

Cultural activities



Clean Up Australia Day



Tennis champions

PRINCIPAL'S MESSAGE

Here at South we want our students engaged in their worlds. We want them 'strong and smart'. Strong in their bodies but also strong in their minds and their will. Strong around what's important to them and strong in their values. Because we want them growing into strong and smart young people who become strong and smart adults. Adults who lead by example, care for their families, support those less able and work hard for the community.

Part of this strength as an adult comes from knowing what's important to you and working towards that each day – having direction or purpose.

Why does purpose matter?

Having a purpose is good for both you and the world. It drives you to make positive contributions in line with your own interests and strengths. And this pursuit gives your life direction and forward momentum. It motivates and guides your short-term goals and daily

activities. With a strong sense of purpose, you flourish. You enjoy a more meaningful life, are healthier and more resilient to setbacks, live more energetically, and feel good about what you've accomplished.

Check-in

Think about yourself. How many of these things are true?

- I look for ways to have positive effects on others' lives.
- I often reflect on my life goals and the kind of person I want to be.
- When I plan out my day, I consider how my activities connect to what I want to accomplish with my life.
- I often think about what I can offer the world, taking into account what the world needs as well as my personal strengths and interests.
- I often think about what matters most to me and why it matters.
- How do I encourage purpose in others?

- Principal's report continued on page 2 . . .



- Principal's report continued from page 1 . . .

Model it

Engage in activities that connect to your own purpose, such as meaningful work, volunteering, or creating art—and invite young people to participate with you. Talk about your goals and why they are important to you: “I volunteer at the library because I think everyone should have free access to books and information.”

Celebrate it

Praise and support actions that serve a larger purpose: “I love that you participated in the local cleanup day - picking up rubbish makes the town better for everyone.” Point out connections between activities and long-term goals: “It makes sense that you’ve joined the Green Team at school, since you’ve always been interested in gardening and caring for the environment.”

Enable it

Encourage your children to talk about their values and the kind of person they want to be. What do they want to contribute to the world? Notice sparks of potential purpose in their interests and guide them toward opportunities to engage with them in meaningful and productive ways, such as volunteering or joining a club. No matter their age, children can be helpful to others.

Glen Kite - Principal

STAR STRUCK

Miss Probst, Mrs Murphy and Mrs Smith-Frail would like to congratulate Muswellbrook South Public School dance group for being selected to dance at Star Struck “Love It” this year. Our students will be part of Cast B. The groups will eagerly be practising ahead of performing in Term 2 Week 8. Further information will be sent out shortly. Congratulations to all involved.

SAVE THE DATE

Star Struck 

Love it ²⁰/₂₄

Tickets on sale

Tuesday 30th April @10am

Performances

Friday 14 June @11am & 7pm

Saturday 15 June @1pm & 7pm



GLENCORE
A GLENCORE Community Partnership



HERALD
theherald.com.au



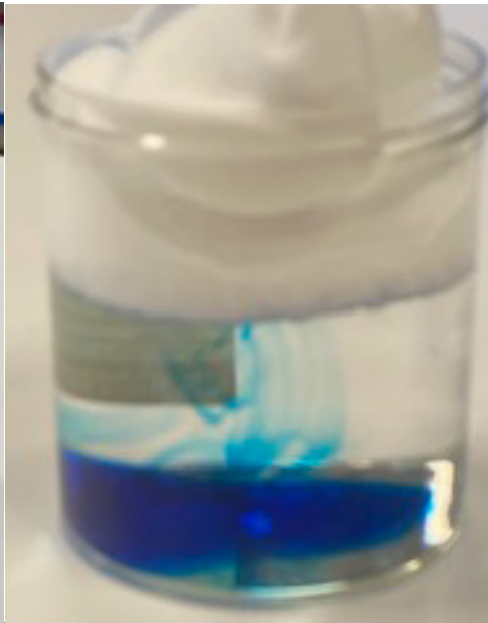
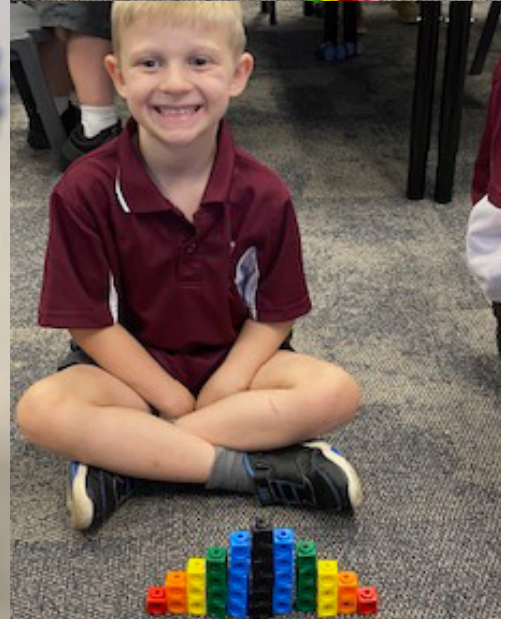
NEWCASTLE
WEEKLY

Graphika.
The Branding Agency.

