

Muswellbrook South Public School

Proud and Powerful to be a School in Partnership (SiP) school.



57 Maitland Street, Muswellbrook 2333
Email : muswellbrs-p.school@det.nsw.edu.au

Phone: 02 65431896
Fax: 02 65433475

Week 8 Term Three

STOP PRESS:

Industrial Action tomorrow (whole Day). School not operational, as there will be no teachers at school.

Please make alternative arrangements for your child's care.

Dear Parents and Carers of Muswellbrook South PS

Last Thursday we held our first Blokes BBQ celebrating male role models in our children's lives. It was a great early start at 7.30am, the BBQ was fired up and we had over 170 people experience a morning of fun. Thank you to everyone who came and supported their children/ family members and our great school. Congratulations to the following people for their paper plane flying competition:

1st Gracie Alderson 14.6 metres, Jackson & Ainsleigh Dunbar 10.9m, Makayla Harvey 11m, and Reagan Spicer 9.4m.

Thank you to our staff who cooked up a great breakfast and who organised a fantastic community morning.

Don't forget to come to the office to pick up your 'Muswellbrook South PS Rocks', car bumper/ back window sticker. Please send your child into the front office for a bumper sticker. Please note one per family. This is all part of our Positive Behaviour for Learning (PBL) focus.

Please be aware that there is Industrial Action tomorrow, no teachers will be at school. I am needing all parents and carers to make arrangements for their children to be cared for.

This afternoon our Stage 2 students will return from their overnight excursion from the Warrumbungles.

This type of excursion is extremely important as the content and relevance of this excursion is designed for our students to increase their knowledge and understanding. Therefore, benefitting them in improving in their learning outcomes. I look forward to hearing about the great experiences about this excursion. Bus should arrive back in Muswellbrook around 5.30pm this afternoon, please be prompt for pick up.





Yours in Education
 Rebecca Langdon
 Principal

Healthy Dad's Healthy Kids – Comes to Muswellbrook

Could Dad lose a few kilos? The Healthy Dad's Healthy Kids program is an award winning weight loss program for dads/stepdads which is funded by Coal and Allied and is coming to Muswellbrook. The program covers the nine best weight loss tips for men, so dad can shed some unwanted kilos (without having to eat like a rabbit). In 2009, dads in Newcastle lost almost 9kg on average by joining the program.

Healthy Dads, Healthy Kids will give dad new ideas for spending active, quality time with the kids and advice on how to get kids eating well without creating a battleground at the dinner table. Healthy Dads, Healthy Kids involves 4 dads-only sessions and 3 dads and kids sessions across twelve weeks. All sessions are in the early evening and will only cost you some time (and potentially a few kilos!).

Many dads who have been through the program recommended it, with one dad commenting "I cannot recommend this program enough. It has probably added years to my life expectancy, but probably more importantly it has added immeasurably to my quality of life and my family's. Healthy Dad's, Healthy Kids works."

This program starts on Tuesday 20th September (shift worker friendly) at 5.45pm at Muswellbrook South School.

More information, please contact Drew Miller on 49216721 or email Andrew.miller@newcastle.edu.au

Yes I would like to attend the Healthy Dad's Healthy Kids program

Name.....Student.....

What can I do if my child doesn't want to go to school?

If you are experiencing difficulties getting your child to school, following are some strategies that may assist with improving attendance.

Help your child have a good start to the day by ensuring that:

- they have a good night's sleep
- they prepare their bag, equipment and lunch the night before
- your child gets up early enough to have breakfast
- they leave in time to get to school a little early, to meet up with friends/class mates

Be positive about school and teachers – eg. This may mean making supportive comments about either school activities or school expectations (rules).

Offer daily praise for attendance – catch your child doing the right thing and tell them they're doing a great job.

Run an incentive program with your child focusing on rewards for good attendance –

this may mean being able to engage in a favourite activity. Rewards don't need to cost money!

Get involved in school activities – the way to a child's heart may be through their stomach via canteen duty, or helping with reading or craft groups.

Encourage your child to talk about problems that may affect school attendance eg. Call upon members of the family, friends, the School Counsellor, the Grade Supervisor/Coordinator or the Home School Liaison Officer, to listen to your child.

Ask for help before your child's attendance becomes a big problem – seek support from the school, friends or community agencies.

Finally, be firm and consistent in establishing regular patterns of attendance at school. Do not keep your child away from school for birthdays, pension days, minding other children, haircuts etc. The benefits for both you and your child are worth the effort.

Problems in the Playground

Please remind your child that if someone is annoying them in the playground they need to ask the child to 'stop' and tell them they don't like it. Then walk away from the child annoying them. If they continue to annoy you, go and tell a teacher. Teachers are easily identified, because they wear a yellow vest when they are on duty in the playground.

It is never OK to use physical force or violence to try and solve a problem.

Enrolling now for Kinder in 2012: If you have a child who is ready to start school in 2012, please collect an information package from the school office. Muswellbrook South Public School can provide an exciting and wonderful K-6 journey for your child.

Stage 1 Transport Excursion

Stage 1 will be travelling to Williamtown by train to visit Fighterworld. This excursion will be on Wednesday 12th October. The total cost of this excursion is \$15.00 per child. Money can be paid at the front office and is due before Wednesday 21st September. Further information and notes will be sent out in the coming weeks.

