

Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 1 WEEK 4

Wednesday 20th February 2019

PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Zone Swimming Carnival

Our swimmers performed admirably yesterday in Scone. We've had some outstanding results and as testament to the hard work that students, parents and coaches have been putting in to training, yesterday's carnival was our most successful in recent years with 9 competitors being selected in the Upper Hunter Zone team. Not only did our team perform well in the pool, they embodied our core expectations of respect, responsibility and being safe, by congratulating other competitors and treating everyone kindly and doing their best. Great work, team, we're all really proud of you!

Information Night

We are having an information night next Tuesday 26 February at 5:00pm – 6:00pm. It will be an opportunity to talk with your child's teacher and find out some basic information regarding how our school operates. The evening will be informal and include a free sausage sizzle. We hope that everyone can attend.

Canteen

We are so lucky to have the support of our P&C to run our canteen five days a week. Volunteers are key to the survival of the canteen. We need your help to keep it running. If you're able to help out once or even twice that would be great. In return we pay in 'love and admiration' of which you will receive plenty. Contact Ms Philpot or Mrs Parsons over at the canteen for more information.

Yours in Education

Glen Kite

Principal

Infants Assembly – Week 4

Friday 22nd February is an Infants assembly that will start at 11.00am.

2GREEN 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.

SPORTS REPORT

What an exciting week we have had in sport at MSPS.

Mitchell M competed at the Upper Hunter Zone Cricket trials on



Thursday last week. He bowled and batted well but unfortunately wasn't selected to go to the Hunter trials.

Well done Mitchell.



Our 2019 Zone Swimming team travelled to Scone on Tuesday 19th February. The whole team looked excellent in their new MSPS swimming caps. Thank you to the P & C for organising and funding the swimming caps.

Our swimming team swam incredibly well, we have 9 students going through to the regional carnival on Tuesday 5th March at Lambton Pool. Congratulations Noa K, Jackson F, Riley J, Wayde S, Harrison F and the junior boys and senior boys relay teams.

This has been MSPS's most successful year in swimming for a long time which is great to see. It shows that the Learn to Swim Program last year and training sessions in Primary Sport are paying off.

Thank you to all of the parents who came along to the carnival and to those who helped out on the day. Special mention to Kristal Foot and Tara Jeans who were relentless with their assistance at the Zone Carnival.





MSPS Zone Swimming Team



MSPS Junior Boys Relay team



MSPS Senior Boys Relay Team

Good luck to Chanel S of Year 5 who will be travelling to Singleton tomorrow to participate in the PSSA Upper Hunter Zone netball trials.

Mr Adams
PDHPE Teacher

Stage 2 Girls - Netball

If there are any girls in Year 3 and 4, interested in joining a netball team, please meet Miss Bashford on the netball courts every Tuesday and Thursday second break. We have an upcoming gala day and we would love to create a team to represent our school.



Meet the Teacher Information Night

Muswellbrook South Public School would like to invite you to our 'Meet the Teacher Information Night' to be held **Tuesday 26 February (Week 5)** from **5pm - 6pm** in our infants quad.

We will be hosting a **free sausage sizzle** and our teachers will be out to greet you and engage in general discussions. If you would like to discuss certain aspects of your child's schooling on a one-on-one basis, please make an appointment with your child's teacher to arrange a mutually convenient time.

When: **Tuesday 26 February (Week 5)**

Time: **5pm - 6pm**

Where: **Infants Quad (near the canteen)**

We look forward to seeing our families and community.



PJ says – "I like to see you in full school uniform every day. Socks should be plain white or grey with no brand logos".

On Friday the 1st of March

students will be participating in Clean Up Australia Day. Clean Up Australia Day raises awareness of keeping our environment clean and encourages students to take pride in their school environment.



Students will spend a short time after second break cleaning up within the school grounds before returning to class.

Students will need to bring gloves and a plastic bag.

Our school has our own webpage set up where people can join our site or make a donation. Thank you for your support.

Financial Support for Your Children

School contribution statements will be sent home this week. They are **\$25 per child**.

