

Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 4 WEEK 10

Wednesday 13th December 2017

PRINCIPAL'S MESSAGE

Dear Parents and Carers,
Pinks, greens, blues and yellows were the highlighted colours being thrown around at our end of year Colour Run. A huge thanks to Alison Bradstreet and our parent helpers for all of the work they put in to make this a fun day for all of our students. It was certainly a hot day however our students enjoyed the sprinkler fun with the splash of colour.

Congratulations to all of our students who were recipients of our major awards and class awards for 2017. Our students were amazing throughout the assembly and it was nice to hear the ovation for our 2018 Leaders. In their first official function at the Year 6 Farewell, our 2018 Captains, Mackenzie Pollard and Mitchell Lackenby spoke beautifully and congratulated our 2017 leaders for their hard work and dedication to Muswellbrook South. Our Warrae Wannu students graduated last Thursday and it was beautiful to see all of them in their academic gowns. A huge thanks to Megan Partridge and her team of helpers on the wonderful programs that they implement in order for our students to gain a valuable insight into our school. It was wonderful to have Uncle Charlie give our Welcome to Country and Richie Lawton play the didgeridoo. We look forward to having our graduating Warrae Wannu students in "big school" next year.

As the year comes to a close, I would like to take this opportunity to wish our outgoing Year 6 students all the very best in their High School endeavours. You all have really bonded well together over the past year and we are sure you will all have a positive impact at the High School. Thanks for all working hard and we wish you all the best from the whole South community.

A huge thanks to all who attended our Volunteers Morning Tea. You all doing an amazing job assisting our school in creating a wonderful learning culture. We look forward to working with you again in the New Year!

On behalf of all of the staff here at Muswellbrook South Public School, we would like to wish all of our community a wonderful Christmas and a prosperous new year. We look forward to seeing your children in the new year. Our Facebook page

and the School App will be a point of contact and will be updated with school dates and events.

Yours in Education,
Jonathan Russell
Principal

2018 Return to School



Wednesday 31st January 2018 – Students in Grades 1 to 6 return to school.

Thursday 1st February 2018 – Kindergarten students start school. A letter will be posted to all Kindergarten students advising their starting time.

Monday 29th January 2018 - Staff Development Day (SCHOOL CLOSED).

Tuesday 30th January 2018 - Staff Development Day (office only open).

*Dear all Parents/Carers, Students and Staff
Thank you!*

It has been an honour to have worked alongside you all for the last 8 years. You have been my inspiration to go to work and do the best I could do toward being a part of giving the students at Muswellbrook South the best Education possible. You have all had an impact on me being the person I am today and without your commitment and support of Muswellbrook South I would not have had the opportunity to be where I am today.

Thank you for your support of the school and me. I look forward to hearing of all the wonderful achievements your children will make throughout their lives.

I hope you all have a wonderful Christmas and a safe and happy New Year.

Thank You

Clive Kerrigan

IF YOU KNOW OF A STUDENT NOT RETURNING TO MSPS IN 2018 PLEASE CONTACT THE SCHOOL OFFICE ASAP ON 02 65 431 896.

SCHOOL COMMENCEMENT JANUARY 2018

If anyone is having a holiday and will not be at school for the first few weeks of Term 1 please put it in writing in a letter addressed to Mr Russell. Please hand this letter in to the school office before the end of this Term. Thank you.



SS Fundraiser - Spider Stall

SS would like to thank Muswellbrook South families for supporting us in raising money for Muswellbrook Hospital. Our ice cream spider stall raised \$220, which we delivered to the Hospital last week..

A special thank you to Muswellbrook Coles for very generously donating the ingredients.



WARRAE WANNI

Mrs Partridge and Mrs Bridge would like to thank all our Warrae Wanni families for all their support throughout the year. We wish you all a wonderful Christmas & look forward to seeing you in the New Year.



School Leaders 2018

MSPS 2018 leaders were announced at our Presentation ceremony last week. Congratulations to the following students who will be leading our school in 2018.



