



# MILLFIELD PUBLIC SCHOOL NEWS



1868

**7<sup>th</sup> February, 2014**

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**Week 2 Term 1**

With the holidays now a seemingly distant memory, it has been fantastic to see all classes so settled and already achieving some great outcomes. Week 2 has seen students get into their class routines, and start many of their Term 1 units. We are also starting to see the arrival of our first school activities with the swimming carnival and "Environmentors" program.

## Small School's Swimming Carnival – 19<sup>th</sup> February

Our annual small school's swimming carnival is on at Cessnock Pool on the 19<sup>th</sup> of February. This carnival joins with our other small schools and acts as both a fun day in the water, as well as selection trials for the Zone Swimming Carnival on the 28<sup>th</sup> of February. All students turning 8yrs and above are expected to attend this carnival as it involves activities for all swimming levels. A note is attached to this newsletter which includes information specific to this event.



## Environmentors Program

Students will be treated to a free program on Monday 3<sup>rd</sup> of March, which focuses on how kids can be involved in the preservation of our local environment. All students will be attending this event.

## Taylah's Access Parking

An application has been submitted to Council for the marking of a Disabled Park outside the school gate that can be reserved for Taylah's Vehicle before and after school. Taylah's vehicle requires space at the rear to allow her ramp to be safely in place for her to enter and exit the vehicle. As a temporary measure, Cessnock City Council has loaned the school a set of markers to reserve a spot for Taylah until the submission goes through which will hopefully be in a month or so. We ask our school community to support this initiative by not parking in this space to ensure Taylah arrives and departs in the safest possible manner.



## *Dates for your Calendar*

### Term 1, 2013

**Tuesday 11<sup>th</sup> February**  
P&C meeting 3.3pm  
in Library

**Wednesday 19<sup>th</sup> February**  
Small School's Swimming  
Carnival  
Ages 8-13

**Saturday 22<sup>nd</sup> of February**  
Bruce Springsteen @  
HOPE estate.  
Help still needed

**Monday 3<sup>rd</sup> March**  
Environmentors  
K-6

### Please Return

Swimming Carnival notes  
(Turning 8 or older only)

### Attachments

- Accounts due
- Unexplained Absences
- Swimming Carnival note

## Are you drinking enough water?

Did you know that our bodies are made up of large amounts of water?

Your muscles are 75% water, your brain is 90% water, your blood is 83% water and even our bones are made up of water ( 22%). It therefore stands to reason that we need to drink water. But why?

Here are just some of the benefits of drinking enough water.

### 1. **It helps you maintain a healthy weight** because:

- It has no calories
- Is an appetite suppressant
- Flushes your insides from toxins
- When you drink enough water your body will not try to retain fluid.



**I'm thirsty**

### 2. **Water makes your skin healthier** by:

Replenishing skin tissue

Maintaining elasticity

Ensuring skin is hydrated

### 3. **Water helps prevent infections** by flushing out toxins and infections from your body.

### 4. **Water makes your brain work better** by giving the brain the oxygen it needs to function. This includes:

- Improving alertness
- Improving concentration
- Reducing fatigue caused by dehydration
- Maintaining energy levels
- Reducing headaches ( usually caused by lack of water).

### 5. **Other health benefits** include improvement in:

- Kidney Health
- Heart Function
- Muscles become stronger

## How much water do I need to drink ?

Guidelines from health professionals say the minimum amount we should drink is **5 glasses of water a day**. Medical studies have shown that concentration, cognitive ability and alertness can increase by as much as 30% if you drink **between 8 and 10 glasses of water a day**.

Fruit and Vegetables are another great source of water, with most containing at least 85% water.

## Crunch and Sip Policy (water)

Our school supports these recommendations as part of our Crunch and Sip policy. Students are encouraged to bring their water bottles into class to have a drink between activities.

Students must have a **clear bottle filled with water** to be able to drink in class time.



## Principal's Award

Congratulations to Jack Atkins who receives the year's first Principal's Award. Jack has been demonstrating safe, respectful and responsible behaviours since arriving back this year and is looking forward to his time in the senior class. Well done Jack.

Yours in Education, Scott Anderson- Principal



## CLASSROOM NEWS

### **Miss Pringle's Class Awards K/1**

Congratulations to this week's award recipients:

**Stuart McCarry** for beautiful listening and using his 5LS  
**Hunter Copeland** for a mature and organised start to Year 1

### **Mrs Ford's Class Awards 2/3/4**

Congratulations to this week's award recipients:

**Jacob Dederer** for his mature attitude towards learning  
**Trent Singleton** for always working in a conscientious manner

### **Miss Cornish's Class Awards 5/6**

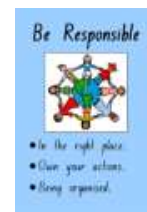
Congratulations to this week's award recipients:

**Jack Atkins** for a mature and sensible start to 2014  
**Addison Peel** for being a responsible student, completing all set tasks

### **Ms Durie's Library Award**

Congratulations to this week's award recipients:

**Keyley Thompson** for being a kind and helpful library student. Keep it up!



## **Positive Behaviour for Learning ( PBL)**

### **"Playing Fairly"**

Students at the end of last year, worked together on setting our latest PBL expectations – "Playing Fairly". These suggestions have been collated and taught explicitly to our students to ensure everyone enjoys fun, frustration free playtimes.

