

Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 4 WEEK 1

Wednesday 16 October 2019

PRINCIPAL'S MESSAGE

Welcome back. I hope that everyone had a great break.

Term 4 is a busy one. Please make sure you check our calendar and stay up to date with all that is happening.

Fete – Friday 18th October - 4:00pm – 7:00pm

Our Fete team have been working busily putting the final touches on what is sure to be a fabulous event. There are some specific requests for parking and entry, please check on those below.

Swimming Program

Swimming is running once a week for the rest of term. The school is heavily subsidising this program because we feel strongly that all students should learn to swim confidently.

Grandparents Day – 25 October

Families are invited in to visit classes and share morning tea.

Kindergarten Transition

Our 2020 kindergarten students will be familiarising themselves with school during Weeks 2 – 6.

Sports Presentation – 6 December

Major sporting prizes awarded.

Presentation Day – 13 December

Academic prizes awarded.

Last day of school – 18 December

The school year ends on a Wednesday.

Glen Kite

Principal

Infants Assembly – Week 1 Friday 18th October

Friday 18th October is an Infants Assembly which will start at 11am in the school hall.

2YELLOW will be presenting a class item.

Bronze, Silver and Gold PBL awards will be presented.

All parents & carers are warmly invited to attend.

Please note entry is via the front gate only.

WEEK 10 PBL CHAMPS

Congratulations to the following students who were awarded "PBL champs" at last term's whole school assembly.

These students have been SAFE, RESPECTFUL & RESPONSIBLE by following all six whole school PBL Expectations.

MSPS are proud of your efforts!

Early Stage 1 - Tara-Lee D, Maison B

Stage 1 - Dustin F, Heidi W, Lillian F, Lillian S

Stage 2 – Tayah G, Erica C, Bracken S, Michael H

Stage 3 – Dax V, Rohahn C, Amber M, Noah H

Support – William S

WEEK 10 PBL AWARDS

Congratulations to the following students who received Platinum PBL awards at last term's whole school assembly. MSPS are proud of your efforts!

Platinum Award (100 Pebbles) –

Tristan L, Lachlan S, Axel M, Mia C and Amelia E.



PJ says . . .

"Please make sure you pack a water bottle each day as the weather is getting warmer".

GRANDPARENTS DAY

Friday 25th October

Grandparents Day

celebrates the contributions

Grandparents and older people make to their families and communities.

Muswellbrook South Public School values the relationships students have with their

Grandparents and as such will be celebrating

Grandparents' Day on Friday 25th October 2019.

The morning will begin at 11am with visits to the classrooms to learn about life at school in 2019.

At **11.45am** there will be a morning tea provided and fun activities for all to enjoy.

**GRAND
PARENTS'
DAY**



SPORTS REPORT

Hi all,

Our 2019 Learn to Swim program is in full swing and the students of MSPS seem to be enjoying getting in the water. This week we are doing assessments of the skills of students to ensure they are placed within the most appropriate group. Please remember that hats are required for students to walk to and from the pool. All of the staff involved are excited to see what progress students make throughout the program leading into the Australian Summer.

Don't forget the K-2 Fun day will be on Friday 1st November, Week 3. Family members are invited to support students in the various races and events throughout the day.

Have a great week,

Mr Adams

INFANTS K-2

FUN

DAY

Friday 1st November

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.



Enrolments for Kindergarten 2020 are now being taken.

Children turning 5 on or before 31st July 2020 are eligible to enrol.

Please contact the school office on 0265 431 896 to register your child's name and to pick up an enrolment form.



During Terms 3 and 4, the SRC will be collecting spare change to raise money for the whole school's End-of-Year Celebration of Learning. Each class

have their own jar to collect spare change donations from both students and teachers. The funds will be collected regularly and the Spare Change Challenge poster will be updated so we can track our progress. The fundraiser will finish in Week 8 of Term 4 and our goal for 2019 is to raise at least \$3000. Please get behind the Spare Change Challenge so the SRC can make our End-of-Year Celebration of Learning day the best day yet.

Canteen closed – 2nd break Friday 18th October

Due to the school fete this Friday 18th October, the canteen will open for 1st break only. No second break orders will be accepted. Sorry for any inconvenience.

