

Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 3 WEEK 7

Wednesday 5th September 2018

PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Are you an optimist or a pessimist? If you look on the bright side of things you may be protected from depression. And being very pessimistic could be roughly equivalent to smoking more than 2 packs of cigarettes a day. These are just some of the findings from the field of positive psychology.

We are embracing this approach to education with other schools across the Upper Hunter, led by Professor Lea Waters from Visible Wellbeing. Her work builds on ideas first published by Professor Martin Seligman who has studied the way people analyse positive and negative events and identified areas of self-talk that will influence whether we take a resilient, optimistic or a less-helpful approach.

Seligman believes we can all learn optimism, and recommends it, because it creates the resilience we need to bounce back, and helps to protect our health from the stresses of life.

He outlines a process to re-direct pessimistic self-talk, called the ABCDE model:

- A for Adversity - negative event
- B for Belief – your interpretation of the event
- C for Consequence – your feelings and behaviour, how you respond to the event
- D for Disputation – find evidence that disputes your belief
- E for Energisation – tap into the positive energy created by the successful disputation and celebrate that achievement to build your optimistic approach.

Seligman believes that by providing children or ourselves with the tools to acknowledge pessimism and then combat it with self-talk, we can all overcome feelings of self-doubt.

An example of this might be:

(Adversity) I couldn't work out any of the maths problems today. (Belief) This is because I'm dumb at maths. (Consequence) I'm never going to be able to do these problems and I'll always be bad at maths. (Disputation) Actually the work we're doing in class is new for me. Previously I've learnt how to do other maths problems, so if I work hard I should be able to do this as well. (Energisation) I've done it. I disputed my negative thoughts, and stopped myself from spiralling down into a slump. That will help me to persist when maths gets hard again in the future.

So next time you're faced with any situation, good or bad, check in on your self-talk and self-assess whether you default to being more optimistic or pessimistic. Listening and analysing self-talk takes a bit of practice, but is worth the effort. Everyone has the ability to be more optimistic.

Glen Kite

Principal

Assembly – Friday 7th September

Friday 7th September a primary assembly that will start at 11am in our school hall.

6BLUE will be presenting a class item.

White, Bronze & Silver PBL Awards and PSSA Awards will be presented.

All parents & carers are warmly invited to attend.

Please note entry is via the front gate only.

BOOKCLUB

CASH/CHEQUE ORDERS:

Please return order forms with correct money and student's name and class clearly

marked to School Library by **Thursday 6th September 2018.**



ONLINE ORDERS:

Orders are to be placed online via LOOP (Linked Online Ordering & Payment Platform) by **Thursday 6th September 2018.**

“Not everyone in school has to be your friend and sometimes we don’t agree with someone and that is ok. Being a good person, however, means we show everyone respect”.



Zone Public Speaking

On Thursday 30th August, seven of our students from Early Stage 1 to Stage 3 competed against the top public speakers in the Upper Hunter. Elsie F, Pheonix D, Brayden D, Riley J, Harrison F, Declan D and Mackenzie P represented our school with pride at the Upper Hunter Inter School’s Pubic Speaking Competition.

They competed against students from Singleton PS, Muswellbrook PS, Denman PS, Ellerston PS, Murrurundi PS and Belltrees PS.

Our students spoke with confidence and wowed the adjudicators who had the tough decision of choosing the winners.

I would like to congratulate Elsie F who took out first place for Early Stage 1 and Riley J who took out first place for Stage 2.



A special mention goes to our Year 6 leadership team who were chairpersons, time keepers and hosts for the day. They presented themselves amicably and represented MSPS with pride. Thank you to Mrs Moore and Mrs Hoyer who had the difficult job of being adjudicators on the day. Miss Farrugia

WEEK 5 AWARD WINNERS

Congratulations to the following students who received Gold PBL awards at last week’s whole school assembly. MSPS are proud of your efforts!

White Award – 5 Merits

Joshua P

White Award – 25 Pebbles

Joshua P, Connor S, Toby G, Aurora S, Deannah N, Damon P, Nathan P, Charlly E, Levi B, Loralai B, Samantha F, Tiara R, Preston C, Laura C, Breeana L

Bronze Award – 50 Pebbles

Zahri M, Naomi C, Jasmine H, Peter Mc, Sienna T, Cooper N, Rylan Mc, Thomas Q, Kieren C, Kyden S, Skila G, Dion-Daniel G, Anthony B, Lillian S, Tyrese S

Silver Award – 75 Pebbles

Cohan Mc, Jacinda D, Ruby T, Tanner H, Braxton S, Leyhton C, Brianna D, Eli B, Mahdi P

K-2 Attendance Hero

Each week, the K-2 classes like to acknowledge those students who come to school each day, ready to learn, by awarding two students as ‘Attendance Heroes’. These lucky students get to wear a super hero cape for the morning and also win a lunch order valued at \$5 the following week.

