



MILLFIELD PUBLIC SCHOOL NEWS



1868

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Week 5 Term 1

Showing off veggie talents at Cessnock Show

For those who ventured to Cessnock Show last weekend, you may have noticed some tasty looking vegetables submitted by some of our local schools as part of the Cessnock Regional Show. The competition is in its second year, with schools invited to submit a range of veggies from their school gardens for judging. Millfield Public School was successful this year in taking out the Primary School's Agricultural Shield with a range of pumpkins, tomatoes and cucumbers grown in the school Vegetable gardens. Seeds are donated to schools in November by the show committee to plant and cultivate in time for Cessnock's show in February.

Although our veggies were affected by the lack of rain over the holidays, we still managed to cultivate some of our specimens for the show including 1st Place Apple Cucumber, and 1st and 2nd place in the Butternut Pumpkin categories. The full crop of veggies is still maturing, with all veggies either used in the school canteen or sold to parents and staff in coming weeks.



Cooking up some cash at Bruce Springsteen

A monstrous thank you to our team of volunteers who helped out with our latest Hope Estate Concert Fundraiser. The team pumped out over 500 Steak Sandwiches and over 300 sausage sandwiches in 5 ½ hours to the hungry crowd, before settling in for some of Bruce's classic hits. Thank you greatly to Kris McCarry, Damien Brell, Megan Anderson, Deb Billingham, Christine Ringland, Dianne Allsop and Renae Allsop for your efforts and time towards raising some money for our kids.



Dates for your Calendar

Term 1, 2014

Monday 3rd March
Environmentors
K-6
(Free workshop)

Tuesday 11th March
P&C AGM

Attachments

- Accounts due
- Unexplained Absences
- Overdue library books

Are your kids at risk of cyberbullying at home?

Staying on top of the latest tech fads is one of a parents toughest jobs. Often our kids are using potential dangerous apps before we have even heard of them. This leaves them at risk of cyberbullying and exposure to inappropriate content. Here are just a few that your child may be using.

Kik



Kik is a messaging app for smart devices such as smartphones, ipod touches and tablets. Once the app is downloaded the user can send texts, 'stickers', pictures, surveys and videos to other Kik users free of charge (other than normal data costs) – which is one of the reasons it is popular with kids. Kik users have a User Name to identify them; they don't use their phone number. Some users share their User Names with each other on other platforms like Instagram to continue the chat privately. **Kik states that users must be 17 years or older.** Kik allows children to send messages to other users as they would with SMS. The main difference is that you might not know who they are messaging and in some cases they may not know who is messaging them. Kik also allows you to send messages and pictures to more than one user at a time.

Ask.fm



Ask.fm is a social networking platform where users create profiles with photos and information about themselves. Users ask each other questions, but you don't have to be a member to ask a question or browse profiles. Users can block their identity and ask questions anonymously. Users can limit who they accept questions from or can leave themselves open to questions from anyone, including anonymous users. What do people ask on Ask.fm? / Ask.fm allows users to check through open profiles without creating their own account. There are many overtly sexual questions asked. Some users deflect them well, while others are not as skilled or are happy to engage in the sexual banter. Many conversations are between school friends and cover daily school happenings.

Snapchat



Snapchat, it's often referred to as "the sexting app. It is also commonly used for cyberbullying. Snapchat is a photo- and video-sharing app with a twist. The media you send disappear seconds after they're viewed—you get to decide how long a photo will "live," from 1 to 10 seconds, after it's viewed. Users love the spontaneity of that—it feels like socializing that's (digital) footprint-free—but, as we'll cover in this guide, there are ways to capture and recover images, so no one should develop a false sense of "security" about that. It can be particularly hurtful if that happens, because Snapchat is typically used among friends (or at least people who have each other's username or phone numbers).

Facebook



Facebook is a social networking site where users set up a profile with photos and information about themselves.

Users share (post) photos, links, videos and comments with 'friends' of their choice and 'like' and comment on other people's posts. Users can limit who sees their profile.

13 is the minimum user age required by Facebook.

If your child is over 13 you should still consider setting specific rules around supervised usage to avoid potential dangerous situations.

The key to all safe use of social media is supervision. Here are some tips on how to ensure a cybersafe home.

- 1) Keep devices to family areas such as the loungeroom where it is easier to supervise use and allow your kids to show you if there is a problem.
- 2) Help your child set up any online apps to ensure the safety features are turned on. The website below has some walkthroughs for parents.
- 3) Take the time to check what your child is up to on the internet. Ask questions about what they are using and get them to show you how they work.

For more information on these and a range of other potential dangerous apps, as well tips on how to keep your child safe online visit. <http://www.cybersmart.gov.au/Parents.aspx>

Zone Swimming

Congratulations to our zone swimmers who attended the Zone Carnival today. Representing our school were our PP5 (less than 54 students) relay team of Drew Dodgson, Liam Hoffmanbeck, Cassandra Noon and Addison Peel. Erin Jackson was our sole individual competitor, qualifying for the 50m Breaststroke. Results will follow next week.



Tissue Donations

Each year we ask parents to donate a box of tissues to help each classroom through the snotty season. If you have a spare box sitting at home that you would like to donate please send them to the office.

Free dental care for your kids

On January 1 2014, Medicare initiated a new dental scheme for children which replaced the old Medicare Teen Dental Plan. It has expanded the benefits by increasing the eligibility age range, benefit amount and the services that can be provided at the dentist. Means tested and eligible families can walk into any dental practice and receive up to \$1000 worth of dental services for their children, over a 2 year calendar period. Medicare's 'Grow Up Smiling' (GUS) scheme will have a total benefit entitlement capped at \$1,000 per child over a two calendar year period. GUS will have a means test, which requires receipt of Family Tax Benefit Part A or certain other government payments ie. Centrelink entitlements. It allows provision of services for essential dental treatment, such as check-ups, cleaning, x-rays, fillings and extractions. High end (crowns, bridges, root canal) and orthodontic items are excluded.