These funds are collected from all families and form a vital part of our school budget. In order to provide for the quality and variety of opportunities at MSPS we need families to continue to support the Contribution Scheme.

Please pay your voluntary school contribution online by following the "make a payment" link on our school website <https://muswellbrs-p.schools.nsw.gov.au/> or at the school office by cash or cheque.


We look forward to the support of all our families at Muswellbrook South.

School Photos - Wednesday 20th March 2019

School photography envelopes have been sent home.

Families requesting a sibling photograph need to collect a sibling envelope from the office before photo day.

Students are requested to bring completed envelopes into school on school photo day. Please don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day. **Please enclose correct money as no change is given.**



say cheese

School Photo Day is

20 March 2019

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon *request*
- Please enclose correct money as no change is given.
- Credit card payments are available online - You will need your personalised shoot key located on your child's envelope to place your order online.

For any enquiries, please feel free to contact us

e admin.nhvcc@misp.com.au
 p +61 2 4966 8292
 f +61 2 4966 8293
www.misp.com.au

Healthy Harold

Healthy Harold visited MSPS last week with some classes attending. Unfortunately Healthy Harold's assistant has fallen ill and has had to postpone this week's classes. Classes who have not yet attended Healthy Harold will be attending in Term 2 Week 6. All students visit the Life Education van at no cost thanks to the support of Mt Arthur Coal and the school. The van teaches school curriculum based modules focusing on issues around food and nutrition, personal safety, physical activity, cyber safety, safety with medicine and legal drugs; tobacco, alcohol and caffeine. Students always enjoy when Healthy Harold visits and look forward to when he returns.



NRL Cyber Safety Talk

Last Thursday, NRL Rugby League Development Officers visited MSPS and delivered a presentation on Cyber Safety. All students in Grades 3 to 6 attended the engaging and real-world relevant presentation covering key topics such as -

- Sharing your information online
- Cyber Bullying
- Avoid getting scammed online

The talk covered formats such as gaming, YouTube, and online interaction leaving the students with a better knowledge and range of tactics to ensure their safety online.



ASTHMA MEDICATION

The Asthma Foundation policy is that every student who has, or has had asthma needs an action plan from their Doctor. Action plans must be reviewed by a Doctor every 12 months.



When you get a plan from the Doctor please bring it and the medication in to the front office at school to be sighted and the appropriate paper work signed before the medication goes to the classroom.

Muswellbrook South Public School

School Summer Uniform



Summer Uniform

Sports Uniform



Grey or white socks Monday to Thursday
White socks on Friday

Black leather shoes or joggers Monday to Thursday

Black or White sports joggers on Friday

"Building Solid Foundations for Life"

Scone Triathlon

On the weekend, Thomas and Marcus from Year 6 competed in their first Triathlon at Scone Memorial Pool. Both boys did a great job finishing the course in under 20 minutes which was a massive effort for a 7.30am start.

Scone Triathlon Club will be holding their next triathlon on Sunday 10th March with registrations commencing at 7am for a 7.30am start. There are two junior events 7-9 years (75m swim / 1.5km bike ride / 500m run) and juniors 10-12 years (120m swim / 3km bike ride / 1km run).

There are also adult events, so you can turn it into a family affair.

For anyone interested in attending please contact sconetriclub@gmail.com or check out their Facebook page "Scone Triathlon Club" for more details".

2K19

#teamsouth

Getting to know...



Name: Molly Rutherford

Age: 22

School Position: Classroom Teacher

Star sign: Libra

Home town: Newcastle

Lives: Newcastle

Favourite Food: Chicken burritos

Favourite Movie: The Lion King

Favourite Music: RNB

Interests: Swimming in my pool, paddle boarding at the bay and watching movies.

If you were stuck on an Island, and had to take only 2 things with you, what would they be?

A good book and a hammock.