- KYELLOW NEWS -

KYELLOW students have settled in well to the routines of Kindergarten. In Mathematics we have been learning about increasing and decreasing patterns, and developing our capacity to read, write, count and represent numbers to 10. We have been learning about the weather in Science and KYELLOW particularly enjoyed conducting an experiment to learn about rain. It is really exciting to see students engage in daily phonics activities and be able to apply these skills to read and write simple texts. KYELLOW are a great team and continue to learn to work and play together respectfully.

Mrs Felan - Classroom Teacher



- SUPPORT **YELLOW** NEWS -

Welcome to Support Yellow 2024!

Students in Support Yellow had the privilege of starting the term with Mrs Dunn as their teacher along with Gabe and now have Mrs Smith-Frail.

The boys have been working really hard this term towards improving their literacy and numeracy skills. They have also enjoyed participating with the 'blueback' book and water theme activities so far.

It has been a great start to the year and we are looking forward to a great fun-filled year of learning!

Mrs Smith-Frail - Classroom Teacher





12 March 2024

Muswellbrook Cup – Half-day Public Holiday

Dear Families

Muswellbrook Shire Council area will have a half day public holiday event from **12:00pm Friday 5 April 2024**.

Schools in the Muswellbrook Shire Council (Muswellbrook High School, Muswellbrook Public School, Muswellbrook South Public School, Denman Public School, Martindale Public School) will adhere to the gazetted 2024 Local Public Holidays Act by ministerial order and published on the NSW legislation website.

Muswellbrook South Public School will operate from 9:00am until 12:00pm on 5 April 2024.

Students can be picked up from the exit gates and will **not** need to be signed out from the office.

Local bus companies have advised the school they will **not** be doing their normal afternoon pick-ups from our school on this day.

There will be no midday pick up by the bus companies. In addition, there will be no teacher supervision after 12:00pm.

Regards

Glen Kite
Principal



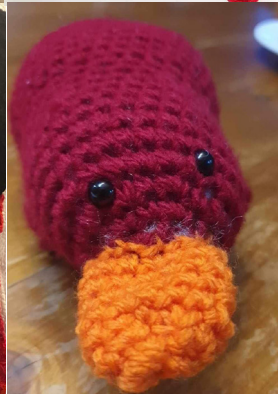
MSPS STAFF CROCHET CLUB

At MSPS we take wellbeing seriously and not just our students! We know how important having good connections with other people is for our mental health and find ways to do this AND learn new skills along the way.

Last year the group made some hearts that were sent to Ronald McDonald House for the "Raise Love" Charity Ball. They also made some granny squares for the Creative Fringe "Think outside the box" blanket challenge for people in need.

This year we welcomed some new members to our Crochet Club and we are all working on making poppies in preparation for Anzac Day - keep an eye out for them on Anzac Day!

Check out some of our other projects!



UPPER HUNTER SHOW RESULTS

Some MSPS students recently entered items in the Upper Hunter Show and received some fantastic results. Congratulations to the following students who received places in a range of different categories. MSPS are proud of your efforts!

A big thank you to MSPS staff especially Mrs Jeans who helped co-ordinate the entries, including delivering and picking them up, and presenting to students. Mrs Jeans is a true asset to our school.



MSPS Green team member results -

Livia

First place - Sculpture using artificial flowers or foliage depicting sea life

Third place - Arrangement in a small fish bowl (primary students)

Hannah

Second place - Sculpture using artificial flowers or foliage depicting sea life

Bonnie

Third place - Sculpture using artificial flowers or foliage depicting sea life

Heidi

First place - Arrangement in a small fish bowl (primary students)

Ruby

Second place - Arrangement in a small fish bowl (primary students)

Kyannah

Highly commended - Arrangement in a small fish bowl (primary students)

Upper Hunter Show results continued on page 8 . . .



UPPER HUNTER SHOW RESULTS - CONTINUED

Upper Hunter Show results continued from page 7 . . .

MSPS Green Team

- First place** - Bunch spinach/silverbeet, any variety
- First place** - Any other Pumpkin under 20cm, stalk attached
- First place** - Native, any variety
- First place** - Vase of 5 flowers
- Second place** - Herb, any variety (Basil)
- Second place** - Any other farm produce (Lettuce)
- Second place** - Flower or foliage arranged in a basket

Harlie

- First place** - Most unusual decorated pot and plant depicting sea life

Support students results -

Echo

- First place** - A4 colouring in provided - Fish
- Third place** - A4 finger or hand painting

Vadah

- Second place** - A4 colouring in provided - Fish
- Second place** - Paper plate craft

Luca

- Third place** - A4 colouring in provided - Fish
- Third place** - Paper plate craft

Patrick

- First place** - A4 finger or hand painting

Sebastian

- Second place** - A4 finger or hand painting

Jayden

- First place** - Paper plate craft

Upper Hunter Show results continued on page 9 . . .