See the attached brochure or contact the school office for more information.

Next week's Reading Focus

Questioning ?

GOOD READERS ASK QUESTIONS TO BETTER UNDERSTAND THE TEXT

Learners pose and answer questions that clarify meaning and promote deeper understanding of the text.

Questions can be generated by the learner, a peer or the teacher.

THE IMPORTANT THING IS NOT TO STOP QUESTIONING
CURIOSITY
HAS ITS OWN REASON FOR EXISTING

Example questions/statements

What in the text helped me/you know that?
How is this text making me/you feel? Why is that?
When you read/viewed/ listened to that text did it remind me/you of anything I/you know about? Why did it remind me/you of that?
What did the composer of the text mean by ...?
Whose point of view is this? What points of view are missing?

This week in Fitness

Vertical Jump



Skill Components

1. Eyes focussed forward
2. Crouches with knees bent and arms behind body.
3. Swing arms forward and up
4. Legs straighten in the air
5. Land on the balls of your feet
6. Controlled landing.

Principal's Award

Congratulations to Keegan Shepherd who receives this week's Principal's Award. Keegan has been demonstrating responsibility with his learning in the classroom. Well done Keegan!

Yours in Education, Scott Anderson- Principal



CLASSROOM NEWS

Miss Pringle's Class Awards K/1/2

Congratulations to this week's award recipients:

Samara Tiedeman an excellent effort with homework this week!
Kaleb Henry an outstanding improvement in reading!

Mrs Ford's Class Awards 2/3/4

Congratulations to this week's award recipients:

Rose Brell improvement in mathematics
Jacob Riley improvement in handwriting and bookwork

Miss Cornish's Class Awards 5/6

Congratulations to this week's award recipients:

Angelina Bodycote confidently participating in all activities
Keegan Shepherd responsibly completing set tasks on time

Ms Durie's Library Award

Congratulations to this week's award recipients:

Brodie Singleton for always doing his best work in library



P&C NEWS

P&C AGM – Our next meeting on the 11th March will be our P&C AGM. We encourage all parents to be involved in this meeting.

Canteen news

Thank you to the below parents who have volunteered their time to help run our school canteen. We are always looking for more helpers so feel free to come out and help on any of the Monday's below or contact Karen Ringland or the school office for a regular spot. If the below dates do not suit, please let Karen know on 49981698.

Term 1 Canteen Roster

Monday 3rd March	Julie Hoffmanbeck	Teresa Butler		Karen every week- Morning and recess only
Monday 10 th March	Kelly Carpenter	Melissa Singleton	Glen Dodgson(am)	
Monday 17th March	Teresa Butler	Kim Cagney (am)		
Monday 24 th March	Kelly Carpenter	Julie Hoffmanbeck	Glen Dodgson(am)	
Monday 31st March	Teresa Butler	Melissa Singleton		
Monday 7 th April	Kelly Carpenter	Kim Cagney(am)	Glen Dodgson(am)	

Term 2 Canteen Roster

Monday 28th April	No Canteen (Staff Development Day)			
Monday 5 th May	Julie Hoffmanbeck	Melissa Singleton		
Monday 12th May	Teresa Butler	Kim Cagney(am)	Glen Dodgson(am)	

EGGS

The school chickens have been busy laying eggs and we currently have 3 dozen eggs available at a cost of \$4 per carton. If you are interested in purchasing a carton please contact the office.

HEALTHY TEETH FOR LIFE!

Grow Up Smiling with Medicare

On January 1 2014, Medicare initiated a new dental scheme for children which replaced the old Medicare Teen Dental Plan. It has expanded the benefits by increasing the eligibility age range, benefit amount and the services that can be provided at the dentist.

**FREE
DENTAL
SERVICES
FOR 2-17
YEAR OLDS**

Means tested and eligible families can walk into any dental practice and receive up to \$1000 worth of dental services for their children, over a 2 year calendar period.

Medicare's 'Grow Up Smiling' (GUS) scheme will have a total benefit entitlement capped at \$1,000 per child over a two calendar year period. GUS will have a means test, which requires receipt of Family Tax Benefit Part A or certain other government payments ie. Centrelink entitlements.

It allows provision of services for essential dental treatment, such as check-ups, cleaning, x-rays, fillings and extractions. High end (crowns, bridges, root canal) and orthodontic items are excluded.

☆ **all preventative services**

- cleaning & fluoride
- 6 monthly checkups
- brushing instructions
- nutritional advice

☆ **fillings**

☆ **tooth removal**

For more information go to:

<http://www.kiaorapointdental.com.au/our-services/our-services/child-dental.html>



The simplest way

to save time on midweek meals

Are you pressed for time when it comes to creating healthy midweek meals? Here are some quick and easy tips to take the hassle out of midweek cooking.



Day One	Day Two
Cook a larger quantity of your favourite meat and vegetable stir fry. Refrigerate leftovers.	Wrap leftover stir fry in shortcrust or filo pastry to create a 'pie'. Serve with extra vegies.
When cooking lasagne, double amount of mince & veg filling (add carrot, zucchini, sweet potato, corn, mushrooms), refrigerate extras.	Add extra filling from the previous night to spaghetti for quick spag bol.
Prepare extra vegies with a baked dinner & refrigerate leftovers.	Heat leftover veg & add to a salad = warm roast vegetable salad.

By planning your meals you can save time, money and do wonders for your family's health!

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit