

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 6

Wednesday 20 November 2019

PRINCIPAL'S MESSAGE

Pick up and set down options at Muswellbrook South Public School

We understand that parking is problematic at our school and picking up children can be frustrating and at times dangerous. There are some simple things that parents can do to ease congestion and reduce the risk of injury.

TAFE Carpark

- Our preferred option for parking
- Children should be escorted through the carpark by an adult. The carpark is open to the public, many of whom will not be expecting a 7 year old to run out in front of them.
- Drive slowly and carefully
- Be polite and smile

Osborne Avenue

- Please drive in a clockwise direction, picking up children from the passenger's side
- Make your stay as brief as possible
- Avoid stopping in front of the carpark entrance
- Avoid double parking
- No pedestrian access through the carpark
- Be polite and smile

Maitland Street

- The most dangerous and least favoured option for pick up
- Limited parking is available. Most of the kerb parking is 'no parking' or bus zones.
- The staff carpark and driveway is closed to parents
- No pedestrian access through the carpark
- Be polite and smile

We encourage children walking, riding or catching the bus to school. If there are things you believe we can do better to improve these options, please let us know.

Glen Kite
Principal

2020 School Leader speeches

On Thursday 21 November commencing at 9.45am in our school hall, 2020 School Leader candidates will be presenting leadership speeches to their peers. Parents and friends are warmly invited to attend. Voting by students in Grades 1 to 5 and staff will follow.

We wish all candidates the very best and thank them for putting their hand up to hold such an important role at MSPS.

Primary Assembly – Week 6

Friday 22 November is a Primary assembly that will start at 11am in the school hall.

Primary girls group will be performing and PBL awards will be presented.

Credit, Merit and Distinction ICAS awards will be presented to Primary students.

All parents & carers are warmly invited to attend. Please note entry is via the front gate only.

WEEK 5 PBL CHAMPS

Congratulations to the following students who were awarded "PBL champs" at last week's whole school assembly. MSPS are proud of your efforts!

Early Stage 1 – Memphis S and Kyesha S.

Stage 1 – Alyssa B, Rylann B, Zachary B and Tristan R.

Stage 2 – Harlow R, Siena Pittard, Jackson G and Indigo S.

Stage 3 – Jonathan F, Letisha J, Emma B and Taj Mc.

Support – Luka T.

SCHOOL COMMENCEMENT JANUARY 2020

If any student will be on holidays and not attending school at the beginning of Term 1 2020, please provide written documentation addressed to Mr Kite and hand in at the school office before the end of Term 4, 2019. Thank you.

In planning for 2020 classes, we ask that any families who won't be returning in 2020 please notify the office as soon as possible.

If you know of any new families who may be considering MSPS in 2020, please ask them to contact the office on 02 6543 1896 to provide student details.

Attendance Hero

Each week we like to acknowledge those students who come to school each day, ready to learn, by awarding 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!



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

Congratulations to the Term 4 Week 5 Attendance Heroes pictured below.

Infants –

Levi P of KRED, Prestyn B of KYELLOW, Schyler of 2GREEN and Vitaliy O of 2YELLOW.



Stage 3 –

Blake L of 6RED and Koia R of 6RED.



WEEK 5 PBL AWARDS

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

Platinum Award (100 Pebbles) – Nykkie D, Harley C, Riley J, Chanel S, Grace M, Tylor A, Dustin F, Naomi C, Cooper P, Danny R, Declan T, Kyedon B, Chelsea R, Brooklyn B, Jacinda D, Cory S, Austin L, Noah P, Tara-Lee D, Nathan P and Ruby P.

YEAR 6 FAREWELL

The Year 6 Farewell is being held on Tuesday 10th December from 6pm to 8.30pm at Muswellbrook RSL Club.

Cost is \$30.00 per person and must be paid to the office by Tuesday 26th November. Late payments will not be accepted as numbers need to be given to the RSL Club next week.

Dress code is smart casual.

This is an event for Year 6 students and staff only. Parents are invited to arrive at 8pm to watch the Presentation section of the evening. The Farewell is scheduled to finish by 8.30pm.



SPORTS REPORT

We are more than half way through our Learn to Swim Program for the year and it's great to see so many students in the water improving their skills.

