

Muswellbrook South Public School Newsletter



57 Maitland Street, Muswellbrook NSW 2333
Telephone: (02) 65431896 Fax: (02) 65433475

EMAIL: muswellbrs-p.school@det.nsw.edu.au



"Muswellbrook South Public School Official"

TERM 4 WEEK 3

Wednesday 31st October 2018

PRINCIPAL'S MESSAGE

Dear Parents and Carers,

At Muswellbrook South we believe that students need to take control of themselves; own their emotions and own their behaviours. This allows students to take responsibility for their own choices and gives them the responsibility to choose to feel good, to choose learning and to choose positive behaviours.

Last week we had a focus on taking initiative. This looks like:

- taking responsibility for our actions
- doing the right thing without being asked
- choosing our attitudes and moods.

The kind of language we might use when we are taking initiative includes:

- I control my destiny, I'm the captain of my ship.
- I'm going to choose to be happy today.
- With practice I'll be able to do this.
- What else can we try?
- Mistakes are part of learning.

If you see your children acting helpless or blaming others, ask them what it is they want and prompt them to think about things they might be able to do to improve the situation. By helping children work through problems, without taking over, we can help them to feel more in control.

Glen Kite

Principal

Assembly – Friday 2nd November 2018

This week's assembly is a Primary assembly that will start at 11am in our school hall.

4BLUE will be presenting a class item.

White, Bronze & Silver PBL awards will be presented.

All parents & carers are warmly invited to attend.

Please note entry is via the front gate only.

PJ says - "When you are moving around the school always use your manners and be respectful".



WEEK 2 AWARD WINNERS

Congratulations to the following students who received PBL awards at last week's infant's assembly. MSPS are proud of your efforts!

White Award – 5 Merit Awards

Leyhton C, Lachlan P

White Award – 25 Pebbles

Jessica K, William F, Nayte F, Jaycee B, Samuel B, Nevaeh R, D'Angelo C, Catelyn G, Tzion K, Mia S, Ruby B, Lissa A

Bronze Award – Lachlan P

Bronze Award – 50 Pebbles

Jessie V, Meila B, Dallas F, Preston C, Connor C, Mason E,

Silver Award – 75 Pebbles

Ollie B, Skye D, Schyler, Cohen L, Eden P, Mia C, Matika R, Chayse M

Carole Avery Award

The Carole Avery Award for participation and sportsmanship shown at the Infants Fun Day was presented to one student from each Infants class.

Congratulations to the following students –

Jesse J, Karley D, Zahri M, Kaleb W, Nikita R, Brendan B, Kieren C, Tyrese M, Eli Benge, Chayse M, Loralai B and Naomi C.

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

Here
Every day
Ready
On-time!



Congratulations to the Term 4 Week 2 Attendance Heroes **Connor S of K GREEN** and **Phoenix D of 1 GREEN**.

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

Our Stage 2 girl's netball team competed in a gala day last Friday at Scone. They played with a tremendous spirit and had a great attitude towards the game. Congratulations to the girls. They won 3 games and lost 2. Thank you to Mackenzie Pollard for helping out with umpiring and Miss Flannery for coaching the girls.

The Learn to Swim Program began on Tuesday with over 350 students participating in the program. The first week was based around assessing the students and placing them in relevant groups according to their skill level. Thank you to all teachers, SLSOs and the MSPS community for their input into the planning of the program.

Best wishes to Year 6 student Jorja S, who is competing at the NSW State Athletics Championships in Homebush. Jorja is competing in the 13 years 100m race. No matter the result, MSPS are proud of your efforts in getting this far. Good luck!

Have a super week!

Regards
Mr Adams - PE Teacher



Protect yourself in five ways from skin cancer

Sun Smart on School Excursions

While on excursion – please remember that the children will need to:

- 1. Slip** on sun protective clothing - collars, sleeves, longer shorts, skirts and trousers
- 2. Slop** on SPF30+ broad-spectrum water-resistant sunscreen
- 3. Slap** on a hat - broad brimmed, bucket or legionnaire
- 4. Seek** shade – remind them to look out for shade whenever possible
- 5. Slide** on some sunglasses (optional).

Stage 2 Girls Netball

Last Friday the Stage 2 (Grade 3 & 4) girl's netball team attended their first gala day in Scone. It was a warm and sunny day and all the girls played extremely hard in all five games. At the end of the day they had three fantastic wins and were very competitive in the remaining two but unfortunately were unable to get the win. Well done to Chloe, Channel, Addison, Darcie, Jaycee, Ruby, Lilly, Kiara and Cassidy for playing with excellent sportsmanship on the day. A special thanks goes to Mackenzie for accepting the role of umpire and ensuring a fair game was played by all. Excellent job girls!
Miss Flannery – Coach



Good for Kids good for life

INCREASING VEGETABLE INTAKE

Did you know?


