

Newsletter

6 May 2024



Millers Forest Public School

127 Martins Wharf Road

MILLERS FOREST NSW 2324

Ph: 49872520 Fax: 49874265

Email: millersfor-p.school@det.nsw.edu.au

Website: <https://millersfor-p.schools.nsw.gov.au>

Explicit Teaching

All teaching staff will attend a day's training on explicit teaching with Jo Yarra tomorrow at Tocal. Mrs Crichton and Miss Brennan will also attend an additional day on Wednesday at Beresfield Public School.

Mother's Day Stall

Just a reminder that the P&C are holding our annual Mother's Day stall on Friday morning. If you are purchasing multiple gifts, please bring in a plastic bag.



Principal's Conference

Mrs Phelps will be at a Principal's Conference on Thursday and Friday next week. If you have any queries on these days, please speak to Mrs Crichton.

Bad Effects of Going to Bed Late

Teachers are observing more and more students who are staying up till 12:00pm and even later. Please see findings from Dr Owens below and make sure your child is getting enough sleep. Recommendations are for your child to be in bed between 7:30pm and 8.30pm to get 10 hours sleep. Younger children should go to sleep between 7:00pm and 8:00pm.

Late bedtimes can lead to insufficient sleep. "Lack of sleep can have really devastating consequences on the child's mood and performance," Dr. Owens says. It can also tax the body, causing stress that stunts proper physical growth. 22 Nov 2022



Christyne Phelps

PRINCIPAL

ANZAC Service

Thank you to the families that supported our school at the Beresfield ANZAC dawn service. The students represented our school with pride and showed respect for our fallen heroes. A special thank you to Bella Woodhouse for reading out the poem.



Spelling Bee

This week our Stage 2 (Years 3 and 4) and Stage 3 (Years 5 and 6) students will be participating in our school Spelling Bee. One representative from each stage will go onto the next round. Good luck to all of those students involved.

Rhianne Crichton

Assistant Principal – Curriculum & Instruction

Healthy eating for children

Key facts

- Healthy eating in childhood reduces your child's chance of developing health problems as they get older.
- A healthy, balanced diet includes foods from all 5 food groups: fruit, vegetables, grains, proteins and dairy.
- Foods high in sugar, saturated fat and salt aren't necessary for a healthy diet and should be limited.
- Cooking and eating healthy foods together as a family can help your child develop healthy eating habits for life.
- If your child has specific dietary needs or restrictions, your doctor or dietician can help you make sure their diet is healthy and balanced.

Important Dates to Remember

Mother's Day Stall	Friday 10 May 2024 8:30am
Book Club Orders Due	Monday 13 May 2024
King's Birthday Public Holiday	Monday 10 June 2024

Assembly Awards

Week 11 – Term 1	
Principal's Award	Jayleigha – Being friendly to others.
PBL Award	Sofia W – Always using her virtues.
Citizenship Award	Ricki – Showing great sportsmanship when representing our school.
Rainbow Lorikeets Class Award	Jackson – Great effort in literacy.
Rainbow Lorikeets Virtues Award	Island – Persistent effort in cross-country.
Bluebirds Class Award	Ollie – Creating an engaging story using narrative structure.
Bluebirds Virtues Award	Tahleeah – For always being a friendly and joyful member of our class.
Hawks Class Award	Mason – Showing great sportsmanship at the soccer gala day and representing his school with pride.
Hawks Virtues Award	Armani – Always showing our school virtues.
Art Award	Ashlynn – Effort in art.
Assembly Award	Hector – For sitting quietly and listening carefully.
Secret Compliment	Lucy – For being kind.