

Newsletter

12 December 2017



Millers Forest Public School

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Virtue for Last Week

This week we will be focussing on all virtues. Congratulations to all those students who achieved the Principal's lunch and their Badge of Excellence.

For more information about the virtues please go to www.embracevirtues.com

Year Six Farewell

The Year Six Farewell was held yesterday at 1.45pm. It was an extremely sad occasion as our babies go on to high school. We will miss you all.



Captains - 2018

Yesterday at the year Six Farewell the new Captains elect were announced. Congratulations to –

Kiara, Kaidan, Ally, Evan, Lacey and Riley.

A truly deserving group of leaders.



Presentation DAY

Just a last reminder that our Presentation Day **begins at 9.30am this Thursday**. A coffee van called 'The Food Bubble' will be parked in the school grounds. Roz and Marie will serve you free coffee, drinks and morning tea will be provided on a table for you to access after the event.

Please join in the fun and dress-up in disco clothes. All students come to school dressed in their play costumes - NOT school uniform.

Badge of Excellence – 2017

Congratulations to Lacey, Evan, Nakayla, Braiden, Trey, Imogen and Charlotte for receiving their Badge of Excellence over the past two weeks at the morning assembly.



Return Date 2018

Year 1-6 students return on Tuesday, 30th January 2018. Kindergarten students commence on Monday, 5th February, 2018.

Ms Phelps – PRINCIPAL



Assembly Awards

Week 8 – Term 4	
Principal's Award	Chloe C – Outstanding attention to detail in the play.
PBL Award	Eddie – Being a friendly student.
Citizenship Award	Lacey – Being friendly, considerate and respectful to others.
Rainbow Lorikeets Class Award	Jaeden – Improving his handwriting.
Rainbow Lorikeets Virtues Award	Nakayla – Being kind and friendly to everyone.
Bluebirds Class Award	Caitlin – Being a mature team member during robotics groups.
Bluebirds Virtues Award	Axel – Tryng hard to be a kind, fair friend.
Hawks Class Award	Riley – Exemplary sportsmanship in PE.
Hawks Virtues Award	Haydan – Friendliness when interacting with all peers.
Art Award	Jaeden – Much improved art work.
Assembly Award	Evan – Listening carefully.
Secret Compliment	Tyrone – Being a good sport in cricket.



Assembly Awards

Week 9 – Term 4	
Principal's Award	Lacey – Great leadership.
PBL Award	Chloe W – Always following school rules.
Citizenship Award	Jemima – Being friendly and cooperative with others.
Rainbow Lorikeets Class Award	Xavier – A massive improvement in his concentration and behaviour.
Rainbow Lorikeets Virtues Award	Mitchel – Showing more confidence in his writing.
Bluebirds Class Award	Matty – Confidently working independently and helping others.
Bluebirds Virtues Award	Max – Being more assertive and confident during class discussions.
Hawks Class Award	Kaiden – An amazing effort in his STEM project.
Hawks Virtues Award	Lacey – Thinking for herself and expressing her own ideas.
Art Award	Cooper – Effort in art.
Secret Compliment	Cohen – For playing without making a fuss.



Rutherford Football Club



Registration Dates 2018

Thursday 1st February 4pm till 7pm
Sunday 4th February 10am till 1pm
Tuesday 6th February 4pm till 6pm
Saturday 10th February 10am till 1pm
Tuesday 13th February 4pm till 7pm



Registration Cost Will be announced soon
We also offer Family Discount

All new registration will need a copy of birth certificate or passport

Don't Forget ACTIVE KIDS REBATE

Families with school children enrolled in community sport are set to benefit from the Active Kids Rebate. From 2018, parents will be able to claim up to \$100 per school-aged child, per year, as a voucher to reduce the cost of sport registration or membership fees for after-school and weekend sport, and active recreation activities.

The Active Kids Rebate is a key initiative in the 2017-18 NSW Budget and supports the Premier's priority to reduce overweight and obesity rates of children by five per cent over 10 years.

Sports Minister Stuart Ayres said the annual rebate would be available for every school child wanting to get involved in community sport and fitness.

"We would love to see more young people participating in sport, we know promoting active habits early is a key factor for ensuring a generation of healthy kids and tackling rising obesity rates," Mr Ayres said.

Parents will be able to register online and can take a sports voucher to a registered sports club or provider to receive their rebate.

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Good for Kids good for life

THE BENEFITS OF PHYSICAL ACTIVITY

Being active is very important for children. Not only for their physical health but also for their mental wellbeing.

Some benefits of being active include:

- Promoting healthy growth and development
- Building strong bones and muscles
- Improving cardiovascular fitness
- Improves balance, coordination and strength
- Improves concentration and thinking skills
- Improves confidence and self-esteem
- Improving sleep

Children aged 5-12 years should participate in at least 60 minutes of moderate to vigorous intensity (makes you huff and puff) physical activity every day.



Good for Kids good for life

LIMITING SCREEN TIME

Do you need some ideas for distracting your child from 'technology' or watching television?

Try some of these ideas:

- Go screen free on weekdays (except for educational purposes)
- Tech free Saturdays
- Simple restrictions on when your child has access, such as 'no screen time before dinner or bed'
- Try 'Imagination Wednesdays' where you and your child do things together that don't involve a screen
- Provide seven 30 minutes vouchers on a Friday afternoon to last for the following week. When your child watches the TV or plays on the computer they hand the vouchers back for every 30 minutes they're looking at a small screen. This limits your child to 3.5 hours of screen time over a week.



Adapted from: Murrumbidgee Local Health District