

Muswellbrook South Public School Newsletter



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



"Muswellbrook South Public School Official"

TERM 1 WEEK 5

Wednesday 26 February 2020

PRINCIPAL'S MESSAGE

At Muswellbrook South, we have been hard at work coming up with ways to ensure we are working with our students to become strong and smart people, who are making good choices in the classroom and playground.

This has led to the development of an exciting new program called Respectful Relationships. The program has been developed with the needs of our students in mind and informed by the new PDHPE syllabus, Lea Waters Visible Wellbeing and the Grow Your Mind program. There are three focus areas that students will be learning:

1. Respecting myself
2. Respecting others and
3. Respecting the community around me.

Students will be learning about how they can respect themselves and what that looks like, their strengths, how they can set achievable goals, what a good learner is and how they can be one. We are also continuing to work on shrinking our guard dogs (the amygdala) and growing our wise owls (the prefrontal cortex), as this leads to greater self-regulation.

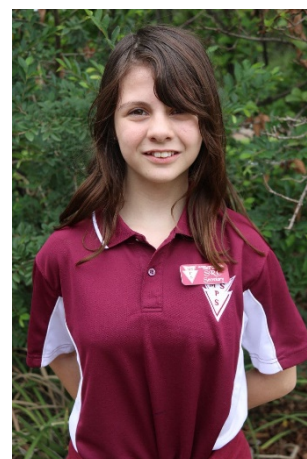
When learning about how to respect others, students will learn what good communication between friends, staff and family looks like, advocating for themselves and others, and what makes a healthy relationship. To finish off the year, we will be learning about respecting our cultures that surround us and the environments we are part of. All the teachers are so excited to be building confident, focused learners at South who share their love of learning with everyone around them.

Glen Kite
Principal

Congratulations to the following students who were inducted into vacant leadership roles at the last primary assembly.



Caden N - MSPS 2020 Balmoral Sports House Vice Captain



Zara B - MSPS 2020 Student Representative Council (SRC) Secretary

School report survey

We are currently surveying parents on our school reporting format. Please indicate your thoughts on your child's report and the information you find most valuable. Responses due by Friday 28th February 2020. Thank you very much for your feedback.

<https://forms.gle/QYRrEsYDSQXZAEX99>

Whole School Assembly – Week 5

Friday 28 February is a Whole School Assembly **which will start a little earlier than normal at 10.45am** in the school hall.

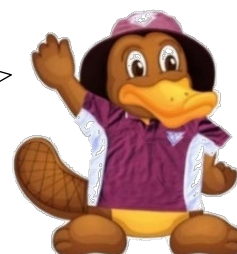
5BLUE will be presenting a class item.

Class merit awards and PBL certificates will be awarded and PBL champs will be announced. School and Zone Swimming Ribbons and PSSA awards will be presented.

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

PJ says . . .

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



SPORTS REPORT

Primary sport kicked off last Friday with students able to select the sport they would like to participate in for the term. Students could select from Basketball, Tennis, Rugby League, Touch Football, Soccer, Cricket, and Netball. Primary sport will continue every Friday morning until the end of term.

12 boys have been selected to compete at the 2020 Upper Hunter PSSA Rugby League trials at Aberdeen today. Good luck to Jukell Mc, Tayte G, Jackson G, Kayne M, Flynn S and Paxton H who will be competing in the 11 years team trial. Harrison F, Wayde S, Ryan B, Mitchell M, Bailey C and Rylee K will all participate in the Open grade trial.

Harrison F has successfully made it through to the Hunter Primary Tennis Trials. Harrison will compete against other students in the Hunter region on Friday 28 February at Topspin Tennis at Broadmeadow. Congratulations Harrison and good luck!



Good luck to Noa K, Riley J, Harrison F, Wayde S, Paxton H and Brodie S who qualified to swim at the Hunter swimming carnival at Lambton Pool next Tuesday 3 March. You all have trained super hard and have an incredible attitude towards your abilities and competition.

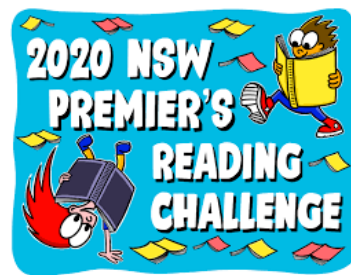
Adriel A, Corey G and Callum M were selected to compete at the Zone basketball trials and, due to small numbers competing, made it straight through to the Hunter trials which will occur on Monday 9 March. Good luck boys!