Captains – Mackenzie Pollard & Mitchell Lackenby
Vice Captains – Joss Stewart & Angus Cowdery
Prefects – Summah Lloyd, Lamar Newman, Ebony Andersen, Jack Haylen



Roy and Grace Cousins Memorial Dux Award

Martin Cousins presenting award to Eliza Legg

Our 2018 House Captains were announced at our Sports Presentation. Congratulations to the following students –

Skellatar

Captains – Logan P & Azarlia-Rose B

Vice Captain – Brandon R, Claudia R

Gyarran

Captains – Deon L, Sienna C

Vice Captains – Jordan K, Mikayla H-M

Balmoral

Captains – Shelby R-W, Kitanya E

Vice Captains – Ethan H, Mia W-S

Edinglassie

Captains – Brendon M, Kya T

Vice Captains – Jaymee John T, Tarryn S



Skellatar

Azarlia-Rose (C), Logan (C), Claudia (VC), Brandon (VC)



Gyarran

Mikayla (VC), Deon (C), Sienna (C), Jordan (VC)



Balmoral

Mia (VC), Kitanya (C), Shelby (C), Ethan (VC)



Edinglassie

Brendon (C), Kya (C), Jaymee John (VC), Tarryn (VC)



2018 Osborn's Bus passes will be ready for collection from Monday 22nd January. Collection times will be from 9am-3.30pm

You will need to submit a **new application** if you are:

- applying for a school travel pass for the first time
- Requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).

<https://ssts-apply.transport.nsw.gov.au/ApplySSTS/ApplySSTS.html>

You will need to **re-apply or update your details** if the student has a current free school travel pass and:

- The student is changing school or campus
- The student has changed address
- The student has repeated a year
- You've received an expiry notification.

<https://ssts-apply.transport.nsw.gov.au/ApplySSTS/UpdateEntitlement.html>

PJ says -
"Have a safe and relaxing holiday break."



End of another great year in 5B

So we come to the end of another fantastic year in Year 5! It has been a great year, with lots of great learning and experiences for all the students in 5B. We have been fortunate enough to be involved in a lot of great activities this year such as high school transitions, Morisset camp, leadership days, science days, visiting shows, multiple school fundraiser days and plenty more.

Here are some highlights of 5B's year

Mackenzie W - KLA rotations
Mia - Big Writes
Skye - Art

Makaela - Leadership Workshop
Joss - Sport
Claudia - Camp

Jordan - Sport
Dylan - Science Challenges
Brendon - Meeting Mr B

Mackenzie P - Technology
Mitchell - Touch Football team
Jack - Touch Footy

Josh - Sydney Opera House
Excursion
Matterlynn - Girls Academy
Kitanya - Girls Academy

Mr B - Meeting another group
of fantastic students and
getting to teach them every
day.

Logan - Rugby League team
Shelby - Playing sport for the
school
Kovin - Sports

Dakota - Camp
Trinity - Pantomime
Chelcee - Camp

Have a Safe break and we look forward to seeing you all next year!

COLOUR RUN FUN





CANTEEN news



Christmas treats from the canteen were awesome on Tuesday! Excellent job by our canteen helpers.

The canteen will be open five days a week again next year. It will reopen first week of school 2018, fully stocked and ready to go.

The Meal Deal winner will start again next in week 2.

A huge thank you to everyone that came in and helped us this year, we could not have done it without you.

A 2018 menu will go out the first week of school and hopefully we'll be able to publish it on our school website or our fb page before school goes back. Some prices may change but we will try to keep them as low as possible.



Big W Muswellbrook or Spendless Shoes Singleton usually have school shoes available.

**Next MSPS P&C Meeting
Tuesday 20th February 2018 at 6.30pm
in the school library.**

UNIFORM SHOP

Open 5 days a week 9am – 10am.

We are located in the Canteen. If these times do not suit please see the office for an order form for you to order over the counter at any time. These orders can then be processed and collected at a time that suits you.

At this stage the uniform shop will be open on Monday 29th January 10am until 2pm for you to grab any last-minute items you may need.

We've still got more stock arriving so come in and get ready for next year.

Cash, Eftpos and Lay-bys available. Layby system is also available – please note all laybys require a regular fortnightly payment. No items can be taken without full payment.

The school is in desperate need of second hand uniforms. If you have any that are now too small for your child, please drop off at the front office. Thank you for your help.