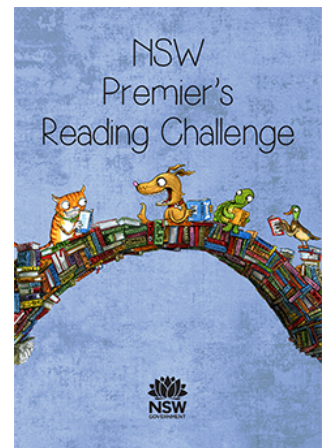
N.S.W. Premier's Reading Challenge 2019

Dear Parents,

The Premier Reading Challenge will commence again in a couple of weeks on **Monday 4 March**. A green note was sent home last week, with the youngest child, explaining what the Challenge is all about. It will need the names of the children completing it and a parent or guardian's signature. I would love to see all the children who completed the Challenge last year to take up the Challenge again and I welcome any new children who would like to start the Challenge for the first time. Just a reminder that children in Kindergarten, Year 1 and Year 2 can either read their books or have the books read to them. Children in Stage 2 and Stage 3 have to read the books on their own. I have all the Premier Reading books at school which the children can borrow in their Library lesson. If you would like to see the lists you simply need to type Premier Reading Challenge 2019 in Google. The Reading Log sheets which will come home in a plastic sleeve just need to have the Title, Author and your signature. Do not worry about the ID number, we will complete that at school. **All Premier Reading Sheets will be entered on line at school.** Once the sheets are completed they need to be brought back to school by **Friday 30th August**. If your reading log sheet has a little misadventure, don't worry I have plenty of spares. Once they have been returned they will be registered and certificates will be handed out to students at a presentation ceremony at the end of the year.

Parents, if you have any concerns about the Reading Challenge or any other matters please call me or come and see me in the Library, I am more than happy to hear from you and help in any way.

Anne Solman - Teacher Librarian



PRE-PAY ENVELOPE

More products and options available - **Order Online!**
www.msp.com.au

Premium Pack

Group Photograph
as determined by your school

See Overleaf →

2x 10" x 8"

1x 5" x 7" Black and White Portrait

1x 5" x 7"

4x 5" x 3.5"

4x 1.7" x 1.2"

Portrait Download (Print quality)

Classic Pack

Best Value for Money

Group Photograph
as determined by your school

See Overleaf →

1x 10" x 8"

1x 5" x 7"

2x 5" x 3.5"

3x 3.5" x 2.5"

4x 1.7" x 1.2"

Portrait Download (Print quality)

Value Pack

Popular Choice

Group Photograph
as determined by your school

See Overleaf →

3x 5" x 7"

2x 5" x 3.5"

3x 3.5" x 2.5"

4x 1.7" x 1.2"

Portrait Download (Not print quality)

Essential Pack

Group Photograph
as determined by your school

See Overleaf →

4x 5" x 7"

4x 1.7" x 1.2"

Portrait Download (Not print quality)

Basic Pack

Group Photograph
as determined by your school

See Overleaf →

1x 5" x 7"

2x 5" x 3.5"

3x 3.5" x 2.5"

4x 1.7" x 1.2"

Portrait Download (Not print quality)

Gift Pack*

All 12 items

*Only available when purchasing one of the packs listed above.

3 x Photo Bookmarks 8" x 2"

3x 2" x 1.4"

1 x Door Hanger 10" x 4"

1 x Photo Calendar 5" x 7"

4 x Photo Gift Tags 3.4" x 2.5"

Group Only

Group Photograph
as determined by your school

See Overleaf →



Money Back Guarantee
 (conditions apply)

CAPTURING SCHOOL MOMENTS

Muswellbrook South Public School

Sample

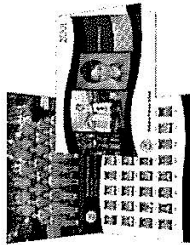
MSP Photography
Hunter/Central Coast
PO Box 797
Maitland NSW 2320
(02) 4966 8292



Please tear this section off
and keep as your record

Pack ordered: _____ Paid: \$ _____

Photo Day - Wednesday 20 March 2019



Your school has selected
the group style as shown

How to order with cash

1. **Select** - Choose from our range of packages.
Tick which one you would like on the tear off envelope.
2. **Payment** - Calculate the total amount of your order and place CASH in the envelope.
- Please include correct money as NO change can be given.
3. **Check** - Please check that your child's name is correctly spelt on the envelope.
4. **Family Photos** - **Online Ordering is available for family photos.**
- **Collect the family envelope from your school prior to photo day.**
5. **Photo Day** - Every student must present their envelope to the MSP Photographer on Photo Day,
even if payment is included in a sibling envelope.

