

Newsletter

19 March 2018



Millers Forest Public School

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Virtues for Weeks Eight & Nine

Our virtue this week is **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 go smoothly.

Next week our virtue is **Friendliness**. Friendliness is being a friend, through good times and bad. You take an interest in other people and make them feel welcome. You share your belongings, your time and yourself. Friendliness is the best cure for loneliness.

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



Sporting News

Well done to Riley, Evan and Kaiden, who have been busy representing our school at zone sport trials recently. Kaiden and Evan performed well at both the Zone Rugby League Trials and the Zone Soccer Trials. A special congratulation goes to Riley who also went to the Zone Soccer Trials and made it in to the Port Stephens Zone Soccer Team. What a fabulous achievement!

Young Leaders Day

Last week Riley, Evan, Ally and Lacey attended the National Leaders Day at The International Convention Centre in Darling Harbour. The students really enjoyed the speeches from the special keynote speakers who presented on the day. The students have written a detailed recount of the day, which is included in this newsletter.



Water 4 Life Challenge

Thank you to all the families who raised money for The Water 4 Life Challenge. Many students raised \$10 or more which will cover their fee for the Life Education Van visit next term. Overall, over \$600 was raised by students through the Challenge, which is a terrific effort by our small school.

Harmony Day

Harmony Day is on Wednesday, 21st March. Families are invited to join us for a special Harmony Day assembly at 9:00am. Students can come to school on the day dressed in orange clothes - the Harmony Day colour. The P&C will be providing a free sausage sizzle lunch for students as well.

NAPLAN Practice

On Thursday, 22nd March students in Years 3 and 5 will have a practice for the online NAPLAN tests in the Hawks' classroom with Mrs Crichton. Thank you to Mrs Crichton for coordinating the NAPLAN testing at our school this year.

Out of Uniform Day

Friday, 23rd March will be an out of uniform day. Students bring in a donation for the P&C Easter Egg Raffle on this day. Students who donate eggs for the raffle will receive a free ticket in a special draw to win a prize. Good luck!

Easter Hat Parade

The Easter Hat Parade will be held on Thursday, 29th March under the shade cloth. The parade will commence after our usual morning assembly. Students are asked to make an Easter hat at home to wear in the parade. We would love families to come along and watch. The Easter Bunny will be visiting our school after the parade!

This day will also be a 'Red Day' to support the Salvation Army. Students wear red clothes to school and make a gold coin donation.

Easter Long Weekend

The Easter break falls within the school term this year. Good Friday (30th March) and Easter Monday (2nd April) are public holidays and students resume school on Tuesday, 3rd April. The last day of Term One is Friday, 13th April.

Lunches

There have been a number of students asking to borrow cutlery from the staffroom or asking staff to heat up their food for them. This is an Occupational Health and Safety issue and staff are not allowed to provide cutlery for student lunches or heat up food for students. Please ensure your child has any utensils they need to eat their lunch, such as a spoon or fork. Thank you for your cooperation in this matter.

Camp

Thank you to the students in the Hawks class who have returned the Camp Commitment note. Families are encouraged to continue making payments off the cost of the camp through the school office. An information note about the camp will be sent home next term.

Opera House Recorder

The students in the Opera House Recorder Group are in the 'Banksia Concert' this year. Tickets for the Festival of Instrumental Music will open for the Banksia Concert on Tuesday, 17th April.

Parent Teacher Interviews

Parent/Teacher Interviews will be held at the end of the term. The Lorikeets class interviews will be held on Wednesday, 4th April, the Hawks interviews will be held on Friday, 6th April and the Bluebirds class interviews date is Tuesday, 10th April. Class teachers will send home parent/teacher interview time and further information shortly.

Long Service Leave

Ms Phelps is currently on Long Service Leave and will be back after the Easter break. Mrs Bray will be Relieving Principal and Mrs Grabda will be teaching the Hawks' class during this time. Mrs Vollmer will also be taking Long Service Leave from Friday, 23 March until after Easter.

Cathy Bray

Relieving Principal

NRL Wellbeing Talk

Luke and Lyndon, game development officers from the NRL, came to talk to years 3-6 about healthy living. They encouraged us all to join a sporting club, to drink lots of water and to eat plenty of healthy foods. They also spoke to us about respecting teammates and coaches. We all enjoyed learning about health and fitness.

