



MUSWELLBROOK SOUTH PUBLIC SCHOOL

Newsletter

Wednesday 11 August 2021

Term 3 Week 5

PRINCIPAL'S MESSAGE

Our school community continues to demonstrate resilience and unity. Thank you once again for your cooperation with the current NSW Health orders.

The wording provided by the education department was a little confusing. For clarity, students are expected back to school this Friday, assuming the lockdown is lifted.

Will the lockdown be lifted? What's going to happen if it's not?

Your guess is as good as mine. I received the same information at the same time as you. In fact, often you will know more about what's happening, because our school is a busy place and I'm rarely able to catch the media conference at 11am.

In short, my team and I react as quickly and efficiently as we can. Inevitably we will make mistakes and not always respond in the best way. Please be patient and understanding. We only ever make decisions based on what we believe is the best for our whole school community.

Currently we have two plans, that is, to continue with learning at home or return to learning at school. If we do continue with the lockdown, new learning materials will be provided and the process for collection will be on our Facebook page. We will also make available computers for students who can't access suitable technology at home.

If the lockdown is lifted, students will return to school with COVID-safe practices in place, including limiting parents on school grounds and mask wearing protocols for adults. Our Facebook page will have the details.

Keep your spirits high and expect uncertainty for the short term. Just like our recent gymnastic Olympians, we're going to need to be flexible.

*Glen Kite -
Principal*



Independent learning



Yummy spaghetti fritters



Support electives

MUSWELLBROOK SOUTH PUBLIC SCHOOL

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- 3 RED NEWS -

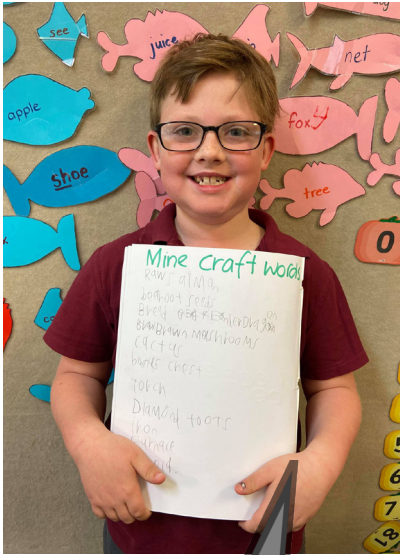
This term, 3 RED have been working hard in Maths to understand the split and jump strategy when completing addition and subtraction problems.

The students have also been trialing flexible seating during group work to see if this is something they would like to use in the classroom in all lessons. The lap desks and scoop rockers have been very popular!

During PE this term, we are learning a range of dances. In Week 4, 3 RED started learning the Nutbush. The students loved getting to learn the dance and commented on how much fun they were having!

In Science this term, 3 RED have been looking at Solids, Liquids and Gases with Mrs Watson. They have been able to conduct a range of hands-on experiments including melting crayons with a hairdryer to show how adding heat can change a solid to a liquid. The students have also looked at how some materials, such as corn flour and water, are hard to classify.





Elliot is Support Red's Worker of the Week for doing amazing sentences. Great Job, Elliot!



Josh has been exploring different mediums to create artworks in Support Yellow this term. He enjoyed creating his very own, "Rainbow Fish" after reading the text with the class. Well done Josh!



Dakota was Support Purple Worker of the Week for her Top 10 list writing. Dakota always produces a thoughtful and extensive list, no matter what the topic.



T-Jay has been working hard in class attempting all tasks and is completing all 100 questions in his morning numeracy drill task demonstrating a great work ethic and commitment to his learning! Well done T-Jay!



Seth has been learning about fractions. He successfully cut his pizza into two equal portions (half). Well done buddy!



This week's Worker of the Week is Stella. Stella has been working hard on improving her reading. Well done Stella!

LIBRARY NEWS

BOOK WEEK 2021 - FRIDAY 27 AUGUST 2021.