ALL ORDERS RECEIVED AFTER PHOTO DAY ARE SUBJECT TO A \$20 LATE FEE

***Please do not place envelopes inside one another**

Note that the Gift Pack can only be purchased in conjunction with group or portrait pack orders.

Name: _____

Class: _____

Order Form

Qty <input type="checkbox"/>	\$48	Premium Pack
Qty <input type="checkbox"/>	\$45	Classic Pack
Qty <input type="checkbox"/>	\$42	Value Pack
Qty <input type="checkbox"/>	\$40	Essential Pack
Qty <input type="checkbox"/>	\$37	Basic Pack
Qty <input type="checkbox"/>	\$25	Group Only

The product below is only available when purchasing one of the above packages
More products and options are available online

Qty \$15 Gift Pack

\$ Total Enclosed

This envelope is empty, payment is included with

Name: _____

Class: _____ Phone: _____

PRE-PAY ENVELOPE

More products and options available - **Order Online!**
www.msp.com.au

Deluxe Pack



1x 10" x 8"

+



2x 5" x 7"

+



2x 5" x 3.5"

+



Portrait Download
(Print quality)

Value Pack

Best Value for Money



2x 5" x 7"

+



4x 5" x 3.5"

+



Portrait Download
(Not print quality)

Standard Pack



1x 5" x 7"

+



2x 5" x 3.5"

+



Portrait Download
(Not print quality)

Gift Pack*

All 7 items



1x Photo Calendar
10" x 8"

+



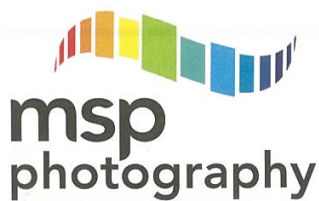
4x 2.5" x 1.8"

+



2x Photo Gift Tags
2.5" x 5"

*Only available when purchasing one of the packs listed above.



Money Back Guarantee
(conditions apply)

CAPTURING SCHOOL MOMENTS



MSP Photography
Hunter/Central Coast
PO Box 797
Maitland NSW 2320
(02) 4966 8292

Please tear this section off
and keep as your record

Pack ordered: _____ Paid: \$ _____

Sample -

FamilyName:.....

School:.....

Phone:.....

Name.....Class.....

Name.....Class.....

Name.....Class.....

Name.....Class.....

Sibling Photographs

How to order with Cash

1. **Select** - Choose the package that you wish to purchase
2. **Payment** - Calculate total of order, then place **CASH** in envelope
- Please enclose correct money as **NO CHANGE CAN BE GIVEN**
3. Please record your **family name** on Photo Envelope
6. **This envelope must be presented to photographer on Photo day**, even if payment is included in another envelope.

ALL ORDERS RECEIVED AFTER PHOTO DAY ARE SUBJECT TO A \$20 SURCHARGE

Please do not place envelopes inside one another

Order Form

Qty \$30 Deluxe Pack

Qty \$25 Value Pack

Qty \$20 Standard Pack

PRODUCTS BELOW: only available when purchasing one of the above packages.

Qty \$15 Gift Pack

Total Enclosed

\$

This envelope is empty, payment is included with

Name.....Class.....

Code of conduct for school students on buses

It is every student's responsibility to behave in a manner that ensures the safety and comfort of passengers and drivers. This includes:

Behaviour on buses

- Use appropriate language not offensive or racist language
- Fighting, spitting, feet on seats, throwing things in or from the bus is not permitted
- No eating or drinking (other than water) - unless for medical reasons or the bus operator gives written permission.
- Offer seats to adults including people with a disability, elderly or expectant mothers
- Do not push or shove other people
- Do not bully or harass other passengers or the driver
- Avoid attracting the attention of the driver except in the case of emergency
- Do not play music at such volume that it may distract the bus driver or other passengers.