<b>Safe Students</b>	<ul style="list-style-type: none"><li>• Play by the rules</li><li>• Use problem solving strategies</li><li>• Keep hands and feet to yourself</li><li>• Check your surroundings before starting</li><li>• Move safely</li></ul>
<b>Responsible Students</b>	<ul style="list-style-type: none"><li>• Take your outs ( even if you don't think you are)</li><li>• Be a role model</li><li>• Share your turns</li><li>• Play to your opponent's ability</li><li>• Aren't the boss of the game</li><li>• Work as a team</li></ul>
<b>Respectful Students</b>	<ul style="list-style-type: none"><li>• Allow others to play</li><li>• Care for equipment</li><li>• Respect Referee or groups decision ( Vote)</li><li>• Say positive comments</li><li>• Speak Politely</li><li>• Are aware of other's games/Share the space</li><li>• Treat others with respect</li><li>• Have Fun!</li></ul>

## **P&C NEWS**

**First P&C meeting next week –** All parents are encouraged to attend our first meeting of 2014 which will be held in the Library from **3-4pm this Tuesday 11<sup>th</sup> February**. During this meeting we will be discussing a wide range of topics, including looking at setting our major fundraisers for the year. We would love to have all your ideas about how we can help our students in 2014. Kids are welcome if you can't find a babysitter.

### **Bruce Springsteen Concert – Free tickets**

Hope Estate have again offered our school a great chance to fundraise while seeing some great entertainment at the Bruce Springsteen Concert to be held on Saturday 22<sup>nd</sup> February.

We need 8 people to man the BBQ/food prep, with all helpers getting free entry to the concert and bbq. The shift will finish when Bruce takes the stage at about 7.30-8pm with helpers free to stick around for the main act.

Helpers will need to arrive at 2pm

Names will be taken on a first in – first served basis so contact the school office ASAP if interested.



## **Community News**

### **ST LUKE'S OP SHOP WOLLOMBI ROAD, MILLFIELD**

Will re-open for 2014 on Friday 14<sup>th</sup> February at 10.00am and will be operating on the second Friday of each month.

Come and Browse

Lots of Bargains – Clothing, Bric-a-brac, books etc

### **WANTED!**

#### **Pokolbin Junior Rugby Union needs you!**



Registration Day  
Potters Resort, Nulkaba  
Sunday 23<sup>rd</sup> February 2014  
12pm to 2pm.

Registration is \$45 per player, which includes, shorts & socks.  
Tim Murray 0415 459 033 or Website: [www.pokolbinrugby.com](http://www.pokolbinrugby.com) or Email: [admin@pokolbinrugby.com](mailto:admin@pokolbinrugby.com)

**Bells Homework and Fun Club** will be resuming on Tuesday, February 11th, at ***Bellbird Uniting Church Hall***

The children are properly supervised all the time and must be signed in and out by their parent or responsible adult guardian.

Volunteers provide a yummy afternoon tea, and then supervise / encourage / help with homework which the children bring from school.

There is access to computers for any on-line homework too.

After homework time, there is a let-off-steam session outside and then a calming indoor group activity before they are collected for home.

There is a \$4 per family donation each week to cover the costs of food and all equipment.

Anne Hawkins :)

Children and Families' Outreach Worker

Cessnock/Bellbird Uniting Church

Anne Hawkins :)

**SAM'S PERFORMING DIVAS**

**Offering dance classes to rural communities especially those in Wollombi, Laguna, Quorrobolong, Millfield, Paxton, Pelton, Ellalong and Bellbird**

**Where - Ellalong Hall (Olney st)**

**TIMETABLE MONDAY'S - Open February 10<sup>th</sup> 2014**

<b>Tiny Tots Jazz and Ballet (Ages 3 – 7)</b>	<b>4.30PM – 5.00PM</b>
<b>Tiny Tots Hip Hop (Ages 3 – 7)</b>	<b>5.00PM – 5.30PM</b>
<b>Intermediate Hip Hop (Ages 8 – 13)</b>	<b>5.30PM – 6.00PM</b>
<b>Intermediate Jazz (Ages 8 – 13)</b>	<b>6.00PM – 6.30PM</b>
<b>Senior Jazz (Ages 14 - 15)</b>	<b>6.30PM – 7.00PM</b>
<b>Advanced Jazz and Tap (Ages 16 and up)</b>	<b>7.00PM – 7.45PM</b>

**TIMETABLE WEDNESDAY'S - Open February 12<sup>th</sup> 2014**

<b>Tiny Tots Tap (Ages 3 – 7)</b>	<b>4.30PM – 5.00PM</b>
<b>Intermediate Tap (Ages 8 – 13)</b>	<b>5.00PM – 5.30PM</b>
<b>Senior Tap (Ages 14 and 15)</b>	<b>5.30PM – 6.00PM</b>

**Price - \$7.00 a class**

**Yearly enrolment fee \$10**

**Tea and Coffee provided for parents**

**Contact Sam on 0422 156 128 or**

**Email [samsperformingdivas@hotmail.com](mailto:samsperformingdivas@hotmail.com)**



# The simplest way

to increase your vegies

## Eat vegetables throughout the day

It's hard to get all your vegies at dinner. Try vegie sticks with low-fat dip like guacamole or salsa, or vegie pancakes

- mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.



## Decrease the meat in your meals and add more vegetables

For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with lots of extra veg.

*Hint: chickpeas, lentils and beans are rich in protein and will help curb big appetites!*

## Add vegetables to all your meals

Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)