONLINE
WITH REGISTRATION**

Email: singletonnetball@hotmail.com

Welcome to 2020 everyone!