PARKING AT MUSWELLBROOK SOUTH PUBLIC SCHOOL FETE ~

FRIDAY 18th OCTOBER 4pm to 7pm

Parking is available in the streets surrounding the school. Parking will also be available in the adjacent TAFE carpark. Anyone can enter this car park up until 5.15pm. After this time the cable gate will automatically go up. The cable will automatically go down when vehicles already inside the carpark leave. All vehicles can leave the car park up until 7pm with the gate dropping automatically for exit only.

Osborn Ave walkway will be open to enter and exit the Fete. The walkway off Ruth White Ave will be closed/locked.

Cyberbullying

Over the coming weeks we will be sharing information and insights into safe and smart use of technology with our parents, carers and community so you can help your child have safe and enjoyable experiences online. These tips and advice come directly from the Australian Government eSafety Commissioner website

(<https://www.esafety.gov.au/>). As the most tech savvy generation ever, it's important to be armed with the right skills and it is important that parents and carers are aware of what their child is getting up to online. This week's topic is **Cyberbullying**.



Cyberbullying

Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically.

What does cyberbullying look like?

Examples of cyberbullying include:

- abusive texts and emails
- hurtful messages, images or videos
- imitating, excluding or humiliating others online
- spreading nasty online gossip and chat
- creating fake accounts in someone's name to trick or humiliate them

Online bullying can have a devastating impact on young people, whose online life is a key part of their identity and how they interact socially.

I think my child is being bullied

Your child may not tell you if they are experiencing bullying behaviour online because of a fear it might make things worse for them or they may lose access to their devices and the internet.

Signs to watch for:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use



Cyberbullying

What can I do?

Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them.

If your child is experiencing cyberbullying:

- **Listen, think, stay calm** — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.
- **Collect evidence** — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.
- **Block and manage contact with others** — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.
- **Report to site or service** — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.

- **Report to eSafety** — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.
- **Get help and support** — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.



What's been happening in **2YELLOW**

2 Yellow discussed chance and date in Maths. We designed a template to record the amount of coloured cars we saw drive on the highway next to our school (we also all had a guess at what colour would be the most popular).



2 Yellow worked together to design apartments/ houses for our pet rocks. We used growth mindset aspects (respect and gratitude etc) to work together to design and create them. Our rocks shared houses (we also painted our pet rocks too - which we found around the school).



VISIBLE WELLBEING AND POSITIVE BEHAVIOUR FOR LEARNING

Muswellbrook South is a Positive Behaviour for Learning (PBL) school where we value Safe, Respectful and Responsible learners. Our PBL and Visible Wellbeing teams have combined to form a committee where we promote our school values and support our students to become positive lifelong learners. As we continue our Visible Wellbeing and PBL journeys, we are revisiting our general PBL expectations and what these mean for our students in all areas of the school. By ensuring students know what is expected of them, we are able to continue to improve the **learning** and wellbeing of all students in all school settings. **Positive Behaviour for Learning and Visible Wellbeing** are whole school approaches that create a **positive**, safe and supportive school climate in which students can learn and develop.



Muswellbrook South Public School Whole School Expectations



| Be Safe | Be Respectful | Be Responsible |
|---|---|--|
| Report issues to teachers immediately Follow teacher instructions the first time | Take ownership of actions and accept consequences Speak appropriately and with respect | Show concern for yourself and others Keep hands, feet and objects to self |

