

Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 1 WEEK 5

Wednesday 28th February 2019

PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Information evening

Last night was a relaxing and informal way for parents to meet teachers and hear about what's happening at school. It was also an opportunity to meet new parents and for parents to get to know each other, strengthening our school community. If you were unable to attend this year, we will hold a similar evening next year and we will surely have other such events for you to attend. I would like to thank Mrs Winning for organising the evening, Mrs Watts for making sure we had plenty of food, Mr Burgess and Mr Adams for their fine work on the barbeque and the P&C committee for their support.

Calvary Muswellbrook Retirement Community

We have recently connected with Calvary Retirement Community in an effort to strengthen the links between our school and the broader community. Several of our students will be regularly visiting with seniors from Calvary to share stories and learn from one another. We believe that it is important for our young people to understand the wealth of knowledge that comes from living a full life and to also develop respect for elders in the community. We hope that this program can assist some way to achieving those goals.

Rewarding positive behaviour

You may find that your child comes home with a 'pebble' this is because a teacher has acknowledged the positive behaviour that your child has demonstrated. Keep those pebbles because they are part of our reward system and lead to students being recognised at assembly for their excellent behaviour. Our pebbles also go into a fortnightly draw for a small prize. In addition, as a school we are working towards an end of term surprise which will be determined by how many pebbles we can accumulate. Look after those

pebbles and if your child comes home with one, congratulate them for their great behaviour.

Yours in Education

Glen Kite

Principal

Whole School Assembly – Week 5

Friday 1st March is a Whole School Assembly that will start a **little earlier than normal at 10.45am**.

3RED will be presenting a class item.

PBL Champs will be announced.

PSSA awards will be presented and Zone swimming ribbons will be awarded.

All parents & carers are warmly invited to attend.

Please note entry is via the front gate only.

SPORTS REPORT

Good luck to our nine Regional Swimmers who will be going to Lambton Pool next Tuesday 5th March. You all have trained super hard and have an incredible attitude towards your abilities and competition.

Chanel S competed at the Upper Hunter Zone Netball Trials at Singleton last Thursday. Chanel



played in the centre court and made many intercepts in wing defence position. Selections were called off early due to rain. Unfortunately Chanel was not successful in being selected to go to the Hunter trials. MSPS are proud of your efforts Chanel.

The AFL AusKick program begins this Thursday after school, it is a great program and I encourage all students interested to give it a go.

Mr Adams
PDHPE Teacher

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 receive a lunch order to the value of \$5 to be used during the 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 1 Week 4 Attendance Heroes **Breeana L of 2GREEN** and **Cohen L of 2GREEN**.

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

Stage 2 Girls - Netball

In preparation for an upcoming gala day, there is Netball training for the Stage 2 netball team every Tuesday and Thursday second break with Miss Bashford.



PJ says –
"Please come to school every day on time as regular schooling will help us be Strong and Smart".

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.**

Muswellbrook & Upper Hunter



The Muswellbrook and Upper Hunter Eisteddfod is being held during Week 6 of Term 2 at St James Primary School Muswellbrook.

Our school would like to encourage students to enter individual items in the Eisteddfod in either the Speech or Drama sections.

Transport to and from St James Primary School is the responsibility of the parent/carer.

Please note there are admission fees payable for each entry.

MSPS Eisteddfod Committee will be available to assist children with rehearsals at school leading up to the Eisteddfod.

Children interested in entering individual sections of the Eisteddfod are to advise their teacher or contact the school office.

Entry forms will be sent home and must be returned to the school, completed with money by **Friday 29th March 2019**.

If you have any questions please do not hesitate to contact the office and someone from the Eisteddfod Committee will phone you back.

Last Friday some of our Stage 3 students visited Muswellbrook Calvary Retirement Village, spending time with some of the residents. An afternoon of introductions, laughter, story sharing and fun. Every Friday, MSPS students will be visiting, being part of the village, enjoying a variety of activities and new friendships



Our Year 6 shed is open for business! Giovanni and Hazem, as well as Mr Day, has designed and organised a place for our seniors to 'hang out' and enjoy some downtime. There is a Nintendo Wii, a ping pong table, a pool table, bean bags and a couple of lounges. This space has been talked about and created carefully by Giovanni and Hazem. The boys discussed a need for a place where Year 6 students could go and enjoy a break, doing things kids would like. Well done to Adam and the boys who have made a very cool place for our Strong and Smart students.