Thank you to all the students and staff who supported our colour run and thank you to the small group of P&C parent helpers who helped on the day. It was a fantastic way to finish off a successful and fun year.

We would like to see more parents join the P&C next year. You won't be made to take on positions, but it is a nice way to be a part of your child's education, meet some people and have fun in the meantime.

Next year's meeting dates will be published when school resumes.

Bring a friend with you and come and see what the P&C is all about.

Have a safe and enjoyable holiday break. See you all in 2018 for another fun year!

MSPS Dates for the Diary – 2017

weeks	MON	TUE	WED	THUR	FRI
Dec 10	11 Year 6 Farewell	12	13 Colour Run	14 P&C Meeting	15 Whole School Assembly Last Day for Students

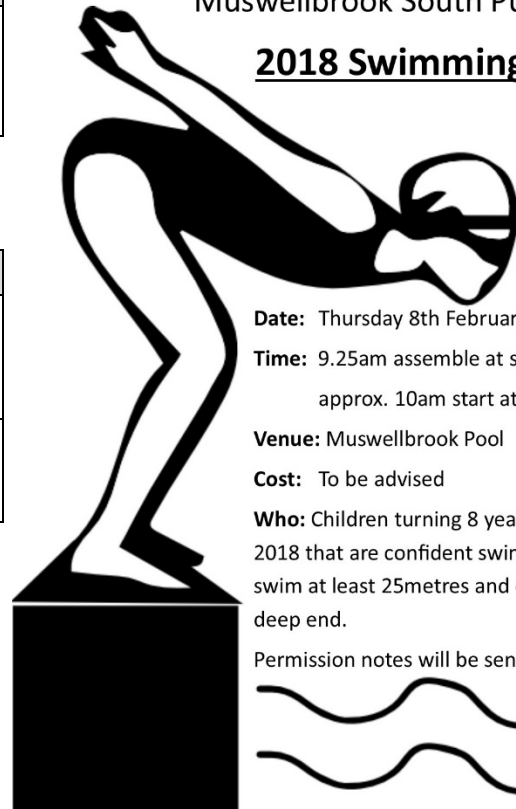
MSPS Dates for the Diary – 2018

weeks	MON	TUE	WED	THUR	FRI
Jan/ Feb 1	29 SDD	30 SDD	31 Grades 1-6 return	1 Kinder starts	2
Feb 2	5	6	7	8 Swimming Carnival	9

SAVE THE DATE

Muswellbrook South Public School

2018 Swimming Carnival



Date: Thursday 8th February 2018

Time: 9.25am assemble at school
approx. 10am start at pool

Venue: Muswellbrook Pool

Cost: To be advised

Who: Children turning 8 years or older during 2018 that are confident swimmers able to swim at least 25metres and enter from the deep end.

Permission notes will be sent home next year.

Good for Kids good for life

LIMITING SCREEN TIME

Do you need some ideas for distracting your child from 'technology' or watching television?

Try some of these ideas:

- Go screen free on weekdays (except for educational purposes)
- Tech free Saturdays
- Simple restrictions on when your child has access, such as 'no screen time before dinner or bed'
- Try 'Imagination Wednesdays' where you and your child do things together that don't involve a screen
- Provide seven 30 minutes vouchers on a Friday afternoon to last for the following week. When your child watches the TV or plays on the computer they hand the vouchers back for every 30 minutes they're looking at a small screen. This limits your child to 3.5 hours of screen time over a week.



Adapted from: Murrumbidgee Local Health District



Nutrition Snippet

The simplest way

...to enjoy a healthy holiday season.

You can still enjoy treats this holiday season, just don't forget it's all about moderation and aiming for two serves of fruit + five serves of veg every day.

At family dinners or barbecues with friends try these healthier choices:

- Try vegie sticks with vegie dip as a starter. Fill up on healthier foods first.
- Snack on roasted chickpeas or popcorn, and baked vegie chips.
- Make sure half your lunch or dinner plate is filled with veggies or tasty summer salads.
- Serve a big bowl of fruit salad or fruit kebabs alongside dessert.



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

You're invited...