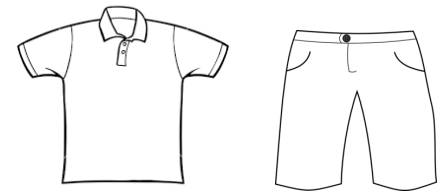
Book Week this year will be celebrated in Week 7 Term 3 from Monday 23 August to Friday 27 August. To celebrate Book Week we will be holding a **BOOK WEEK PARADE** on Friday 27 August. The theme this year is **OLD WORLDS, NEW WORLDS, OTHER WORLDS**. Children can come dressed as a favourite book character.

NSW PREMIER'S READING CHALLENGE

The N.S.W. Reading Challenge for 2021 finishes on Friday 20 August. All children who have not yet completed the challenge must do so by this date. Children on the K-2 Challenge must have read 30 books and children on the 3-4 and 5-6 Challenge must have read 20 books. All sheets need to be completed and returned to the library by Friday 20 August for children to receive their certificate at the end of the year. A big thank you to all the children who have taken part in the challenge this year and a big thank you to all the parents who helped support their children to finish the challenge, it does make a difference. If you have any queries about the challenge please phone the school and ask to talk to someone in the library.

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. In particular we have no size 10 items in stock. Thank you in advance.



Congratulations to the following Term 3 Week 4 award winners -

Bronze Award (25 Pebbles) - Bryce B, Levi P, Matia M, Amelia-Rose L, Craig C, Tallis L, Cooper M, Sharni D, Seth D, Jaxen S, Nathaniel L, Cooper E, Remy-Blue R, Preston M, Khloe J, D'Angelo C, Lumyn R and Dimitri H.

Silver Award (50 Pebbles) - Jaylah W, Emily S, Tyler P, Marliya J, Keith M, Tamara H, Violet S, Charlotte T, Heidi P, Kaylee U, Ava R, Ethan P, Ayden P, Zack B, Archer D, Abby M, Skyler P, Isabella J, Ameya P, Caroline M, Kayden M, Rosanna G, Connor S, Archie B, Ryder W, Naomi C, Alyssa B, Aston S, Joshua P, Elsie F, Jacob B, Peter M and Sienna M.

Gold Award (75 Pebbles) - Declan T, Maison B, Chloe T, Kolby G, Scarlet S, Lauren G and Vitaliy O.

Merit Award - Laura C, Myles B, Zack B, Jahmarli-Tye M, Jack C, Craig C, Isabella J, Lexi R, Nevaeh S, Urijah S, Ebony F, Scarlet S, Lyla L, Chase H, Elaina M, Chloe T, Jaylah W, Nate H, Tallon S, Chloe D C, Ellie G, Da'Shaun D, Abigail C, Ayden P, Archer D, Jai O, Mason P, Ethan W, Patrick G, Zane D, Heidi W, Charly E, Nathan P, David P, Rylan M, Dimitri H, Ryder W, Tillie F, Nevaeh R, Amelia E, Jasmine M, Samantha F, Rhylee B, Axel M, Levi B, Grayson M, Jessica K, Angela G, Alyssa B and Mia C.

PJ says.....

"Don't forget to have brain breaks when learning from home e.g. jump on a trampoline, play with the dog."