UPPER HUNTER SHOW RESULTS - CONTINUED

Upper Hunter Show results continued from page 8 . . .

Poppy London

Encouragement award - Lego model



Plus several outstanding entries and results from . . .

Nicholas (Year 2)



Logan (Kindergarten)



IMPORTANT INFORMATION

BOOK CLUB DUE THURSDAY 21 MARCH 2024

Book club order forms were sent home last week.

CASH/CHEQUE ORDERS: Please return order forms and correct money with student's name and class clearly marked to school library by Thursday 21 March 2024.

ONLINE ORDERS: Orders are to be placed online via LOOP (Linked Online Ordering & Payment Platform) by Thursday 21 March 2024.

EASTER EGG GUESSING COMPETITION

The SRC is holding an Easter Egg guessing competition. It is \$1 per guess or 3 for \$2.

Please see Mrs Jeans or an SRC member each day during 1st break, in the quad, for a chance to win a big jar of goodies! The correct or closest guess will be the winner. The winner will be announced at the Easter Hat Parade on Thursday 28 March.



IMPORTANT INFORMATION

YEAR 6 OPEN DAY - WEDNESDAY 27 MARCH 2024

On Wednesday 27 March 2024, Year 6 students will be going for their Open Day at Muswellbrook High School. All students in Year 6 will attend, regardless of what high school they will be attending next year. Students are to meet their teachers at school as normal and need to be at school before 9:25am. Students with their general consent forms signed and submitted to the school will be walking with their teachers to Muswellbrook High School. In the event of wet weather, we will organise a bus to transport the students to and from the high school.

Please ensure students are in full school uniform, including a school hat. They will also need to pack a full lunchbox with a water bottle. No lunch orders will be taken at the canteen for Year 6 as we will not be at school.

Please note an email has been sent out to all Year 6 parents to give their consent.

YEAR 7 2025 EXPRESSION OF INTEREST - NOW OPEN

To enrol your child in Year 7 for 2025, you will need to complete an Expression of Interest for Year 6 to Year 7 transition. The Expression of Interest (EOI) lets you indicate which school(s) you would like your child to attend in Year 7.

To complete an EOI please visit the 'Moving to High School' page via the enrolment section on our school website <https://year7.enrol.education.nsw.gov.au/?schoolCode=3876>

If your child will not be attending a NSW Government high school next year, please let us know by completing a Placement Not Required form also found on the 'Moving to High School' website.

If you are unsure whether they will be attending a NSW Government school (you've applied for a private school, or you are moving interstate), we ask that you still complete an EOI and follow up with the high school once a decision has been made.

The online process will guide you through your options and collect the information required to make the process as smooth as possible.

For parents/carers who are not able to complete an application online, a paper EOI form can be collected from the school office.

All Expression of Interests need to be completed by 28 March 2024.

After you submit an EOI and it has been assessed, your child will be offered a place at a high school.

YEAR 3 EXCURSION - DEPOSIT REQUIRED

Online permission notes for Year 3 Anna Bay & Murrook Excursion were emailed to families last Wednesday 13 March 2024.

If you have not received the email (please check junk mail), please phone the school office.

The \$50 deposit to secure your child's place is due by Thursday 23 May 2024.

Please complete the permission note online first then make payment.

Payment can be made online via the School Bytes app, in cash directly to the office, or by EFTPOS, which is available at the front office from 9am to 3pm.

YEAR 5 EXCURSION - DEPOSIT REQUIRED

Online permission notes for Year 5 Great Aussie Bush Camp were emailed to families last Thursday 14 March 2024.

If you have not received the email (please check junk mail), please phone the school office.

The \$50 deposit to secure your child's place is due by Monday 8 April 2024.

Please complete the permission note online first then make payment.

Payment can be made online via the School Bytes app, in cash directly to the office, or by EFTPOS, which is available at the front office from 9am to 3pm.

Every Day Matters

If your child misses
as little as

1 day
per fortnight

they will miss

4 weeks
of school
per year

which adds up
to over

1 year
missed over
their school life



Make sure your child doesn't miss out on the important things like:



Learning



Strengthening friendships



Emotional development



Scan the QR code
to learn more

CLEAN UP AUSTRALIA DAY



CLEAN UP AUSTRALIA DAY

Warrae Wannu students have been learning about recycling. They were super excited to join fellow students to participate in the Clean Up Australia Day event at our school. Once they had collected our rubbish, they then sorted it into green waste, recyclables, and general waste so that they could dispose of it correctly. Well done boys! It is great to see our school rubbish-free, clean and tidy.