Upper Hunter Compass Tenant Christmas Picnic

Friday 22nd December
10:30am - 3pm

**Wollombi Road Footy Fields,
Muswellbrook**

Lunch and drinks supplied
Music
Activities
Show rides
Water slides
...and much more!

Santa will pay us a visit
All under 18's must be accompanied by an adult
Bring your swimmers
Please RSVP to 1300 333 733

compass
housing services

ARE YOU LOOKING FOR AN ENGAGING SUSTAINABILITY LEARNING PROGRAM FOR YOUR YOUNG STUDENTS?

PUPPET SHOWS
Students will learn how to reduce their waste through this interactive puppet show.

WATER WATCH
Students can learn about their local water cycle, avoiding pollution and reducing water usage.

THE INSECT WORLD
Students will learn about the insect world and why they are important to our environment using preserved insect specimens.

RENEWABLE ENERGY, ENERGY EFFICIENCY PROGRAMS and ENERGY AUDITS

CRAFT ACTIVITIES
Students will create craft using recycled materials.

SING ALONG SONGS
Students are taught songs to help them remember waste management tips, along with other activities.

FREE TAILORED ACTIVITIES

**PRESENTATIONS • WORKSHOPS • DEMONSTRATIONS
AUDITS • SPECIAL EVENTS • TOURS • AND MORE!**

ALSO AVAILABLE...

- EVENT SUPPORT**
National Tree Day
Clean Up Australia Day
- YOUTH LEADING THE WORLD**
Student assistance program
- SUSTAINABLE SCHOOLS AWARDS PROGRAM**
Recognition to high achieving schools and students
- ENVIRONMENTAL MANAGEMENT PLANS**
Reduce the environmental impact of your school

Ask us about the free tailored activities
the **SUSTAINABLE SCHOOLS SUPPORT PROGRAM** offers

Email: sustainability@muswellbrook.nsw.gov.au
Phone: 6549 3700
Facebook: Sustainable Futures-Muswellbrook



Nutrition Snippet

The simplest way

...to make fruity ice creams.

Watermelon
200g watermelon flesh
200g low-fat vanilla yoghurt
8 mint leaves

Mango raspberry
Flesh from 1 mango
1 banana, peeled
200g low-fat mango yoghurt
24 raspberries, fresh or frozen.

Method
Place all ingredients into a blender. Blend until smooth and pour into the cups or moulds. Freeze for 4-6 hours or overnight until solid. Stand at room temperature for a few minutes before removing from the cup or mould.

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For more information visit www.eatittoBeatit.com.au
or join us at facebook.com/eatittoBeatit

Nutrition Snippet

The simplest way

...to stop junk food advertisers in their tracks.

Cancer Council NSW recently launched the **Our Kids, Our Call** campaign – to increase awareness and build community support for tougher junk food advertising regulations.

Did you know kids pester their parents on average 15 times in every supermarket trip and they are successful in half of these attempts? Marketers target your child with memorable slogans, logos, jingles, characters and highly appealing packaging designed to encourage your kids to pester.

Visit ourkidsourcall.com.au and get behind this campaign – let's stop junk food advertisers targeting our kids.

For more information visit www.eatittoBeatit.com.au
or join us at facebook.com/eatittoBeatit

School Holiday Activities

January 2018				
Mon	Tues	Wed	Thurs	Fri
1 Jan Sorry, Closed Come Again	2 Jan MOOSH Anything Goes Day	3 Jan MOOSH Corny Corn Day	4 Jan MOOSH Splash Splash Day	5 Jan MOOSH Local Cinema Day
8 Jan MOOSH Hawaiian Day	9 Jan MOOSH Relaxation Day HPFC 10am to 12pm Garden Play	10 Jan MOOSH Creativity Day HPFC Eat the Rainbow 12pm	11 Jan MOOSH Rockin the 80s Day Smiley	12 Jan MOOSH Newcastle Ocean Baths & Park HPFC Cooking 11am
15 Jan MOOSH Animatia Day ANIMATIA	16 Jan MOOSH Mad Hatter Day HPFC Arts 11am-1.00pm	17 Jan MOOSH Water Games Day WATER GAMES DAY	18 Jan MOOSH Italian Day HPFC Cooking 11.30am	19 Jan MOOSH Thal for Lunch \$12 Thal for Lunch \$12
22 Jan MOOSH Creative & Cooking Day	23 Jan MOOSH Icky Sticky Goopy Day HPFC Fly a Kite & Aussie BBQ at 11.30am	24 Jan MOOSH Disco Party Day DISCO PARTY	25 Jan Universal Studios Day UNIVERSAL STUDIOS	26 Jan Sorry We're Closed

