

# Muswellbrook South Public School

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

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Week Five Term Two

**STOP PRESS:** School Disco next Wednesday night

*This week's PBL focus: Bullying- No Way!*

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

This Saturday, is National Sorry Day. It is an Australia-wide observance held on May 26 each year. This year we are acknowledging the day this Friday. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities. Students at Muswellbrook South PS will participate in activities and in class discussions and readings leading up to Friday. This observance builds upon society's values and that of the schools. We aim to create an environment for our children that displays respect, responsibility, to live and to learn in a safe environment and a place where we DON'T accept bullying and racist comments, or attitudes. From Sorry Day, we then lead into Reconciliation Week 28<sup>th</sup> May to 1st June.

Reconciliation involves building mutually respectful relationships between Indigenous and other Australians that allow us to work together to solve problems and generate success that is in everyone's best interests. Achieving reconciliation involves raising [awareness](#) and knowledge of Indigenous history and culture, changing attitudes that are often based on myths and misunderstandings, and encouraging [action](#) where everyone plays their part in building a better relationship between us as fellow Australians.



Next Wednesday night is our school disco. Kindergarten to Year 2 – 5pm – 6.00pm then Years 3- 6 from 6.15pm – 7.30pm. The dress colour is red, black and yellow. All proceeds will go towards our senior dance group who will be representing the school at The State Schools Spectacular in November.

Working together in education,

*Rebecca Langdon*

Please come and watch the talented students from **KW** present their class item at this Friday's assembly at 12:40pm.

This week's assembly will start a bit earlier than normal, at 12.40pm as we have a special performance from the classes who participated in **Song Room** this term. Please come and show your support to all these talented students!

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

**ES1** – M. Roberts, L. Phillips

**Stage 1** – C. Matthews, C. Thompson

**Stage 2** – R. Rowland, S. Whitton

**Stage 3** – H. Stocker, J. Haines-Palmer

## Principal 'Raffle'

This week Mrs Langdon spent some time with the lucky students in KW!

## Jelly Bean Guessing Competition

The Senior Dance Group is fundraising for their trip and costumes to Sydney for Schools Spectacular in November. They are having a Jelly Bean Guessing Competition. 3 guess for \$1.00. Students can have a guess in their break time if they would like to support the dancers.

## 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 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!



## Parents Please Take Note

If you have any concerns regarding another child, please report your concerns to the front office and/or Mrs Langdon first so that we can assist in resolving any issues.

## Second Hand School Uniforms Needed

If your child has outgrown their uniforms and you no longer need them, the school would greatly appreciate them. Currently, our second hand stock has depleted considerably due to many new enrolments who may be experiencing financial difficulties.

## Parking in Osborne Avenue

Please be aware that you must park your car passenger side nearest to the kerb. Not only is it illegal to park on the opposite side of the road, it is also very dangerous.

## School Disco!

A school disco will be held next week!

**When :** Wednesday 30<sup>th</sup> May

**Where:** School Hall

**Times:** 5.00 – 6.00 for K-2  
6.15 – 7.30 for 3-6

**Cost:** \$5.00

**Theme:** Red, black, yellow

Money raised will be used to support our school dance group who will be performing at "Starstruck".



**Starstruck** tickets are now on sale! Please come along on **July 25** and support our wonderful dancers! Tickets are just **\$16** each and are available by phoning Panthers Newcastle on **4926 6200** or by purchasing at the venue. Shows sold out last year! Get in early this year so you don't miss out!

# Muswellbrook South Public School Fete

## Friday 26 October

## from 5pm

Looking For Expressions of Interest For Stall Holders

For More Information Please Call  
Shellie on : **0416 260 380** Or Email  
**MSPSPandC@gmail.com**

On Friday the 18<sup>th</sup> of May, our team of dedicated debaters travelled to Cassilis Public School to participate in the first round of the PSP Debating Competition.

The team consisted of **Rhylie Pereira** (first speaker), **Cassidy Watts** (second speaker), **Gracie Alderson** (third speaker) and **Charlotte Perkins** (silent speaker). The topic was '*Television is better than books*' and they had to argue the negative - that books are better than TV. The team was outstanding in their ability to work together to create a unified argument and did an amazing job listening to the affirmative team, to coordinate convincing rebuttals.

Muswellbrook South debaters won the debate. Each speaker fulfilled their role superbly, speaking with clarity and confidence. The adjudicator, Mrs Hoyer, commended the Muswellbrook South debaters on their rebuttal arguments, their use of persuasive techniques and their capacity to present a clear and consistent line.

Congratulations to the Muswellbrook South Debating Team for all of their hard work – it truly paid off! We wish you good luck for the next debate, with the topic: '*Rural Australia gets the short straw.*'

*Miss Shackleton*

## ABORIGINAL DIABETES CLINIC MUSWELLBROOK

This clinic has been organised so you can see a specialist doctor with an interest in diabetes. It is for Aboriginal people with identified diabetes (except for pregnancy-induced diabetes).