INDIGENOUS LEADERSHIP DAY

What a wonderful day Muswellbrook South students had Connecting to Country at Hunter Beach.

MSPS, Muswellbrook Public School and Muswellbrook High School students started the day in a yarning circle where we got to know each other. Students had a chance to catch some Boogalies in the river. They had to find a stick and were given a piece of string and a bit of meat. Fun fact: Yabbies are vegetarian but the meat draws them out. Trying to catch the yabbies was a test of patience for some students.

All students displayed great manners and were respectful to those sharing knowledge and taking nothing from Country.

Some beautiful friendships were made today.

We are all looking forward to more of these days this year.



STEVE SIMPSON SHIELD RUGBY LEAGUE GALA DAY

On Tuesday we took an Under 10's and two Under 12's team to Singleton to play in the Steve Simpson Shield Rugby League gala day. The day was a fun day with the focus around playing the game in good spirit and sportsmanship. All students showed plenty of enthusiasm, determination, sportsmanship, team-work, and they all should be proud of their effort. It was great to see a lot of students participate in the day who don't usually play Rugby League on the weekend.

Thank you to everyone that turned up and supported MSPS. A huge thank you goes out to all the parents that drove our students to and from the event. Without your help, these days don't happen, and students miss out on the opportunity to participate. Finally, thank you to Kristal Foot for all her assistance the day before, helping me call parents to organise last minute lifts to the event.

Students played a round robin style gala day with 15-minute games. There was no scoring on the day because it was all about growing the game and participation.

Under 10's played:

- MSPS vs King Street PS
- MSPS vs Scone Grammar
- MSPS vs Scone PS Blue
- MSPS vs St James Blue



Under 12's Team 1 played:

- MSPS vs St James Red
- MSPS vs Singleton PS
- MSPS vs St Mary's Scone
- MSPS vs Scone PS White

Under 12's Team 2 played:

- MSPS vs Denman PS
- MSPS vs St James Yellow
- MSPS vs Scone Grammar White
- MSPS vs Scone Grammar Blue



Mr Doolan & Mr Wild - Rugby League Co Ordinators



CROSS COUNTRY

MSPS CROSS COUNTRY CARNIVAL

SAVE THE DATE:

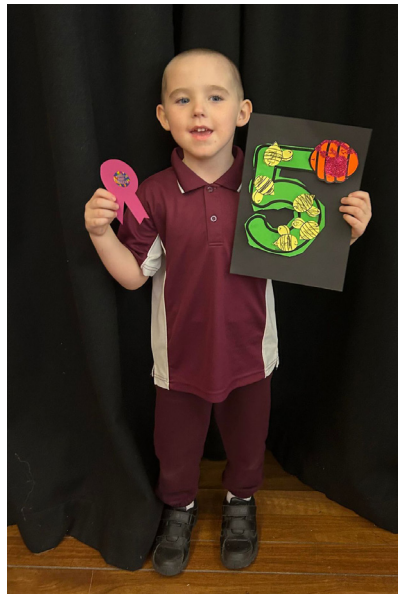
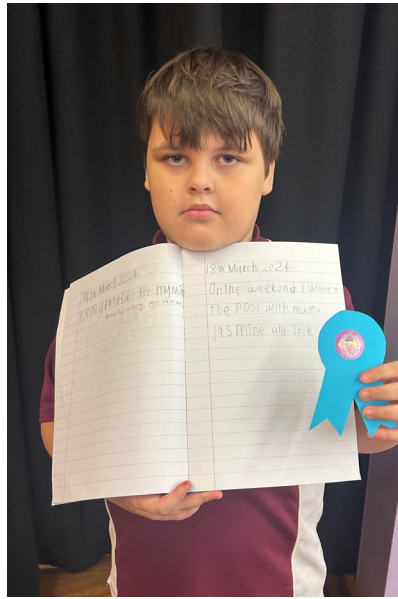
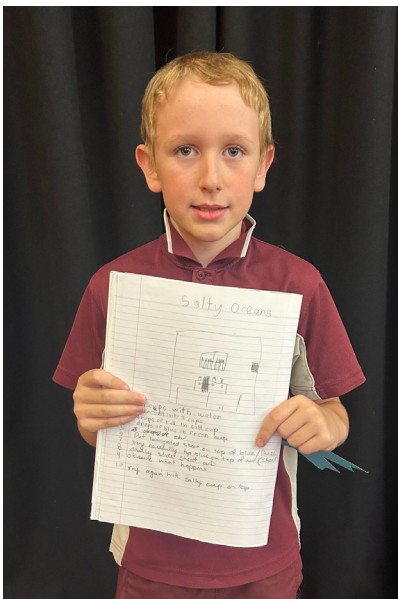
MSPS Cross Country

When: Tuesday 2 April 2024 (Week 10)

Further information to come closer to the event.