Muswellbrook Youth Centre offer lots of things for our teens. The Centre is opened from 11am to 3pm, Tues, Wed & Thursday from 2 January 2018 during school holidays, please ring 65434841 or visit www.uhcs.org.au for information on what they are offering this holiday period.

The Library has many things on offer for young and old, to find out what holiday fun can be found at your library, please ring 65431913.

PCYC also offer activities during the school holidays, however you need to pay a one off membership fee per year. For more information on what they offer, please ring 6544434.



December 2017
What's the Goss



Hunter Park Family Centre

Hunter Park Family Centre

58 Wollombi Rd, Muswellbrook 65433566 hpfc@uhcs.org.au

HPFC offers many services and runs in house programs as well as programs that are based at other venues. Some of the services that we offer are:

- ⊙ Supported Play2Learn Playgroup
- ⊙ Homework Help Hour
- ⊙ Parenting Programs
- ⊙ Child & Family Nurse
- ⊙ Community Events

In the New Year we will be offering extra services such as a Mums & Bubs Group, Rough Diamonds and Community Information Sessions.

New Look HPFC

Come along and see the changes to Hunter Park Family Centre

Bengalla Mining Company chose our Centre for their Apprentice Community Project 2017

The HPFC precinct has been made larger due to a donation of adjacent land. This land will benefit us as we will be able to offer more services from HPFC. We would like to thank Bengalla for this as their apprentices have created an amazing space for us.

Bengalla has installed security cameras that record 24hrs, 7 days a week, so that we may protect Hunter Park Family Centre after hours.



Summer Reading Club 2017-18

Game On! Read and play to supercharge your summer. Lots in-store for everyone like our Library-opoly challenge, all new JD's world of magic show, do-it-yourself sunscreen and more. All events are free.

Registrations for our Summer Reading Club open from 1st December, 2017 and remain open until 19th January, 2018

Badge & Games Making

Friday, 5th January @ 11:30am, Denman

Monday, 15th January 2018 @ 11:30am, Muswellbrook

Recycled Robot

Thursday, 11th January 2018 @ 10:30am, Muswellbrook

Friday, 12th January @ 10:30am, Denman



Pet Collins' Mini Workshop

Tuesday, 9th January 2018 @ 11:00am, Muswellbrook 'DIY Sunscreen'



3D VR Gaming Challenge

@ Denman & Muswellbrook Wednesday, 17th January @ 2:30pm



JD's 'All New' World of Magic Show

Friday, 19th January @ 11:00am, Muswellbrook All SRP kids are welcome.

SRP GAME ON Party

Monday, 22nd January @ 11:30am, Muswellbrook Library Don't forget to wear your GAME ON t-shirt.

Upper Hunter Community Services Inc

Ph: 6542 3555

www.uhcs.org.au

Aboriginal Family Worker

Email: afw@uhcs.org.au

Primary focus on assisting new parents and families with children aged 0 - 8 years, in a culturally appropriate way to enhance parents' skills to improve educational, social and health outcomes for their children.

Upper Hunter Family Support Service

Email: familysupport@uhcs.org.au

UHFS offers assistance to families who may be experiencing difficulties. Support may include parenting education, court support, financial information, referral, home visiting, support letters, group work, and assistance with Centrelink and Dept of Housing.

Muswellbrook Neighbourhood Service

Email: mns@uhcs.org.au

MNS provides information, referral, advocacy and support. MNS provides emergency relief as per service guidelines and policy directives (eg food and electricity vouchers). No Interest Loans Scheme, needle and syringe exchange; computer access; and baby capsule and room hire.

Upper Hunter Youth Development Officer

Email: uhydo@uhcs.org.au

The YDO provides support to existing youth services and has a role in identifying the needs of the youth sector and developing appropriate strategies. UHYDO aims to promote positive perceptions of young people in the community.