Safety on and near buses

- Obey reasonable directions from the driver (e.g. where to sit or to remain in the bus)
- Remain in your seat - do not move around the bus unnecessarily
- If standing, remain behind the front passenger seat and keep a secure hand hold at all times
- Keep bags and other items clear of the aisle
- Do not allow any part of your body to protrude out of the bus at any time
- Wait for the bus in a quiet and orderly manner - including at bus interchanges
- Stand away from the roadside until the bus comes to a complete stop
- Allow other passengers to leave the bus before stepping onto the bus in a single line
- Wait until the bus stops before moving to get off the bus at your designated stop
- Cross the road where and when it's safe to do so, use crossings/traffic lights where available.

Legal considerations on buses

- Wear the seat belt properly adjusted and fastened, if one is available
- Obey the law that bans smoking on buses
- Ensure that buses are not vandalised - report any damage, e.g. graffiti and window etching, to the driver
- Do not interfere with bus property, equipment and signage
- Do not leave rubbish on the bus, or at bus stops or interchanges.

Using bus passes:

- Show travel passes or tickets to the driver on boarding and to Authorised Revenue Protection Officers, NSW Police Officers or bus company representative when requested
- Use the travel pass only for its intended purpose - do not lend your pass to other students or borrow a pass from them

Disobeying these rules may lead to the withdrawal of bus travel passes, banning students from travelling on buses and/or police prosecution and court action.



Bus Stop Safety

Students are reminded to be safe and responsible when waiting at bus stops of a morning.

Students and a supervising parent should get to the bus stop five minutes before the bus is due to arrive.

When waiting for the bus children should not run or play around near the bus stop and in people's yards. This includes not playing or kicking with balls.

Children shouldn't play on the road or attempt to approach the bus until it has completely stopped.

Students need to stand well back from the kerb as the bus pulls in and be sure that the bus driver can see you and you can see the driver.

MSPS Dates for the Diary – Term 1 2019

<i>weeks</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Feb 4	18	19	20	21 PSSA Zone Netball trials	22
Feb/ Mar 5	25	26 Meet the Teacher Information night 5-6pm	27	28	1 PSSA Zone AFL trials Clean up Australia Day
March 6	4 Digi Ed Claymation - Stage 3 Workshop	5 Regional Swimming at Lambton Year 1 Hunter Wetlands Excursion	6 Year 2 Hunter Wetlands Excursion	7	8
March 7	11 Halogen Leadership Workshop - Sydney Yr 6 Leaders	12	13	14	15 Hunter Region Netball trials
March 8	18 PSSA Rugby League zone trials	19 Knights Knockout U10's Rugby League	20 School photos	21	22
March /Apr 9	25	26	27	28	29
April 10	1	2 PSSA Zone Touch trials	3	4	5
April 11	8	9	10	11	12

Kurri Coalface Pedal – Sunday 7th April

Join us for our 5th Anniversary charity mountain bike ride on the new course through the Richmond Vale Railway and surrounding bushland. There is a schools challenge for primary school students in Years 5 & 6 (11-12 years). All schools challenge teams, consist of a two (2) riders per team all starting together.

The Primary Schools course is run over the 10km course. The school's challenge is about supporting and encouraging your teammates so that you finish as a team. Winning teams get individual prizes as well as prizes for their school. For more details, please check out their website <https://kurricoalfacepedal.eventdesq.com/> . Last year Muswellbrook South took out second place in this division.

All proceeds support Westpac Rescue Helicopter.



Ladies Golf

Ladies learn a new skill or refresh an old one

Meet new friends and enjoy our Championship Course

Every Friday at 9am till 10am followed by some practice holes.

Clubs and balls supplied if needed



Cost \$10
All abilities welcome

Contact Club PGA
Professional Jason Taylor
at The Pro Shop on 6643 2128
or email 6oxy33@bigpond.net.au

Commences Friday 1st March 2019



The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



A one-stop-shop for everything you need to know about packing a lunch box, Cancer Council's [website](http://healthy lunchbox.com.au) is now even easier to use and share with friends and family.

- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

healthy lunchbox.com.au



CALLING ALL NETBALLERS

REGISTRATIONS ARE NOW OPEN FOR THE 2019 WINTER COMPETITION
IF YOU DON'T ALREADY HAVE A TEAM BUT WOULD LIKE TO BE PLACED IN ONE
PLEASE CONTACT US VIA EMAIL AT

muswellbrook.netball@gmail.com

FOR THOSE WHO HAVE A TEAM, REGISTRATION INSTRUCTIONS ARE AVAILABLE
ON THE WEBSITE OR VIA YOUR TEAM CONTACT

TWO REGISTRATION DAYS WILL ALSO BE HELD ON THE 16TH FEBRUARY AT THE
COLES COMPLEX, RUTHERFORD ROAD MUSWELLBROOK

AND

23RD FEBRUARY AT MUSWELLBROOK MARKET PLACE

COME ALONG AND TALK TO OUR HELPFUL COMMITTEE MEMBERS IF YOU
HAVE ANY QUESTIONS OR ALTERNATIVELY CONTACT US VIA EMAIL AT THE
EMAIL LISTED ABOVE, VISIT OUR WEBSITE OR FOLLOW US ON FACEBOOK

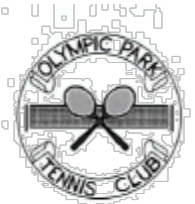
WHETHER YOU ARE 6 OR 66

..... COME ALONG AND CATCH NETBALL FEVER

muswellbrookna.nsw.netball.com.au

Olympic Park Tennis Club

Junior Tennis Coaching



Olympic Park Tennis Courts, Wilkinson
Avenue, Muswellbrook.

Wednesdays 5.30pm to 6.30pm during school
terms.

Coaching cost is \$40 per school term plus
annual club Membership of \$30.

For enquiries phone Tony on 0409 680 539 or
Sandra on 0427 334 936

Good for Kids good for life

CRUNCH&SIP®

Crunch&Sip® is a set time during class time for primary school students to 'refuel' on vegetables, salad or fruit, and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

What to pack for **Crunch&Sip®**
It's simple!
 Crunch&Sip means vegetables, fruit and water only.



www.healthkids.nsw.gov.au/campaigns-programs/crunchsip.aspx



HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



2nd Muswellbrook Scout Group



NOW is a great time to **START SCOUTING** in 2019!

At Scouts you can

- Make Friends
- Go Camping
- Gain Confidence
- Build Resilience**
- Hit Targets
- Play Games
- Laugh Loud
- Earn Badges
- Work Together
- Have Fun**
- GO Kayaking
- Explore Science
- Help our Community
- Learn to Problem solve

At Scouts Australia NSW, we put the needs of young people first. Our youth led, adult supported approach ensures our youth members are always at the forefront of our program and gives them the platform to take a constructive place in society as responsible citizens and as members of their local, national and global communities. If you think this might be for you please come along to join the fun.

Joeys (*5yo to 8yo) Thursday 4.30pm - 5.30 pm.

Cubs (8yo - 11yo) Thursday 6:15pm - 7:45pm.

Scouts (11yo - 14yo) Thursday 6pm - 8pm

Ventures (14yo - 18yo)

*5 year olds must be enrolled in primary school (conditions apply)

If you would like more information on 2nd Muswellbrook Scouts please text 0487062034 or email 2ndmbkscouts@gmail.com.

UPPER HUNTER
 physical culture club

PIC-COLLAGE

Looking for something different for your daughter? Physie maybe the answer:

Physie (also known as Physical Culture) is the perfect combination of movements designed to increase strength, fitness and flexibility. The benefits for your daughter are increased co-ordination, brain development and confidence.

Routines are fun, upbeat, to a great soundtrack. Physie is a sport that fuses dance styles such as jazz, ballet, hip hop, contemporary, aerobic dance and even yoga! The innovative choreography changes annually and is designed for maximum variety and fun. Physie is very affordable from \$8.00- \$12.00 per lesson depending on your child's age.

Physie is also a synchronised, team-based sport that's social and fun and an excellent low impact dance and aerobic activity.

Lessons are at St James Muswellbrook.
Email to secure your spot: Registrations welcome.
Contact Miss Channy – upperhunterphysie@hotmail.com or Anne 0448 275 771