To be an Attendance Hero and get your name in the draw, you must be

- H**ere
- E**very day
- R**eady
- O**n-time!



Congratulations to the Term 3 Week 5 Attendance Heroes **James C of K BLUE** and **Jax V of 2 YELLOW**.

Please note if your child is sick, please do not send your child to school, as it may cause others to be unwell.

SPORTS REPORT

Good luck to the senior girl’s touch football team who are playing in Round 3 of the PSSA knockout competition. The girls are playing against Singleton Small Schools on Thursday 6th September at Civic Park Singleton with the game planned to start at 11.30am. If the girls are victorious they will play against Scone Public School next Tuesday. The girls have been training hard and we wish them the very best of luck.

Sports report continued . . .

In primary sport for the rest of Term 3, classes will be rotating through touch football, soccer and netball clinics to develop their skills and game play for future competitions.

Congratulations to Jorja Shearer who has qualified to compete at the NSW PSSA Athletics Championships at Sydney Olympic Park. Jorja travelled down to Glendale last Friday and came first in the 13 year Girls 100m which is an outstanding effort. Good luck Jorja!



Quote of the week *"Winners never quit and quitters never win"*.

Regards
Mr Adams - PE Teacher

House Debating

After several weeks of preparation, Muswellbrook South Public School House Debating Competition was held today, Wednesday 5th September. The first debate was between Skellatar and Edinglassie. The topic of discussion was 'MSPS needs a new school song' with Skellatar being affirmative and Edinglassie negative teams. Skellatar was announced the winner of this debate.

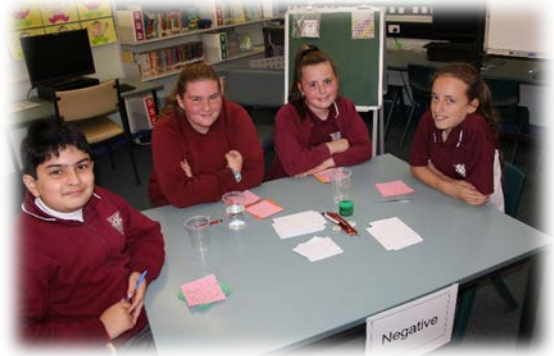


Edinglassie team



Skellatar team

The second debate was between Gyarran and Balmoral and their debating topic was "Children should be allowed to choose their own bedtime". Balmoral was the affirmative team and Gyarran the negative team. Gyarran was announced the winner of this debate.



Gyarran team



Balmoral team

Thank you to Riley and Megan of Year 3 who performed timekeeper and chairperson duties.



A big thank you to Mr Turvey who was adjudicator on the day. Mr Turvey commented on the valuable skills students learned during this competition such as thinking on their feet, researching a topic, gaining confidence in public speaking and critical listening and thinking skills.

The students who participated in this competition should be extremely proud of their performance. Hopefully they have inspired some of their fellow students to participate next year so that this cherished competition can continue in the years to come.

The final of the House Debating Competition between Skellatar and Gyarran will be held on Thursday 13th September.

What is happening in 6Blue . . .

This term 6Blue have been very busy working through their STEM unit. Students in their small groups are improving an area of MSPS. These areas are improving with the outcome of sustainability for future students. Some of the amazing ideas we have range from; updating our school oval so we have footy posts in line and a state of the art running track, a technology lab for students, and chilli out zone for Stage 3 students.

We are looking at the before shot of the areas and are at the stage of designing. Students will soon start looking at external companies that we might need to bring on board to bring the design to life. This will integrate with mathematics and creating a budget and sticking to it.

Finally students will present a written document to our school executive outlining why and how this transformation will impact the school. Students will present a diorama to Stage 3. In this presentation students will display their budget and before and after drawings.

6 Blue are really enjoying this unit and we are all looking forward to seeing the final product.





P&C News

Canteen News

Please try and limit sending high value notes with children to use at the school canteen. The canteen sometimes does not have enough notes to give change for these values and it is not safe for children to have this money on them at school.

Under no circumstances will the canteen do credit or (student) accounts.

