



MILLFIELD PUBLIC SCHOOL NEWS



23rd October, 2015

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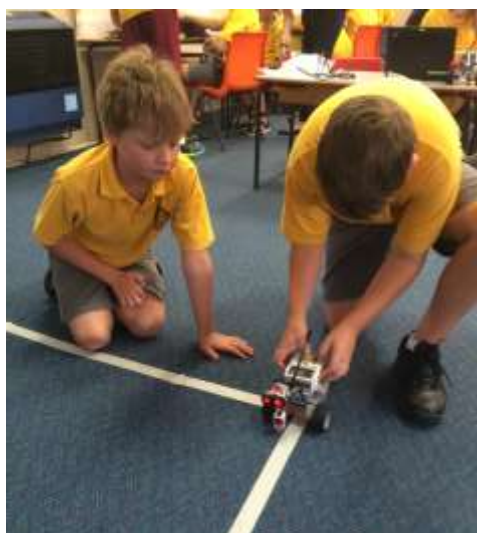
Week 3, Term 4

Celebrating our Grandparents

We will be holding a special assembly next Friday as part of our annual Grandparents Day Celebrations to recognise everything our grandparents do for us. The afternoon will start with afternoon tea at 1.45pm followed by a special assembly where students will share some great Grandparent themed items.

Afternoon Tea – 1.45pm Assembly 2.15-3pm

Robots on the move



The 4/5/6 class participated in a video conference with Macquarie University as part of their robotics unit. Students were taught how to program their robots using computer software to complete a range of actions. They had to use estimation, and trial and error through continual testing until the programming was accurate. Students will experiment further with the robots over the next few weeks.

Parent Numeracy Sessions – Learning how to help your kids

Thank you to all parents who attended one of our numeracy sessions yesterday. We hope you found them useful and now feel more confident with how to help develop numeracy with your kids. We hope to hold more sessions later in the term so if any parents have requests for topics of need let us know.

More information on how you can help your child at home is available at
<http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics>



Dates for your Calendar

Term 4

Fri 30th Oct
Grandparents Day

Tues 3rd November
Musica Viva

Thurs 5th November
Cricket Gala

Mon 16th - Wed 18th Nov
Stage 3 Camp
\$270 (Due 6th Nov)

Thu 3rd November
MVHS Orientation Day
(Year 6)

Presentation Day
Thursday 10th Dec
9.30am

Last Day of Term
Wednesday 16th Dec

Attachments

- Unexplained absences
- Outstanding fees
- Overdue library books

Musica-viva Performance –November 3rd

“Meet a prince, celebrate a wedding, dance a fisherman’s jig! Your students will do all this and more when Pastance visits our school. With its unique blend of traditional Celtic music, melodic songs and rare historic instruments, Pastance transports students across the continents and through the centuries. Students will have the opportunity to play percussion instruments, such as the spoons, bodhrán (bow-rawn) and washboard, and interact with the ensemble’s distinctive, hand-crafted instruments like the triple harp, Baroque guitar, shawm... and of course, the bagpipes! Most of all, Pastance demonstrates the power of music to tell a story”.



This performance is for all students and has a subsidised cost of only \$5. Permission notes were sent home yesterday. Parents and younger siblings are more than welcome to attend free of charge and join in the fun.

League Tag Day

Congratulations to all students who participated in the league tag day on Tuesday. The team showed some great skills, fitness, determination teamwork and sportsmanship.



Having fun at CATS (Come and Try School)

Our future kindergarten students have been busy this term getting to know each other in preparation for starting school next year. This week they made some fantastic happy clown masks, demonstrating some great craft skills! Our future parents have also been hard at work learning all about starting school in sessions on Numeracy, and Healthy Lunchboxes. This program will continue until week 6 before the kids get a break before starting next year.



From the Kitchen Garden Corner



In the garden

This week in the garden, Broccoli and carrots worked hard in the garden this week by giving our gardens some mushroom compost, feeding our citrus trees, planting Lebanese eggplant and basil and most importantly, staking our tomatoes that are growing very quickly!

In the Kitchen

This week in the kitchen, the Raddish group were busy researching Italian foods including pesto. We used our kitchen skills to create an amazing pesto, using fresh ingredients- straight from the garden! We added the pesto to the pasta and everyone gave it a thumbs up! Raddishes also experimented with a range of homemade herbal teas, choosing their own herbs from the garden.