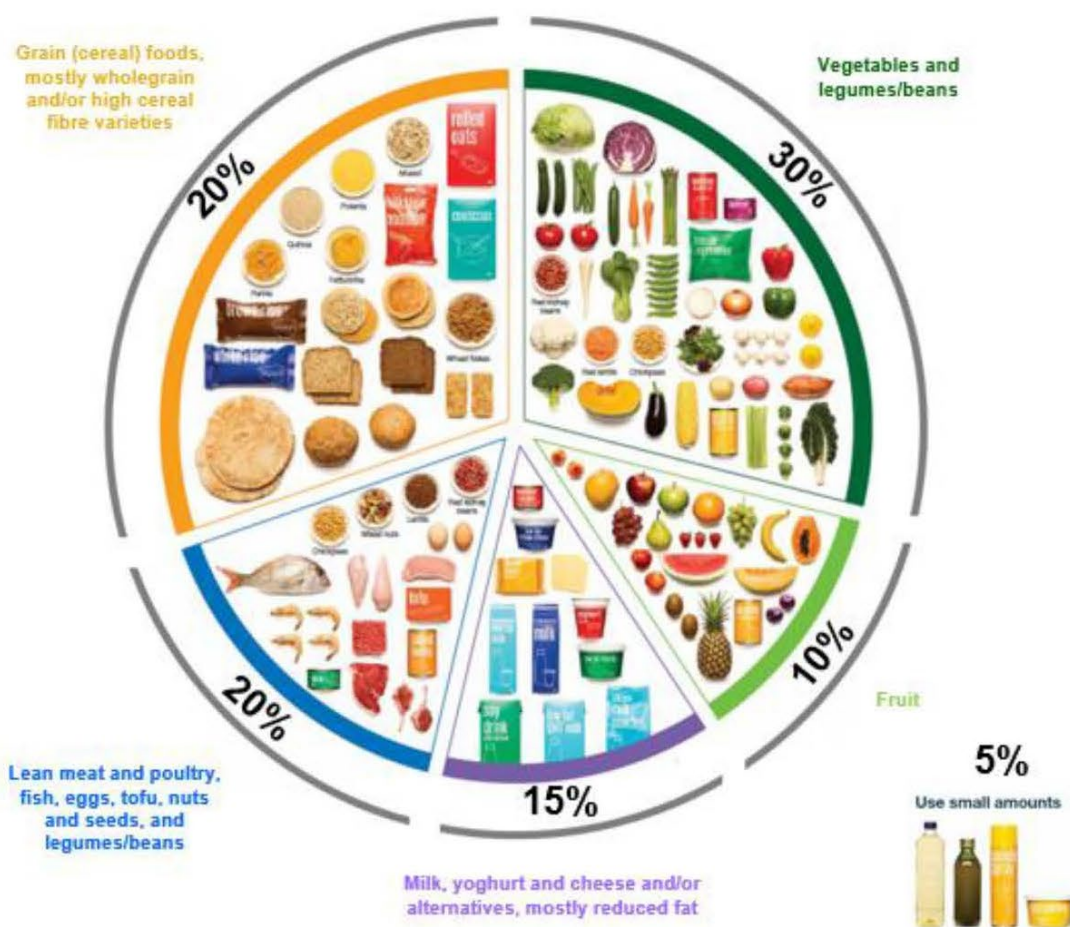
| | Classroom | Eating Time | Canteen | Office | Library | Assemblies | Lines | Toilets | Bus Lines | Play Areas |
|-----------------------|--|--|--|---|---|--|---|---|--|--|
| Be Safe | Move sensibly around the classroom Class time is learning time Be on time | Sit to eat Only eat your own food | Sit to eat your own food | Walk sensibly when entering and exiting the office | Move and behave sensibly around the library Wait quietly at the door before entering | Walk to and from stage | Walking calmly in two straight lines | Walk at all times | Be on time Sit in bus lines Walk sensibly Be aware when crossing the road | Walk on concrete Stay in bounds Share space Wear a bucket hat outside |
| Be Respectful | Use SL's when someone is speaking/ look and listen Respect everyone and their property | Wait to be dismissed | Wait patiently in lines Say please and thank you Sit and eat on silver seats | Wait patiently Be quiet and speak politely | Handle books and other equipment with care Use inside voices | Show SL's and face the front Clap appropriately Stand Promptly Sing School song and National Anthem proudly | Show SL's and face the front | Give people privacy | Use manners out in public | Take turns in games and activities Include others Respect others and their property Play fairly Use appropriate language |
| Be Responsible | Follow instructions Take care of personal belongings and school property Take responsibility for your learning | Place all rubbish in bins Put belongings away | Order lunch between 9:00 and 9:25am Buy for yourself only Collect lunch orders at 11:45 with lanyard | Ask for permission to go to the office Sit on chairs | Put books and equipment away where they belong when finished Return books on time | Be on time Ignore distractions | Ignore distractions Collect belongings Wait patiently | Use toilet paper sensibly Flush the toilet Keep it clean Wash hands Hands to yourself | Listen quietly for you name to be marked off by a teacher Ask for permission to stand Sit in your line with your bus pass or money ready | Return equipment Follow the rules of the game Report concerns to the teacher |

On the down low... With Mrs Dowdell

Food and Mood

DIET AND NUTRITION

The quality of the food you eat can impact your overall physical and mental health. Eating nutritious foods can go a long way toward achieving a healthy lifestyle, so make every bite count.



