

Newsletter

6 March 2017



Millers Forest Public School

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MILLERS FOREST NSW 2324

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Virtues for Weeks Seven & Eight

This week our virtue is **Reliability**. Reliability means that others can depend on you. You honour your commitments and give your best to every job. You don't need to be reminded. Other people can relax knowing things are in your reliable hands.

Next week we will focus on **Courtesy**. Courtesy is being polite and having good manners. When you speak and act courteously, you give others a feeling of being valued and respected. Greet people pleasantly. Bring courtesy home. Your family needs it most of all. Courtesy helps life to go smoothly.

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

Long Service Leave



Ms Phelps will be taking one week's long service leave from 20th March until 24th March. Mrs Bray will be the Relieving Principal and Mrs Grabda will be teaching the Hawks for this week. Ms Phelps will return on Monday, 27th March.

Virtues Workshop

A free virtues workshop will be held by Di James in the library on Monday, 13th March from 9.00am until 11.00am. Please bring along some morning tea to share with everyone. All welcome.

This is a wonderful workshop where you will learn what is being delivered to your child/children here at school. Please see attached flier for the information.

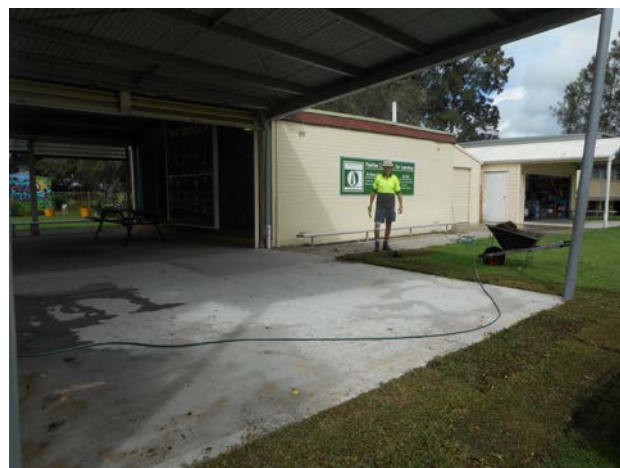


New Bus Monitor

Kaiden from the Hawks' class has been appointed the new Bus Monitor for the afternoon Woodberry bus run. Congratulations to Kaiden!

A Big Thankyou to Rayona Turf

We would like to say a Big Thankyou to Rayona Turf at Millers Forest who kindly donated turf for around our cola. The turf has been laid and it looks fantastic.



Ms Phelps - PRINCIPAL

Clean- Up Day

Last Friday was 'Clean-Up Schools Day', which is part of the 'Clean-Up Australia' initiative. Unfortunately we were unable to have our clean up on Friday afternoon due to the wet weather. Students have kept their gloves at school and we will have our clean up as soon as the weather permits. It is great to see so many students keen to beautify our school!

Harmony Day

Harmony Day is on Tuesday, 21st March. We will have a special assembly on the morning of Harmony Day to celebrate this special day. Students can wear orange clothes to school, the Harmony Day colour. Thank you to the P&C for providing fried rice for the students for lunch. Make sure you have returned the order form so your child/children don't miss out (the order form was sent home with the P&C notes last week). The P&C will also be helping the students paint the sandpit as a special Harmony Day project.

Zone Rugby League

Well done to Evan and Kaiden who are representing Millers Forest Public School at Zone Rugby League Trials today. All the best boys!

Cross Country

Our in-school Cross Country Run will be held on Wednesday, 29th March for students in the Hawks and Bluebirds classes. These classes have been enthusiastically practising long distance running around the school during Fitness time over the past couple of weeks. Students will need to wear their joggers to school on this day and pack an extra bottle of water.

The in-school Cross Country Run is being held in order to select students to represent our school at Zone Cross Country. To represent our school at Zone Cross Country, students must be turning 8 years or older this year. The 8-10 year olds have to be able to run two kilometres within a reasonable time and 11 and 12 year olds have to be able to run three kilometres within a reasonable timeframe. Not all children will be able to do this and that is okay.

Many students choose to walk the in-school Cross Country course or combine running or walking to complete the course.

We will need helpers on the morning of our in-school Cross Country Run on Wednesday, 29th March. Please fill out and return the slip **below** to the office if you are able to help. Thank you.

