



MILLFIELD PUBLIC SCHOOL NEWS



1868

14th March, 2014

Phone: 49981331 Fax: 49981719

Email: millfield-p.school@det.nsw.edu.au

Website: www.millfield-p.schools.nsw.edu.au

Week 7 Term 1

Continued Sporting Success

Addison Peel has continued our Zone selection success this week gaining selection in the zone Rugby League side to participate in the regional carnival on the 21st of March. Addi was one of 15 selected after a selection trial that included over 40 of the best League players each school had to offer. Well done Addi. It is great to see our students succeeding in such a wide range of activities at a high level.



Keeping your child healthy

The last few weeks has started to see the dreaded cold and flu season hit early this year. Unfortunately getting sick is a part of life, but we can do things to reduce the incidence and severity of illness both at home and school. Here at school we run a range of programs that aim to reduce the spread of illness at school.

These include:

- Fruit and Fitness breaks to keep the body healthy.
- Breathe, Blow, Cough, Wash, Chew program to help fight cold and flu.
- Staff Flu Vaccinations to reduce time spent away from class.
- Otitis Media presentations to improve ear and nasal health.
- Purchasing new soap and hygiene dispensers for each classroom and student toilets in Term 1, 2014 to reduce the spread of germs.
- Curriculum units incorporating healthy lifestyle and hygiene practices.



Here are some tips for parents from the [School AtoZ Website](#).

- Get your child to help pack their lunch so they are more likely to eat what's in it.
- Try to include protein in your child's lunch box to keep them full and energetic.
- Exercise is vital in helping manage weight, keeping muscles strong, helping their hearts and lungs develop, and improving their hand-eye coordination.
- Wash your hands regularly to avoid germs.
- Cough into your elbow, not your hands.
- The healthiest drink options for kids are water and milk.
- Look after your child's emotional health too – try not to overschedule them, having some 'down time' is important too.
- **Don't forget to call the office if your child has missed more than one day of school to let us know where your child is.**

Asthma updates

The weather conditions have also caused several incidences of Asthma this week, with some of our poor students spending time in hospital as a result. It is important that if you have a child or suspect your child of having asthma that you regularly **update your child's Asthma plan** with your doctor and pass on to the school to ensure the appropriate medication is given. *All staff have received certified Asthma training in case of an emergency. Free Asthma control packs are available at:*

<http://www.asthmaaustralia.org.au/asthma-assist.aspx>

Dates for your Calendar

Term 1, 2014

Tuesday 25th March
Uni Science Shows

Wednesday 26th March
School Cross Country
10am.

Thursday 10th April
Zone Cross Country
@ Cessnock Showground

Friday 11th April
Easter Celebrations

Holidays
11th-28th April

Term 2

Monday 28th April
School Development Day

Tuesday 29th April
Students return
CPAC performance
(Years 3-6)

Attachments

- Accounts due
- Unexplained Absences
- Overdue library books

Next week's Reading Focus



Monitoring

GOOD READERS MONITOR THEIR OWN UNDERSTANDING

STOP THINK OBSERVE PROCEED

We stop and think about the text and know what to do when meaning is disrupted.

Example questions/statements:

- Is this making sense?
- What have I/you learned?
- Should I/you slow down? Speed up?
- Do I need to re-read/view/listen?
- What can help me/you fill in the missing information?
- What does this word mean?
- What can I use to help me understand what I'm/you're reading/viewing/hearing?

This week in Fitness

Hop



Skill Components

1. Support Leg bends on landing, then straightens to push off.
2. Lands and pushes off the ball of the foot
3. Non-support leg bent and swings in rhythm with the support leg
4. Head stable, eyes focused forward
5. Arms bent and swing forward as support leg pushes off.

Principal's Award

Congratulations to Madeline Davis who receives this week's Principal's Award. Madeline has been fulfilling her "Responsibility" of Captain at all times, and always shows the initiative to help others when needed.