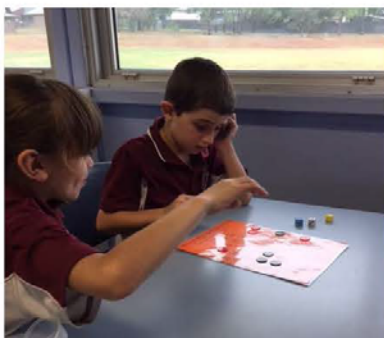
MSPS Dates for the Diary – Term 1 2019

<i>weeks</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Feb/ Mar 5	25	26	27	28	1 Whole School Assembly Clean up Australia Day
March 6	4	5 Regional Swimming at Lambton Year 1 Hunter Wetlands Excursion	6 Year 2 Hunter Wetlands Excursion	7	8 Infants Assembly
March 7	11 Halogen Leadership Workshop - Sydney Yr 6 Leaders	12	13	14 Knockout cricket - Denman	15 Primary Assembly Yr3/4 Netball Gala Day
March 8	18 PSSA Rugby League Zone trials Digi Ed Claymation - Stage 3 Workshop	19 Knights Knockout U10's Rugby League	20 School photos	21	22 Infants Assembly
March /Apr 9	25	26	27	28	29 Primary Assembly
April 10	1	2 PSSA Zone Touch trials	3	4	5 Whole School Assembly Opens Rugby League PSSA Classic Shield
April 11	8	9	10	11	12 Primary Assembly

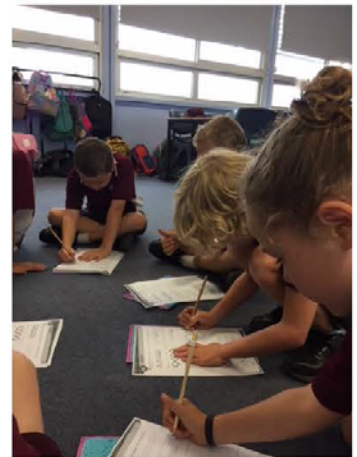
What's Happening in 3 Red

3 Red have had a great start to the year and are busy learning lots of new things.

In English we have been learning to write detailed descriptions of characters and settings using adjectives and interesting vocabulary. Our English activities this Term are centred around the book, *The Enormous Crocodile* by Roald Dahl, and we have enjoyed exploring how each character is represented by the author.



During Maths we demonstrate fantastic teamwork and cooperation skills each lesson as we participate in hands-on activities and maths games. Recently, we learnt about increasing and decreasing number patterns and had lots of fun creating and continuing patterns using lots of different materials.



For Art, we have been busy creating artworks linked to our History Unit on Celebrations. So far this Term we have made an Australian and Aboriginal flag collage and lanterns to represent Independence Day from the United States.



3 Red have also visited Healthy Harold and learnt all about cyber safety and ways we can keep ourselves safe online.

This Friday we will be presenting an assembly item for the whole school. We have been practising hard and hope you can join us.



- 3 Red and Mrs Murphy

2K19

#teamsouth

Getting to know...



Name: Peta Blanch

Age: 38

School Position: Kindergarten teacher

Star sign: Scorpio

Home town: Bargo

Lives: Denman

Favourite Food: Thai: Lamb Panang Curry

Favourite Movie: Robin Hood: Prince of thieves

Favourite Music: Alternative rock

Interests: Succulents and cactuses, photography, travelling, My fur babies: Indy and Ragnar (Blue cattle dogs) My Ragdoll - Chai, Pilates, ukulele

