

# Muswellbrook South Public School

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

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Week Eleven Term One

**STOP PRESS:** All students return Monday 23<sup>rd</sup> April.

***This week's PBL focus: Resilience – Being Strong and Smart!***

## *Dear Parents and Carers of Muswellbrook South PS*

Today is the last day of term for students. This is different to the normal end of Term 1. Teachers around the various 3 Primary and 1 High school will be holding a Staff Development Day.

Last Thursday and Friday, Mrs Rayner and I attended the Hunter Central Coast Principals Professional Learning Conference, 'Creating a Future for All'. At this conference we heard from various international educators and researchers who discussed 'Performance Culture' within schools, the future of education in NSW and understanding children with complex learning needs. All of these areas of the conference confirmed aspects of our own school that we do very well and aspects that we need to professionally develop as a whole school/ staff and community. These conferences give Principals an insight of where their schools are positioned within education in the region and state. From discussions, I am happy to report that we are certainly on target. Thanks to our hard working staff we are 'ahead of the game', here at South in aspects of our educational, welfare, social and community programs.

Due to the fact that I was away last Friday at the Principals conference I believe I missed a terrific Easter Hat parade. From discussions from staff, students and parents on Facebook, I believe it was colourful, funny and full of laughter. Thank you to Miss Cook for organising such a wonderful event.

Term 2 is the Term when students need to wear our schools winter uniform. Please find listed further in our school's newsletter the winter school uniform requirements. If you have difficulties with uniform requirements please contact me at school.

Have a safe, restful Easter holiday break.  
Once again I thank everyone for being supportive in making South such a great school.

Yours in Education

*Rebecca Langdon*



Congratulations to the following students who had 'Cup Cake' time with Mrs Langdon

**ES1** – W. Steed, M. Mason

**Stage 1** – A. Snow, C. Snewin

**Stage 2** – C. Harvey, S. Rumbel

**Stage 3** – A. Van Vliet, Z. Smith-Wildley

Congratulations to **SA** for their wonderful Easter display and to **2C** for theirs.

### Principal 'Raffle'

**8 pebble people from Term 1 are having a special lunch treat this week!**

**They are:**

S.Franklin, N.Louis, C. Davies,  
B.Simpson, J.Ellis, H.Orth,  
A.Milich, S.Golledge, Z. Bignall

### P&C Easter Raffle

Congratulations to the following winners of the Easter Raffle!

1<sup>st</sup> place – Zeta Rowlands  
2<sup>nd</sup> place – the Carroll-Shuttleworth Family  
3<sup>rd</sup> place – Kaitlyn Rose

Thank you to all families who returned their money to the school!



### Financial Support for your Children

Our school contributions have not increased this year, they still remain at **\$20 per child**. Your child should have bought home an account statement earlier this week outlining how much you will need to pay for your School Contribution.

The school community would like to thank those families who have already paid their contributions!



### Play Group

Please note our MSPS / Family insight Playgroup will **commence next Term on Wednesday, 9<sup>th</sup> May.**

### School planning and reporting

Our completed School Plan and Annual School Report are now available on our school website

**Have you thought about becoming a volunteer in your community? Just 2 hours a week helps support a young family in your area.**

Our volunteers receive free quality training (with a certificate of accreditation) that is also fun, opportunities to connect with others in the community, ongoing training, and regular volunteer events.

**Next training:**

Where: Heritage Hall (Muswellbrook South Public School)

When: 01/05/12 (10am-2pm every Tuesday for 6 weeks)

Enquiries: - Bernadette on 4961 0700 or 0408 733 707



### GOING ON AN EXTENDED HOLIDAY IN SCHOOL TIME?

I would like to remind parents that you can apply for an **exemption from school** if you know in advance that your child is going to be absent from school for any longer than 5 days. This could be, for example, for a planned family holiday **that cannot be scheduled during school** holidays or going interstate/overseas. If you know that your child is going to miss more than 5 school days, you need to come into the office and ask for **the paperwork to apply for a school exemption to ensure that these absences do not get counted on your child's yearly record.** We appreciate your ongoing assistance in the area of attendance.

Homework Centre!

Don't forget that Homework Centre will start back **Week 2** of next term!

### ZONE CROSS COUNTRY

What a fantastic day we had on Monday for the Zone Cross Country Carnival! All the students who attended did a great job and participated well, with (almost) everyone completing the whole track. I am very proud of all who competed on the day and gave their all. A huge CONGRATULATION to **G. Dalley** who made it into the Regional Cross Country Carnival!