Save the date for the 2020 MSPS swimming carnival which has been booked for Thursday 6th February 2020 at the Muswellbrook Aquatic and Fitness centre.

The 2019 Sport Presentation is fast approaching and will be held on Friday 6th December. It would be great to see as much support as possible to congratulate students and their sporting achievements this year.

Have a great week,

Mr Adams - PE Teacher



PJ says . . .

"Remember to take a mindful moment to calm your guard dog".

Technology Tips for Parents

Last week we shared some information and insights in **Online Safety Basics -3 Key Strategies**. We hope that you found these tips useful.

As children start to navigate the online world and interact with others more independently, they are more likely to be exposed to risks of bullying or unwanted contact, accidentally coming across inappropriate content or racking up bills through in-app purchases. Your guidance can help them be aware of the risks and understand what is expected of them. And let them know you are always there to support them. This week's topic is **Online Safety Basics - 5 to 12 Year Olds**.

For kids aged 5 to 12, it is important to:

- Keep the computer or device in an area of your home that can be supervised. And check in regularly with your child to see what they are viewing.
- Stay engaged with their online activity. If they agree, consider setting up your own accounts with the sites they use most so you can see how they work and understand the risks.
- Explore the online world with them to help establish that this is not just a solitary activity. Play games with them. Do a creative project together.
- Think about social media readiness. Most social media sites require users to be at least 13 years of age before they can register, although some sites are created especially for children under 13.
- Encourage respect and empathy. Teach them to avoid sharing or posting things that may upset others.
- **Start building resilience.** Teach your child that there are ways they can deal with material that worries or frightens them. This includes immediately telling you or another trusted adult of any concerns or uncomfortable material.

Review your rules as your child grows older:

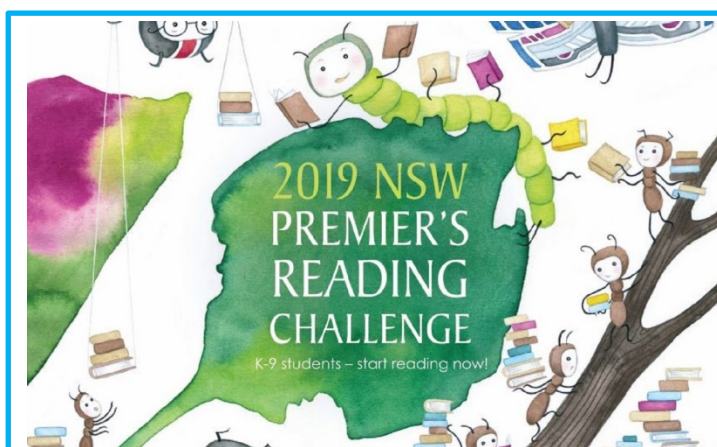
Be clear about how much time they can spend online, the apps they can use, the websites they can visit and what they can share or post online.

Technology tips for parents of kids 5 to 12:

- Ensure your own devices are protected by a password or pin, so your child cannot accidentally come across inappropriate content.
- Use parental control tools appropriate for the age and experience of your child. Be upfront about this and get your child on board. Let them know that these can be reviewed and changed as they get older and they continue to demonstrate responsible behaviour.
- Consider installing a 'child-friendly' search engine that will allow them to explore a limited number of sites.

On our Facebook Page you will also find a link to the eSafety Commissioner Screen Smart Tour. This 10 minute tour is for parents and carers of 10-14 year olds concerned with what they're doing online. <https://www.esafety.gov.au/parents/screen-smart-tour>

These tips and advice come directly from the Australian Government eSafety Commissioner website (<https://www.esafety.gov.au/>).



Premier's Reading Challenge Certificates will be presented on the following days –

Grades 3 to 6 students at the Primary Assembly on Friday 22nd November 2019 (Week 6).

Kindergarten to Year 2 students at the Infants Assembly on Friday 29th November 2019 (Week 7)

Please note Gold and Platinum Reading Challenge Certificates will be presented at a later date to be advised.

Congratulations to everyone who participated.

Strive to thrive in Year 5!!! 5Blue

We have worked extremely hard this year within our first year of Stage 3! By focusing on our personal goals, we have been able to achieve so many things this year and Miss Bashford is very proud of us all!

