



MUSWELLBROOK SOUTH PUBLIC SCHOOL

Newsletter

Wednesday 10 August 2022

Term 3 Week 4

PRINCIPAL'S MESSAGE

Bullying is something that comes up regularly in the media and conversations because it can be so damaging. Every year students at South participate in activities to teach them about bullying: what it is, how to respond, how to support others and how to seek help. It's something we take very seriously.

Fortunately, our students report very low incidents of bullying at school. Each year we survey students anonymously and ask them if they have experienced bullying or if they have seen others be bullied. Our results are consistently lower than NSW State averages, which is pleasing but doesn't mean that bullying doesn't happen. What makes the difference at our school is how we respond. Our response is always swift and decisive. Our school has a zero tolerance of bullying, and our staff are well trained and extremely vigilant.

As a parent, bullying can be one of the most difficult things to manage and I hope that none of you ever has to experience it. But the world is a challenging place and difficulties will arise. Below is some information about bullying and some tips for supporting your child if you suspect bullying.

Parents and carers tips

What is bullying?

Bullying has three key features. It:

- involves a misuse of power in a relationship
- is ongoing and repeated, and
- involves behaviours that can cause harm.

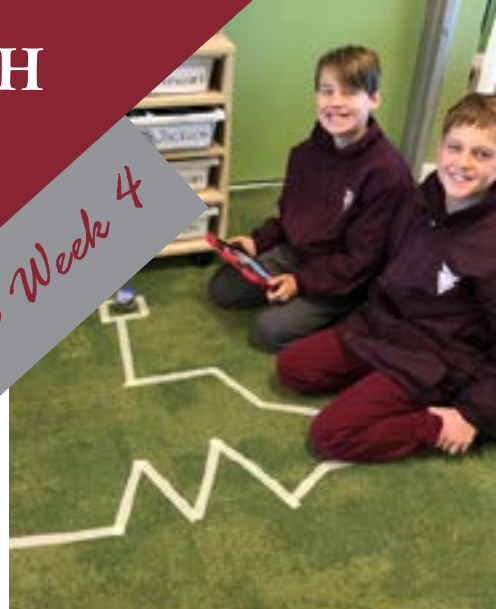
Bullying can also occur online. This is known as cyberbullying, which is using technology such as the internet or mobile devices to bully someone. It can include sending abusive texts and emails, posting hurtful messages and putting inappropriate comments on pictures of others.

Bullying of any kind is not acceptable in our school, whatever the reason. We are committed to working with parents, staff and students to prevent bullying and respond quickly and effectively if it does occur.

What can you do if your child has been bullied?

Listen calmly and get the full story. Your child needs to know that they are being heard. Their feelings matter and their concerns should be taken seriously. Encourage your child to talk about what happened. Explain to your child that reporting the bullying is okay.

After listening to their concerns, ask questions to get more details if needed: who, what, where, when.



Sphero coding



Sandpit fun



What I want to be when i grow up ...



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

Reassure your child that they are not to blame

Children may blame themselves and this can make them feel even worse. Say supportive things like, 'That sounds really hard to deal with', or 'I'm so glad you told me. You should feel safe at school'.

Ask your child what they want to do – and what they want you to do

It is important to help your child to find their own solution as this will help them feel that they have some control over the situation.

If your child is not in any immediate danger and they feel confident, they could try these strategies:

- Ignore the bullying
- Turn their back and walk away
- Act unimpressed or pretend they don't care
- Say "No" or "Just stop!" firmly

If the bullying happened at school, support your child to tell a teacher.

If your child wants to talk to someone other than the school or you think added support would help, you could tell them to go to the Kids Helpline website. They can also call for free on 1800 55 1800.

When do I contact the school?

Your child may be reluctant for you to speak to school staff. Discuss the idea and reassure them that the school would want to know and is able to help. If needed, make an appointment to meet with your child's teacher. You could also ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.

Glen Kite
Principal

SUPPORT GREEN NEWS

Support Green students have continued to **WOW** Mrs O'Malley and Eleisha with their amazing, positive attitude to learning!

