

MILBRODALE MATTERS

Issue 2

Term 1 Week 3 Wednesday 12 February 2020

Milbrodale Public School

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Milbrodale Public School



Dear Parents and Carers

We have had a fabulous start to the term and the students are actively engaged in the classrooms.

Our school leaders have taken on some great responsibilities this term in managing the sports shed, ensuring the flags are raised each day possible and supporting the visible wellbeing in the school.

Some students are attending the swimming carnival today and I wish them luck in all the events they participate in. Hopefully our swimming lessons pay off and we come home with some great results.

Over the coming weeks I will be attending a number of meetings as part of professional learning for the staff and the overall operations of the school. Many of these meetings are mandatory for me to attend. Having a second teacher on site, we will be utilising this whenever we need to be away at meetings so that the students have consistency with the teachers and as such the students will be in the same room for the day with the one teacher at school.

Don't forget to check out the P&C news and see what is happening and how you may be able to support them with fundraising activities.

AECG Term 1 Meeting

The meeting for this term will be held at Singleton Heights Public School in the Library on Wednesday 4th March 2020 at 4pm. Staff, parents and Community representatives are encouraged to come along and join and help them make a difference to students' educational needs. Afternoon tea will be provided.

RSVP Kasey Hoare President/Secretary Singleton AEG
kaseyhoare@bigpond.com

Regards

Kristen Kime

Principal



Please send your child to school with their hat every day. Remember:

No Hat = No Play.

School	Calendar
Date	Event
Wed 12th Feb	Small Schools Swimming Carnival
Fri 14th Feb	Canteen
Mon 17th Feb	9.30am Argus Kinder Photos 3.10pm P&C AGM
Tues 18th Feb	Zone Swimming Carnival at Scone Pool
Fri 21st Feb	Canteen
Mon 24th Feb	2.30pm Assembly 3.10pm P&C meeting
Fri 28th Feb	Young Teen Talk Yr 6 Canteen
Fri 6th March	Canteen
Fri 13th March	Canteen National Ride to School Day
Fri 20th March	Canteen
Fri 27th March	Canteen Family and Friends BBQ Night at MPS
Mon 30th March	2.30pm Assembly and Easter Hat Parade
Wed 1st April	Cross Country @ Broke
Fri 3 April	Canteen
Thurs 9th April	Last Day for Term 1
Fri 10 April	Good Friday

P&C News Term 1 Week 3 2020

What a great start to the year with all this rain! It's making our grounds look so green and inviting for the children to play...

- The AGM has been scheduled for Monday 17th February at 3:10pm. The auditors are working to have the P&C financials returned by the end of this week, so that we may fill the necessary positions available. Everyone will be notified if there is a postponement.
 - Remember, it costs \$5.00 per family to join the P&C, and membership must be paid before the AGM if you are running for a position. This also covers individuals for insurance when assisting at canteen and other P&C activities throughout the year.
 - We had a great first day of canteen even though the menu was limited. It's good to see so many families and staff supporting the canteen. Thank you to everyone.
 - If you need training for canteen, you can put your name down for one of the next five Fridays, and we will make sure that we are available to show you from start to finish how the canteen is run.
 - If you would like to be involved in the Return & Earn program, we will be meeting at the Bulga Tavern at 2pm on Mondays. Bring your gloves! Ps, the coffee afterwards is rewarding. We have collected the bottles from the National Parks and Wildlife and wow, did they have a busy season, so there are plenty of bottles to run through the machines tomorrow during the swimming carnival.
 - We have a sponsor for the swimming carnival, please see the note sent out yesterday for details.
- We thank all the families for your support. No matter how big or small, your help is always appreciated.



Milbrodale Public School Canteen Roster Term 1 2020

DATE	NAME
7Feb	Kelly/Linda
14 Feb	CAN
21 Feb	YOU
28 Feb	HELP
6 March	PLEASE
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)

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

Thank you to everyone who collected Woolworths Earn and Learn stickers for our school last year.



We were able to redeem them for lots of exciting new games, sporting and outdoor equipment.

Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



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



Nutrition Snippet

The simplest way

... to pack a healthy lunch box .

Does packing lunch boxes feel like a chore? We are here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

Healthy lunch boxes don't have to be boring.