People who eat a diet high in whole foods such as fruits, vegetables, nuts, whole grains, legumes, fish and unsaturated fats (like olive oil) are up to 35% less likely to develop depression than people who eat less of these foods.^{3,4}



Highly processed, fried and sugary foods have little nutritional value and should be avoided. Research shows that a diet that regularly includes these kinds of foods can increase the risk of developing depression by as much as 60%.^{5,6}

For more information:

- www.eatforhealth.gov.au
- <https://www.betterhealth.vic.gov.au/healthyliving/mood-and-food>
- <http://foodandmoodcentre.com.au>

Muswellbrook South Public School Fete

Friday 18th October

Market Stalls

- ★ Sensory Sweets and Creative Play
- ★ Mr Slushie
- ★ Baby Bounty
- ★ Rachel and Me
- ★ Sweet as Bro
- ★ Fiery Scents
- ★ The Happy Tooth
- ★ Born Beautifully
- ★ Aroma Delights Candles
- ★ Honey Bee Designs
- ★ Lorraine Lea Linen

- ★ The Body Shop at Home
- ★ Blend in Harmony
- ★ Thermomix
- ★ Possum Gully
- ★ Dominos
- ★ Collective by Jaim
- ★ PM Plaster Crafts
- ★ The Old Tea House
- ★ Dresstique
- ★ Karma Krystal Kreations

Come and support our school and local businesses

Entertainment Program

- 4.00pm Fete Official Opening
- 4.10pm Muswellbrook South Public School Band
- 4.20pm Upper Hunter Physical Culture Club
- 4.40pm Muswellbrook South Public School Choir
- 4.50pm Muswellbrook South Public School Dance Group
- 5.00pm Platinum Dance Studio
- 5.30pm Sacredgroove Bellydance and Zumba
- 5.40pm Muswellbrook High School Creative and Performing Arts
- 6.40pm Concluding with the Fete "Big Raffle" being drawn

Please note: Times are approximate.
Program may change due to unforeseen circumstances.



MUSWELLBROOK SOUTH PUBLIC SCHOOL FETE
FRIDAY 18TH OCTOBER 4PM to 7PM

\$5 PER PERSON / PER GAME

PRE-BOOK NOW!

Spots are limited (20 people per game) so book your game now to avoid disappointment.

Games will be played at

4.00pm 4.15pm 4.30pm 4.45pm
5.00pm 5.15pm 5.30pm 5.45pm
6.00pm 6.15pm 6.30pm 6.45pm

At time of booking, please nominate your preferred playing time.

Please note: if a time is not selected when pre-booking you will be placed into a vacant time slot.

On Fete night if you do not arrive at your pre-booked timeslot you will forfeit your money.

Tickets can be pre-purchased from the school canteen week days between 9am and 9.25am.



GJ'S LASER TAG

WILL BE AT

MUSWELLBROOK SOUTH PUBLIC SCHOOL FETE
FRIDAY 18th OCTOBER - 4PM to 7PM -
57 MAITLAND STREET MUSWELLBROOK



Muswellbrook South Public School Fete

KIDS CAKE COMPETITION

Friday 18th October

PLEASE BRING YOUR CAKE TO THE HALL BY 9AM

BEST CAKE DESIGN

Infants category and Primary category

~ Prizes to be won ~



All cakes will be donated to the Fete Cake Stall. Thank you for supporting MSPS Fete.