By The Hawks' Class

Rugby League Tryouts

On Friday the 9th of March we went off to represent Millers Forest Public School for Zone Rugby League try outs at Mallabula Sporting Complex. Before the games we had a warm up drill and did some passing skills. We played three games of rugby league and had a great day.

By Kaiden & Evan



Zone Soccer Try Outs

On Thursday, 15th March we went to Tomaree Sporting Complex to represent our school at the Zone Soccer try-outs. There were 57 boys there to try out, including us. We got divided into four groups and played three games of soccer. It was challenging but fun. Then they announced 'Possibles and Probables' and Riley's name got called out. Riley played another game and made it into the Port Stephens Zone Representative Soccer Team!

By Evan, Riley and Kaiden

Young Leaders' Day

Young Leaders Day was held at the Sydney Convention Centre on Monday, 12th March. There were lots of special guest speakers who were very interesting. John Coutis (Lacey's favourite speaker), is a man who had his legs amputated and suffered extreme bullying at school. He had an excellent sense of humour, inspired us to find our inner strength and also gave us ideas on how to tackle challenges in our life. Another speaker was Lauren Cheatle, who was the youngest female ever to be included in the NSW cricket squad and is in the Sydney Sixers. She told us that if you don't challenge yourself it won't change you for the better. Harrison Craig (Ally's favourite speaker) told us about his former stuttering problem and how he overcame it through music. The final speaker was the author-Matt Cosgrove. He told us that when he tried things, it never worked out for him, until he discovered art and writing. Overall, it was a fantastic day and we learned so much.

By Lacey, Ally, Evan and Riley

Sporting News

Zone Sport Trials

Congratulations to the boys that represented the school in the zone sporting trials. Kaiden and Evan represented the school at the Rugby League trials and Kaiden, Riley and Evan represented the school at the Soccer trials.

Well done boys and thank you for representing our school with pride and giving your absolute best.

Special congratulations to Riley who was successful at the zone soccer trials. He will now represent Port Stephens at the Hunter trials. Super job Riley!

School Cross Country

The school cross-country will be held on Wednesday, 28th March. All students have been practicing at school and will participate on the day. Please make sure your children have plenty of water on the day. Students can wear their sports uniform (with joggers) on this day. Good luck everyone.

Mr Walker - Sports Coordinator

Important Dates to Remember

Harmony Day	Wednesday 21 March 2018
NAPLAN Practice	Thursday 22 March 2018
Out of Uniform Day	Friday 23 March 2018
School Cross Country	Wednesday 28 March 2018
Easter Hat Parade & Red Day	Thursday 29 March 2018
Lorikeet's Parent/Teacher Interviews	Wednesday 4 April 2018
Hawk's Parent/Teacher Interviews	Friday 6 April 2018
Bluebird's Parent/Teacher Interviews	Tuesday 10 April 2018
School ANZAC Service	Tuesday 10 April 2018
Small Schools Athletics Carnival	Wednesday 11 April 2018
Last Day of Term 1	Friday 13 April 2018
Opera House Recorder Tickets on Sale	Tuesday 17 April 2018
Students Return for Term 2	Tuesday 1 May 2018
Life Education	Thursday 3 May 2018
Opera House Recorder	Monday 21 May 2018

Assembly Awards

Week 5 – Term 1	
Principal's Award	Lacey – Being an outstanding role model.
PBL Award	Michael – Trying his best in spelling & achieving great results.
Citizenship Award	Riley – Always being helpful, responsible & fair.
Rainbow Lorikeets Class Award	Shamia – Being an enthusiastic learner.
Rainbow Lorikeets Class Award	Rylan – Being a trusting & trustworthy student.
Bluebirds Class Award	Axel – A mature & careful approach in handwriting.
Bluebirds Class Award	Elijah – Being trustworthy & for trusting his friends.
Hawks Class Award	Chloe – A fantastic effort in spelling activities.
Hawks Class Award	Evan – Being honest & trustworthy.
Art Award	Matilda – Careful, colourful artwork.
Secret Compliment	Maddison – Having integrity.

Superhero Training Academy

A fun after school social skills program

Training will take place over 4 weeks on the following days:

- Wednesday 7th March
- Wednesday 14th March
- Wednesday 21st March
- Wednesday 28th March

Time: 3.45pm to 4.45pm

Where: Firstchance Superhero Training Academy
122 Woodstock Street, Mayfield NSW 2304

Cost: \$238.68 (\$59.67 per session)

Note: You can use your NDIS package OR you can pay out of pocket. We require participants to attend all four sessions.