Upper Hunter Zone Cross Country will be held on Friday 10 May (Term 2 Week 2).

★ SUPPORT ★ WORKERS OF THE WEEK





Easter Hat Parade

Thursday 28 March 2024

Dear Parents and Carers,

Our Easter Hat Parade will be held on Thursday 28 March. Warrae Wannii and K-2 students will be parading their Easter hat. Year 3-6 students are welcome to show off an Easter hat or come with crazy hair.

Students will have the opportunity to make hats at school, however students are welcome to make one at home.

2:00pm to 2:25pm Second break (parents welcome to join).
Cold drinks and snacks will be available from the school canteen.

2:35pm Easter Hat Parade will begin.

We look forward to seeing you there!

Thank you,
Haylie Edwards





THANK YOU

Last week Annie and Margaret from Muswellbrook Day View Club visited our school with a very generous donation of school supplies on behalf of Malabar Resources. As part of Malabar's Community Sponsorship Program, they have provided essential school supplies including backpacks, lunch boxes, drink bottles, textas and pencils - all aimed at making the education journey of young minds a little smoother. Thank you Malabar Resources and Muswellbrook Day View Club.



THANK YOU

A huge thank you to Sharon, Lizzie, and the team from Woolworths Muswellbrook for their kind donation of Easter eggs for Muswellbrook South Public School P&C Association's Easter Raffle. Your support is very much appreciated.

THANK YOU

A huge thank you to store manager Nathan and the team at BIG W Muswellbrook for supporting our school with a generous donation towards our Easter Egg guessing competition.



P&C NEWS

IMPORTANT DATES

P&C Meeting Dates 2024

3rd Tuesday of every month (during school term) - 6.30pm

20 February	19 March (AGM)	21 May
18 June	20 August	17 September
15 October	19 November	

DUE TO THE HALF DAY PUBLIC HOLIDAY ON FRIDAY 5 APRIL, THE SCHOOL CANTEEN WILL NOT BE OPEN.
SORRY FOR ANY INCONVENIENCE.

The P&C Associations Annual General Meeting was held last night, Tuesday 19 March 2024.

Thank you to last year's committee members on a rewarding year.

The elected Office Bearers for 2024 are as follows:

President – Sarah Doyle

1st Vice President – Danielle Jackson

2nd Vice President – Gina Philpott

Secretary – Chris Hope

Treasurer - Rachel Smith

Grants writer - Tara Jeans

Fundraising Coordinators – Gina Philpott, Elyse Etienne & Ellyse Whit

Uniform Shop Coordinator – Gina Philpott

We would like to congratulate these people on their positions and look forward to a great 2024 working with you.

The next P&C Meeting will be held on Tuesday 21 May at 6.30pm. Parents, carers & teachers are welcome to attend.

It would be great to see more people join our P&C and help with different events throughout the year.

More information can be obtained through the school office.

SAVE THE DATE

**MOTHER'S DAY STALL
TUESDAY 7 MAY 2024**

MSPS UNIFORM SHOP

The Uniform Shop is open every Monday and Wednesday from 9.30am to 12pm. Adults can purchase items from the uniform shop, orders can be sent in an envelope with cash, or orders can be placed online via Munch Monitor. Once your uniform shop order has been processed a staff member will contact you to organise a suitable time to collect or it can be sent home with your child.

The Uniform Shop/canteen accepts cash, cheque and EFTPOS payments from parents over the phone.

Layby system is also available. No items can be taken without full payment.

CANTEEN NEWS

The school canteen is open from 9am to 2.15pm. It is open every day for 1st break and 2nd break.

Lunch orders can be placed online via Munch Monitor or students can hand them in at the canteen window before 10am. Lunch orders must be handed to the canteen before 10am with child's name and class clearly marked on the lunch bag. No hot food lunch orders will be taken after this time for 1st break.

CANTEEN VOLUNTEERS REQUIRED

Our school canteen requires more volunteers. If we can't get more volunteers the canteen is at risk of closing some days. The kids love seeing Mums, Dads, Grandparents, Aunts & Uncles helping out in the canteen.

Grab a friend and make a day of it.

If you are interested and available to help out in the canteen please call in or phone Gina.

We are looking forward to another great year.

P&C NEWS

BIRTHDAY BUCKETS

Does your child have a birthday coming up?

NOW AVAILABLE FROM THE SCHOOL CANTEEN

- Birthday Buckets - \$17.00

Your child will receive one of these birthday buckets delivered to their classroom with an ice block for each student in their class.

