



MUSWELLBROOK SOUTH PUBLIC SCHOOL

Newsletter

Wednesday 2 December 2020

Term 4 Week 8



Learning vital skills

PRINCIPAL'S MESSAGE

Our 2021 leaders were announced yesterday. From what we have seen this year, we are sure that they will exceed our expectations.

A special thanks goes to our outgoing student leadership team, who have performed admirably in difficult circumstances and we thank them for their patience and dedication.

Congratulations to our student leaders for 2021, they are as follows:

Captains

Ruby George and Riley Jeans

Vice Captains

Brodie Schmarr and Noa Kamstra

Prefects

Ezra Sher, Tyler Ridgeway,
Sophie Bridge and Althea Mack



House Captains

Gyarran - Emily Ryan and Shyanne Millington

Skellatar - MJ Botha and Jorja Sharp

Edinglassie - Tayte Gillan and Constance Bestmann

Balmoral - Addison Wichman-Simon and Paxton Hann

SRG

Phoenix Lang - President

Bracken Smith - Communications Minister

Hannah Burch - Treasurer

Sharnella-Anne Partridge-Payne - Secretary



Glen Kite - Principal



Lunchtime basketball competition



"The shed" lunchtime activities



MUSWELLBROOK SOUTH PUBLIC SCHOOL

57 Maitland Street Muswellbrook NSW 2333

Ph: 02 6543 1896 F: 02 6543 3475 E: muswellbrs-p.school@det.nsw.edu.au

- SUPPORT GREEN NEWS -

Over the last few weeks, **Support Green** have been working as a team on a collaborative art-project celebrating NAIDOC - Always Was, Always Will Be. Each student in **Support Green** participated in creating a symbolic map of Australia by decorating a piece of the picture you see here. This map of Australia is now displayed proudly in our classroom.



This term, **Support Green** also worked on a combined Science and Geography unit called '**Earth's Changing Surface**'. In this unit, students investigated how and why natural processes and human actions change the Earth's surface over time. Most mountain ranges are formed when two pieces of the Earth's crust collide. With the help of Mrs Beech and Kim, Support Green worked in pairs and used layers of towels to represent the flat surfaces of the earth. When two pieces of the Earth's crust collide, the flat surface of the Earth slowly folds and lifts to create high ridges and low valleys.



Mrs Mitchell, Kim and all the students of **Support Green** wish everyone a safe and happy holiday season.

AWARD WINNERS

Congratulations to the following students who received "Merit" certificates in the Newcastle Permanent Maths Competition.



Congratulations to the following students who received "Distinction" certificates in the Newcastle Permanent Maths Competition.



SPORTS REPORT

Plenty of sport is still occurring in and around Muswellbrook South Public School over the last 3 weeks of the year.

The Year 1-6 House Cup is in its final week of competitions. Edinglassie took out the top spot throughout the multiple rounds of competition. Closely followed by Balmoral, Skellatar and Gyarran.

This Wednesday 2 December is the Grand Final to find out who is the victor of the 2020 MSPS House Cup. Good luck to all houses.

The lunchtime competitions Term 4 have been another success with 22 teams registering and competing over the past 7 weeks.

Congratulations to the following teams who finished the round robin competitions on top of their ladder;

- Red Fire (Stage 1-2 Soccer)
- The Hooligans (Stage 3 Soccer)
- I Vented (Stage 3 Basketball)
- Skittles (Stage 2 Basketball)



All teams are playing again over the next two weeks in finals to declare an outright winner for each competition. Good luck!

There are NSW Cricket and Netball representatives coming to MSPS in Week 9 and 10 to conduct coaching clinics for their representative sports. Selected students from Years 1-6 will participate in two one hour sessions. Additionally, I will be taking a small group of students to the Muswellbrook Golf Club to refine and improve their golf skills as part of a coaching session.

These sessions will be free and aimed at providing development of existing skills.