SPORTS REPORT

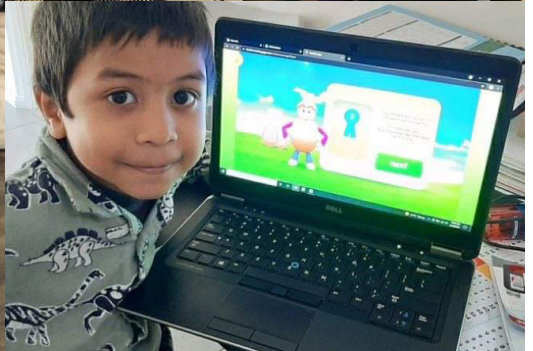
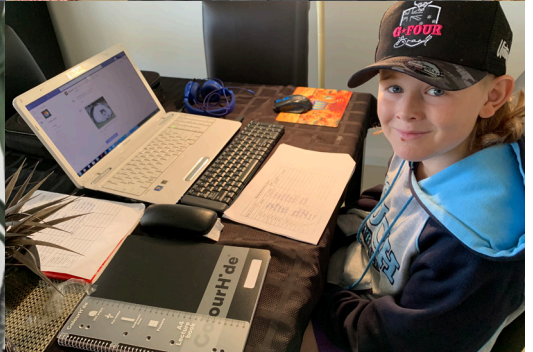
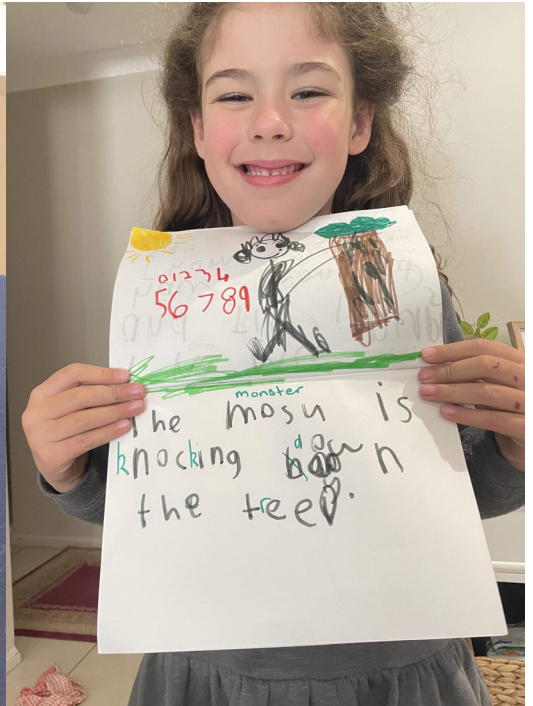
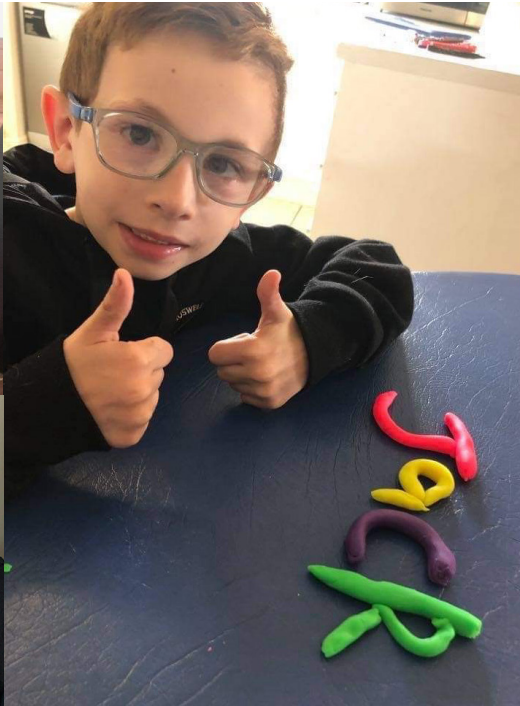
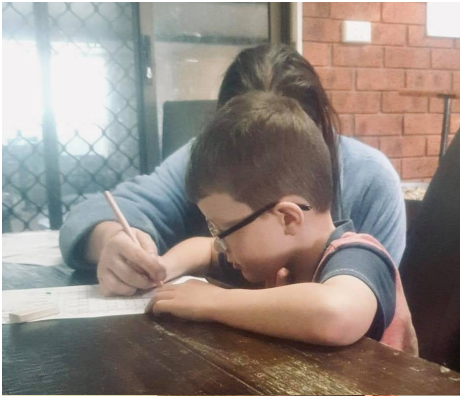
MSPS Athletics carnival ribbons were presented last week. Congratulations to all recipients -



Rock & Water Program



LEARNING FROM HOME





Muswellbrook South Public School

ENROL NOW FOR 2022 KINDERGARTEN

Children turning 5 on or before 31 July 2022
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.



Kindergarten

INFORMATION NIGHT

*You are invited to our Kindergarten 2022
Information Night*

When: Wednesday 13 October 2021

Where: Muswellbrook South Public School library

Time: 5.00pm to 6.00pm

Information talk and tour of the school

Tea and coffee provided.

Come and learn about the programmes on offer at Muswellbrook South
and how we can help your child achieve their potential at school.





Muswellbrook South Public School

Kindergarten Transition Program

A special invitation is extended to all children who have enrolled at Muswellbrook South Public School for 2022 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 15 October to register your child and nominate the session you would like your child to attend.