Community Capacity Building Project

Email: matkinson@uhcs.org.au

UHCS Community Capacity Building Project aims to identify & meet the needs within the community to build a strong, sustainable and resilient community. The CCB project is proudly funded by BHP Mt Arthur Coal.

The following projects are auspiced by Upper Hunter Community Services Inc. and are located externally from the QE11 Community Centre.

Hunter Park Family Centre 58 Wollombi Rd, Muswellbrook Ph: 6543 3566

Muswellbrook Out of School Hours Care - MOOSH Phone/Fax 6541 3205

Bowman Park Community Centre, Skellatar St, Muswellbrook NSW 2333

TOYBOX - The Travelling Playgroup - Phone/Fax 6543 4877

Bowman Park Community Centre, Skellatar St, Muswellbrook NSW 2333

The following services provide regular services from the QE11 Community Centre.

Appointments can be made by contacting the following phone numbers:

- | | |
|---|------------------------------|
| Interrelate | Counselling Services |
| Financial Counsellor | C-Res - Local Buying Program |
| One Door Mental Health Carer's Advocate | Family Relationship Centre |

Registration
01.12.2017
Muswellbrook & Denman
Libraries

What's On Your Libraries

GAME ON

Supercharge your Summer @ your Libraries



Upper Hunter
Regional Library



**3D VR Gaming Challenge @
Denman & Muswellbrook**

Wednesday, 17th January @ 2:30pm



**Game On! JD's 'All New' World
of Magic Show**

Friday, 19th January @ 11:00am,
Muswellbrook

All SRP kids are welcome.



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Don't forget to wear your GAME ON t-shirt.

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Friday, 5th January @ 11:30am, Denman
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Muswellbrook

'DIY Sunscreen'



Recycled Robot

Thursday, 11th January 2018 @ 10:30am,
Muswellbrook
Friday, 12th January @ 10:30am, Denman

For more information please contact us on 02 6543 1913 or email at library@muswellbrook.nsw.gov.au



SENSE RUGBY

*Does your child need help to be part of
a team or a group?*

Sense Rugby is a rugby based Occupational
Therapy program.

We use modified rugby drills to help kids:

- Process sensory information
- Focus on activities
- Work on their coordination
- Manage their emotions
- Have fun with other kids!

Join our team for next term!

Spaces limited

When: 1 hour sessions in the afternoon after school (Group times will be confirmed during registration).

Dates: Regular sessions are run over the school term (8-10 weeks)

Cost: Please contact Scone Sense Rugby for costs. Please note: FACHSIA/Better Start/NDIS/Medicare/Health Insurance rebates available.

Where: Sense Rugby sessions are currently being held in Scone. Please express interest for sessions to be run in Muswellbrook.

Sessions will be run by local Occupational Therapist -
Jemma Smith (Nee Gunn)

Sign up on our website at <http://www.senserugby.com.au/sign-up-here/>
or email scone@senserugby.com.au
Ph: 0411 174 372

**Our Founders
Jesse Parahi**

Jesse has been a regular fixture in the Rugby Sevens World Series for the past 6 years. He won a bronze medal at the Glasgow Commonwealth Games in 2014, participated in the Sevens Rugby World Cup in Moscow and was awarded the 2012 RUPA Rugby sevens excellence award. In 2015, he helped the team qualify for the Olympics in Rio and became an Australian Olympian in 2016.



Carleen Parahi

Carleen is an experienced Paediatric Occupational Therapist who spends her days helping children and their families to get to the bottom of learning, developmental and social-emotional delays. She has significant experience in helping parents to understand more about and help children to overcome or improve Sensory Processing Disorders/difficulties, delays in gross motor or fine motor skill development, Autism Spectrum Disorders, Social-emotional difficulties, ADHD and many more. Carleen has a special interest in sport and its therapeutic use. Her empathetic nature and knowledge in child development has helped hundreds of children become more successful at their daily activities.

GET IN TOUCH

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PH: 0421 229 069

FACEBOOK: SENSERUGBY
INSTAGRAM: @SENSERUGBY

★
We
Wish
★ you a ★
Merry
Christmas
★ and a ★
Happy New Year