Only 5% of children in NSW consume the recommended daily serves of vegetables? Kids aged 5-13 should be eating 4.5 to 5.5 serves of vegetables each day.

What is a serve?



Source: www.eatforhealth.gov.au

How can I get my kids to eat more vegetables?

- Involve your children in grocery shopping and meal preparation.
 - Add easy to eat vegetables to the lunchbox.
- 
- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
 - Keep trying, serve vegetables in different ways to see how they like to eat them.
 - Be a good role model and eat plenty of vegetables in front of your kids.



Muswellbrook South Public School

will be celebrating Where there's a Will and PESA's first ever *Positive Education Day* on

Friday 2 November 2018.

The day's theme -

Colour Your Threads for PosEd

invites students and teachers to wear colourful clothes to school to make Positive Education visible in schools.

Let's work together to *raise awareness and understanding of Positive Education* in our schools and communities, and to encourage students, teachers, families and the community to learn and talk about how to grow their own wellbeing, and support the wellbeing of those around them.

MSPS celebrations will start at 2pm.

All parents/carers and friends are invited to attend for a free sausage sizzle from 2pm and then a range of activities including face painting, games, cultural activities and disco. Please return your BBQ note asap for catering purposes.



Where there's a Will



PESA
Positive Education Schools Association



UPPER HUNTER COMMUNITY SERVICES Inc.
ABN 43 184 121 458

Upper Hunter Community Services run a program to support our emergency food parcel service called "The Traveling Trolley".

Upper Hunter community Services bring a trolley to Campbell's Corner that staff, customers, students and the general public can donate non-perishable food items to support our future service provision.

Coming into the holiday season we want to be able to support as many people in our community that we can, so the goal this time around is to get all of the businesses and families to support this venture.

We are hoping to benefit not only our community, but also the businesses involved. Thank you.



Muswellbrook & Upper Hunter



Dear Parents and Friends of the School,

Your school has provided many entrants into the various Divisions of the Eisteddfod over the years. Thank you for your support!

As we move into preparations for the 2019 Eisteddfod year we, the Eisteddfod Committee, invite you to join us, to boost our numbers in volunteers and vacant spots for Convenors and office holders.

Our policy goal is to have two Convenors in each Division (School Choirs, School Bands, Instrumental, Speech, Drama & Public Speaking, Vocal, Piano & Pipe Organ, Dance and Creative Writing).

Will you become part of our Committee?

We will be there with you all the way!

It's a very self-fulfilling experience to see students and adults perform and to appreciate your involvement has been responsible for the success of the Eisteddfod and the contentment of both competitors and audiences alike.

We look forward to welcoming you to our AGM on Thursday, 15th November at 7.00 pm at the Muswellbrook RSL Club. Come and experience!

The more offers of help we have the lighter the load!

Would love to hear from you so If you would like to have a chat, please don't hesitate to contact me as below.

Kind regards
Graham Turvey
Vice President
0434 986 006
gturvey@aapt.net.au

What is happening in 4Blue?

We have had such a great and busy start to Term 4!

4Blue have been working extremely hard this term. In English, we have been writing about 'the mystery box' and we have come up with some creative ideas. The Golden ticket, the one wish box, a time machine and aliens, just to name a few. I can't wait to see what their final big write is about!

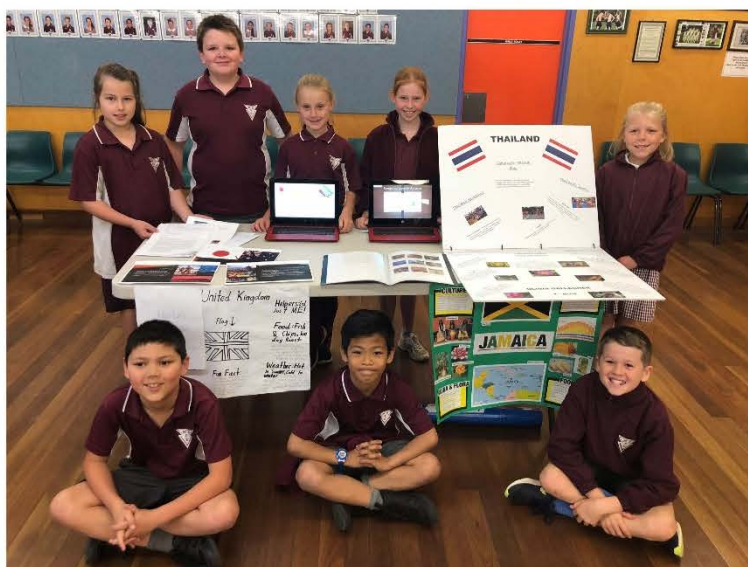
We love our meditation time after 1st break, this gives us all a chance to reset and get ready for the rest of the day. In Maths, we have been learning about division with remainders, multiplication facts and identifying five-digit numbers.