SPRING / SUMMER MEAL DEALS

The following meal deals are available during Spring & Summer –

- **Ham sandwich with two fillings - \$4.00**
(Includes sandwich, popper, popcorn and Quelch ice block)

Note: Toasted is an extra 50c

- **Chicken, lettuce & mayo sandwich - \$5.00**
(includes sandwich, popper, popcorn and Quelch ice block)

- **Ham or Chicken salad ½ wrap - \$5.50**
(includes ½ wrap, popper, popcorn and Quelch ice block)

Note: For full wrap add \$1

- **Salad bowl - \$5.00**
(Includes small salad bowl, popper, popcorn and Quelch ice block)

Note: Ham or chicken is \$1 extra

- **Ham and cheese sandwich - \$3.00**
(Includes sandwich, small juice cup and Quelch ice block)



CANTEEN news

Open 5 days a week 9am to 2.15pm.

Lunch orders must be handed to the canteen before 10am with child's name and class clearly marked on the lunch bag.

No hot food lunch orders will be taken after this time for 1st break. Any hot food orders after 10am will be served at 2nd break.

Any frozen treats or Slush Puppies ordered will be highlighted and your child must bring the bag back to the canteen for collection.

2nd break orders have to be collected from the canteen by the kids themselves, we do not send the lunches to the classrooms.

Eftpos is available for adults only. Minimum spend is \$5 on debit card and \$10 on credit card. The canteen cannot give cash out on Eftpos.

Congratulations to this week's meal deal winner Darcie W from 4/5YELLOW.

Darcie has won a lunch order to the value of \$5.

Please note the meal winner must claim prize within one week.

Thank you to last week's canteen helpers Debbie, Kellie and Catherine and thank you to Shellie, Mrs Dowdell and Mrs Thompson for assisting during lunch breaks. Thank you we couldn't do it without you. If you can spare a few hours on any day between 9am & 12.15pm or even just half an hour from 1.45pm for 2nd break please see in the canteen.

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.

Cash, Eftpos and Lay-bys are available. Please note all laybys require a regular fortnightly payment. No items can be taken without full payment.

**MSPS P&C Meeting
Tuesday 18th September at 6.30pm
in school library.**

The P&C is holding a "Drink Bottle" fundraiser.

Personalised stainless-steel drink bottles are available in 6 great colours and **Small (500ml) \$18** or **Large (740ml) \$20**.

Names and images are laser engraved so they cannot rub or scratch off. The office has drink bottle samples to view.

These are a great Christmas present idea and the P&C will receive \$5 per bottle ordered.

An order form can be found at the end of this newsletter and are available from the front office.

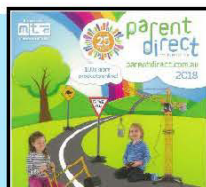
Order forms and money must be returned to the school office by Friday 16th November to enable delivery before Christmas holidays. Thank you in advance for supporting this fundraiser.



The P&C would like to congratulate Year 6 student Jorja Shearer who has qualified to compete at NSW PSSA Athletics Championships in Sydney at the end of October.

To recognize this outstanding achievement, the P&C are donating \$300 to help cover entry fees and uniforms. Good luck Jorja!

The P&C have some Parent Direct Toy Fundraiser catalogues available. Purchases made from the catalogue supports our school. Please contact the school office if you would like a copy sent home.



