

Newsletter

28 May 2018



Millers Forest Public School

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Virtues for Weeks 5 & 6

Our virtue this week is **Flexibility**. Flexibility is being open to change. You consider other's ideas and feelings and don't insist on your own way. Flexibility gives you creative, new ways to get things done. You get rid of bad habits and learn new ones. Flexibility helps you to keep changing for the better.

Our virtue for week six is **Gentleness**. Gentleness is moving wisely, touching softly, holding carefully, speaking quietly and thinking kindly. When you feel angry or hurt, use your self-control. Instead of harming someone, talk things out peacefully. You are making the world a safer, gentler place.

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



Bluebirds & Lorikeets Excursion

This term the Bluebirds and Rainbow Lorikeets will be attending an excursion to the Hunter Valley Zoo. Please read the permission note carefully and send in your child/children's note and money as soon as possible. This is an educational excursion that enhances classroom learning for both classrooms.

Student Absences

We would kindly like to ask parents to write a note or phone the school to inform us of the reason your child is absent from school. This is a Department of Education requirement. Thank you.

Data Day

All staff will be attending an on-site training day on investigating our school's data on Tuesday, 29th May. After my meeting with the School Educational Director Leadership last week, it was revealed that our school was one of the top performing schools in 'value-added' from years 3 to 5. That means the learning gain from years 3 to 5 is high and quality driven. I would like to congratulate all the staff at Millers Forest Public School for their efforts in this wonderful achievement.

Mrs Phelps – PRINCIPAL

Opera House Recorder

The Festival of Instrumental Music was a fantastic experience for all. Well done to our elite recorder group who performed at the Opera House as part of the festival last Monday. Our students performed amazingly. Thank you to Mrs Tuyl for her dedication to this annual event and expert tutoring of our students.



Leaders Day

The school captains will go to Thornton Public School tomorrow for 'Young Leaders' Day'. The students will listen to special keynote speakers and will also participate in leadership and team building workshops.

Virtues Fun Day

Thank you to our wonderful P & C for organising our Virtues Fun Day craft activity and also to all of the families that came along and joined in the fun. Lots of fun was had by all!



Mrs Bray – Hawks' Class Teacher

Dance Group

It is with great pleasure I can announce that the Dance Group was successful in their audition for Hunter Dance Festival. They will be performing at Wests Newcastle on Thursday, 2nd August. We are so proud of their efforts and wish them luck.

Mrs Erickton – Dance Teacher

Important Dates to Remember

Young Leaders Day	Tuesday 29 May 2018
Hunter Valley Zoo	Thursday 21 June 2018
Aussie Bush Camp	Wednesday, Thursday & Friday 27, 28 & 29 June 2018

Assembly Awards

Week 3 – Term 2	
Principal's Award	Alyssa – Improved Science work.
PBL Award	Ethan – Being positive in learning situations.
Citizenship Award	Shamia – Demonstrating respectful behaviour.
Rainbow Lorikeets Class Award	Ethan – Enthusiastic participation in sport.
Rainbow Lorikeets Virtues Award	Nakayla – Always trying her very best in class with enthusiasm.
Bluebirds Class Award	Zeke – Producing a creative and persuasive ad.
Bluebirds Virtues Award	Michael – Trying hard to achieve his goals.
Hawks Class Award	Haydan – Great improvement in writing.
Hawks Virtues Award	Riley – Demonstrating persistence in sporting activities.
Art Award	Austin – Effort in art.
Assembly Award	Matilda – Great singing.
Secret Compliment	Ally G – Being a kind friend.

Assembly Awards

Week 4 – Term 2	
PBL Award	Lacey – Being a peacemaker.
Citizenship Award	Braiden – Always following school rules.
Rainbow Lorikeets Class Award	Matilda – Working really hard on her reading.
Rainbow Lorikeets Virtues Award	Zak – Thinking of peaceful solutions to problems.
Bluebirds Class Award	Kelsey – Positive attitude and giving her best.
Bluebirds Virtues Award	Shikiyia – Being peaceful and sensible.
Hawks Class Award	Charlotte – An amazing effort in spelling activities.
Hawks Virtues Award	Cooper – Being peaceful and getting along well with others.
Art Award	Kiara – Persistence in art.
Assembly Award	Cooper – Great listening.
Secret Compliment	Skye – Helping people in class.

Good for Kids good for life

USING PHYSICAL ACTIVITY AS A REWARD

We all like to treat our kids with rewards when they have completed a task at home or have performed well in school.

Here are some ideas on how to incorporate physical activity into your rewards:

- Visit a park that your child loves to go to.
- Instead of buying a food reward why not get some new sports equipment for home, such as a skipping rope or basketball?
- Plan a special trip to an indoor park.
- Go on a family bike ride and pack a special morning tea.
- Invite their friends over for a play in the backyard.



PHONE 49246299

Good for Kids good for life

WASTE-FREE LUNCHES

When packing your child's lunchbox it's important to think about nutrition, but we can also look after the environment too!

Waste-free means only packing items that can be recycled or composted. That means no plastic wrap, no foil, no zip lock bags and no packaged foods.



Here are some ideas for packing a waste-free lunch:

- Invest in some small containers or a lunchbox with a variety of compartments.
- Use paper bags as they can be recycled.
- Use a reusable bottle for water and milk.
- Buy in bulk and transfer into smaller reusable containers for food like yoghurt and rice crackers.



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Good for Kids good for life

HOW MUCH PHYSICAL ACTIVITY DO KIDS NEED?

Do you know how much physical activity your child should participate in each day?

Children aged 5-12 years should spend at least 60 minutes in moderate to vigorous physical activity every day.

Moderate intensity activities include fast walking or riding a bike or scooter.

Vigorous intensity activities make you 'huff and puff' and include running, chasing and playing tag, and organised sports such as soccer or netball.



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