This term we started our leadership journey. Our Year 5 cohort participated in a 2-day leadership course, which equipped us with the skills to be future leaders. We were lucky enough to have some teachers come and talk to us about their journey and help inspire us to be great leaders. We played a range of teamwork games, which allowed for us to demonstrate the skills of a great leader.

We all can't wait to become leaders of MSPS next year when we move onto Year 6!



Muswellbrook South Public School

“Building Solid Foundations for Life”

57 Maitland Street Muswellbrook NSW 2333 Ph: 02 6543 1896 Email: muswellbrs-p.school@det.nsw.edu.au

Tuesday 19 November 2019

Dear Parents and carers,



In conjunction with the P&C Colour Run on **Friday 29th November**, Muswellbrook South Public School are hosting their second annual ‘Colour Your Threads for Pos Ed’ day.

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

Students are invited to wear their briest items of clothing and colour their hair to celebrate the vibrant culture and success of positive education at Muswellbrook South Public School. Students are asked to bring a gold coin donation to support student positive mental health.

Regards,


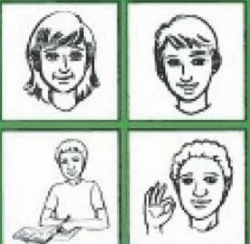
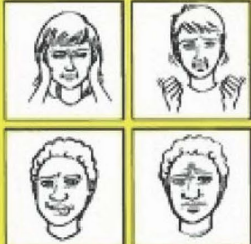

Visible Wellbeing Team

Glen Kite
Principal

Visible Wellbeing and Positive Behaviour for Learning

In our Visible Wellbeing and Positive Behaviour for Learning lessons, we are revisiting the Zones of Regulation. What are the Zones of Regulation? The Zones of Regulation use four colours to help students identify how they are feeling in the moment given their emotions and level of alertness as well as guide them to strategies to support regulation. By understanding how to notice their body's signals, detect triggers, read social context and consider how their behaviour impact those around them, students learn improved emotional control, sensory regulation, self-awareness, and problem-solving abilities.

The ZONES of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Mean Terrified Yelling/Hitting Out of Control</p>



You are warmly invited to attend this year's

Muswellbrook South Public School

SPORTS PRESENTATION

Friday 6th December 2019

Commencing at 9:45am
in our school hall.

This assembly includes the presentation of School Sporting Awards and Trophies and the Naming of 2020 Sports House Captains

We hope you can join us in recognising these special achievements.

INVITATION

*You are warmly invited to attend this year's
Muswellbrook South Public School*

Presentation Day

Friday 13th December 2019

*To accommodate the growth of our school,
our presentation celebrations will be split into two
ceremonies.*

*Infants (K-2) ceremony will commence at 9:45am
Primary (Grades 3-6) ceremony will commence at
approximately 11am.*

*K-6 class awards will be presented as well as
special awards and the induction of the new school
leaders for 2020.*

Our choir and band will also be performing for us.

*Come and celebrate our success and share in this
special end of year event.*

***All students are expected to wear full summer school uniform with the
correct shoes.***

MSPS Dates for the Diary – Term 4 2019

weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov Wk6	18	19	20 Kinder Transition graduation	21 Leadership speeches - Hall	22 Primary Assembly
Nov Wk7	25	26	27 Whole School Disco	28	29 Colour your threads for PosED 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 Honour Award lunch	18 Last day for students	19 SDD	20 SDD

2020 IMPORTANT DATES

Staff Development Day – Tuesday 28th January 2020

2020 Grade 1 to 6 students return Wednesday 29th January 2020

2020 Kindergarten students start on Thursday 30th January 2020

2K19

#teamsouth

Getting to know...



Name: Melissa Kelman

Age: 40

School Position: Aboriginal Education Officer (AEO)

Star sign: Pisces

Home town: Muswellbrook

Lives: Muswellbrook

Favourite Food: Chinese

Favourite Movie: The Outsiders

Favourite Music: Anything 80's

Interests: Reading

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

Netflix and chocolate



SunSmart Snippet

The simplest way

... to know when sun protection is required.