Each morning Support Green take part in literacy learning activities which involve independent and small-group tasks. Support Green enjoy having a 'Brain Break' during this morning learning session, so most days you will find them having a quick game of Bullrush or Hopscotch about halfway through their morning learning.

After first break, Support Green students come back into the classroom and take part in a brief check-in conversation about how their break was. They talk about whether they were active during their break, playing soccer or chasing games on the oval. Or whether they spent the time socialising by catching up with their friends or playing on the equipment. Once they have caught up on how their break was, the students take part in a number activity on the interactive white board. This is to get their minds on-track for number-work before they begin maths. This term, Support Green are learning how to master the fundamental movement skill, Static Balance. The Static Balance on one foot is an important non-locomotor skill that is used in gymnastics, dance, diving and many team sports.

On Thursdays, Support Green students work with Mrs Dunn as they learn about **Australia and Its Unique Places** as well as how living things grow and change. The diverse natural formations in Australia are linked to Support Green's visual arts unit, where students are creating woven forms to represent these diverse natural formations of Australia using different cottons, natural jute and wool.

Support Green are doing their best to be safe, respectful and responsible students here at MSPS...and loving it!



IMPORTANT INFORMATION

YEAR 6 FAREWELL 2022

Dear Parents and Carers,

We will be holding our first Year 6 Farewell Parent Committee Meeting on Thursday 8th September from 3:30- 4pm. The meeting will take place in the Year 6 classrooms and will focus on planning for our 2022 Year 6 Farewell, as well as organising our team of parent helpers.

All Year 6 parents and carers are welcome to attend.

Hope to see you there.

Year 6 Teachers



NSW PREMIER'S READING CHALLENGE

The N.S.W. Reading Challenge for 2022 finishes on Friday 2 September. 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 (at least 25 PRC books) and children on the 3-4 and 5-6 Challenge must have read 20 books (at least 15 PRC books).

All sheets need to be completed and returned to the library by Friday 2 September for children to receive their certificate at the end of the year.

A big thank you to all the children who have taken on 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.

STATEMENT OF ACCOUNTS

Statement of Accounts have been sent home.

Please consider paying the \$25 per child voluntary school contribution. Best payment method is by the parent online portal which can be found on the Muswellbrook South Public School website.

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

These payments assist the school to provide additional resources and extra-curricular activities for your child/children. Thanks to those who have already made their payments.

Did you know we accept payments for Muswellbrook South Public School via the school's website. No need for cash.

To make a payment, simply:



Visit our school website on your mobile, tablet or desktop computer

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



Select 'Make a payment' from the main page menu



Enter the required student, contact and payment details

Note: You are NOT required to provide the 9-digit Student Registration Number.



Check your email for a copy of the receipt of payment

Education Week - 1-5 August 2022

Muswellbrook South Public School

"Commitment to learning"

Class Awards





Muswellbrook South Public School

Kindergarten Transition Program

A special invitation is extended to all children who have enrolled at Muswellbrook South Public School for 2023 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: 19 & 26 October,
2 & 9 November 2022.
(4 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 12pm

- 12.30pm to 2.30pm

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



Muswellbrook South Public School

ENROL NOW

FOR 2023

KINDERGARTEN

Children turning 5 on or before 31 July 2023
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.



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



PJ celebrates

2YELLOW

for having the highest attendance this week. Great job!

Weekly attendance



PJ celebrates

SUPPORT ORANGE

for having the highest attendance in Support this week. Great job!

Our school values your child's safety and we want your child at school every day on time. MSPS sends out a text message when your child is away. We are now starting to send messages for previous unexplained absences. Please read our school text messages carefully to respond appropriately. Thank you for your support.

ATTENDANCE MATTERS

CANTEEN MENU

GLUTEN FREE OPTIONS

Chicken or Beef Noodles \$3.00

Fried Rice \$4.00

Chicken Nuggets \$4.00

Wraps 1/2 wrap .70c extra
full wrap \$1.25 extra

Muswellbrook South Primary School canteen is run by your P & C, and any profit made goes straight back into our school for our children's benefit. Without volunteer help the canteen could not operate. We have some wonderful parents that help on a regular basis, but we are constantly looking for more help. If you can spare a couple of hours out of your month we would love to see you!