Your Birthday child will also receive a balloon (pictured) to keep and a \$2.50 canteen voucher to purchase anything of their choice to the value of \$2.50.

Please give at least 24 hours notice and **PAYMENT MUST BE MADE AT TIME OF ORDER.**

*Voucher **MUST** be used within 5 school days from date of delivery.



EASTER RAFFLE TICKETS

P&C Easter Raffle tickets have been sent home with students.

If you require extra tickets please phone the school office and some will be sent home.

The raffle will be drawn on Tuesday 26 March 2024.

Please return all tickets and money by Monday 25 March 2024.

The P&C are currently gathering donations for the raffle. Please drop any Easter egg donations in to the school office by Monday 18 March 2024. Thank you very much for your support.



**Easter egg hampers
TICKETS \$1 each**

**Drawn on
Tuesday 26 March 2024**

**Please return all tickets and
money to the school office by
Monday 25 March**

A large, colorful graphic for the P&C Easter Egg Stravaganza. It features a central purple egg with the text 'P&C Easter EGG STRAVAGANZA'. Surrounding it are several other eggs in green, yellow, blue, and pink, each with the text 'Donations required'. The background is a vibrant green with a sunburst pattern and decorative swirls.

**The P&C is currently organising an
Easter Egg Raffle and needs your help!
If you are able to donate any Easter
Eggs or other items for our Easter
Raffle, please bring them to the school
office. Thank you!**



YARN UP BREAKFAST & HARMONY DAY

Everyone Belongs

8:30AM THURSDAY 21 MARCH 2024

Come and enjoy a light breakfast, refreshments and have a chat with your child's teacher.

Students to wear orange clothing.



Congratulations to the following Term 1 Week 7 & 8 Primary PBL award winners -

Bronze PBL award (25 PBLs) -

Joshua R, Jethro S, Hannah M, Chase D, William A, Wiley P, Sapphire P, Faith B, Blake A, Chase H, Ruby H-W, Slayde A, Blake S, Luca T, Destinie T-S, Zack B, Stephen B, Tristan D, Braxton S and Zayden L.

SAFE ● RESPECTFUL ● RESPONSIBLE

SCHOOL BYTES

We have transitioned smoothly to our new School Bytes finance system.

You can access School Bytes either via the Parent Portal website or via the School Bytes app (NEW).



The graphic features a dark blue background with a central smartphone displaying the app's dashboard. The dashboard includes sections for 'Welcome John', 'Finance', 'Payment History', 'Activities', 'Forms', 'Documents', and 'Attendance'. Below these are 'Students' listed with names and school affiliations. Surrounding the phone are various icons representing app features: a calendar, a credit card, a document with a checkmark, a bell for notifications, a group of people, and a speech bubble. At the bottom right, there are buttons for 'Download on the App Store' and 'GET IT ON Google Play'.

School Bytes

Parent App

Available now!

Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news

Download on the App Store
GET IT ON Google Play

School Bytes parent portal enables you to view all your children in one portal and process payments for multiple siblings in one transaction.

Once your portal is activated you can use it to give consent for events and process online payments.

To make an online payment -

1. Log into the parent portal – <https://portal.schoolbytes.education/auth/login> or via School Bytes App.

2. Select the statement of account icon.

3. Select the charges to pay.

By default, all the students linked to your account will be displayed, select a student's name to view the charges linked with that student.

If the charge is related to an activity consent must be given before making payment.

4. Confirm or edit the balance to be paid for each charge (if required).

5. Optionally select 'add other item' to add a sundry item (e.g. Year 6 graduation souvenir) that is not linked to the statement of account. When adding a new sundry item, select the relevant student.

6. Select pay now (optionally select pay with saved credit card details if previously saved).

7. Review payment details.

9. Select pay. You will be redirected to a secure Service NSW payment page to enter your credit/debit card details to finalise payment.

10. Payment successful. Click anywhere outside the receipt prompt to return to the parent portal.

A receipt will be automatically emailed to you.

Cash payments can still be made at school. Please note receipts for these cash payments will be emailed to the email address held on file at school. Please contact the school if you need to update your email address.

If you are a parent/carer using an Outlook email address (i.e. @outlook.com, @hotmail.com, @live.com.au) and you're not receiving emails from your child's school sent through School Bytes or if the emails are going to the junk folder you can follow the steps below to add School Bytes to your Outlook safe senders list.