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

My husband and a guitar

MSPS Lunchtime Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st Break	Games Oval All Welcome Mr Adams	Games Oval All Welcome Mr Adams	Games Oval All Welcome Mr Adams	Games Oval All Welcome Mr Adams	Games Oval All Welcome Mr Adams
1 st Break	Dance Group Hall All Welcome Mrs Terzian	Dance Group Hall All Welcome Miss Bashford	Dance Group Hall All Welcome Miss Bashford	Dance Group Hall All Welcome Miss Bashford	Dance Group Hall All Welcome Mrs Terzian
2nd Break		Art Library All Welcome Mr Neal	Art Library All Welcome Mr Neal		
2nd Break	Playdoh/Lego KRed/KYellow Kindy Mrs Crooks	Playdoh/Lego KRed/KYellow Kindy Mrs Crooks	Playdoh/Lego KRed/KYellow Kindy Mrs Crooks	Playdoh/Lego KRed/KYellow Kindy Mrs Crooks	Playdoh/Lego KRed/KYellow Kindy Mrs Crooks
2nd Break	Drama 1Yellow Stage 1 Miss Kelly	Drama 1Yellow Stage 1 Miss Kelly	Drama 1Yellow Stage 1 Miss Kelly	Drama 1Yellow Stage 1 Miss Kelly	Drama 1Yellow Stage 1 Miss Kelly
2nd Break	Science Experiments 3/4Yellow Stage 2 Mr Bayliss	Science Experiments 3/4Yellow Stage 2 Mr Bayliss	Science Experiments 3/4Yellow Stage 2 Mr Bayliss	Science Experiments 3/4Yellow Stage 2 Mr Bayliss	Science Experiments 3/4Yellow Stage 2 Mr Bayliss
2nd Break	Construction Club 6Red All Welcome Mrs Felan	Construction Club 6Red All Welcome Mrs Felan	Construction Club 6Red All Welcome Mrs Felan	Construction Club 6Red All Welcome Mrs Felan	Construction Club 6Red All Welcome Mrs Felan



One or two days a week doesn't seem much but . . .

If your child misses . . .	That equals . . .	Which is . . .	And over 13 years of schooling that's . . .
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years
2 days per week	80 days per year	16 weeks per year	Over 5 years
4 days per week	120 days per year	24 weeks per year	Over 7 years

How about 10 minutes late a day? Surely that won't affect my child? . . .

He/she is only missing just . . .	That equals . . .	Which is . . .	And over 13 years of schooling that's . . .
10 minutes per day	50 minutes per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 minutes per day	1h 40mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

Every day counts!





SunSmart Snippet

The simplest way

... to reduce your child's skin cancer risk

2 in 3 people who grow up in Australia will be diagnosed with skin cancer in their lifetime.



Protect their skin in these FIVE ways:

- Slip on sun-protective clothing
- Slop on SPF 30 sunscreen or higher
- Slap on a broad-brimmed, bucket or legionnaire hat
- Seek shade
- Slide on some wrap-around sunglasses.

When you protect your child's skin, you reduce their risk of skin cancer.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



Know your sun facts from your sun fiction

Did you know that skin cancer is caused by exposure to the sun's ultraviolet radiation?

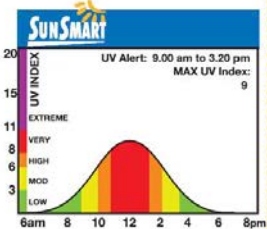
It's the UV (ultraviolet) radiation in sunlight that causes skin cancer, not the sun's heat or its brightness. In Australia we have access to a weather forecast and a UV alert. The UV alert tells us what the UV level is likely to be at different times of the day, and the maximum UV level for the day.

When the number gets to 3, we protect against UV

A UV level of 1 or 2 will not damage most skin types, but a UV level of 3 or above can be harmful and means we need to protect our skin. UV can easily pass through clouds, so whether it's sunny or grey outside, when the number gets to 3 we protect against UV.

The UV alert is easy to find

The free SunSmart app for smart phones is the quickest way to check the UV levels for your local area, download it from the App Store or Google Play, or check the UV alert daily at www.cancer council.com.au/sunsmart. The UV alert is also in daily newspaper weather forecasts.



Want to know more?

Check out www.cancer council.com.au/sunsmart-primary or call the SunSmart team on (02) 9334 1761.