The MSPS Cross Country date has been set for Monday 6 April (Week 11). Like previous years, students will be completing a course around the school. Get training!

Sport is ramping up very quickly at MSPS with Netball, Soccer and AFL trials all happening over the next few weeks.

We are also picking teams to compete in Upper Hunter Knockouts for Cricket, Soccer and Netball. Stay tuned for more information.

Mr Adams
PE teacher



Dear Parents,

The NSW Premier's Reading Challenge will commence again in a couple of weeks on **Monday 9 March**. A yellow note has been sent home 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's 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's Reading Challenge 2020 in Google. The Reading Log sheets will come home in a plastic sleeve. We 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's Reading Sheets will be entered on line at school.** Once the sheets are completed they need to be brought back to school by **Friday 28 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

CLOTHING DONATIONS

If you have any old school uniforms, socks or shoes at home that no longer fit your child would you please consider donating them to the school.



School Photos - Wednesday 18 March 2020

School photography envelopes will be sent home this week.

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

18 March 2020

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:

i

- 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@mvp.com.au
p +61 2 4966 8292
www.mvp.com.au

Clean Up Australia Day.

This Friday 28 February 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.

Thank you for your support.

**Return and Earn –****FOR OUR SCHOOL REWARDS DAY**

Our school Student Representative Council (SRC) has taken on the responsibility of recycling plastic bottles, cans and cartons through the Return and Earn initiative.

Our school P&C purchased several large tubs, scattered throughout the playground for students to drop their recyclable drink bottles, cartons and poppers.

Each week the SRC representatives will collect the bottles.

The Treasurer of the SRC will calculate how much money the students have earned each week and report back to the school every Monday morning. Our target is \$1000 to go towards the end of year award for every student in our school to enjoy.

**Muswellbrook & Upper Hunter**

EISTEDDFOD Inc.

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 27th March 2020.**

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

NAPLAN Save the date

MSPS would like to inform parents that this year's NAPLAN for Year 3 and 5 is approaching. Test dates will be in Term 2, 12-14 May. Please see your child's classroom teacher if you have any concerns around your child sitting the tests.

**Financial Support for Your Children**

Families should now have received their Statement of Accounts. The voluntary school contribution remains at **\$25 per child**. These funds are a vital part of our school budget and help provide resources and a variety of opportunities at MSPS. 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.

Parking at United Petrol Station

Just a reminder to parents and families dropping or picking up students, or visiting the school at any time, please do not park in surrounding businesses carparks (United Service Station, Osborn Bus Company, Beaupaires) as it obstructs access for their customers and suppliers and can be a safety concern. MSPS families can park in the TAFE carpark next door to the school and walk children into the school.

Thank you in advance for your cooperation.

Warrae Wannu News

Jade Perry an Aboriginal Health worker joined the Warrae Wannu Goanna children (4-5 year olds) to present the "Shake a Leg" health promotion program. The topic this week was oral hygiene. We learnt how to brush our teeth properly. The children all took a new toothbrush and tooth paste home to continue practising.



Go to:

<https://muswellbrs-p.schools.nsw.gov.au/>



DON'T FORGET YOU CAN MAKE A PAYMENT TO THE SCHOOL USING THE ONLINE POP (Parent Online Payment) System

How to make a payment?

Go to our school website <https://muswellbrs-p.schools.nsw.gov.au/> and click on the link **MAKE A PAYMENT** at the top of the page.

What expenses can be paid online?

Voluntary School Contributions
Subject Contributions
Excursions / Camps
Sport
Creative and Performing Arts (these include dance and choir)
Other (any items not listed above)

Unfortunately, payments to the P&C, Canteen, Uniform Shop and Book Club can not be accepted via this system.

Fill in all the Red Asterix (*) items (compulsory).

Payments must be made via MasterCard or Visa. Please note payments made after 6pm will not be received into the school account until two days later.

Making an online payment does not constitute permission. Please return all signed permission notes to school as normal. Please write details of the online payment e.g. receipt number and date on any notes returned to school.