We are very excited to bring you our new look [healthy lunch box website](http://healthylunchbox.com.au) that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as **easy to freeze** and **quick and easy** recipes because as parents, we know how important it is to pack lunches quickly.

You can sign up to the [Healthy Lunch Box e-newsletter](http://healthylunchbox.com.au) for ideas, updates and recipes delivered to your inbox throughout the year.

[Check out the new website now!](http://healthylunchbox.com.au)

healthylunchbox.com.au



Nutrition Snippet

The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



Young kids can:

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

Older kids can:

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

healthylunchbox.com.au

Dance Craze Video Comp

For young people 8 to 15 yrs

First Prize \$500
Total Prize Pool \$1,250

[https://artsupperhunter.us.
launchpad6.com/](https://artsupperhunter.us.launchpad6.com/)



Arts Upper Hunter is supported by:
Dungog Shire Council, Muswellbrook
Shire Council, Singleton Council and the
Upper Hunter Shire Council.

Good for Kids good for life



Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase veggie intake for Crunch&Sip® include:

- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip® vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip® container from the supermarket
- Get kids involved in cooking vegetables at home

source: crunch&sip® www.crunchandsip.com.au



HNEH-GoGoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

HEART OF STORIES TOUR

Love women in literature? Join Adele Parks, Fiona Lowe, Alexandra Joel and Vanessa McCausland to talk about the rise of women in fiction and the stories we all love.

Wednesday 12 February
5.30-7pm - Booking essential - FREE



HarperCollinsPublishers



Kunarr Ngarrama (Singleton) Local AECG

Invites you to our:

Term 1 Meeting

Date: Wednesday 4 March 2020

Start Time: 1600

Location: Singleton Heights Primary School Library

Enter: Dorsman Drive Gates

Afternoon Tea provided

"The NSW Aboriginal Education Consultative Group Inc. is a non for profit Aboriginal organisation that provides advice on all matters relevant to education and training with the mandate that this advice represents the Aboriginal community viewpoint."

The NSW Aboriginal Education Consultative Group Inc. promotes respect, empowerment and self-determination and believes the process of collaborative consultation is integral to equal partnership and is fundamental to the achievement of equality."

The NSW Aboriginal Education Consultative Group Inc. advocates cultural affirmation, integrity and the pursuit of equality to ensure that the unique and diverse identity of Aboriginal students is recognised and valued."

Teachers, Executives, Parents and other Community representatives are encouraged to come along and join as either a Full member (ATSI) or Associate member (*non-ATSI*) - membership fees set at \$2. We welcome any new members to join and make a difference to our kids educational needs.

Please RSVP:

Kasey Hoare
President/Secretary Singleton AECG
kaseyhoare@bigpond.com
or text 0403 728 236

100 cups

On Thursday 6th of February K to 6 did the 100 cup challenge. The 100 cup challenge is where you build a tower out of 100 cups. We were all in teams of 3 or 4. We had to see who had the tallest tower.

Brylie, Ivy and Elijah built the tallest tower.

By Mia and Chanel



New Sports Equipment

Milbrodale public school is excited because we got new sports equipment. Some of the equipment is balls, basket balls, net balls, soccer balls and footballs. We also got some giant games.

Unfortunately the kids haven't been able to play with them because of the wet weather.

We have loved the rain though!



Snake at School By James and Kody

On Thursday 30th of January Thomas saw a diamond python. Garry watched the snake all day to make sure it didn't move. Miss Kime told us all that the sheds were out of bounds. The next day a snake catcher took the snake and released it somewhere else.

Please ensure your children are aware that snakes are back this summer after the recent snake sighting at school.



Swimming Carnival Fundraiser

We are pleased to announce that our sponsor for the swimming carnival is Ranchhouse Australia, who has generously donated

\$500.00

which will go towards the Milbrodale year 3-6 school camp.

As an added bonus, students who enter the water will be rewarded with another \$5.00 each per race, including the non-swimmers playtime. This will encourage our children to enter as many races as they can, and to try their hardest.

Ranchhouse Australia wishes all the students a great day & Good luck!

Saying thank you to our volunteers for 2019 with a special afternoon tea on Wed 18 December



Our last day for 2019. What a big finish it turned out to be!