Where: Muswellbrook South Public School

When: Term 4: 27 October, 3 & 10 November 2021.
(3 week program).

Time: Sessions will be held on a **Wednesday**

Students are invited to attend the same 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

What to bring: A piece of fruit/snack and a bottle of water.



ATTENDANCE MATTERS

Every day counts: Your learning is important.

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



2YELLOW students

for having the highest attendance
this week. Great job!

Term 3 2021

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Aug Wk 5	9	10	11	12	13
Aug Wk 6	16 ? Basketball Gala Day (Girls)	17	18	19	20
Aug Wk 7	23	24	25	26	27 Book Week Parade
Aug/ Sept Wk 8	30	31	1	2 ? Brian Kirkland Rugby League at Singleton - Opens	3
Sept Wk 9	6	7	8	9	10
Sept Wk 10	13	14 Regional Athletics - Glendale Stage 3 Newcastle Permanent Math Competition	15 Year 5 Camp	16 Year 5 Camp Infants Fun Day	17 Year 5 Camp



THANK YOU

Thank you to everyone who supported the Wonder Recycling Program. It finished last Friday and the bread bags and bread tags have been posted to Wonder. MSPS will receive a range of sporting equipment because our families helped us recycle. THANK YOU!



Good for Kids good for life

INTERNATIONAL YEAR OF FRUITS AND VEGETABLES

The United Nations has declared 2021 the International Year of Fruits and Vegetables!

Did you know that over 75% of Primary school aged children in NSW consume the recommended serves of fruit?¹

BUT...

Only 1 in 20 NSW primary school children eat the recommended amount of vegetables!

Pack vegetables for Crunch&Sip® at school each day. Here's a few ideas:

No preparation:

- Baby cucumbers or carrots
- Cherry Tomatoes
- Snow Peas
- Frozen Peas

Some preparation:

- Cucumber, carrot, celery or capsicum sticks
- Corn on the cob



INTERNATIONAL YEAR OF
FRUITS AND VEGETABLES
2021



Health
Hunter New England
Local Health District

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

¹NSW School Physical Activity and Nutrition Survey. 2015

Good for Kids good for life

USING PHYSICAL ACTIVITY AS A REWARD

We all like to treat our kids with rewards when they have completed a task at home or performed well at school.

Here are some ideas on how to incorporate physical activity into your rewards:

- Visit a park that your child loves
- Instead of spending money on a food reward, why not get some new sports equipment for home (e.g. skipping rope, basketball, soccer goals, bouncy ball)
- Plan a special trip to an indoor active centre like rockclimbing, 10 pin bowling, putt putt or a trampoline park
- Go on a family bike ride or plan a family scavenger hunt
- Invite their friends over for a play in the backyard



Health
Hunter New England
Local Health District

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

Sunsmart Snippet

It's still the same sun



Cancer Council's Sid the Seagull 'Slip, Slop, Slap' message was first launched in the 1980s.

Some things have changed since then but our sun is still the same. By using sun protection you are reducing your risk of skin cancer – including potentially deadly melanoma.

Using a combination of the five sun protection measures whenever UV levels reach 3 or higher, and getting to know your skin to check for any changes, are key.

Healthy Lunch Box recipe

Super crispy chicken fingers



Ingredients

1¾ cups panko breadcrumbs
Olive oil spray
1 egg
2 tbsp reduced-fat milk
1 tbsp mayonnaise
1½ tsp Dijon mustard
2 tbsp plain flour
500g chicken tenderloins
Salt & pepper

Method

Preheat oven to 200°C. Spread breadcrumbs onto a baking tray. Spray carefully with oil and bake for 3 to 5 minutes until light golden. Transfer to a bowl.

In a medium bowl, add the egg, milk, mayonnaise, mustard, flour and a little salt and pepper. Whisk with a fork until well combined. Add a chicken tender to the batter and toss to coat. Toss in the breadcrumbs and press gently into the chicken. Place on a lined baking tray. Repeat with remaining chicken.

Spray carefully with oil and bake for 10-15 minutes or until cooked through and golden brown.

Serve with a fresh garden salad.