



MILLFIELD PUBLIC SCHOOL NEWS



24th October, 2014

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Week 3, Term 4

NO Canteen Monday 27th October

Unfortunately there will be no canteen on Monday due to lack of available helpers. It will be open as usual again from week 5.

Personal best for Addison at State Championships.

Congratulations to Addison Peel who last week represented our school in the NSW State Athletics Championships at Homebush. Addison came 35th in the State in the 11years Shot put, throwing a personal best of 8.97m. Great effort Addi!



Helping your child at school – Parent Sessions

As part of our Kindergarten transition program each year, we organise a range of parent education activities and guest speakers who provide the latest information in how to help your child at school. This is a great opportunity for both new and current parents who are interested in helping their child with their learning.

These sessions are not only for kindergarten parents! We would love to see as many parents involved as possible. Come along and learn something new!

Tuesday 28th Oct	9-11am All Parents Welcome	9.00-9.30am – Helping your child learn to read. 9.30 -10.00am – The importance of speech and how to help 10-11.00am – Learning in the 21 st Century Classroom What's Changed? <i>New curriculum and hands on technology session.</i>	Scott Anderson – (Principal) Aimee Robertson – Speech Therapist Scott Anderson (Principal)
Tuesday 4th Nov	9-11am All Parents Welcome	9-9.15am – What is the P&C and how do I get involved? 9.15am-10am - The importance of Attendance at school. 10-11am- What happens in the Kinder classroom?	Karen Ringland (P&C President) Marilyn Kenaly (Home School Liaison Officer) Emily Pringle (Teacher)
Tuesday 11th Nov	9-11am All Parents Welcome	9.9.45am – Helping my child with Maths. 10-10.45am – Early Childhood Education and transition to school 10.45am-11am – Road Safety – Ensuring your child gets to and from school safely.	Scott Anderson (Principal) Nicola Maroney (Early Childhood Consultant) Warren Jeffery – Council Road Safety consultant

School Garden Program

Four of our students will be travelling to Cessnock East Public School on Monday to take part in a school garden workshop. It is hoped that we will learn even more ways to incorporate our veggie gardens into learning at our school.

Dates for your Calendar

Term 4, 2014

Friday 31st Oct
Financial Literacy
Healthy Harold

Friday 7th Nov
Bike Fun Day

Thursday 11th Dec
Presentation Day

**Kinder Transition and
parent sessions**
Tuesdays 9-11am
21/10,28/10,4/11.11/11

Attachments

- Life Education Permission note
- Accounts due
- Unexplained Absences
- Overdue library books

Please Return

- Life Education permission notes by 31st October

A week full of fun and fitness

Millfield students had a fantastic day at League Tag Day on Wednesday. Students were split into two teams, which consisted of a huge range of abilities and ages. The day focused on fun and participation, with our students demonstrating great teamwork, sportsmanship and skills. Well done team!

On Thursday we had a visit from the Heart Foundations Jump Rope for Heart Specialist to teach do some demonstrations and teach us some really fancy skills! Students had a great time trying double dutch, pretzel, around the world and many more. It is great to see some of our kids inspired and loving being involved in such a healthy activity at lunch and recess times.



Learning to keep those smiles healthy and white.

Students in K/1/2 received a visit from a dental nurse this week, to learn the importance of looking after our teeth. Students were given tips for keeping their teeth healthy, in a fun and engaging way.

Fast facts for your kids to know about having great teeth

- Brush all of your teeth, not just the front ones. Spend some time on the teeth along the sides and in the back. Take your time while brushing.
- Spend at least 2 or 3 minutes each time you brush. If you have trouble keeping track of the time, use a timer or play your favourite song.
- Be sure your toothbrush has soft bristles and get a new toothbrush every 3 months. The smaller the brush, the better it is for children.
- Learn how to floss your teeth, which is a very important way to keep them healthy. It feels weird the first few times you do it, but pretty soon you'll be a pro. Slip the dental floss between each tooth and along the gum line gently once a day. The floss gets rid of food that's hidden where your toothbrush can't get it, no matter how well you brush.
- You can also brush your tongue to help keep your breath fresh!
- Visit the dentist twice a year. Besides checking for signs of cavities or gum disease, the dentist will help keep your teeth extra clean and can help you learn the best way to brush and floss.



Keeping our bodies “and wallets” healthy.

Next Friday, students will spend their time rotating through two special workshops at our school. *The school is covering the cost of this program in 2014 to ensure all students hear these valuable messages.*

Life Education (Healthy Harold) will be at our school to talk to students about ways of ensuring the health and personal safety. Each class will focus on different topics related to their age and include such things as drug awareness, healthy eating, peer pressure and cybersafety. *The school is covering the cost of this program in 2014 to ensure all students hear these valuable messages.*



Money Smart sessions - A team from the Commonwealth Banks School Education team will also be attending on Friday to talk to students about being money smart. They will cover topics such as saving and budgeting, building skills that they will need for life.



P&C Christmas Raffle – Sydney Holiday

Each family have been given a raffle book for our Christmas raffle, with the prize being a family holiday in Sydney. As this is run through an external company, each family is accountable for their ticket book and must return them to school sold or unsold by the 27th November. ***If you do not wish to be involved please send your unused books back ASAP to ensure they are not misplaced.***

Head lice Reminder

With the approach of warm weather, it is always prime time for these annoying little creatures. It is important to regularly check your child's hair for eggs of live critters, regardless of how clean your child's hair is (they like clean hair the best!). Remember to treat and remove all eggs from hair if they are found.