How much sugar are you drinking?

A sweet drink may hit the spot, but those refreshing sips can be flooded with sugar. When you're eating a meal or snack, do you ever factor your drink in to the overall kilojoule intake? Because if you don't, you may be guzzling a small meal's worth of kilojoules on top of your food.

Seemingly healthy drinks can be full of added sugar. Some contain more than 50g — that's nearly 13 teaspoons, or the equivalent of five fun-size Mars Bars! But not all sweet drinks belong in the naughty corner. Milk is one of the best sources of calcium, and freshly squeezed juice contains vitamin-rich fruit. Still, you need to check ingredients lists for flavourings, which can smuggle in added sugars to enhance the taste.

If these kinds of drinks make regular appearances in your diet, consider this: If you reduced your daily sugar intake by 10 teaspoons (one sugar-fuelled drink), you'd lose about a kilo a month. Try to think of sweet drinks as you would sugary snacks — enjoy them in sensible portions, and savour the flavour.

The best advice? Make water your drink of choice and save the sweet stuff for the occasional treat. Hydrating H₂O is easy to find and affordable, not to mention free of fat, sugar and kilojoules.



Buy a Bandanna for Bandanna Day

National Bandanna Day is Canteen's largest fundraiser and will be held on Friday 30th October.

Bandannas play a significant role as a symbol of hope and empowerment for people who are affected by cancer and are worn during their cancer journey. Show your support and help us raise funds for young people with cancer by purchasing a Bandanna \$4 on sale now at the office.

CLASSROOM NEWS

Class Awards K/1/2

Congratulations to this week's award recipients:

Alyssa Singleton using expression and fluency whilst reading
Ella Szkopkowski showing great skills in gymnastics

Class Awards 2/3/4

Congratulations to this week's award recipients:

Mason Holbert improvement in writing
Katelyn Shepherd informative and entertaining writing

Class Awards 4/5/6

Congratulations to this week's award recipients:

Angelina Bodycote being an enthusiastic learner towards robotics
Brodie Singleton great participation in League Tag



Library Awards

Congratulations to this week's award recipient:

Cooper Hollingshed always sharing insightful comments at story time



Congratulations to the following students who have reached Bronze and Silver Level for Demonstrating Positive Behaviours.

Award	K/1/2	2/3/4	5/6
BRONZE  Have earned \$20 Millfield Dollars for Positive Behaviours	Sara Lethbridge-Coyle 22/5 Abi Bedford 22/5 Alyssa Singleton 22/5 Sari Carpenter 22/5 Stuart McCarry 22/5 Lakota Kasteel 29/5 Chain Golledge 29/5 Kayley Thompson 29/5 Hayley Butler 12/6 Chloe Josephson 12/6 Mason Duncombe-King 12/6 Kellara Dooley - 26/6 William Russell - 26/6 Ella Szkopkowski - 26/6 Cooper Hollingshed - 26/6 Jade Probst - 26/6	Riley Dederer 12/6 Jorja Shearer 19/6 Jack Davis 26/6 Mason Holbert 26/6 Paige Holbert 17/7 Bethany Shepherd 17/7 Hunter Copeland 24/7 Katelyn Shepherd 24/7 Mathew Hurley 31/7 Samara Tiedeman 7/8 Lily Brell 7/8 Dylan Winship 7/8	Kyedon Harrison-Brown 15/5 Drew Dodgson 17/7 Erin Jackson 31/7 Jack Atkins 24/7 Rose Brell 7/8
SILVER  For earning \$40 Millfield Dollars through Safe, Respectful and Responsible Behaviours		Jasmin Harris 28/8 Kaleb Henry 8/10 Molly Russell 8/10 Jessica Butler 8/10 Makayla Cagney 8/10 Paryss Morton 16/10/15 Molly Bedford 16/10 Paige Holbert 23/10 Mason Holbert 23/10 Matthew Hurley 23/10	William Cagney 28/8

Principal's Award

Congratulations to Rose who receives this week's principal's award. Rose has been demonstrating fantastic friendship in the playground by noticing students who are sad or have no one to play with and offering to join them in a game. Great work Rose!