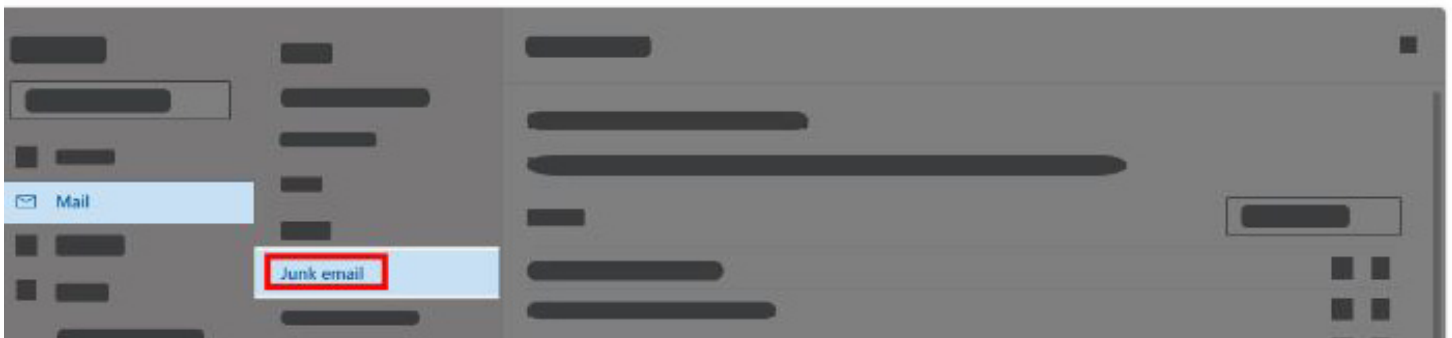
1. From your Outlook home page, select the 'Settings' cog in the top right corner of the menu bar.



2. Select the 'View all Outlook settings' link at the bottom of the panel.



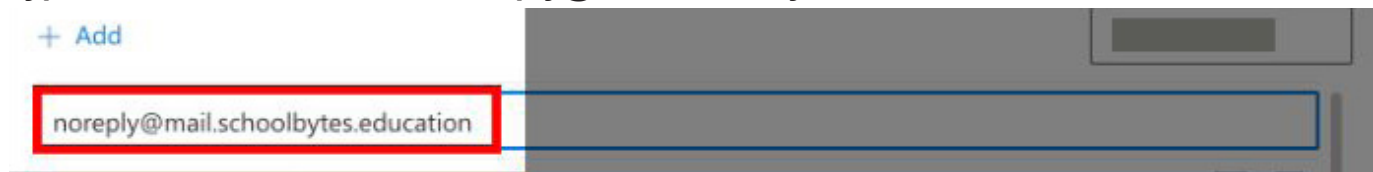
3. Select the 'Junk email' heading.



4. Select the blue '+ Add' button from the 'Safe senders and domains' heading. A text input box will show.



5. Type in the email address — noreply@mail.schoolbytes.education



6. Once the email address has been typed in, press 'Enter' on your keyboard.



7. Select the blue 'Save' button.

Any future emails sent by your child's school through School Bytes will now go directly to your 'Inbox' folder.

Nutrition Snippet

5 TIPS TO TAKE THE PRESSURE OFF PACKING LUNCH BOXES



- 1) Base it on the 5 food groups
- 2) Add colour with fruit and vegetables
- 3) Let your child to help choose some foods
- 4) Save time by packing leftovers
- 5) Save money by stocking up on specials

Read out [blog](#) to find out more.

healthylunchbox.com.au  **Cancer Council**
Healthy Lunch Box

Good for kids
good for life



Fundamental Movement Skills Activity: Balancing Act

Fundamental Movement Skills (FMS) are the building blocks of movement. Just like kids need to learn to read and write, they need to learn how to master FMS for a lifetime of enjoying being physically active.

Try the activity 'Balancing Act' to develop balance!

Students try balancing different objects to see which shapes are easiest to balance.

What you need:

Various balancing objects, such as feathers, shoes, caps, broom handles, balancing poles (made from rolled up newspaper and sticky tape), etc.

What to do:

- Students balance various objects to see which shapes are easiest to balance
- Students use different body parts to balance the objects, such as the palm or back of their hand, or their knee, foot, elbow or chin

Change it up:

- Students try walking or lying down and getting back up again while trying to balance the object
- Students 'jump' the balancing object from one body part to another i.e., one hand to another
- Compete with others and see who can hold a balance the longest



Source: Playing for life (www.sportaus.gov.au)



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

Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

CONNECTING FAMILIES TALKING POINT

What do you think are your best qualities?

MSPS ARE GOING TO GIVE YOU A TOPIC EACH WEEK TO DISCUSS AT YOUR DINNER TABLE, KEEPING FAMILIES CONNECTED

Good for kids
good for life



Screen habits to improve sleep

Did you know?

School aged children need between 9 & 11 hours of sleep each night to help them play and learn during the day.

Using screens can affect the quality of sleep and the time it takes for your child to fall asleep.

Try these tips to reduce the negative effects of screens on your child's sleep:

- 1. Avoid using screens for at least one hour before bedtime. Wind down by reading or playing quiet games
- 2. Keep tablets, mobile phones and other screen devices in a dedicated place outside of the bedroom every night
- 3. Encourage your child to connect with friends during the day, rather than messaging or playing games at night
- 4. Encourage active play outside, rather than using screens after school



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

Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.



MUSWELLBROOK HIGH SCHOOL

"Striving for Excellence in a School that Cares."

Year 5 & 6 Open Night

Parents and future students are invited to visit MHS and see the amazing opportunities our school can offer.

Wednesday 27th March 2024
From 5 pm
Muswellbrook High School MPC

Contact Us:
Office Hours: Mon - Fri 8.45 am till 3.30pm
0265 431033
muswellbro-h.school@det.nsw.edu.au

MUSWELLBROOK'S

DISABILITY

EXP

2024

DATE: THURSDAY 4TH APRIL
VENUE: MHS HALL
TIME: 3:30PM - 5PM
WHO: EVERYONE IS WELCOME

FREE ENTRY
Free Sausage sizzle
Free merchandise

Variety of local services will be attending:
Employment Agencies, NDIS Supports, Early Childhood Supports, Health Supports, OT, Speech Therapists, Community Supports and local Service Providers



More Information contact: Sarah Doyle
muswellbro-h.school@det.nsw.edu.au
65431033

April School Holidays

COST: \$53 per day
AGES: 6 -12 years
TIME: 9:00am - 3:00pm

BOOK NOW



ADDITIONAL INFO: Please remember to bring - water bottle, morning tea, lunch, afternoon tea, enclosed shoes and a hat!

Monday 15th April	Multi Ball sports, tug a war and dodgeball - Active voucher
Tuesday 16th April	Scavenger hunt, Pickleball & team sports. - Active voucher
Wednesday 17th April	Young inventor day - Science experiments, STEM activities and paper aeroplane making. - Creative voucher
Thursday 18th April	Tie Dye, Puzzles and indoor games - Creative voucher
Friday 19th April	Mini Olympics, indoor soccer & sack races - Active voucher
Monday 22nd April	Cupcake decorating, Jewellery making & board games - Creative Voucher
Tuesday 23rd April	Messy Day - Dress in your 'messiest' mixed matched outfit, Slime making and outdoor painting fun - Creative voucher
Wednesday 24th April	Gymnastics workshop, indoor soccer and ball games - Active Voucher
Thursday 25th April	CLUB CLOSED - PUBLIC HOLIDAY
Friday 26th April	Disco Party Day - A fun day of karaoke, Disco and Party games

CONTACT US:
Ph: (02) 6541 1434 Email: muswellbrook@pcycnsw.org.au

MUSWELLBROOK JUNIOR SQUASH CLUB



WHEN - Every Sunday Morning.
TIME - 10am to 12pm
COST - \$5 per junior each week
All Equipment provided.

Modified squash rules for beginners.

NEW PLAYERS WELCOME.

CALL ADRIAN ON 0400303618 FOR MORE INFORMATION OR SHOW UP ANY SUNDAY.

Muswellbrook Squash Club is registered to accept
Active and Creative Kids Vouchers.

Term 1 2024

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Mar Wk 8	18	19	20	21 Yarn Up Breakfast Harmony Day ES1 Sport NAPLAN	22 SISA NAPLAN
Mar Wk 9	25 K-6 League Star Program Year 6 Sport NAPLAN	26 Year 5 Sport K-6 League Star Program Stage 1 Sport Stage 2 Sport Primary Assembly 2.30pm	27 HUNTER RUGBY LEAGUE TRIALS Year 6 Open Day & Night at MHS	28 ES1 Sport Infants Assembly 1.15pm Green Team Excursion EASTER HAT PARADE	29 GOOD FRIDAY PUBLIC HOLIDAY
Apr Wk 10	1 EASTER MONDAY PUBLIC HOLIDAY	2 Cross Country Stage 1 Sport Stage 2 Sport I&S Assembly 1pm	3	4 ES1 Sport Whole School Assembly 1pm	5 MBK SHIRE HALF DAY PUBLIC HOLIDAY FROM 12pm (SCHOOL CLOSED)
Apr Wk 11	8 Year 6 Sport K-6 League Star Program	9 Year 5 Sport K-6 League Star Program Stage 1 Sport Stage 2 Sport	10	11 ES1 Sport	12 SISA

Term 2 2024

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
April Wk 1	29 STAFF DEVELOPMENT DAY	30 STUDENTS RETURN SCHOOL ANZAC DAY CEREMONY	1	2	3 Zone Touch Football Trials
May Wk 2	6 MHS CAPA Road Show 1pm	7 Hunter Golf Trials	8 Zone Netball Trials	9 Mother's Day Afternoon Tea	10 ZONE CROSS COUNTRY