UV is not like the sun's light which we see, or the sun's warmth which we feel. Our senses cannot detect UV so it can be damaging without us knowing.

Protect yourself in five ways when the UV is 3 and above.



Sun protection is required today from _____ to _____
Maximum UV Index _____



When UV is 3 or above you need to SLIP, SLOP, SLAP, SEEK, and SLIDE!

Go to www.sunsmartnsw.com.au/resources to download our free resources to document your local daily sun protection times and help you implement best-practice sun protection.

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



Wellbeing Challenge #6

Take the time to thank people this week, who make a difference in your life.

“A flower does not think of competing to the flower next to it. It just blooms.”

YOUNG ARCHIE COMPETITION – REGIONAL TOUR

Budding artists aged 5 to 18, residents of the Muswellbrook, Singleton and Upper Hunter Shires are invited to submit a portrait for the Young Archie competition, as part of Muswellbrook Regional Arts Centre's public programs for the 2019 Archibald Prize regional tour.

The portrait should be of a person who is special to you - someone who is known to you and plays a significant role in your life. If you would like more information or an entry form, please see our school front office.



MSPS Band

We currently have several positions available in the school band for 2020. Music lessons are run during school time by the Upper Hunter Conservatorium of Music. Band is held before school on Thursday mornings each week as well as some Thursday afternoons during the afternoon session.



We have Trumpets, Clarinets, Saxophones and flutes for hire \$35 per term plus a one-off bond fee. We have places for Trumpet, Saxophone, Flute, and Clarinet.

Some lesson scholarships are available.

If your child is interested in joining please return the slip below to Mrs Tonon and a pack will be sent home.

Name: _____

Class: _____

Preferred Instrument: _____

Parent Name: _____

Parent contact phone number: _____

Parent email: _____

the *Carly Ryan* foundation. APP FACTS

Age Rating in the App Store: **ROBLOX 8+**

ROBLOX

ROBLOX is a comprehensive game development, publishing, and gameplay platform that allows people of all ages to create games and share them with an audience of game players. ROBLOX is the world's biggest platform for emerging and independent game developers, and they offer the ability to earn real money from their creative efforts.

ROBLOX is open to people of all ages. Each player starts by choosing an avatar and giving it an identity. They can then explore ROBLOX - interacting with others by chatting, playing games, or collaborating on creative projects. Each player is also given their own piece of undeveloped real estate along with a virtual toolbox with which to design and build anything. ROBLOX members can choose to play and create alone or, with the help of personal and customisable avatars, they can choose to be social and engage with others.

Challenges

The purpose of the game is for players to interact and make friends with one another. This is achieved by wandering around the online world to stop and talk with other players. The most dangerous aspect about the game is that it appeals most to young children under the age of 12 and therefore a very easy platform for predators to target them.

The game also allows players to invite each other into their online bedrooms and engage in sexualised behaviour. Whilst there are no 'simulated' sex acts, the insinuation is there. More advanced players are able to create their own online worlds for other players to enter, which often means that pornographic content can be uploaded for children to see.

To report abuse in-game:

- Click on the Menu button, located at the upper left of the screen. This icon looks like three lines stacked on top of each other.
- Click Report tab at the top of the menu.
- Click on the Which Player pull-down menu, and select which player to report.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

carlyryanfoundation.com

TheCarlyRyanFoundation @thecarlyryanfoundation @TeamCarlyCRF

the *Carly Ryan* foundation. APP FACTS

Age Rating in the App Store: **4+**

CALCULATOR%

The calculator% app is an application that is designed to help the user hide photos and videos behind the applications screen.

This application appears to look like a calculator, but upon entering a passcode it opens up a private vault where files are stored securely and cannot be viewed in the iPhone or Androids default camera role.

To get files into your Private Calculator

In the app itself, you can tap the '+' sign to select Wi-Fi transfer, which gives you an IP address to type on your computer's web browser. You can also import files through your camera roll (photos and videos).

Private Calculator can display and open a number of media types, including photo's (such as .jpeg, .gif, .bmp and .png files), videos (.mp4, .avi, .mkv, .wmv, .flv), music and audiobooks (.mp3), Microsoft Office files (.doc, .xls, .ppt), other assorted documents (.txt, .pdf) and even downloaded websites (.htm).