5Blue

What have we loved so far about Year 5?

Miss Bashford- 'How well 5Blue students have settled into the class and everyone is working together as a team'.

Michael- 'I love Maths and Writing'.

Dominic- 'I really love doing hard Maths'.

Daniel- 'Miss Bashford and KLA rotations'.

Tai-ron- 'KLA rotations & being in Paxton's class'.

Sharnella- 'I love learning and Miss Bashford being my teacher'.

Kye- 'I have really love my new class and I like how much writing we have done'.

Shanika- 'Being a part of the 5Blue family and Maths'.

Althea- 'My classroom is so colourful and I love it so much. I like that my BFF is in my class'.

Danny-Boy- 'I really like my class, it's really calm and relaxing'.

Jackson- 'I enjoy Math lessons'.

Tyler J- 'I'm really enjoying Math and Spelling'.

Bracken- 'Having a lovely teacher and playing fun games'.

Constance- 'Having a really kind class and a helpful teacher'.

Paxton- 'KLA rotations and having good teachers'.

Tyler R- 'All the teamwork in 5Blue and having great friends and teachers'.

Steven- 'I like my teacher and my class'.

Jaiden- 'Maths and our friendly class'.

Jorja- 'One thing I've loved about Year 5 is that all of my friends are in this class. Also, how my friends and I are in Star Struck'.

Ruby- 'Having my BFF in my class this year and having wonderful teachers'.

Addison- 'I enjoyed our Daily 5, flexible seating and being able to join classes with 5Red, to make 5Purple'.

Alicia- 'Making new friends at MSPS'.

MSPS Dates for the Diary – Term 1 2020

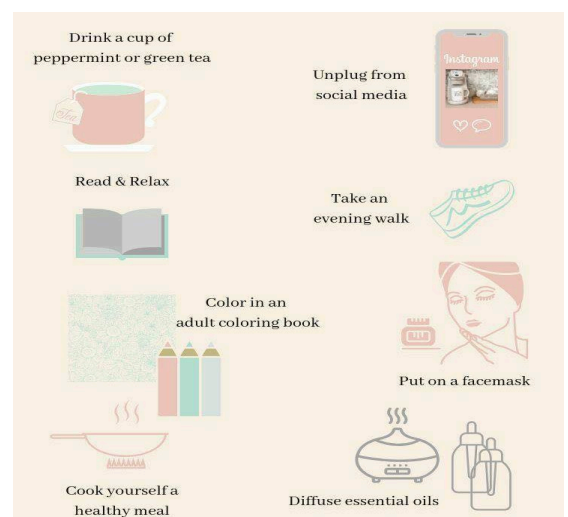
weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb/Mar Wk5	24	25	26	27	28 WHOLE SCHOOL ASSEMBLY Clean Up Australia Day Hunter Tennis Trials
March Wk6	2	3 Hunter Swimming	4	5	6 Hunter Cricket Trials UH PSSA Netball Trials
March Wk7	9	10	11 UH PSSA Football Trials	12	13 PRIMARY ASSEMBLY
March Wk8	16 Hunter Rugby League Trials	17 Hunter AFL Trials	18 SCHOOL PHOTOS	19	20 INFANTS ASSEMBLY
March /Apr Wk9	23 Life Ed Van	24 Life Ed Van	25 Life Ed Van	26 Life Ed Van Hunter Boys Football Trials	27 Life Ed Van Hunter Netball Trials
Mar/ April Wk10	30 Life Ed Van	31 Life Ed Van	1 Life Ed Van	2 Life Ed Van	3 WHOLE SCHOOL ASSEMBLY
April Wk11	6	7	8	9	10 Good Friday Public Holiday



Wellbeing Challenge ~Week 5

Do a body check and take time to action something that needs to be done . . .

Massage for a bad neck, breast screen, Doctors appointment for a niggling pain, yearly checkup, eyes tested etc. Take the time to look after and keep your body well.



2K20

Teacher Feature



Name: Jamie Lee Pryke

School Position: Year 6- classroom teacher.

Favourite movie: Grease is an all-time favourite but of recent I love the Fast n Furious franchise.

Born in: Bris-Vegas

Favourite phone app:

Instagram (or secretly getting lost in TikTok for hours).