Assorted Kids Games
Donated by NRMA

Half Body Massage
Donated by Allan O'Byrne Remedial Massage

Family 4 Bowling Voucher
Donated by Game On Muswellbrook

Large Pizza Voucher
Donated by Ahh Pizza Bella

\$50 Gift Voucher
Donated by Finders Keepers

Family Pass
Donated by Hunter Valley Zoo

Beauty Hamper
Donated by Muswellbrook Priceline

Full Body Massage
Donated by Allan O'Byrne Remedial Massage Therapist

Product Giftpack
Donated by Colourworks for Hair

\$150 Gift Voucher
Donated by Photography by Gemma

\$50 Gift Voucher
Donated by Hollydene Estate

Hospitality Package Worth \$220
Donated by Muswellbrook Race Club

Caravan Step + Camping Combo Shovel
Donated by Repco

Allweld Bag + Products
Donated by Allweld Services Muswellbrook

\$100 Gift Voucher
Donated by Muswellbrook Steel Supplies

Service Offering of His and Her Wills
Donated by Curtis Grant Living Solicitors

THE BIG RAFFLE

These are some of the items already received for our Fete raffle. Thank you to all businesses for their kind donation of raffle prizes, chocolate wheel prizes (not listed) and other fete items.

TICKETS \$2 each

DRAWN AT MUSWELLBROOK SOUTH PUBLIC SCHOOL FETE BEING HELD ON FRIDAY 18TH OCTOBER 4PM to 7PM

Muswellbrook South Public School Fete

FRIDAY 18TH OCTOBER - 4pm - 7 pm

*Amusements may differ from those pictured



AMUSEMENTS

Unlimited amusements wrist band \$25 each or family of 3 for \$50
On Fete night wrist bands \$25 each or \$4 per amusement

Pre-purchase wrist bands from the school canteen each morning between 9am and 9.25am. If you send money in with your child please place it in an envelope and clearly label that it is for Fete wristbands and the quantity required etc. When wristbands are pre-purchased, a receipt will be issued that will need to be kept and brought on Fete night to collect your wristband. Wristbands for unlimited amusements will only be sold for the first hour on Fete night. Family purchase is for immediate family members only.

THE REJECT SHOP

MUSWELLBROOK LANDSCAPE SUPPLIES
8417 44322

MUSWELLBROOK
PharmacySelect

Magic care

Ice Box LIQUOR

MUSWELLBROOK
floral studio

The Remington

Bottle mart

BEAUREPAIRS

MC MUSWELLBROOK GOLF CLUB

KOORA



Muswellbrook South Public School

Kindergarten Transition Program

A special invitation is extended to all children who have enrolled at Muswellbrook South Public School for 2020 or who are going to enrol, to attend our

Kindergarten Transition Program.

There will be lots of exciting activities such as art and craft, singing and dancing. This is a chance to become familiar with the school environment and teachers for next year.

Please contact the School Office on **65 431896** by Friday 27th September to register your child and nominate the session you would like your child to attend.

Where: Muswellbrook South Public School

When: Term 4: 23rd, 30th October
6th, 13th and 20th November
(5 week program).

Time: Sessions will be held on a **Wednesday**
Students are invited to attend one timeslot each Wednesday (limited spaces in each timeslot so please register asap).

- 10.00am to 11.30am

- 12.00pm to 1.30pm

- 2.00pm to 3.25pm

Cost: None



Good for Kids good for life HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit healthyschoolcanteens.nsw.gov.au and search 'parents and friends'



Wellbeing Challenge #1

Be sure you make a time at the end of each day to "switch" off and be organic....talk face to face, play music, go for a walk, take a bath or be present in the moment.... #teamsouth #timein #southrocks



MSPS Dates for the Diary – Term 4 2019

| <i>weeks</i> | <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|-----------------|-----------------------------------|--------------------------------------|--|---|---|
| Oct W1 | 14 | 15 | 16 | 17 Hunter Valley Zoo Excursion ES1 Stage 3 World Expo | 18 FETE 4-7pm Infants Assembly |
| Oct W2 | 21 | 22 Year 6 Farewell Meeting 3.30pm | 23 Kinder Transition | 24 | 25 Primary Assembly 10am Grandparents Day |
| Oct W3 | 28 | 29 | 30 Kinder Transition Interschools Debating | 31 | 1 K-2 Fun Day Infants Assembly |
| Nov W4 | 4 Colour you threads for PosED | 5 Year 5 Leadership workshop | 6 Kinder Transition ← Year 4 Sydney Excursion | 7 Year 4 Sydney Excursion | 8 Primary Assembly → Year 4 Sydney Excursion |
| Nov Wk5 | 11 | 12 | 13 Kinder Transition | 14 | 15 Whole School Assembly |
| Nov Wk6 | 18 | 19 Year 3 Blackbutt Excursion | 20 Kinder Transition | 21 Leadership speeches - Hall | 22 Primary Assembly |
| Nov Wk7 | 25 | 26 | 27 Whole School Disco | 28 | 29 Colour Run Sports captain speeches Infants Assembly |
| Dec Wk8 | 2 | 3 Yr6 Orientation Day/Night | 4 | 5 | 6 Sports Presentation 9.45am |
| Dec Wk9 | 9 | 10 Year 6 Farewell | 11 | 12 | 13 Presentation Day K-2 9.45am 3-6 11am |
| Dec Wk10 | 16 End of Year Celebration | 17 | 18 Last day for students | 19 SDD | 20 SDD |



