

# Newsletter

16 November 2015



**Millers Forest Public School**

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## Blue Light Devices

The school and staff are please asking for your support with the following matter. It is suggested by doctors and specialists that children NOT USE any device that emits blue light such as iPads, computers, televisions, electronic games etc. after 7:00pm at night. This disrupts your child/children's sleep patterns and makes it extremely hard for them to get to sleep and remain asleep.

Children need at least ten hours of uninterrupted sleep per night to function properly at school.



## School Leaders for 2016

Congratulations to our elected leaders for 2016!

Students presented outstanding posters and speeches.

Votes were tallied and the results were:

**Captains** - Nic & Tayisha

**Vice Captains** - James & Blake



## A Wonderful Speech

Kiara delivered a most wonerful speech in assembly last Monday. Very funny indeed !





## Remembrance Day

Thank you to our school leaders for running such a wonderful Remembrance Day Ceremony.

A special thanks to Wendy Wilkinson for making and donating our beautiful floral display tribute.



## P&C Meeting

Our last P&C meeting for 2015 will be next **Monday, 23<sup>rd</sup> November at 9:05am** in the library. All welcome! Please bring a plate to share.

## Year 6 Fundraiser – CAT DAY

All students had a wonderful time dressing up as cats for our Year 6 fundraiser on CAT DAY.

Year 6 raised \$49.00 on the day which will be put towards their end of year gift to the school.



## Kindergarten Orientation

Thank you to Julie Stephenson and Tracee Lee for their wonderful talks at Kindergarten Orientation last week. What a beautiful lot of new Kindergarten students for 2016. Buddies did a very good job with the new kinders and were most impressive in the way they gently assisted each new kinder. Thank you buddies.





### **Urgently Required – Old Wooden Curtain Rod**

If anyone has an old wooden curtain rod similar to the photo below and no longer needs it, we would appreciate if you could please donate it to the school for our end of year play.



### ***Important Dates to Remember***

<b>P &amp; C Meeting</b>	Monday <b>23<sup>rd</sup> November, 2015</b> <b>9:05am</b>
<b>Book Club Due</b>	Monday <b>23<sup>rd</sup> November, 2015</b>
<b>Carnival Day</b>	Wednesday <b>25<sup>th</sup> November, 2015</b>
<b>Presentation Day</b>	Tuesday <b>15<sup>th</sup> December, 2015</b>

### ***Assembly Awards***

<b>Week 5 – Term 4</b>	
<b>Principal's Award</b>	<b>James</b> – Improved writing.
<b>Citizenship Award</b>	<b>Corben</b> – Safe behaviour.
<b>Kindergarten Award</b>	<b>Michael</b> – Improving his reading.
<b>Stage 1 Award</b>	<b>Malcolm</b> – Using great expression when reading.
<b>Stage 1 Award</b>	<b>Joe</b> – Improvement in reading.
<b>Primary Award 1</b>	<b>Livinia</b> – A terrific effort in narrative writing.
<b>Primary Award 2</b>	<b>Xander</b> – A fantastic slide show depicting mood.
<b>Mr Egan's Award 1</b>	<b>Jemima</b> – Superfast mastery of Silent Night on glockenspiel.
<b>Mr Egan's Award 2</b>	<b>Phoebe</b> – Superfast mastery of playing glockenspiel.
<b>Playground Award</b>	<b>Chloe</b> – Keeping our playground tidy.
<b>Fitness Award</b>	<b>Matty</b> - Having a go at scoops.
<b>TREE of the WEEK</b>	<b>Charlotte – Congratulations...</b> 





## *Assembly Awards*

<b>Week 6 – Term 4</b>	
<b>Principal's Award</b>	<b>Tayisha</b> – Improved story writing. <b>Chad</b> – Best trampoline work.
<b>Citizenship Award</b>	<b>Lauchlan</b> – Being kind and helpful to others.
<b>Kindergarten Award</b>	<b>Isaac</b> – Always producing quality work.
<b>Stage 1 Award</b>	<b>Haydan</b> – Always doing quality work.
<b>Stage 1 Award</b>	<b>Charlotte</b> – Being a happy and friendly class member.
<b>Primary Award 1</b>	<b>Nic</b> – An awesome effort in writing.
<b>Primary Award 2</b>	<b>Kiara</b> – A very entertaining speech.
<b>Assembly Award</b>	<b>Oliver</b> – Enthusiastic singing.
<b>Playground Award</b>	<b>Charlotte</b> – Responsible behaviour.
<b>Fitness Award</b>	<b>Kiara</b> – A great effort in gymnastics.
<b>TREE of the WEEK</b>	<b>Matty – Congratulations...</b>



## Good for Kids good for life

### Active as a Family

Busy lives and long work schedules can mean that many families spend time apart during the week and exercise on their own.

Here are some ways to connect as a family, revive energy levels and feel fit and healthy:

- A simple walk after dinner
- Join an all ages group like a fun run or cycling group
- Play touch football or cricket in the backyard on weekends
- Go for a hike or bike ride around local walking tracks
- Spend the day at the beach or your local swimming pool.



## Good for Kids good for life

### Cool & Healthy Summer Snacks

The weather is warming up so here are some healthy snacks to keep you cool this summer:

- Frozen fruit such as berries, orange quarters and fruit kebabs
- Use moulds and low fat yoghurt to make frozen yoghurt shapes
- Make your own icy poles using 99% fruit juice and fresh pieces of fruit
- Make your own 'ice cream' using mashed up bananas (it's deliciously creamy!)
- Use fruit, vegetables and low fat milk or water to make a delicious smoothie and top with plenty of ice. There are heaps of different combinations to try!