An embarrassing moment was:

I have many embarrassing moments... too many to pick one.

Naughtiest thing you've done:

In Year 3 I got in trouble at school and instead of owning the consequence I ran home and took my Year 1 brother with me. (Didn't want him walking home alone).

If you could change 1 thing in our world, what would it be:

Homelessness! I feel sad when I see people who don't have a roof over their head.



Nutrition Snippet

The simplest way

... to pack a healthy lunch box .

Does packing lunch boxes feel like a chore? We are here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

Healthy lunch boxes don't have to be boring.



We are very excited to bring you our new look healthy lunch box website that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as **easy to freeze** and **quick and easy** recipes because as parents, we know how important it is to pack lunches quickly.

You can sign up to the Healthy Lunch Box e-newsletter for ideas, updates and recipes delivered to your inbox throughout the year.

[Check out the new website now!](http://healthy lunch box website)

healthylunchbox.com.au

Good for Kids good for life

RECIPE: TASTY SAVOURY MUFFINS

Ingredients:

- 1½ cups wholemeal self-raising flour
- 1½ cups white self-raising flour
- ¼ bunch English spinach, chopped
- ½ cup red capsicum, diced
- 1 medium zucchini, grated
- ½ cup reduced-fat cheese
- ¼ cup parsley, chopped
- 1 cup reduced-fat milk
- 1 egg
- ½ cup canola oil
- 100g reduced-fat feta cheese, crumbled



Method:

1. Preheat oven to 220C.
 2. Sieve both flours into a large mixing bowl then add spinach, capsicum, zucchini, reduced-fat cheese, parsley and mix together.
 3. In a separate bowl, whisk the milk, egg and oil together.
 4. Fold the egg mixture into the flour mixture until combined then add the crumbled feta. Do not over-mix.
 5. Place an even amount into muffin tins and bake for 20 minutes.
 6. Serve warm or at room temperature.
- *Makes 19 muffins

Variations: Use any vegetables you think will taste good, especially leftovers.

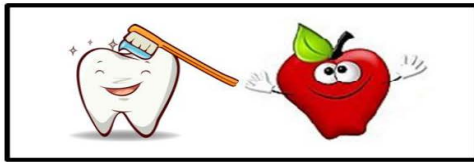
Bush Tucker Tip: Replace spinach with Warrigal greens, blanching in boiling water for 2-3 minutes to cook.

Source: NSW Healthy School Canteens



Health
Hunter New England
Local Health District

HNLHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



Healthy Tums, Healthy Gums (HTHG) is an oral health and nutrition program designed to help families look after their oral & general health.

Sessions include:

- ✓ **General family nutrition**
 - Serve sizes, child nutrition, core foods
- ✓ **Healthy food & your teeth**
 - Dental care, tooth friendly snacks, drinks
- ✓ **Tips for budgeting & meal times**
 - Fussy eating, meal planning & budget ideas

Resources provided to support each topic & ideas for change

Healthy Tums, Healthy Gums

Dates: Friday 6th & 20th March and 3rd April 2020

Time: 10:30-12:00pm

Location: Level 2, 87 Hill St Muswellbrook (next to Muswellbrook Library)

To register please contact Carly Hughes Local Coordinator Muswellbrook Healthy & Well carly.hughes@newcastle.edu.au

For more information on the program, call phone Carly Hughes 4055 1892 or Lisa Fitzgerald on 67678230.



Health
Hunter New England
Local Health District

March 2020 Calendar

Upper Hunter Youth Services Inc - Youth Centre

PLEASE NOTE DATE CHANGES:

Mon 16th, Tues 17th and Wednesday 18th March
Muswellbrook Show - Youth Centre Open instead of Thursday 19th and Friday 20th
Tues 24th, Wed 25th and Thurs 26th
Muswellbrook Races 1/2 day Holiday - Youth Centre Open instead of Friday 27th

	Wednesday 4th / Ice Your Own Biscuit Thursday 5th / Handball Challenge Friday 6th / Nacho Friday	WEEK 1
	Wednesday 11th / Getting Along - Playing Soccer Thursday 12th / No Device Day Friday 13th / Hot Dog Day	WEEK 2
	Monday 16th / Tell Your Favourite Joke Tuesday 17th / Craft and Discussion About What Harmony Day Means Wednesday 18 / Making Pancakes With Rachel	WEEK 3
	Tuesday 24th / Board Games And Chocolate Wednesday 25th / Craft - Origami Thursday 26th / Make Your Own Salad Sandwich	WEEK 4



