

Newsletter

24 October 2016



Millers Forest Public School

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External Validation Process

On Thursday our school will be meeting with a panel to participate in an external validation process. All staff will be involved in this process for the first half of the day.

P&C Meeting - Term Four

The first P&C meeting for Term Four will be on **Tuesday, 1st November**. All welcome at 9.00am in the school library.

Presentation Night Awards

This year we will be introducing two new awards for Presentation Night. The first is a Music Award and the second will be a Virtues Award.

Virtue of the Week

This week the virtue will be '**assertiveness**'. This means being positive and confident. You are aware that you are a worthy person with your own special gifts. You think for yourself and express your own ideas. You know what you stand for **and what you won't stand for**.

You expect respect.

Guitar Lesson

Guitar lessons will start again this term. Guitar payments will remain at \$45.00 per student and are due for payment by Tuesday, 1st November.

Ms Phelps - PRINCIPAL

Year 6 Fundraisers

Thank you to everyone who supported the Year 6 Fundraisers. The Mini Olympics Day was so much fun and the Cake & Shake Day was delicious! Well done Year 6 on your great ideas and organisation. Thanks also to the P&C for their generous support and special milkshakes! **Year 6 raised a total of \$235!!** They will purchase a gift for the school with this money. The gift will be given to the school on Presentation Night at the end of the year.





Light Show Incursion

Students in Years 4-6 will have the opportunity to attend the fun, educational Museum Express show 'Light Fantastic' on Wednesday, 2nd November. The show will be presented in our school library. During the show, students will learn different ways to see; generate and explore light through a series of fantastic experiments. The cost of the show is \$10 per student. Permission notes were sent home last week. Families can collect another note from the office if needed. Please return the note and money to the office by Monday, 31st October.

Cathy Bray
Hawks Class Teacher

Assembly Awards

<i>Week 1 – Term 4</i>	
Principal's Award	Katie – Improvement in all areas of work.
PBL Award	Ally – Being very reliable.
Citizenship Award	Evan – Supporting younger students in fitness.
Rainbow Lorikeets Class Award	Crystal – An excellent recount with great sentence structure.
Rainbow Lorikeets Virtues Award	Axel – Gentleness – Gently getting the frog from the bubblers & putting it back in the garden.
Bluebirds Class Award	Mason J – A fantastic first day back at school.
Bluebirds Virtues Award	Ally – Kindness – Looking after others.
Hawks Class Award	Eleanor – An impressive improvement in tables knowledge.
Hawks Virtues Award	Evan – Always being kind to others.
Art Award	Ryley B – Great Art concepts.
Fitness Award	Koen S – Great work in fitness.
Assembly Award	Michael – Great listening.
Secret Compliment	Chloe C – For being kind & considerate.

Important Dates to Remember

Bandanna Day	Friday 28th October, 2016
P & C Meeting	Tuesday 1st November, 2016
Guitar Payment Due	Tuesday 1st November, 2016
Kindergarten Orientation	Wednesday 9th November, 2016

Assembly Awards

Week 2 – Term 4	
Principal's Award	Will – Being a great school citizen. Cooper – Excellent work in Science.
PBL Award	Cooper – Being a positive team player.
Citizenship Award	Kiara – Being friendly to everyone.
Rainbow Lorikeets Class Award	Michael – Always doing quality work that he is proud of.
Rainbow Lorikeets Virtues Award	Trey – Completing his work and doing jobs in a responsible manner.
Bluebirds Class Award	Maddison – For improvement in her application to writing tasks.
Bluebirds Virtues Award	Chloe W – Reliability – Always being able to count on to help assist in any way.
Hawks Class Award	Blake – A dedicated and positive approach to learning.
Hawks Virtues Award	Rhiannon – For being responsible and reliable.
Mr Egan's Awards	Will – Great adding of two-digit and one-digit numbers to 100.
Art Award	Eddie – Improved Artwork.
Fitness Award	Ella – For working great in fitness.
Assembly Award	Malcolm – Great listening.
Secret Compliment	Chloe C – For being nice to everyone.

Good for Kids good for life

LONGER DAYS = MORE OUTDOOR PLAY!

Outdoor play gives children the opportunity to experience the natural environment and have adventures! Now that daylight savings has started children have even more opportunity to get outside before school, after school and on the weekends.

Make the most of the sunlight by having some outdoor activities planned in advance. Consider installing a basketball hoop for summer evenings or planning to build a cubby house on the weekends. Playing outdoors with neighbourhood play mates is a great after school activity. Family activities could include a bushwalk or beach cricket day.



Health
Hunter New England
Local Health District

PHONE 4924 6499

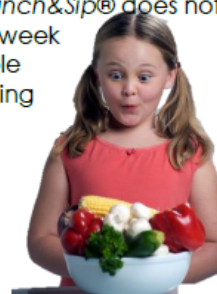
Good for Kids good for life

KEEP CRUNCHING ON THE WEEKENDS

Most NSW primary schools have incorporated *Crunch&Sip®* as a regular part of their school day.

Crunch&Sip® is a time, each day, when students can "refuel" on vegetables and fruit and "rehydrate" with water. It helps children to increase their intake of vegetables and fruit and is a great opportunity to introduce them to new vegetables and fruits.

The great news is that *Crunch&Sip®* does not have to be limited to the week days! Try to keep the whole family healthy by integrating this habit into your family routine on weekends and during the school holidays.



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