Tips for tackling kids head lice

Those nasty critters are on the crawl again. It is important that all parents regularly check their child's hair and treat regularly to stop the spread.

- Use hair conditioner and a fine head lice comb every time you wash your kids hair.
- Apply conditioner to the hair and comb through with a wide-toothed comb to remove the tangles.
- Then use a fine metal lice comb to remove the lice and pull the nits off the hair.
- The conditioner helps slow down the louse and makes it easier to comb out.
- Ensure you also treat pillows, hats and bed linen.
- Tie all long hair up and using hair spray or gel in hair often works as a deterrent.

For more information go to the "Nitbusters" website

<http://www.health.nsw.gov.au/environment/headlice/Pages/default.aspx>

Principal's Award

Congratulations to Cloe Hindmarsh, who receives this week's Principal's Award. Cloe demonstrates safe, respectful and responsible behaviours at all times, with her great sportsmanship and teamwork at Tag Day just one example of this. Well done Cloe.



CLASSROOM NEWS

Class Awards K/1/2

Congratulations to this week's award recipients:

Bethany Shepherd fantastic improvements in reading!
Riley Dederer impressive skipping skills at jump rope for heart



Class Awards 2/3/4

Congratulations to this week's award recipients:

Molly Russell always being a beautiful performer in class items
Cloe Hindmarsh giving 100% and improving her skills at league tag!



Class Awards 5/6

Congratulations to this week's award recipients:

Erin Jackson being a fantastic defender at League Tag Gala Day
Jack Atkins demonstrating great skill and teamwork at the League Tag Gala Day






Library Award

Congratulations to this week's award recipient:

Angus Shepherd a settled and mature approach in library tasks!

SPECIAL AWARDS

Award	K/1	2/3/4	5/6
GOLD  For earning \$60 Millfield Dollars through Safe, Respectful and Responsible Behaviours	Samara Tiedeman 24 th oct Jack Davis 24 th oct Molly Bedford 24 th oct		Chantel Winship 4 th September
SILVER  For earning \$60 Millfield Dollars through Safe, Respectful and Responsible Behaviours	Samara Tiedeman 27th June Molly Bedford 18th July Hunter Copeland 18th July Jack Davis 18th July Riley Dederer 15th Aug Kaleb Henry 15th Aug Stuart McCarry 15th Aug Alyssa Singleton 15th Aug Ella Szkopkowski 22 nd Aug Sari Carpenter 22 nd Aug Alex Lombardi 22 nd Aug Katelyn Shepherd 5 th Sept Bethany Shepherd 5 th Sept Chain Golledge 24 th Oct	Blake Bodycote 8 th Aug Molly Russell 8 th Aug Jorja Shearer 15 th Aug Cloe Hindmarsh 15 th Aug Drew Dodgson 22 nd Aug Jessica Butler 5 th Sept Thomas Effer 15 th Sept Rose Brell 15 th Sept Dylan Winship 17 th Sept Trent Singleton 17 th Sept Makayla Cagney 17 th Sept	William Cagney 18th July Erin Jackson 8th Aug Ethan Lethbridge-Coyle 1 st Aug Madeline Davis 21 st Oct
BRONZE  For earning \$20 Millfield Dollars for Positive Behaviours	Ella Szkopkowski 16th May Kayley Thompson 23rd May Chain Golledge 15th Aug	Makayla Cagney 9th May Trent Singleton 9th May Cloe Hindmarsh 9th May Rose Brell 16th May Tane Carpenter 30th May Paryss Morton 6th June Thomas Effer 25th July Dylan Winship 25th July Jacob Riley 25th July Lily Brell - 25th July Bayley Morton 1st Aug Jacob Dederer 1st Aug Angus Shepherd 15th Aug Matthew Hurley 22 nd Aug Kane Villa 22 nd Aug Tommy Golledge 22 nd Aug Tony Golledge 5 th Sept	Brodie Singleton 11th April Madeline Davis 11th April Payton Webb 9th May Ethan Lethbridge-Coyle 9th May Angelina Bodycote 22nd May Addison Peel 6th June Taylah Hollingshed 13th June Cassandra Noon 13th June Luke Rolls 13th June Jack Atkins 20th June Keegan Shepherd 20th June Nikita Szabo 27th June Jordan Watts 27th June Liam Hoffmannbeck 10 th oct

The simplest way

...to add fruit and veg to brekky

Try our winning breakfast ideas at home:

- Serve your toast with a sliced avocado and/or tomato
- Create a breakfast pizza with a wholegrain muffin, mashed pumpkin, chopped vegies and melted cheese
- Blend bananas and frozen raspberries with a handful of baby spinach, add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie
- Simply slice some banana or strawberries onto your regular breakfast cereal



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Another great workshop from
The Family Action Centre



Bringing Up Great Kids Parenting Program

Bringing Up Great Kids is a reflective parenting program to support parents to review and enhance patterns of communication with their children.

Australian Childhood Foundation:
www.childhood.org.au

Venue: Cessnock Family Support

Date: Mon 3rd, 10th, 17th, 24th Nov 2014

Time: 10am – 1pm

Topics covered include:

- Messages from the Past
- The Message Centre
- Giving and receiving messages
- The Message Behaviour
- Messages about me
- Passing on messages

NO childcare available

To express your interest, please contact:

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BOOKINGS ESSENTIAL

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