

# Newsletter

1 February 2016



**Millers Forest Public School**

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## Welcome Back

Welcome back to all students including our new students and kindergarten students starting school for the first time.

## New Class Names

This year we have had a vote in each class and selected class names.

**Mr Walker's** class are the **Rainbow Lorikeets**

**Mrs Avery's** class are the **Bluebirds**

**Mrs Bray's** class are the **Hawks**.

Mrs Avery's class will be temporarily housed in the library.

## P.B.L. (Positive Behaviour for Learning) Re-Structure

The P.B.L. will be re-structured for 2016. As decisions are made we will pass on the information to students and parents.

## Ice Blocks

Ice blocks will no longer be offered to students at school.

## Opera House Recorder

Students will again participate in the Opera House Recorder event for 2016. Mrs Tuyl will send home notes and music to those students who are involved.

## Child Protection Training

All staff undertook mandatory Child Protection training last Wednesday on the Staff Development Day.

## P.B.L. Focus for this Week

The P.B.L. focus for this week is - **Follow all adult instructions.**

The focus for next week will be - **Keep your hands and feet to yourself.**



## Non Scripture Class

If you do not wish your child/children to attend scripture classes on Wednesdays then you are required to put this request in writing. This year Mrs Avery will take all non-scripture students and teach morals/values lessons in the Bluebird's classroom.

## Seafood Free Zone

Please be aware that our school is a seafood free site.



## Speech Pathology Screening

On **Thursday, 4<sup>th</sup> February**, All Areas Speech Pathology will screen all kindergarten students. This is a free service for parents paid for by the Gateway Learning Community of Schools. Parents will receive an assessment on their child's speech and are able to speak to the speech pathologist. This assessment will be completed in school time.

## P&C Annual General Meeting



Our P&C Annual General Meeting will be held **tomorrow at 9.00am**. The meeting will be under the large cola. Please bring a plate to share and think about nominating someone or putting yourself forward for a position.

## Guitar Lessons

Guitar lessons will again be offered to all students from Year 1 to Year 6. These lessons will be held every Tuesday and will start again tomorrow, **2<sup>nd</sup> February**.

The cost for the lessons will remain at **\$45.00 per student / per term**. The payment for Term 1 is due to the school office by Tuesday, 16<sup>th</sup> February.

## School Contribution

The school contribution for 2016 will be \$45.00 per student. This contribution helps towards school resources for your children. A statement for each family will be sent home in the next few days. Please note that this contribution has remained at \$45 for the last couple of years.

*Ms Phelps*

PRINCIPAL

## Harmony Day

We will celebrate Harmony Day on Monday, 21<sup>st</sup> March. A special assembly will be held at 9am for our school community to attend. Students are encouraged to wear traditional costumes from around the world. Look out for the P&C's Mexican theme lunch on Harmony Day as part of the lunch order program. So get your sombrero ready, amigos!

## Sports News

### Swimming Carnival

The Small Schools Swimming Carnival will be held on Friday the 12<sup>th</sup> February at Beresfield pool. Students from the Hawks class will be attending the carnival and any students from the Bluebirds class who are turning 8 years or older this year and can swim 50m competently are welcome to attend. A note will be sent home shortly with further details.

### Touch Football

Millers Forest students will be doing Touch Football for sport this term. A qualified coach from NSW Touch Football will conduct the sport sessions.

### Wellbeing Presentation

A game development officer from the Newcastle Knights will be coming to our school on Wednesday, 10<sup>th</sup> February to give a 'Wellbeing' presentation to the students. The visit will focus on healthy lifestyles and the benefits of regular physical activity.

*Cathy Bray*

Class Teacher and Sports Coordinator



## Important Dates to Remember

<b>P &amp; C Annual General Meeting</b>	Tuesday <b>2<sup>nd</sup> February, 2016</b>
<b>Kindergarten Speech Pathology Testing</b>	Thursday <b>4<sup>th</sup> February, 2016</b>
<b>Wellbeing Presentation</b>	Wednesday <b>10<sup>th</sup> February, 2016</b>
<b>Small Schools Swimming Carnival</b>	Friday <b>12<sup>th</sup> February, 2016</b>
<b>Guitar Payment Due (Years 1 to 6)</b>	Tuesday <b>16<sup>th</sup> February, 2016</b>
<b>Harmony Day</b>	Monday <b>21<sup>st</sup> March, 2016</b>
<b>Good Friday Public Holiday</b>	Friday <b>25<sup>th</sup> March, 2016</b>
<b>Easter Monday Public Holiday</b>	Monday <b>28<sup>th</sup> March, 2016</b>

## Good for Kids good for life

### PACKING A HEALTHY LUNCHBOX

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child's lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
- Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.



## Good for Kids good for life

### BENEFITS OF TEAM SPORTS

Participation in team sports is a great way to increase your child's physical activity. But did you know there are a number of other benefits to team sports, including:

- Teaching children skills in teamwork
- Increasing communication skills
- Helping children gain confidence through interaction with other kids
- Teaching children it is ok to lose sometimes
- Making new friends
- And most importantly having fun!



There are many different team sports to choose from such as soccer, netball, touch football and hockey. Why not see what team sports are available at your school or in the community for your child to participate in?

## Good for Kids good for life

### SCREEN FREE QUIET TIME

Some families have a daily quiet time where everyone takes a break. Do your children watch movies during their quiet time?

Why not try some of these activities instead to reduce the amount of screen time they are exposed to during the day and to keep their minds active!

- Reading books
- Arts and crafts
- Puzzles
- Card games
- Listening to some relaxing music
- Spending time in the garden



Adapted from: Murrumbidgee Local Health District Quick Bites