Please feel free to drop in to the Canteen and see our wonderful Supervisors Gina or Kristy to offer your assistance.



Please ensure you complete your order bag neatly, full name and class must be clearly displayed. Children will need to bring their highlighted lunch bag back to the canteen to receive their frozen treats.



"Building Solid Foundations for Life"

MSPS CANTEEN 2022 MENU

Orders must be in the canteen by 10am to ensure we can make the orders as requested.

Canteen is open from 9.00am
Monday - Friday.

Break 1: 11.45am - 12.25pm
(will stop serving at 12.15pm)

Break 2: 1.50pm - 2.25pm
(will stop serving at 2.15pm)

Eftpos is available at the canteen for Parents and Guardians use only. Minimum purchase is \$5.00.

Muswellbrook South Public School

2022 Menu

Wraps	1/2	Full
Ham	\$2.00	\$3.00
Ham & Cheese	\$2.50	\$3.50
Ham & Tomato	\$2.50	\$3.50
Ham, Cheese & Tomato	\$3.00	\$4.00
Ham & Salad	\$4.50	\$5.50
Chicken	\$2.50	\$3.50
Chicken & Cheese	\$3.00	\$4.00
Chicken, Lettuce & Mayo	\$3.50	\$4.50
Chicken & Salad	\$4.50	\$5.50
Gluten free please add	\$0.70	\$1.25

Sandwiches	
Vegetable / Jam	\$1.00
Cheese	\$2.00
Chicken	\$3.00
Chicken, Lettuce & Mayo	\$4.00
Chicken & Salad	\$5.00
Ham	\$2.00
Ham & Cheese	\$2.50
Ham & Tomato	\$2.50
Ham, Cheese & Tomato	\$3.00
Ham & Salad	\$5.00
Ham & Salad Roll	\$5.50
Chicken & Salad Roll	\$6.50



Fruit available - \$1.00

Fruit prices are subject to change
Additional fillings 20c each

Hot Food	
Lite Sausage Roll	\$2.70
Lite Pie	\$3.60
Snack Pie	\$2.20
Noodles (beef / Chicken)	\$2.50
Dino Nuggets (ch)	\$3.50
Fried Rice	\$4.00
Lasagne / Spag Bol	\$4.00
Mao & Cheese	\$4.00
Garlic Bread	\$2.00
Ham & Cheese Roll	\$2.00

Burgers	
Chicken Burger with	\$3.50
Chicken Burger with sauce or mayo	\$4.00
Chicken Burger with lettuce & mayo	\$4.50
Chicken burger with salad	\$5.00

Salads	
Salad bowl - sm	\$4.00
Ham Salad - Sm	\$4.50
Chicken Salad - Sm	\$4.50
Fruit Salad (Small)	\$2.00
Fruit Salad (Medium)	\$3.50
Fruit Salad (Large)	\$6.00



Extras	
Tomato / BBQ Sauce Reduced Salt	50c
Toasted	50c
Bread Roll	50c
Spoons/forks purchased separately to lunch order	10c ea



Snacks	
Red Rock Deli Chips	\$1.50
Onionwafers Chips	\$1.50
Popcorn (air popped)	\$0.50
Mousse Small	\$1.00
Mousse Medium	\$1.20
Piket	\$0.20



Drinks	
Juice Cup	\$1.00
Water 300ml	\$1.00
Water 600ml	\$2.00
Milk (milk)	\$1.50
Plain milk + sipping straw	\$2.00
Milk (Chocolate / Strawberry / Vanilla Milk)	\$2.50
Fruit Juice Popper	\$1.50
Juice Pop Top	\$2.00
Slush Puppie	\$2.50



Frozen Refreshments	
Quelch Icy pole	50c
Large Frozen Juice Cup	\$1.00
Wrap 50c	\$1.00
TNT	\$1.00
Juice (currently not available)	\$1.50
Moose	\$1.50
Lite Vanilla Ice Cream	\$1.50
Padde Pop	\$1.80