Mrs Sampson

MSPS Support The Rescue Helicopter

Yesterday our students gave generously to the Westpac Rescue Helicopter. We raised \$ 200.00. Some of our students actually got to go down to the Golf Course to experience the visit first hand.



Dress Down Drug Free

Dress Down at work and help support the delivery of Life Education at our school.

1. **Choose** a fun dress theme that everyone will enjoy
2. **Register** your business as a participant in the campaign
3. Receive a **supporters pack**
4. Encourage everyone at your work to **be involved**, bring a gold coin and dress down on Friday September 23rd.

Great prizes to be won for best theme and most funds raised!

Visit www.hunterlifeeducation.org.au, or call 1300554246 or Miss K McMillan at the school to get involved!

Assembly

Please note There is no assembly this Friday due to our Fun Day.

Foyer Display

The foyer display for Week 8 is 4/5S.

Congratulations this week's 'Pebble People'**Week 8**

EStg1: Cade S, Mitchell K/1M	Emily B, Ella M
Stg1: Nataline M, Maddison C	Shauna C, Billy B
Stg2: Krystal G, Brodie E - P	Sharni S, Brooke E
Stg3: Abigail L, Kieren H,	Annan S, Liam F

Our school newsletter is available on our school's website. If you would like our newsletter sent home electronically please fill out the form below with your name and email address. Please complete the accompanying form and return to the school office.

I would like the school newsletter to be emailed home:

My email address is:.....

Name:.....

School Website

If you would prefer to read the newsletter on our website, it is available each week at www.muswellbrs-p.schools.nsw.edu.au

Kindergarten And Stage 1 Fun Day

The Kindergarten, Year 1 and Year 2 Fun Day will be held this Friday 9th September on the School Oval from 9.45 a.m. to 1.30 p.m. The children are to arrive at school at the normal time of 9.25 a.m. to allow teachers time to mark the roll. The children will be involved in a march past, running and novelty races as well as participating in a variety of fun activities. The children have taken home a note to inform parents of the Sport House each child has been placed into and we encourage the children to come dressed in the appropriate colours for their team on the day. Parents are invited to attend to watch the races and games and join their child for lunch and then afternoon tea after the activities.

The children are to wear suitable clothes and joggers to run in (no bare feet allowed) and to bring sunscreen, a safety pin and a drink bottle containing water and labelled with their name.

PLEASE NOTE THAT ALL STUDENTS MUST WEAR A HAT (SCHOOL HAT OR COLOURED HAT) IN ORDER TO PARTICIPATE IN THE DAY.

C. Avery

Woolworths Earn & Learn

Keep bringing in your Woolworths docketts and place them in the collection box on the counter. The promotion allows us to purchase educational resources and runs until 18th September 2011. Points tally as at 7 September is 2461

Coles 2011 Sport for School Program

Coles has launched their 2011 Sports for Schools program and we now have the collection box in the office for you to put all your vouchers in. The more vouchers we collect the more sports equipment we will receive. Voucher Tally as at 7 September is 18343

A Night Before Christmas Market

The Muswellbrook Pre-School is planning a Christmas market shopping night on October 21st from 7pm -10pm. There is a \$15 entry, with the first 200 ticket holders given a free gift bag filled with products. Wine, Cheese, Tea, Coffee and Cake will be available. There will also be lucky door prizes and a multi draw raffle. Some wonderful ideas for those hard to find Christmas presents.

Tickets are available at the Muswellbrook Pre-School.

St Alban's Spring Fair And Flower Show

The Spring Fair will be on Saturday 17th September in the church grounds, from 9am to 2pm. There will be lots to see and do.

All proceeds go towards the Missions. Everyone welcome.

Be A Baller

There will be a fun basketball skills session at the Muswellbrook Sports Centre every Friday afternoon. Registration and 1st session is on this Friday 9th September. The cost is \$10 (includes 1st session and 3 ball sign up pack).

Ages 3-11 at 4.15pm, ages 12+ 5 at 5.30pm. Both girls and boys are encouraged to participate.

More detail 3ballacademy@hormail.com.au or phone 0466578242

Interested In Tennis Lessons?

Professional Coach moves to Muswellbrook with five years coaching experience and five years playing on the International circuit. Providing coaching lessons for adults, children and also running group sessions and holiday camps in Muswellbrook. All ages are welcome.

Contact Veronika on 0401300240

DATES FOR THE DIARY - 2011

9 September	K-2 Fun Day
15 September	Kindergarten Excursion – Hunter Valley Zoo
23 September	Dress Down Drug Free Day
23 September	Last Day Term 3
10 October	First Day Term 4
19 October	First Kindergarten Transition Day

Muswellbrook Out Of School Hours

Quality accredited care is great fun for kids!! There will be great programs over the September holidays.

Come along and check out the fun, there will be lots for everyone.

Bookings are open now on 65413205 or moosh@uhcs.org.au

RONALD MCDONALD HOUSE BIKE RIDE



Winners of the colouring-in competition was Kane Thompson and Georgia Hutchings

HAPPY SHOPPERS