Yours in Education, Scott Anderson- Principal



CLASSROOM NEWS

Miss Pringle's Class Awards K/1/2

Congratulations to this week's award recipients:

Alyssa Singleton always trying her hardest in maths
Ella Szkopkowski beautifully presented works of art

Mrs Ford's Class Awards 2/3/4

Congratulations to this week's award recipients:

Angus Shepherd excellent spelling results in Term 1
Jesse Earl working well in classroom group work

Miss Cornish's Class Awards 5/6

Congratulations to this week's award recipients:

William Cagney always contributing to class discussions
Cassandra Noon responsibly completing all roles as school Vice-Captain

Ms Durie's Library Award

Congratulations to this week's award recipient:

Jordan Watts being a motivated library user. Keep up the great work!



P&C News

Summary of minutes from 2014 AGM held 12/3/14

Present: - K.Cagney, K.Ringland, T.Butler, K.Carpenter, M.Singleton, S.Anderson *Apologies:* J.Hoffmanbeck

1. **Review of previous minutes** – Accepted by K.Carpenter, S.Anderson
2. **Nominations for 2014 Office Bearers.** – Thank you to H.Davis, C.Rolls, A.Lethbridge and D.Noon for their contributions towards a successful 2014.
All new nominations unanimously elected.

2014 Office Bearers – **President:** Karen Ringland,
Treasurer: Teresa Butler
Secretary: Kelly Carpenter (and uniforms)
Assistant Treasurer: Kim Cagney (and banking)
Canteen Co-ordinator: Melissa Singleton

3. Treasurer's Report

Balance as at 12/3/14 : \$9,064.73

2013 Profit \$ 5113.00 – Best money raisers were , Spring Fair, Xmas Raffle and Hope Estate Fundraisers. Others included Mother's/Father's day stalls, Easter raffle and Canteen.

4. Canteen Report

New Menu accepted well by kids. More and more choosing healthy options each week. Thank you to those who have put their hand up to help. Canteen profit 2013 was \$440.

5. **Principal's report** – Major report on school targets and achievements given last meeting. 2013 Annual Financial Report presented to P&C.
6. **Presidents report** – Karen presented report on success of P&C in 2013 and looked forward to increased support in 2014. (Full report available in minutes).
7. **General Business.**

Proposed eating area. Must be put through DEC Assets and be built to code 3. Quotes received. Best quote approx..\$20000. K.Ringland proposed that S.Anderson apply for DEC joint funding initiative on P&C's behalf. This would lead to DEC funding half of project. Applications close this Friday. P&C voted to endorse the start of this process with allocation of funds to be voted on next meeting.

K.Ringland mentioned possible CPR Safety Awareness program for students. Would cost between \$10-15/child. P&C to gauge interest from parents through EOI.

Bulbs Fundraiser. Fundraiser sent out with students. P&C will contribute up to \$100 of bulbs from catalogue to school gardens. K.Ringland to order.

Mother's Day stall. P&C to order gifts next week. Raffle prizes to be donated by parents.

Easter Celebrations. P&C will hold Easter raffle-Donations to be made by parents. Canteen may run lunch/drinks on this day.

Horse Sport Event – Endorsed by P&C last meeting. To be held on 20th June. P&C responsible for helping run event and Canteen. T.Butler doing plenty of groundwork on this. Expected to raise a few thousand dollars. Canteen/horse helpers will be needed for this event.

Student injury insurance renewal- Vote to be held next meeting.

Next meeting to be held 1/4/2014.

The simplest way

...to create a tasty arvo snack

Try this quick, tasty banana toastie recipe to add some fruit to your kids' arvo tea.



Ingredients

- | | |
|---------------------------|----------------------------------|
| 1 small egg, beaten | 1 banana, sliced |
| 1 tsp orange juice | 1 tbsp sultanas |
| 1 tsp caster sugar | Pinch of cinnamon |
| 4 slices multigrain bread | 1tbsp reduced-fat ricotta cheese |

Method

1. Combine egg, juice, ricotta and sugar.
2. Add banana, sultanas and cinnamon and mix.
3. Place two slices of bread on the sandwich maker, divide mixture over the two slices, top with remaining slices of bread
4. Toast until heated through and egg is cooked. 1 serve of fruit. Serves 2.

Yum! Simple + delish!

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