Term 3 2022

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Aug Wk 4	8	9	10 Zone Athletics (Weeraman Fields, MbK)	11 RDA Support Assembly 1pm	12 Infants Assembly 9.30am Yr 6 cake stall Support Blue PCYC 12-1pm Green Team excursion
Aug Wk 5	15	16 Support Maroon & Support Orange Community Access ICAS - English	17 House Debating	18 RDA Speaking in colour workshops	19 Primary Assembly 11.15am Support Blue PCYC 12-1pm
Aug Wk 6	22	23 Support Maroon & Support Orange Community Access ICAS - Science & Spelling	24 House Debating Finals	25 RDA Support Assembly 1pm	26 HUNTER ATHLETICS BOOK WEEK PARADE Support Blue PCYC 12-1pm
Aug/ Sept Wk 7	29	30 Girls PSSA knock- out basketball in Maitland FATHER'S DAY STALL Support Maroon & Support Orange Community Access ICAS - Mathematics	31 UPPER HUNTER ZONE PUBLIC SPEAKING	1 RDA Year 5 High School visit @ MHS	2 Infants Assembly 9.30am Support Blue PCYC 12-1pm
Sept Wk 8	5	6 ES1 Zoo Excursion Support Maroon & Support Orange Community Access	7 Year 1 Zoo Excursion NSW Touch Primary School Gala Day	8 RDA Year 2 Zoo Excursion Support Assembly 1pm Year 6 Farewell Parent meeting	9 Primary Assembly 11.15am Support Blue PCYC 12-1pm
Sept Wk 9	12 Year 5 Leadership session in hall 12.30pm	13 Support Maroon & Support Orange Community Access	14 Year 5 Camp	15 Year 5 Camp RDA	16 Year 5 Camp Infants Assembly 9.30am Support Blue PCYC 12-1pm
Sept Wk 10	19	20 Support Maroon & Support Orange Community Access	21	22 RDA Support Assembly 1pm	23 WHOLE SCHOOL ASSEMBLY 11am Support Blue PCYC 12-1pm

*** SAVE THE DATE ***

MUSWELLBROOK SOUTH PUBLIC SCHOOL

BOOK WEEK



PARADE FRIDAY 26 AUGUST 2022

**YEAR 6 CAKE
STALL**



Friday 12 August

Cakes, cupcakes and other baked treats will be for sale 1st break and 2nd break or until sold out.

Prices will range from 20c to \$2.



WHEN: 29/8/2022 - 21/9/2022
TIME: Mon & Wed 3.40pm - 4.40pm
WHERE: Olympic Park
 3 Wilkinson Avenue
 Muswellbrook, NSW 2333



Play League Stars at Olympic Park, Muswellbrook!

When: 29/08/2022 - 21/09/2022

Time: Mon & Wed 3.40-4.40pm

Length: 8 Sessions

Age: 5-12 years boys & girls

Cost: \$99 (Can use Active Kids Voucher)

League Stars Pack Includes: Backpack & Training Shirt, Football & pump, and more!

League Stars is a non-contact skill development program that provides the perfect introduction to Rugby League for Primary School aged children.

The program is open to children aged 5 – 12 years. This program accepts your Active Kids Vouchers!

Head to <https://www.service.nsw.gov.au/.../apply-active-kids-voucher> to claim yours today!

For more information on the program go to: <https://www.playrugbyleague.com/league-stars/>

Good for kids
good for life



Active indoor play

Try these fun activities to get kids moving indoors!

- 👉 Play games that get kids moving e.g. Twister, balloon tennis, Simon Says, hide & seek
- 👉 Use Apps that get kids physically active e.g. yoga, dance
- 👉 Get your groove on! Have a dance party, with lots of movements e.g. jumping, hopping. Freeze the music and balance on one leg!
- 👉 Set up a gym circuit using home equipment e.g. mini trampoline, balls, hula hoops, skipping ropes. Include star jumps, squats, running on the spot, bridges



Get active with your kids, its fun!

Source: Keeping kids active indoors: Top tips from our experts | Boston Children's Hospital
<https://www.childrenshospital.org/childrens-active-indoors/>



#WELLHD_GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



Nutrition Snippet

SNACK SWAPS.



Swap cake for these healthy snacks:

- Apple and date muffins *
 - Banana pikelets *
 - Fruit loaf *
- * make a batch and freeze for later

Check out our interactive [healthy swaps](#) section for more inspiration!

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box