The clinic is located at:  
Boronia Building  
Hunter Integrated Living,  
3 Wilkinson Avenue  
Muswellbrook 2333

All visits are bulk billed, meaning you don't have to pay anything when you go!

You do not need a referral to attend this clinic! Your family doctor, Aboriginal Medical Service, health professional or Aboriginal Health Worker can help you make an appointment or you can ring **6542 2050** yourself.


During your appointment, you will talk to a doctor about the management of your diabetes. The doctor will ask you questions about your diabetes and may perform some simple tests such as taking your blood pressure or blood sugar level. Please feel free to bring along a family member or friend for support if you would like to.

On the day of your appointment, remember to wear something comfortable. Please take your medications as normal!


### You will need to bring the following items with you:

- \* the book you write your sugar readings in
- \* your blood sugar machine
- \* a list of your medications including your insulin if prescribed.


If you need help getting to the clinic for your appointment, please talk to your Aboriginal Health Worker who will help make arrangements for you.




Upper Hunter Community Services Inc.



# Homework



# Help



# Hour

**PaCE Program**

in conjunction with the Aboriginal Family Worker

Will be conducting a Homework Help Hour for school age children and their parents.

**Cost : Free**

**Where :** QE11 Building Muswellbrook


**When :** Thursday afternoons

**Time :** 3:30pm – 4:30pm

*Proudly supported by BHP Billiton Mt Arthur Coal*

For further information please contact:

Upper Hunter Community Services 02 65423555



# Be the **best** parent you can be



## with **Triple P** – Positive Parenting Program®

**Triple P** is a parenting program for all families that provides practical answers to everyday parenting concerns.

**Families NSW** is offering **Triple P** to all families with children aged 3-8 years.

Please note that bookings ARE ESSENTIAL so that we can keep course sizes manageable.

To find out more or to book into a course please contact

Anne Watson (02) 6541 3000 or 0407 723 320  
anne@familyinsight.org.au

For more information visit [www.familles.nsw.gov.au](http://www.familles.nsw.gov.au)

**Course:** Triple P Seminar - Little Steps for big results

Week 1 - Monday - 4th June 2012

Week 2 - Monday - 18th June 2012

Week 3 - Monday - 25th June 2012

**Time:** 10.00 am - 12 noon

**Where:** Murrurundi Preschool, Mayne Street, Murrurundi  
Child care is available.



**familiesnsw**  
supporting families to raise children

## RIO, PARIS, N.Y AND MILAN ALL IN YOUR OWN BACKYARD

### HOST AN EXCHANGE STUDENT!

Each year there are hundreds of students from around the world who choose to visit Australia. You can be a part of the experience by welcoming an exchange student into your home. By opening your door, and hearts, to an international exchange student, your family can:

- Make a life long link to a family in another country
- Learn about another culture
- Share the beauty of Australia and our culture
- Gain a new family member
- Contribute to International goodwill
- Develop a friendship that will last for many years

To hear more about this wonderful opportunity or  
our student exchange programs out of Australia

Call Student Exchange Australia New Zealand on 1300 135 331 or visit [www.studentexchange.org.au](http://www.studentexchange.org.au)

# Healthy Habits

## Turn off the TV or computer and get active!

~ Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.  
~ During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play!

## Screen free things to do

Some alternate activities are:

- \* listen to music
- \* go to the park
- \* draw a picture
- \* play cards
- \* ride a bike
- \* read a book
- \* make a scrap book
- \* jump rope
- \* do crosswords
- \* learn to juggle
- \* build a cubby house



## 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>24 May</b>           | AECG Meeting at Town Library 4pm   |
| <b>25 May</b>           | National Sorry Day   |
| <b>25 May</b>           | Cuppa for Cancer at MSPS   |
| <b>27 May – 3 June</b>  | Reconciliation Week  |
| <b>29 May</b>           | P&C Meeting at 2pm.  |
| <b>30 May</b>           | School Disco – K-2 at 5pm-6pm, 3-6 at 6:15pm-7:30pm  |
| <b>11 June</b>          | Queen's Birthday Public Holiday  |
| <b>20 &amp; 21 June</b> | Stage 3 Science Discovery Days   |
| <b>21 June</b>          | Athletics Carnival   |
| <b>25 June</b>          | NAIDOC Week  |
| <b>26 October</b>       | School Fete  |

**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)

### ***Athletics Carnival!***

Our Primary Athletics Carnival will be held on **Thursday June 21**. We are looking for lots of parents who are able to help us out on the day! If you would like to help out, please fill in the slip below and return it to the front office or to Miss Milton.

Parent's Name \_\_\_\_\_

Child's Name \_\_\_\_\_

Child's Class \_\_\_\_\_

I am available to help  
*please circle*

all day

in the morning

in the afternoon