A school aged Social Skills program where your young superheroes will learn strategies to improve their flexible thinking and social skills through various activities, stories and video modeling.

This group is about refining social skills in a fun and relaxed environment, enabling participants to get their bodies moving and have a great time learning and making new friends.

Topics covered include: How to think flexibly; How to read social cues; Learning about our own strengths

Register Now:

Places are limited to eight in a group. Registration is required by the 3/3/2018. The program will run subject to demand.

For more information or to register for the program please contact
Nicole Dorcovski on 49103130 or email nicole.dorcovski@firstchance.org.au

Good for Kids good for life

TARNAMBAI

Tarnambai is a Traditional Indigenous Game. Tarnambai means 'running' in the language used in the Batavia area of north Queensland.

How to play:

Players roll a tennis ball away from their partners, who sprint after it, pick it up on the run after it crosses a line 20 metres away, and return to the starting line. Time the attempts, hold a team relay, or use this as a tabloid event in small groups (two to four players) with a set time (2–3 minutes).

Check out the Yulunga Traditional Indigenous Games resource book online to see more fun games for the family to enjoy and to learn more about Aboriginal culture.



Source: Yulunga Traditional Indigenous Games 2009



PHONE 4924 6499

Assembly Awards

<i>Week 6 – Term 1</i>	
Principal's Award	Ethan – Independently settling into Kindergarten.
PBL Award	Kaiden – Using virtues, especially patience.
Citizenship Award	Eddie – Being extremely helpful & quick to volunteer.
Rainbow Lorikeets Class Award	Ally G – Always producing quality work.
Rainbow Lorikeets Class Award	Zak – Showing patience in all situations.
Bluebirds Class Award	Cohen – Independent & creative writing.
Bluebirds Class Award	Mason M – Waiting patiently in lines & in class.
Hawks Class Award	Kiara – Outstanding application to spelling activities.
Hawks Class Award	Riley – Being patient & considerate of others.
Art Award	Karla – Excellent effort in art.
Assembly Award	Matilda – Great singing in every song.
Secret Compliment	Ella – Outstanding work in class & being a kind friend..

Assembly Awards

<i>Week 7 – Term 1</i>	
Principal's Award	Austin – Excellent work with the virtues.
PBL Award	Rhianna – Always showing consideration for others.
Citizenship Award	Xavier – Working hard to keep our playground tidy.
Rainbow Lorikeets Class Award	Alyssa – Staying focused & completing set tasks.
Rainbow Lorikeets Class Award	Willow – Always thinking about others & offering to help.
Bluebirds Class Award	Elijah – Great effort in homework & news.
Bluebirds Class Award	Karla – Considering other peoples needs & feelings & being helpful.
Hawks Class Award	Mason J – A wonderful effort in handwriting.
Hawks Class Award	Ariana – Being very caring & considerate of others.
Art Award	Ethan – Excellence in art.
Assembly Award	Trey – Excellent singing.
Secret Compliment	Mason J – Being a kind & reliable friend.

Good for Kids good for life

FUN IN THE SUN

Summer is the perfect opportunity to ditch the technology and get outside to have fun in the sun! And you don't have to spend a lot of money with these great ideas:

- Create a slip and slide in your yard with a tarp, water and detergent
- Go for a bike or scooter ride to the park
- Go for a picnic and take the soccer ball with you
- Plan a scavenger hunt
- Use chalk to draw on the paths outside your house and play games such as hopscotch
- Get involved in gardening

Have a look online for more great ideas!



Good for Kids good for life

DINNER IDEAS FOR SUMMER

Summer is a great time to introduce more salad vegetables into your diet. There are heaps of variations for each of the ideas below:

- Plain beef, chicken, fish or vegetable burgers with loads of salad
 - Tacos or burritos with lettuce, tomato, corn, beans, carrot and more
 - Kebabs with a combination of meat and vegies such as mushrooms, capsicum and onion
 - Pizzas topped with lots of vegies and a side salad
 - Salads, salads and more salads and they don't have to be just a garden salad.
- Try roast pumpkin, cherry tomato, avocado, cucumber and grilled chicken with a honey mustard dressing.