Have a fantastic week,

Mr Adams - PE Teacher

MUSWELLBROOK SOUTH PUBLIC SCHOOL



Where there's a Will

COLOUR YOUR THREADS FOR POS ED AND MSPS COLOUR RUN

To raise awareness of wellbeing at MSPS, fostering relationships between peers and staff and teaching students the importance of looking after themselves.

WEDNESDAY 9 DECEMBER 2020

Wear your brightest, most colourful clothing and accessories to school.

Please bring a white t-shirt to change into for the colour run in the afternoon.

Cost - Nil. Permission note must be returned to participate in the colour run.





Wellbeing Tip ~ Week 8

Our bodies should be our priority and how we live best and feel good is taking care of the 'vehicle' that drives us everyday.

We eat for pleasure, when we are sad, angry, mad, getting over a break up, when we first meet someone, watching a sad movie, after a fight, after a hard day, when we want to lose weight, when we go on a health kick, going out for a special treat and all the other reasons we have as we live each day with food.

But WHY we eat should be to sustain and keep our bodies in top working order.

We live on average to the age of 78 years...(that's a long time). Most issues with our bodies, (we have later in our lives), are due to the eating and lifestyle choices we choose when we are young.



WEEK 1

- 1- Stay well hydrated
- 2- Limit Caffeine intake
- 3- Drink green smoothies
- 4- Limit alcohol intake
- 5- Have a healthy hot drink every day
- 6- Drink green tea Frequently
- 7- Start the No Soda Habit

WEEK 2

- 8- Increase your daily portions of fruits & veggie
- 9- Make your snacks at home, limit on the go snacks
- 10- Start your day with a wholesome breakfast
- 11- Go for a whole grains week
- 12- Start the colorful salad every day habit

WEEK 3

- 13- Go for no animal products at all -day
- 14- No red meat for a week
- 15- No refined sugar for a week
- 16- Start the No more Junk food habit

WEEK 4

- 17- write down your goals for next month
- 18- plan your meals and grocery lists
- 19- Clean your kitchen and pantry
- 20- Plan a healthy meal and invite friends over
- 21- Always eat with company
- 22- Change the size of our plates

upstreamlife.net

ATTENDANCE MATTERS

Every day counts: Be Strong and Smart

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options.

When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

Weekly attendance



"Building Solid Foundations For Life"

PJ celebrates



1/2GREEN students

for having the highest attendance this week.
Great job!

Term 4 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Dec Wk 8	30	1	2	3	4 Combined Presentation Day (students only)
Dec Wk 9	7 Golf & Netball coaching sessions - Stage 1,2,3	8 Stage 2 World Expo Cricket coaching session	9 Colour your threads Colour Run	10 Year 6 Farewell	11 Year 6 archway
Dec Wk 10	14 Yr 6 Excursion Adventureland	15 Yr 6 Excursion Adventureland Golf, Netball & cricket coaching sessions - Stage 1,2,3	16 Yr 6 Excursion Adventureland LAST DAY OF TERM FOR STUDENTS	17 STAFF DEVELOPMENT DAY	18 STAFF DEVELOPMENT DAY



Muswellbrook South Public School



ENROL NOW FOR 2021 KINDERGARTEN

Children turning 5 on or before 31st July 2021
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.

Nutrition Snippet

BE FOOD SAFE.

Did you know that food poisoning is more common in summer?



Bacteria love hot and humid weather.

Always pack an ice brick or frozen water bottle in the lunch box.

Find more helpful tips at:
healthylunchbox.com.au



Nutrition Snippet

SILLY SEASON SNACKS.

Healthy party food doesn't have to be boring!



Try these healthy ideas:

- [Christmas tree pizzas](#)
- [Banana pikelet](#) reindeer
- [Tzatziki](#) snowman vegetable platter

Find more healthy party snack ideas at healthylunchbox.com.au

healthylunchbox.com.au



2021 Muswellbrook
Rego Day! 9th Dec
4pm- 6pm
@MUSWELLBROOK INDOOR SPORTS
CENTRE

Valley
Dance Academy



valleydanceacademy@outlook.com

Parents are advised to not use the TAFE carpark this THURSDAY 3 DECEMBER for drop-off or pick-up as sections of the car park will be barricaded off for pressure testing of fire hydrants. Sorry for any inconvenience this may cause.