SCHOOL ATTENDANCE: TIPS FOR PARENTS

- **Develop good routines.** Very important as children NEED routine. These habits are a great foundation that will help kids throughout their school life and into the future:
 - Get organised for school with uniforms and school bag the night before
 - Go to bed at the SAME, reasonable time each night
 - Get up at the SAME time each morning
 - Have breakfast at the SAME time each morning
 - Leave for school at the SAME time each morning (be on time!)
- **Be positive** about school in front of your child. If you have a concern, talk to the school about the issue rather than create a negative image about school for your child. You will create problems for yourself if you teach your child to be negative about school.
- **Build your child's problem solving skills.** Rather than solving all their problems for them, help your child solve problems by asking them what they think is the best thing to do, or what do other kids do if this happens. Discuss ideas together rather than just giving them the answer or criticising the school. You are a model for your child.
- **Be firm.** You are the parent and kids need to feel secure in thinking “mum and dad always mean what they say!” Don't say things if you can't or won't do it. Kids have plenty of friends, but they have only one mum/dad. Being a parent is much more important, more special and much harder than trying to be a friend.
- **Develop incentive programs** to encourage and reward the behaviour you want to see. Everyone likes to be rewarded for trying hard and doing their best. Kids respond to small rewards, praise and little treats. Nothing big or expensive, maybe just time with you kicking a ball in the park, a bike ride or fish and chips! You could also use a chart and put a sticker up for each time the child gets ready for school on time – at the end of the week you could agree on a reward for their efforts. Being positive makes everyone happy.
- **Kids need to understand about consequences.** If the child does not do what you agree or they break the rules, then they need to know that there will be consequences for their actions eg. No computer or TV, no pocket money or maybe you ask them how they intend to “make up” for their behaviour. Follow through with the consequence!
- **Don't get into arguments** with your child. Kids know how to push your buttons, so instead of ongoing arguments just say what you need to say and walk away. Tell your child you have made your decision and that it is final. Your child will soon learn that you mean what you say and that arguing will not work. Teenagers are expert arguers!
- **Be consistent.** You will confuse your child and create anxiety if you constantly change the messages you give them. If you tell your child they have to be at school every day and then let them stay home because it is convenient or because you give in to their demands, then the child learns that you will cave in under pressure and that you don't mean what you say!

MSPS Dates for the Diary – Term 3 2018

| <i>weeks</i> | <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|-------------------|---------------|----------------------------------|------------------|----------------------------------|---|
| Sept 7 | 3 | 4 | 5 | 6 Girls PSSA touch football | 7 Primary Assembly |
| Sept 8 | 10 | 11 Year 3 / Support Excursion | 12 | 13 House Debating Final | 14 Infants Assembly |
| Sept 9 | 17 | 18 Toonschool | 19 Yr 5 Camp | 20 Yr 5 Camp | 21 Yr 5 Camp Primary Assembly Infants fun day |
| Sept 10 | 24 | 25 | 26 | 27 Stage 2 World Project Expo | 28 Whole school Assembly |

INFANTS K-2

FUN DAY

Friday 21st September

School oval

9:45am to 3pm

Parents invited



Children must have a hat and are encouraged to come dressed in their sports house colours.

All infants children will be involved in a march past, running and novelty races as well as rotating through a variety of fun sporting activities.



Rediscover your hopes and dreams about learning...It's never too late!

Come along to a LEARNING UNLEASHED Workshops

Tertiary Education Centre (TEC)
Tuesday 11th September 2018 | 10am – 12pm

Hunter Park Family Centre
Tuesday 18th September 2018 | 10.30am – 12.30pm

Muswellbrook Public School Hall
Tuesday 25th September 2018 | 9.30am -11.30am

This fun and interactive workshop focuses on unlocking and supporting the possibilities of you or your family's growth and learning potential.

- An opportunity to connect with other parents, grandparents and carers who would like to support their children's learning.
- Learn about how we see ourselves as learners.
- Find out about different pathways to learning.

Light refreshments provided
Child-minding available

To register and find out more information, please contact either:

| | |
|--|---|
| Nicole Roser Phone: 4055 1891 Mobile: 0409 814 107 Email: Nicole.Roser@newcastle.edu.au | Michele Oshan Phone: 4921 7737 Mobile: 0437 251 261 Email: michele.oshan@newcastle.edu.au |
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Uni4You: encouraging, supporting and connecting people who are interested in the possibility of learning.

Do you need help to get your **L** or **P** licence?

FREE Drivers Licence Course and Training for Aboriginal and Torres Strait Islander Community

Where: This program will run in Newcastle and the Hunter Region, including Cessnock, Singleton and Muswellbrook areas.

Who is the trainer?
Ashley Gordon and Warwick Thompson

INFORMATION:

- Deliver free learner Driver courses for anyone who wants to gain their Ls
- Participants will learn about the NSW Road Rules and have significant opportunity to practice for their learner drivers licence test using computers.
- Organise Provisional Driver Training to help people gain their Ps
- Assist people overcome barriers to gaining their licence such as fines and debt

Cost: Free for participants, (Lunch is provided)

Don't miss out on this opportunity, call and book your place today!