Challenges

Some of the concerns regarding this app are the fact that your child might potentially be hiding explicit photos, videos or other content.

If your child is under 18 years old it is illegal for them to produce, distribute or possess these types of images.

- Child abuse pictures are illegal if they are:
- asked for;
 - taken;
 - received and kept; or
 - sent, posted or passed around

The maximum penalties for child abuse material can be up to 15 years in jail and being placed on the sex offender register. The maximum penalty for an act of indecency is 2 years in jail if the person in the picture is under 16, if the person is over 16, the maximum penalty is 18 months in jail.

What can parents do to keep their kids safe on calculator% app?

- Consider deleting this app
- Remind your kids that everything is public
- Have a dialog with your kids about sexting and sending inappropriate photos to others
- Explain to your kids that they should be careful with sharing their photos with anyone, as they can be forwarded

It is important to have open honest communication with your child regarding sexting.

We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

carlyryanfoundation.com

TheCarlyRyanFoundation @thecarlyryanfoundation @TeamCarlyCRF



DECEMBER
10



SANTA PHOTOS

GOLD COIN DONATION FOR RMHC (PHOTOS EMAILED)

WILD BOHO PHOTOGRAPHY

[f mcdonaldsmuswellbrooksingleton](#) [f wildbohophotography](#)

5.30PM
to
7.30PM




MCDONALD'S
MUSWELLBROOK




DRAUGHT APPEAL

McDonald's Muswellbrook & Singleton will be collecting household essentials to be delivered directly by Sue and Allan Bullock to the locals of Murrurundi.

NEXT DELIVERY

02
DECEMBER

If you can help bring in your donation by Monday 1st of December and leave it in the box provided.

MUSWELLBROOK SOUTH PUBLIC SCHOOL P&C PRESENTS

COLOUR FUNRUN



Friday

ALL MSPS STUDENTS, STAFF, FAMILY & FRIENDS ARE INVITED TO PARTICIPATE IN SOME END OF YEAR FUN!

29th November at 2.15pm

on the school oval

GOLD COIN DONATION REQUESTED

ALL PROCEEDS
SUPPORT OUR SCHOOL!

Permission note must be returned



MUSWELLBROOK SOUTH PUBLIC SCHOOL P&C PRESENTS . . .



COLOUR FUNRUN

To celebrate the end of a rewarding and successful year, Muswellbrook South Public School P&C, along with the staff of MSPS, would like to invite all students, family and friends to an afternoon of fun. Students will do a lap of the oval whilst dodging coloured powder being thrown at them. There will be a chance to farewell our departing Year 6 students and show a little bit of extra 'love' towards the teachers who are brave enough to attempt the colour run. Parents and friends are more than welcome to come along and join in for a gold coin donation.

When: Friday 30th November 2018

Where: School oval

Time: 2.15pm to 3.25pm

Cost: Gold coin donation

Requirements: Students are requested to bring a spare set of old clothes to change into before the colour run. White t-shirts are suggested to gain best colour effect. A pair of sunglasses/goggles are optional. Joggers and hat are compulsory, and a water bottle and asthma medication (if required) are requested.

Please note: The coloured powder is made from cornstarch. The inhalation of any small particles may affect people with asthma. People with asthma and other medical conditions should be aware of the potential risk, and use their best judgement before and during the event.

Permission notes and money must be returned to school by Thursday 29th November. Students who do not return a signed permission note will go up to the oval and will sit and cheer the participants on.

All students are required to stay at school until 3.25pm. It is recommended that parents pick their child/ren up from school that afternoon. If children need to catch a bus home, they will need to change back into their school clothes and bring a plastic bag for their dirty clothes.

Regards

Mr Glen Kite
Principal

Mrs Alison Bradstreet
Fundraising Co-ordinator

COLOUR FUN RUN PERMISSION NOTE

I give permission for my child _____ of class _____ to participate in the Colour Fun Run being held on Friday 30th November 2018. I understand he/she needs to bring a spare set of clothes to participate in. Students cannot participate in their school uniform.

I have enclosed a gold coin donation.

Medical conditions or other important information: _____

Parent name: _____ Parent Signature: _____ Date: _____