DECEMBER 2020

- CALENDAR -

UPPER HUNTER YOUTH SERVICES INC
- YOUTH CENTRE

TUESDAY 1ST - DECORATING OUR YOUTH CENTRE FOR CHRISTMAS
WEDNESDAY 2ND - MAKING MINI QUICHES
THURSDAY 3RD - CHRISTMAS CRAFT, CHRISTMAS CARD MAKING

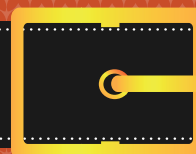
TUESDAY 8TH - CHRISTMAS DRESS UP & PHOTO BOOTH
WEDNESDAY 9TH - CRICKET ON THE LAWN WITH OUR YOUTH WORKERS
THURSDAY 10TH - BBQ AND TUNES ON THE LAWN

MONDAY 14TH* - DISCUSSION: WHAT DOES CHRISTMAS MEAN TO YOU?
TUESDAY 15TH* - PIN THE BEARD ON SANTA
WEDNESDAY 16TH* - YOUTHIES CHRISTMAS PARTY!!!!
LAST DAY OF YOUTHIES FOR THE YEAR

OPENING HOURS 3:30PM - 6PM
*NOTE DAY CHANGES

YOUTH CENTRE WILL RE-OPEN TUESDAY 5TH JANUARY

Located at The Showground,
Maitland Street, Muswellbrook
Phone: (02) 6543 4841
Email: lmcphee@uhys.org.au
or cbrown@uhys.org.au



Free Transport Provided:
Muswellbrook Area Only
AGE GROUP: 10 - 17yrs
FREE MEMBERSHIP TO YOUNG
PEOPLE AGED 10 - 17 YEARS

MUSWELLBROOK HIGH SCHOOL

Daylight Sportswear Pty Ltd
 ABN 76 069 733 455
 6-8 Lone Pine Place, Smeaton Grange NSW 2567
 Tel: (02) 4648 1066



Email: daylight@daylightcorp.com

Name: _____ Year: _____ Date: _____

ITEM	PRICE	SIZE	QTY	TOTAL
Girls				
Junior Blouse	30.00			
Senior Blouse	30.00			
Tartan Skirt	55.00			
Navy Stretch Slacks or Navy Chinos	40.00			
Everyday Unisex				
Junior Polo	35.00			
Senior Polo	35.00			
Sports Shorts Std	32.00			
Sports Short Sup	32.00			
Sport/PE/Football				
Sports Polo	38.00			
Football Shorts	18.00			
Football Socks	8.50			
Warmth				
Fleecy Jumper	42.00			
Wool Knit Jumper	72.00			
Microfiber Jacket	68.00			
Microfiber Track Pants	45.00			
Other				
Navy Scarf	12.00			
Navy/Gold Cap with Emblem	12.00			
Navy cable knit Beanie	10.00			
Backpack Tuff pack	70.00			
				\$

UNIFORM SHOP HOURS

Tuesday: 7.30 – 11.30

Thursday: 12.00 – 4.00

CASH, EFT-POS & ONLINE

www.daylightsportswear.com/muswellbrook



ALL YOU NEED IS
THIS VOUCHER!
\$9.90*
ALL TICKETS

Bring this coupon to Majestic Cinemas Singleton for a \$9.90 movie ticket
Valid Until: 27th Jan, 2021

*Conditions: coupon must be surrendered to receive ticket offer. Not valid with any other offer. Coupon valid for up to 4 tickets per use.



PH: 6571 5252
WWW.MAJESTICCINEMAS.COM.AU

Not valid for special events. Not available online.