Focus Of The Month: "Getting Along"
to coincide with Harmony Day, 21st March

Located at The Showground, Maitland Street,
Muswellbrook NSW 2333
Phone: (02) 6543 4841 ~ Email: imcphoe@ulhs.org.au or cbrown@ulhs.org.au
Opening Hours: Wednesday to Friday 3pm - 6pm
Free Transport Provided: Muswellbrook Area Only
AGE GROUP: 10 - 17yrs
FREE MEMBERSHIP TO YOUNG PEOPLE AGED 10 - 17 YEARS

Upper Hunter AECG Meeting

Please come along and join us for the first Upper Hunter AECG meeting of 2020.

Where: Shop 6, 30-34 Brook Street

Afternoon tea will be provided

When: Thursday 27th February, 2020

Time: 4:30pm

Our AECG's focus is on communities having input into Aboriginal Education.

We strive to empower our communities to become involved in all levels of Education and Training for the positive effect this can have on our students.

Please note: Memberships are up for renewal at this meeting. (\$2 membership fee)

If you would like an item placed on the agenda for discussion please email the Secretary.

To find out further information or to RSVP to our meeting please contact:

Raylene Price - President of UHAECG
raylene.price@aes.org.au
0499 112 669 or 0407 216 648

Renee Coward - Secretary of UHAECG
renee.coward2@det.nsw.edu.au
04350 100 883



Dates for 2020 Upper Hunter AECG Meetings (Week 5, Thursday):
28th May
20th Aug
12th Nov

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relationship experts since 1926

COMING TO MPS ON WEDNESDAY 4TH MARCH 2020

Session 1 - where did I come from? Starting at 6:00pm
(Aimed at students in year 3-4)

Session 2 - preparing for puberty? Starting at 7:15pm
(Aimed at students in years 5-6)

The cost is \$32 per family for 1 session and \$37 per family for 2 sessions.

PLEASE NOTE PAYMENT MUST BE MADE IN CASH TO THE MUSWELLBROOK PUBLIC SCHOOL OFFICE!

everyone is welcome to Attend!

Please see session overview and permission flyer below for additional detail.



For more information call the School on 6543 2500

Family Program Bundle 2

overview & session outline

Session 1: Where did I come from? (Years 3 & 4)

Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Content

- Introduction
- Family structure and family relationships
- Male/female babies – which is which?
- Protective behaviours
- Male/female reproductive systems
- Sexual intercourse & conception including assisted
- Foetal development
- Twin explanation
- Birth
- Conclusion

Session 2: Preparing for Puberty (Years 5 & 6) (Years 3 & 4 at parent's/guardian's discretion)

Objectives

- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

Content

- Introduction
- Revision of Session 1
- How, why and when of puberty
- Physical and emotional changes to both boys and girls
- Changes to boys only
- Changes to girls only
- Why are these changes happening?
- Conclusion

Cost: **\$32 (incl. GST) per family to attend one session**
 \$37 (incl. GST) per family to attend both sessions
 Includes an Interrelate Educator

Please Note: A minimum charge of \$590 per school (\$649 incl.GST) applies where attendance numbers do not meet or exceed this amount. This charge covers both sessions.

Family Program Bundle 2

Permission Flyer

Session 1: Where Did I Come From?**Time: 6:00pm****Audience:** Year 3 and 4 students and their parents/carers**Sessions:** 1 x 60-minute session**Program focus:**

- Discuss the male and female reproductive systems, foetal development and the birth process
- Personal safety and protective behaviours

Note: Older students are encouraged to attend if they have not previously seen this program.**Session 2: Preparing For Puberty****Time: 7:15pm****Audience:** Year 5 and 6 students and their parents/carers**Sessions:** 1 x 60-minute session**Program focus:**

- Discuss the physical changes of puberty, emphasising that it can be different for everyone
- Develop students' understanding of periods and sperm production, as well as the physical, emotional, social and intellectual changes associated with puberty for both boys and girls
- Enhance awareness of children's personal safety and protective behaviours