My Time groups provide support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic medical condition.

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you.

Early Links Inclusion Support Service will be running My Time. An Inclusion Support Teacher and Allied Health Assistant will conduct the My Time Group. The Allied Health Assistant will provide activities for any under school age children in attendance who are welcome to attend.

When: Each Monday during school terms commencing Monday 21st October from 10am-12pm

Where: Early Links Inclusion Support Office, Shop 4 77-85 Bridge Street (in Muswellbrook Market Place Outdoor car park)

Call: 0428 199 602 for more information

Early Links 
Inclusion Support Service
 Providing early childhood intervention

MAJOR EVENT PARTNER

GLENCORE



HUNTERSCHOOLSMTB.COM

TEAMS CHALLENGE

Primary - 90 minute Race
 Secondary - 3 hour Race

FRIDAY 18 OCTOBER 2019

entries @ www.hunterschoolsmtb.com

8AM - 3PM

Free M2O "Just Send It" socks for the first 200 entrants (Valued at \$25 each)

MAISON DIEU ROAD, SINGLETON

\$25

PER RIDER
 Entries close at 9:00am
 TUESDAY 10 OCTOBER

Event Partners

Energy and Management SERVICES

GU

DRIFT BIKE

RIDERS HUT
 10 Albin St Derby TASMANIA

SUE2

BIKEWORX

Ghost Gum Bikes

HUNTER CHRISTIAN SCHOOL

GATESHEAD

www.hunterschoolsmtb.com



MUSWELLBROOK DROUGHT BUSTER

Charity Rodeo

SUPPORTED BY
 UPPER HUNTER SHOW SOCIETY

TAKE A BREAK FROM THE DROUGHT
 & COME ALONG FOR A FULL DAY OF
FREE ENTERTAINMENT

INCLUDING:

- FULL RODEO PROGRAM
- DROUGHT BUSTER RAFFLE
- LIVE MUSIC BY UNIT 20 & OTHERS
- TWILIGHT MARKETS
- CHILDREN'S ENTERTAINMENT
- JUMPING CASTLE, RIDES & MORE!
- PLUS A VARIETY OF FOOD & DRINKS AVAILABLE
 + LICENSED BAR (NO BYO ALCOHOL)

Free Entry

MUSWELLBROOK SHOWGROUND
SATURDAY OCTOBER 19
 GATES OPEN 9AM

PROUDLY SUPPORTED BY

Local Land Services • Where There's A Will • Road Aid • Power 99 • ABC Radio • Muswellbrook Chronicle • Hunter Valley News • Hunter Valley Training

PROUDLY SPONSORED BY

MALABAR COAL MACHEnergy BHP MUSWELLBROOK RSL THIESS

7.30pm Friday 18th October.
Scone Films will be screening the drama,
The Keeper, rated M.

Based on an incredible true story, THE KEEPER follows Bert Trautmann, a German prisoner of war sent to Northern England at the end of WWII, who went on to become an English Football legend. He helped Manchester City win the FA Cup Final in 1956. Love story, football, drama, this film has it all.

The Keeper will screen at their pop-up cinema at the corner of Oxford Road and Cooper Street, Scone. Tickets are \$12. To be sure of a ticket, purchase in advance from our website or at Hunt a Book, Scone. Running time is 2hrs. Everyone is welcome. Doors open 7pm. Tea and coffee available.