In Science and Technology, we've been working with Miss Kelly and we can't wait for all the exciting experiments we get to do. In PE, we have been working with Mr Adams and participating in Gymnastics. We also started Learn to Swim on Tuesday and we were very tired by the end of the day.

We have started preparing for our end of year performance where we will be teaming up with 4Red. We can't wait to show the rest of the school and the community our performance!

I have had a great year with 4Blue and I look forward to hearing about all the exciting things that they achieve.

Miss Bashford

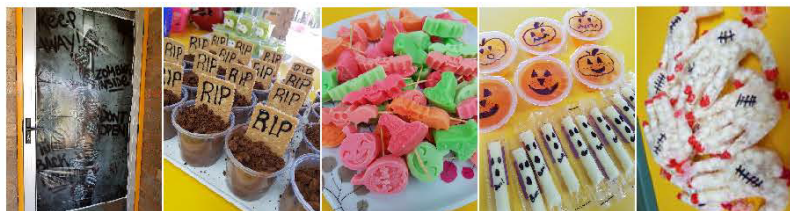




P&C News

HALLOWEEN TREATS

Thank you to all the students who supported the Canteen's special Halloween treats day. Our canteen supervisors and volunteers did a fabulous job!



LUNCH WALLETS

Reusable Lunch Order Bags!!



SAY GOODBYE TO PAPER BAGS FROM THE CANTEEN

BINDING COLOURS AVAILABLE

- *Blue
- *Pink
- *Green
- *Red
- *Yellow
- *Grey
- *Purple
- *Orange (Allergy Alert)

PRICE: \$8.50

www.stickybeaks.com.au

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.



Open 5 days
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.

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 Isaac D from 1 RED.

Isaac 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. 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 Gina or Kristy in the canteen.

**SAVE THE DATE: P&C COLOUR RUN
FRIDAY 30th NOVEMBER 2018. INFORMATION TO COME.**

**MSPS P&C Meeting
Tuesday 20th November at 6.30pm
in school library.**

COLOUR YOUR THREADS FOR 'POS ED'



Where there's a Will

When: Friday 2nd

November, 2018

Time: 2pm

Where: Main Quad

You are invited to attend our very first 'Colour Your Threads for Pos Ed' day to celebrate the vibrant culture and success of positive education at Muswellbrook South Public school.

Positive Education is an integral part of a school community, seeking to engage students in adopting positive mind-sets and wellbeing to improve their success.

The afternoon will kick off with a free sausage sizzle at second break, followed by an afternoon of fun and frivolity for both students, parents and carers alike.

Please indicate on the permission slip below how many sausages your family requires.

Wear your brightest colours to brighten our day!

Our family _____ will be attending the
Surname
'Colour your Threads for Pos Ed' day on Friday 2nd November, 2018 and would like to pre-order - _____ sausage sandwiches.

MSPS Dates for the Diary – Term 4 2018

<i>weeks</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Oct/ Nov 3	29	30	31	1 Stage 1 Tocal homestead excursion (Year 2) Inter school debating competition at MSPS	2 Yr 6 Cake Stall Colour your Threads PosEd Day
Nov 4	5	6	7 Kinder Transition	8 Yr5 Leadership Day Children's University Graduation	9 Yr5 Leadership Day
Nov 5	12	13	14 Kinder Transition	15	16 Grandparents Day
Nov 6	19	20	21 Kinder Transition	22	23
Nov/ Dec 7	26	27	28	29	30 P&C colour run
Dec 8	3	4	5	6	7 9:45-10:45am Sports Presentation
Dec 9	10 Celebration of Learning Day	11	12 Concert	13 Year 6 Farewell	14 Presentation Day K-2 9:45-10:30 am 3-6- 11-12pm
Dec 10	17	18 Swimming Carnival	19	20 SDD	21 SDD