Note: Younger students are welcome to attend at the discretion of their parents/carers.**Family cost: 1 session \$32 per family | 2 sessions \$37 per family**

Please note that this cost is GST inclusive

Where: Muswellbrook Public School**When:** 04-Mar-2020**(Specialty books are available for purchase on the night)****Please complete and return to your school with cash/cheque payment in an envelope**

(please make cheques payable to the school)

Family name: _____**No. attending:** Session 1: Where did I come from? _____ Session 2: Preparing
puberty _____in Interrelate's **'Family Evening Program Bundle 2'**. Enclosed is my payment of \$ _____

Signed _____ Date _____

Parent / Guardian

BHP KICKING GOALS COMMUNITY DAY & MDJRLFC SEASON LAUNCH

10th March
Olympic Park
4pm to 6.30pm



*MDJRLFC Girls League Tag
Under 12s*

*Meet and Greet
Tuesday 3rd March 4.30pm
Olympic Park*



Registration Night

Location: Muswellbrook McDonald's

Tuesday 18th Feb
Thursday 20th Feb
Tuesday 25th Feb
Thursday 27th Feb

Enjoy a fun packed season with
expert coaching and an
opportunity to make new friends!

4.30pm to 5.30pm



BHP

KICKING GOALS COMMUNITY DAY

WHEN: Tuesday 10 March 2020

TIME: 4.00–6.30pm

WHERE: Olympic Park, Muswellbrook

BHP invites you to their
Kicking Goals community day
held in association with the
Muswellbrook Rugby League
Football Club season launch.

Meet and greet rugby league greats
Danny Buderus and Matt Gillett and
elites Mima Taufa and Tallisha Harden.

Join us for this FREE fun family event!

- Come & Try Clinics for kids
- Healthy Harold
- Sausage sizzle
- Mini football giveaway
- Jumping castle
- Face painting

For a full schedule of times and activities, check
the Muswellbrook Rugby League Football Club
Facebook page leading up to the event.

BHP



BHP

KICKING GOALS CLINIC

FOR KIDS AGED 6–16 YEARS

WHEN: Tuesday 10 March 2020

TIME: 4.15–4.45pm & 5–5.30pm

WHERE: Olympic Park, Muswellbrook

COST: FREE

Kids aged 6–16 years are invited to come
and try rugby league in a safe and friendly
setting hosted by BHP in association with
Muswellbrook Rugby League Football Club.

Join qualified staff for a training session involving
skills development, tackle and non-tackle games.

This event will be led by the Club with rugby
league greats Danny Buderus (NSW) and
Matt Gillett (Qld) and elite rugby league players
Mima Taufa (NSW) and Tallisha Harden (Qld).

Stay after the clinic to join us for an afternoon of
FREE fun activities for the whole family including:

- Face painting
- Jumping castle
- Mini football giveaway
- Sausage sizzle

NB: All attendees must sign in and obtain a
wristband from the BHP marquee on the day
of the clinic prior to participating.

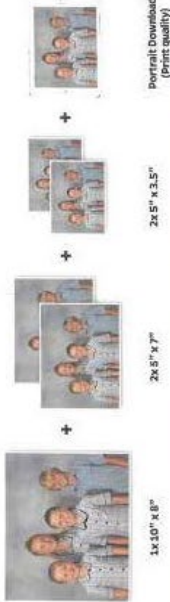
For full details, please check the
Muswellbrook Rugby League Football Club
Facebook page leading up to the event.

BHP

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

PRE-PAY ENVELOPE

Deluxe pack



\$30

Value Pack



\$25

Standard pack



\$20

Please collect family Envelopes from Office

Gift Pack*

All 7 Items



\$15

msp photography

100%

Money Back Guarantee

CAPTURING SCHOOL MOMENTS

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

PRE-PAY ENVELOPE

Premium Pack



\$49

Classic Pack

Best Value for Money



\$46

Value Pack

popular Choice



\$43

Essential pack



\$41

Basic pack



\$38

Gift \$15 Pack*

All 12 Items



Group Only \$25

msp photography

100%

Money Back Guarantee

CAPTURING SCHOOL MOMENTS