For insurance, Under 18s must be accompanied by a parent or adult guardian. But tickets www.sconefilms.org.au/film-info

Like us and share www.facebook.com/sconefilms

SINGLETON PLAYGROUP

WHERE: CIVIC AVENUE SINGLETON, NSW, 2330

WHEN: TUESDAY'S 10AM - 12PM

WHO: CHILDREN AGES 0 - 6 YEARS

TO REGISTER YOUR INTEREST, CONTACT US
VIA EMAIL AT:
ADMIN@PLAYGROUPNSW.ORG.AU

BRING A HAT AND A
PIECE OF FRUIT TO
SHARE ☺

CALLING ALL
CHILDREN AND
FAMILIES!

Enjoy arts and crafts, games,
and outdoor activities. There
will be stories and lots of
information shared.

Playgroups are a place where children (0-6) & parents and carers meet to have fun & learn through play. At playgroup you can discuss ideas & the joys, challenges & frustrations of parenting. Best of all playgroups are fun!



MENTAL
HEALTH
MONTH
OCTOBER

Develop
the tools
you need to
empower
children with **anxiety**

An information session for parents, carers, grandparents,
teachers, community members and service providers.

What causes anxiety in preschool and
primary school age children? How does
it develop?

How do we better identify anxiety in
children?

How should we respond to and manage
anxiety to help children who are
experiencing it?

Dr McLellan will provide information
and resources to help answer these
questions, including how the Upper
Hunter community can now access
the evidence-based **Cool Little Kids**
and **Cool Kids** programs remotely.

Dr Lauren McLellan, from the Centre for
Emotional Health at Macquarie University, is a clinical
psychologist, clinical supervisor and early career
researcher with expertise and special interest in
understanding and effectively treating anxiety in youth.

MANGOOLA
OPEN CUT
GLENORE



23 October 2019 6.30 to 8.00pm
Muswellbrook RSL Club, Auditorium
Free event – light supper provided

For catering purposes bookings are appreciated.
Please call **6542 3555**, or book online www.trybooking.com/BFMMG

UPPER HUNTER
COMMUNITY SERVICES Inc.



This service is proudly provided to you by:
Upper Hunter Community Services Inc.
CEH Community Centre
Cnr Bridge & Market Streets • Muswellbrook
Phone: 02 6542 3555 • www.uhcs.org.au

BENGALLA

NEW HOPE
GROUP



BENGALLA COMMUNITY OPEN DAY 2019

SATURDAY 26 OCTOBER 2019 • 10AM-2PM

Hi there,

If you are looking for a **fun day out** for your whole family make sure
you mark Saturday 26 October 2019 in your calendar for the Bengalla
Community Open Day!

From 10am to 2pm there will be lots to see and do at the Muswellbrook
Showground including a **free BBQ**. Adults and children over 5 years of
age can also go behind the scenes of a coal mine on a **guided bus tour of
Bengalla** – be sure to book on the day and you will need to wear closed
in shoes.

If you would like more information contact Fiona Hartin from Bengalla
by email:

Fiona.Hartin@bengalla.com.au

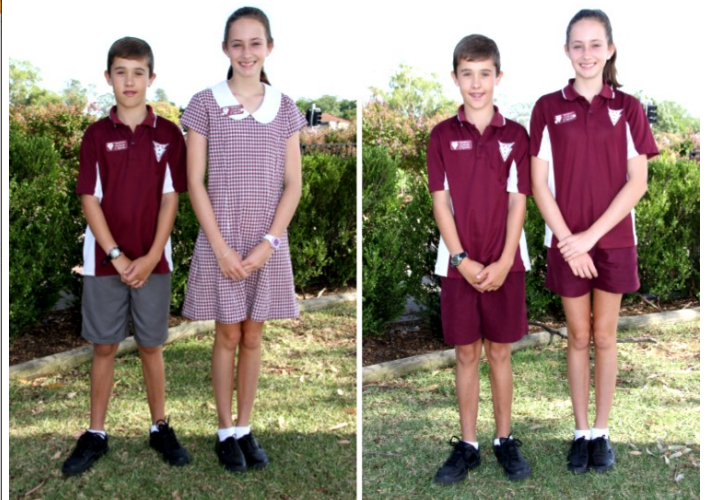
We hope to see you there! Bengalla Mining Company

Bengalla Minings Hunter Valley News Special 20th Anniversary
Special Publication Pullout Published 18/09/2019



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
joggery
Monday to
Thursday



Black or White
sports jogger

"Building Solid Foundations for Life"