Sun safety on the public schools website <http://www.schools.nsw.edu.au/studentsupport/studenthealth/sun-safety/index.php>

Contact the SunSmart team

p: (02) 9334 1761
e: sunsmartschools@nswcc.org.au
w: www.sunsmartnsw.com.au



Muswellbrook South PS After-School Auskick Program

Thursdays 28th Feb – 28th March (5 week program) 3.35pm-4.35pm at the School Playground

The cost of \$51 online includes:

- A 5 week Auskick program with fully trained and qualified coaches
- An AFL Auskick Showbag including: football, pump, footy cards and bluetooth speaker

To register online visit www.play.afl/auskick

Enter your suburb and select

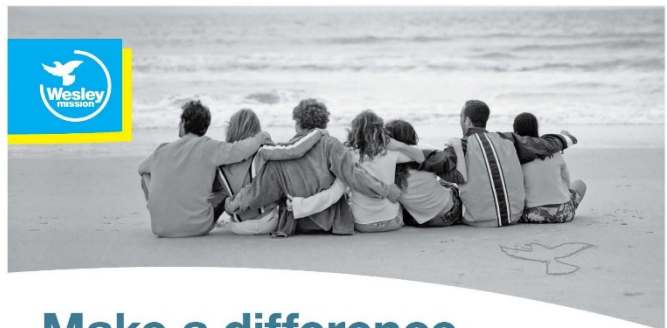
"Muswellbrook South PS (After School) Auskick Centre"

Enquiries: Contact Craig on 0439661701 or craig.colledges@afl.com.au

PLUS become a Sydney Swans Red Rookie.

Further information regarding the Red Rookie Program can be found at www.redrookie.com.au

play.afl/auskick



Make a difference in suicide prevention

Wesley LifeForce Suicide Prevention training

Educating, empowering and resourcing local Australian communities

Date: Tuesday 12 March 2019

Time: 9 am – 4 pm

Venue: Singleton Youth Venue – Cnr Pitt & Bathurst St, Singleton

Cost: Free

Register for this event call 1800 100 024

Wesley LifeForce is not a counselling service. Workshops may not be suitable for those recently bereaved by suicide.

Partner logo here

For more information call 1800 100 024 or email lifeeforce@wesleymission.org.au wesleylifeeforce.org

Wesley LifeForce gratefully acknowledges the funding provided by the Australian Government. Wesley Community Services Limited trading as Wesley Mission. ABN 42 164 655 145. © Wesley Mission 2019

Good for Kids good for life

WASTE-FREE LUNCHES

When packing your child's lunchbox it's important to think about nutrition, but we can also look after the environment too!

Waste-free means only packing items that can be recycled or composted.

That means no plastic wrap, no foil, no zip lock bags and no packaged foods.

Here are some ideas for packing a waste-free lunch:



- Invest in some small containers or a lunchbox with a variety of compartments.
- Use paper bags as they can be recycled.
- Use a reusable bottle for water and milk.
- Buy in bulk and transfer into smaller reusable containers for food like yoghurt and rice crackers.



Health
Hunter New England
Local Health District

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



2019 enrolments open



Upper Hunter
Conservatorium
of Music

is offering music lessons *at school*,
or at our *Muswellbrook* and *Singleton* campuses

Lessons are available during school hours in
the following instruments:
Piano, Voice, Woodwind (flute, clarinet and saxophone), Brass
(trumpet, trombone, euphonium, French horn, tuba)



Contact us: (02) 6541 4888 or
admin@uhcm.com.au



ASSOCIATION OF
NSW REGIONAL
Z CONSERVATORIUMS



DO YOU LIKE HELPING OTHERS?
DO YOU WANT TO HELP BUILD YOUR LOCAL
COMMUNITY?

Are you OVER 18?

MUSWELLBROOK LIONS NEEDS YOU!

Lions Information Day

Including a Free Sausage Sizzle

Sunday 10th March at Simpson Park starting at
11.30am.

Talk to Lions about membership and what you can do for your
community.

SAVE MUSWELLBROOK LIONS FROM
CLOSURE and BECOME A MEMBER

Contact: Lynda (0449 057 780) or Brent (0437 906 100)



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

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