Cathy Bray

Hawks Class teacher and Sports Coordinator

I can help out on the morning of the in-school Cross Country Run on Wednesday, 29th March.

Name: _____



Important Dates to Remember

Virtues Workshop	Monday 13 March 2017
Book Club Due	Monday 13 March 2017
High School Expression of Interest Form Due Back	Friday 17 March 2017
Harmony Day	Tuesday 21 March 2017
In-School Cross Country	Wednesday 29 March 2017
Great Big Science Show	Wednesday 5 April 2017
Last Day of Term 1	Friday 7 April 2018

Good for Kids good for life

LUNCHBOX STARS

A child's lunchbox should provide 1/3 of their daily food needs. It is important to pack healthy foods that will help them to grow and learn.

Why not try some of these healthy snack options:

- Vegetable sticks
- Reduced fat yoghurt
- Popcorn (homemade or pre-packaged)
- Wholegrain crispbread with reduced fat cheese slices
- Sultanas
- Cherry tomatoes
- Rice crackers
- Fruit English muffin



<i>Assembly Awards</i>	
Week 5 – Term 1	
Principal's Award	Brandon – Settling into school extremely well.
PBL Award	Kelsey – Playing with kindness with her friends.
Citizenship Award	Ryan – Being considerate & supportive of others.
Rainbow Lorikeets Class Award	Zeke – Improved concentration in class activities.
Rainbow Lorikeets Virtues Award	Elijah – Being trustworthy & friendly.
Bluebirds Class Award	Michael – Working independently during Literacy activities.
Bluebirds Virtues Award	Caitlin – Being a trusting & trusted member of our class.
Hawks Class Award	Ally – Taking her time with tasks to produce quality work.
Hawks Virtues Award	Ariana – Having a trusting, positive attitude.
Art Award	Avalon-Jade – Trying hard in Art.
Assembly Award	Riley F – Great singing.
Secret Compliment	Evan – Being a good sport in soccer.

<i>Assembly Awards</i>	
Week 6 – Term 1	
Principal's Award	Benjamin – Outstanding listening & answering questions.
PBL Award	Kelsey – Outstanding behaviour at all times.
Citizenship Award	Kaiden – Being an excellent role model.
Rainbow Lorikeets Class Award	Mitchel – Making a massive effort to do quality work.
Rainbow Lorikeets Virtues Award	Brandon – Always waiting patiently before putting his hat & lunchbox away.
Bluebirds Class Award	Max – Improved confidence in reading out loud.
Bluebirds Virtues Award	Shikiyia – Patience in the classroom & playground.
Hawks Class Award	Kiara – A fantastic effort in Narrative Writing.
Hawks Virtues Award	Haydan – For being tolerant & accepting of difficulties & mistakes.
Art Award	Trey – An excellent drawing of himself.
Assembly Award	Evan – For a great display of patience.
Secret Compliment	Malcolm – Playing fairly with everyone.




HUNTER
DENTAL GROUP

CESSNOCK, GREENHILLS & DUNGOG DENTAL
4990 1279 • 4934 7877 • 4992 3366

Child Dental Benefits Schedule

An Australian Government Dental Scheme

YES WE BULK BILL!!

Families that receive Family Tax Benefit Part A or other eligible government payments can receive **\$1000** basic dental treatment for children aged 2-17 years.

For eligibility phone Medicare **132 011**
For appointments call us today!

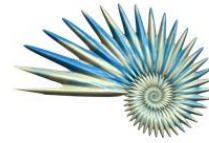





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MILLERS FOREST PUBLIC SCHOOL



Virtues Parent Workshop

All parents and caregivers are invited to a **FREE** Virtues Parent Workshop to be held at our school. Details are as follows:

Date:	Monday—13 March, 2017
Time:	9:00am—11:00am
Place:	Library
Cost:	FREE. Please bring morning tea to share.
RSVP:	13 March, 2017 Phone: 02 4987 2520

*All are welcome to attend.
Looking forward to seeing you there...*



Millers Forest Public School Motto

This is MY school
I am here to learn
To think with my head and my heart
To grow with patience
To achieve my goals by giving my best every day
I use my strengths responsibly and with kindness
Mistakes are opportunities to learn creatively
If I fall, I get back up - because I am resilient
I joyfully try new things
I love and respect myself for who I am
For who we all are
And all the differences between us
May peace be our constant companion

I am happy to be here.

Composed by the James-Buehler Family