*Sarah Milton*

## ANZAC Day Services

ANZAC day will fall after the holidays. **On Tuesday the 24<sup>th</sup> April** the school will be holding our own service in the school hall at **10:00am**. Then the following day, the town will hold their service around 9.30 am. It is my hope that we will be able to support the local town's service by participating, in uniform (summer), in the march. All children who would like to participate need to be at Muswellbrook Railway Station by 9.30 am. If a student is able to wear their relatives medals they are most welcome to wear them, however they need to be pinned on the right side of the student's chest.

Our students will march with myself and other teachers from our school. This is a wonderful opportunity and your support would be greatly appreciated.

It would be terrific if as many MSPS students could attend this march and service. It is expected that our School Leaders, Vice Captains and Prefects do attend.

## 2012 April Tennis Camp

Dean Trembath Tennis Coaching are conducting sessions at **Olympic Park Tennis Club** on the following days during the April school holidays:

*Monday April 16<sup>th</sup>* – coaching and match play  
*Tuesday April 17<sup>th</sup>* – coaching and match play  
*Wednesday April 18<sup>th</sup>* – coaching and match play  
*Thursday April 19<sup>th</sup>* – coaching and presentation

Coaching runs from **9am – 12pm**

Coaching sessions cost **\$20 per day, or \$70 for the four days**. Students of appropriate standard doing coaching sessions can attend match play free of charge.

If you have any further enquiries please contact Dean on 0414 735 113 or email [dkahanut@gmail.com](mailto:dkahanut@gmail.com)

**Bookings are essential before Sunday 15<sup>th</sup> April!**

## Option, not a change !

Please note the new Winter tunic is an option for girls to wear. They are very welcome to wear track pants and polo shirt, as the other winter uniform option. However, the summer uniform **is not** a Winter uniform option.

Cost for new winter tunic is \$55 and can only be purchased at our school uniform shop.

**PLEASE summer uniform dress is not a winter option.'**

### Girls

Maroon track pants

or

MSPS New Winter Check Tunic

MSPS Maroon shirt

White skivvy (optional on colder days)

Maroon jumper

Maroon socks

Black shoes

Maroon Parka (optional)

### Girls Sport

MSPS Maroon shirt

Maroon Shorts or Skort

Maroon or white socks

Joggers

(Maroon track pants for colder days)



### Boys

Maroon track pants

MSPS Maroon shirt

White skivvy (optional on colder days)

Maroon jumper

Maroon socks

Black shoes

Maroon Parka (optional)

### Boys Sport

Maroon shorts

MSPS Maroon shirt

Maroon or white socks

Joggers

(Maroon track pants for colder days)

## DATES FOR THE DIARY – 2012

<b>Every Wednesday</b>	Playgroup every Wednesday, 0-4 years in Heritage Hall from 9:30 – 11:30. All are welcome and there is no cost!
<b>4 April</b>	Term One Ends
<b>5 April</b>	Staff Development Day
<b>23 April</b>	Students Return (Term 2)
<b>24 April</b>	School Anzac Day Ceremony
<b>25 April</b>	Public Holiday, Anzac Day March, Main Street Muswellbrook
<b>9 May</b>	Play group recommences
<b>14, 15, 16 May</b>	NAPLAN for Years 3 and 5

**Want me to know something? Email me at [muswellbrs-p.school@det.nsw.edu.au](mailto:muswellbrs-p.school@det.nsw.edu.au) or our schools Facebook page.**

**If you would like your newsletter emailed home, please contact the school through our school email address, or ring the school.**  
[Muswellbrs-p.school@det.nsw.edu.au](mailto:Muswellbrs-p.school@det.nsw.edu.au)

# Healthy Habits

### Building Healthy Habits

Children are learning habits that will often last them a lifetime. Consider the following:  
 ~ Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children!

~ Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead overeating and/or strong food dislikes.

### Quick and easy breakfast ideas

Make sure your child starts every school day with a nutritious breakfast that includes food from at least two of the five food groups

For example:

- ~ wholegrain cereal with reduced-fat milk
- ~ fruit smoothie
- ~ boiled eggs and toast
- ~ slices of fruit with yoghurt
- ~ raisin toast with sliced banana
- ~ muesli, chopped fruit and yoghurt

