

Newsletter

21 August 2017



Millers Forest Public School

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Virtue for Week Six and Seven

This week our virtue is **Cleanliness**. Cleanliness means washing often, keeping your body clean, and wearing clean clothes. It is putting into your body and your mind only the things that keep you healthy. It is cleaning up mistakes and making a fresh start.



Next week our virtue is **Generosity**. Generosity is giving and sharing. You share freely, not with the idea of receiving something in return. You find ways to give others happiness, and give just for the joy of giving. Generosity is one of the best ways to show love and friendship.

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

NAPLAN Training

I would like to very much thank all the Year 3 and Year 5 students who assisted us by completing the NAPLAN training on the computers last Friday. Thank you Mrs Bray who ran these sessions. Mrs Bray is our NAPLAN coordinator.



Bus Behaviour

Any anti-social, violent, dangerous or illegal behaviours that occurs on the bus while travelling to or from school in the afternoons or mornings, please refer in the first instance to the bus driver and then report directly to the bus company.

End of Year Presentation Day

Dear Parents, Caregivers and Community Members,

We invite you all to dress-up with the students, teachers and P&C members for our Presentation Day. Please glam up in your best disco clothes. The teachers will have a special, secret surprise for everyone. The Presentation begins at 9.30am on Thursday, 14th December. See you there. The school takes no responsibility for anyone falling off platform shoes.



DISCO

Brains

As part of their Science unit for this term the Bluebirds have been studying the brain. Fun was had by all when we dissected lamb brains.



Library News

We will have a parade to celebrate Book Week on Friday, 1st September. Children can dress up as their favourite book character. We will do Infants and Primary in two groups under the cola. Don't go to great expense – get creative!

Ms Merrilees – Library & Art Teacher

Cleanliness Week

This week we were introduced to cleanliness week by having a special guest at school – Buba. Buba is a juvenile rat who is very clean.



Ms Phelps – Principal

Jump Rope For Heart

Families are invited to our school Jump Off Day tomorrow – Tuesday, 22nd August at 2:00pm. Students will be skipping and showcasing their skills. Sponsorship forms and money raised should be returned to the office tomorrow. You do not need to record online fundraising on the sponsorship form. Please see Mrs Bray if you have any questions. The Jump Rope for Heart program helps support valuable research into heart disease. Please enquire at the office if you need another sponsorship form. Students can also fundraise online at Jumprope.org.au



Public Speaking

Well done to all our public speakers who competed at the local public speaking heats in Week 4: Kiara, Tyrone, Matilda, Trey, Jemima, Katie, Zeke & Elijah. What a fabulous achievement! A special congratulation to Zeke; who was selected to progress through to the finals at East Maitland Public School last week.



Zone Athletics

Millers Forest had a strong representation at Zone Athletics. Ryan, Kaiden, Tyrone and Lacey represented our school at the field events. Eddie, Anna, Riley, Kaiden, Lacey, Ella, Rhianna and Tyrone represented our school at the track events. Well done to all of these students for giving their very best effort in all their events.

Gymnastics

Students have been enjoying Gymnastics for sport this term. Millers Forest P.S. was fortunate enough to secure funding through Sporting Schools to provide this valuable experience for our students. The gymnastics program will run from week 4 until week 8.

Debating

Our senior debaters have been very busy this term. They won their first debate against Mount Kanway last Tuesday. The debaters successfully argued for the negative on the topic 'That the city is better'. Congratulations to Evan, Kaiden, Tyrone and Chloe C on your win. Tomorrow the team, consisting of Evan, Kaiden, Tyrone and Ryan: head off to Iona P.S. to debate 'Social Networking Sites Are Good for Kids'.

They have the difficult task of arguing the affirmative for this topic but are prepared for the challenge. Good luck, debaters!



NAPLAN Online

From next year NAPLAN will be online. Our Year 3 & Year 5 students participated in a school readiness test for NAPLAN Online last Friday. The students did very well and enjoyed the online format.

Cathy Bray

Hawks Class Teacher & Sports Co-ordinator

Important Dates to Remember

Jump Rope for Heart	Tuesday 22 August 2017
Debate – Iona P.S	Tuesday 22 August 2017
Book Week Parade	Friday 1 September 2017
Father's Day Stall	Friday 1 September 2017
Opera House Recorder	Wednesday 6 September 2017
Election	Saturday 9 September 2017
Country Fair	Saturday 16 September 2017
Last Day of Term Three	Friday 22 September 2017

Assembly Awards

Week 4 – Term 3	
Principal's Award	Chloe W – Outstanding application to work.
PBL Award	Xavier – Outstanding behaviour.
Citizenship Award	Kiara – Having integrity.
Rainbow Lorikeets Class Award Rainbow Lorikeets Virtues Award	Brandon – Showing more care when completing his work. Willow – Being caring and compassionate to other students.
Bluebirds Class Award Bluebirds Virtues Award	Skye – Writing a strong persuasive text. Isaac – Being kind and showing love to his friends.
Hawks Class Award Hawks Virtues Award	Ryan – A dedicated approach to learning activities. Rhianna – For being a thoughtful, kind friend.
Art Award	Avalon – Improved art work.
Assembly Award	Anna – Great singing.
Secret Compliment	Charlotte – Being a kind friend.

Assembly Awards

Week 5 – Term 3	
Principal's Award	Matilda – Always achieving her best.
PBL Award	Benjamin – Creativity when playing games.
Citizenship Award	Tyrone – Outstanding school representation.
Rainbow Lorikeets Class Award Rainbow Lorikeets Virtues Award	Blaze – Showing concentration and confidence in reading. Acacia – Thinking of and writing creative sentences.
Bluebirds Class Award Bluebirds Virtues Award	Axel – Being an independent learner. Shelby – Always using her imagination and creativity.
Hawks Class Award Hawks Virtues Award	Lacey – An excellent effort in writing activities. Ally – Discovering her own special talents.
Art Award	Axel – Improved art design.
Assembly Award	Charlotte – Great singing.
Secret Compliment	Tyrone – Including others.

Good for Kids good for life **TOP TIPS FOR A BUSY FAMILY**

A family approach to eating well and staying active is the best way to help children and parents maintain a healthy body weight.

Here are some tips:

- Keep sometimes foods (which are high in sugar, fat and salt) for special occasions and keep to small portion sizes
- When at the supermarket select only foods from the five food groups to add to your trolley.
These include: fruits and vegetables, low fat dairy, lean meat and meat alternatives and high fibre breads and cereals
- Plan the family meals and snacks each week before heading to the supermarket. This ensures that you buy all the necessary ingredients for each meal and helps to avoid food wastage
- Cook extra serves of meals and freeze them for those busy nights
- Choose to only stock water and low fat milk in the fridge

For more tips for eating well see:

<https://www.eatforhealth.gov.au/eating-well/tips-eating-well>