Enquiries: Ashley Gordon: 0409 245 597 or Warwick Thompson: 0412 429 993
Email: driver.training@optusnet.com.au




Key Word Sign
New South Wales
Key Word Sign Basic Workshop

ABN 30 784 308 029
committee@kwsnsw.com
www.kwsnsw.com

Date: **Tuesday 23rd April 2019**

Time: **9:30am - 4:30pm**

Location: **Merriwa RSL Club, 120-124 Bettington Street,**

Merriwa

Cost: \$160.00

Morning & Afternoon Tea included

Note: Lunch menu preordered at participants cost

Includes: "Getting Started with Key Word Sign" Book

Presenter:

Tanya Jarvis Key Word Sign Presenter

Please RSVP by 26th November 2018 to Tanya Jarvis

Phone: 0410 297 995 Email: [Jarvis144@gmail.com](mailto:j Jarvis144@gmail.com)

Expression of Interest: Workshop to proceed when minimum number is met.

No previous signing experience is necessary. Relevant for anyone living or working with a person with communication difficulties.

Come along and learn how to use Key Word Sign, natural gesture and other strategies to communicate with your children/clients

Each Participant will receive a package of resources and a workshop Certificate from Key Word Sign NSW



NSW EDUCATION STANDARDS AUTHORITY

Completing the Key Word Sign Basic Workshop will contribute 6 hours of QTC Registered PD addressing 1.2.2, 1.4.2, 1.6.2, 2.1.2, 2.5.2, 4.1.2, from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

Buy a bale

Muswellbrook South and King Street Public School have launched a Muswellbrook and Singleton Schools' Community Fundraiser, in support of our local farmers who are struggling with the drought.

Our first goal is to raise \$9500 to provide hay for their stock.

Please visit

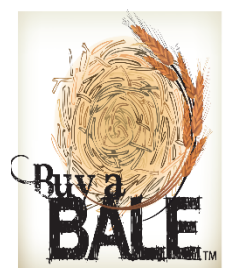
https://www.buyabale.com.au/donate/?supporter_id=95176 to donate.

All donations are tax deductible.

We have farming families that need our help, so please help us to help them.

Regards

Mrs Felan and MSPS SRC





Drink Bottle Fundraiser - Individual Order form

Are you tired of re-writing names on drink bottles, or replacing name labels? Welcome to the Drink Bottle Fundraiser... a great way to help raise money for your organisation while buying fully personalised drink bottles.

The names and images are laser engraved so they cannot rub or scratch off and the bottles are 100% BPA-free Stainless Steel. They are available in 6 great colours and 2 sizes (500mL and 740mL). Now all you need to do is choose the size, colour and the image (or your organisation's logo) you would like on your bottle and complete the order form below.

Remember your school, club or organisation earns \$5 profit per bottle so why not think about any upcoming birthday or Christmas presents as well.

- Small (500mL) - \$18
- Large (740mL) - \$20

\$5 per bottle goes to your organisation

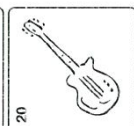
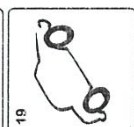
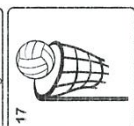
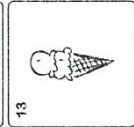
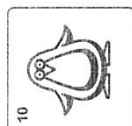
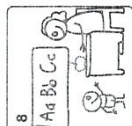
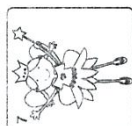
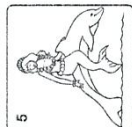
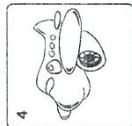
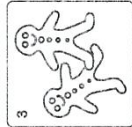
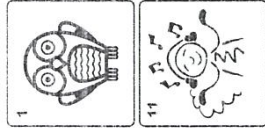
Please note - Adding Surnames to the bottle costs an addition \$1



**Personalised
Drink bottles
for all ages**

Return this form to the Fundraising Co-ordinator by:-

16 November 2018



Name to be printed on bottle

500mL (\$18)

740mL (\$20)

Blue

Red

Green

Orange

Pink

Black

Image 1
Image 2
Image 3
Image 4
Image 5
Image 6
Image 7
Image 8
Image 9
Image 10
Image 11
Image 12
Image 13
Image 14
Image 15
Image 16
Image 17
Image 18
Image 19
Image 20
Logo
Surname (Add \$1)
Total \$

| Name to be printed on bottle | 500mL (\$18) | 740mL (\$20) | Blue | Red | Green | Orange | Pink | Black | Image 1 | Image 2 | Image 3 | Image 4 | Image 5 | Image 6 | Image 7 | Image 8 | Image 9 | Image 10 | Image 11 | Image 12 | Image 13 | Image 14 | Image 15 | Image 16 | Image 17 | Image 18 | Image 19 | Image 20 | Logo | Surname (Add \$1) | Total \$ |
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This order is for Name:-

Contact Ph.:-

Contact Email:-