



# MILLFIELD PUBLIC SCHOOL NEWS



14<sup>th</sup> August, 2015

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**Week 5, Term 3**

## Bunnings gives a helping hand in the garden

Next Wednesday will see a transformation in the veggie garden as a team from Bunnings Cessnock will be at school overhauling our garden area as part of our Kitchen Garden Program. We are very excited and fortunate to have the support of Bunnings Cessnock to help us satisfy the Stephanie Alexander Kitchen Garden Foundation Program philosophy. This includes donating materials, time and labour to construct 3 large (3.6m x 1.2m) garden beds, soil and seedlings as well as fruit trees for Planet Ark's National Tree Day. Bunnings support will enable us to begin growing spring vegetables selected by their dedicated horticulturalist and permaculturalist and create a productive garden for our Kitchen Garden classes. We look forward to our springtime harvest! **Students are advised to bring an old, large shirt to wear while planting. Other materials will be provided by Bunnings.**

## Zone Athletics Results

Congratulations to our Zone Athletics participants who had a great day at Turner Park last Friday. There were some excellent results, with many students improving from their times/distances from the small schools carnival. A special mention to Drew Dodgson ( 11yrs Discus and Shot Put) and Jasmin Harris (Junior Shot Put) who excelled in their events and have progressed through to the Regional Carnival to be held at Glendale on Friday 28<sup>th</sup> August.



Jasmine and Drew are off to Regional

## Roadworks update – Changes to drop-off/ pick up to improve safety.

The roadworks out the front of school will head to the next phase over the next few weeks which involves the removal of any parking out the front of the school. To improve the safety of students and parents, we have made some temporary changes to the car park area to allow separate an entry and exit points. To ensure the safety of our students while there is increased traffic in this area please:

- **Reverse park** your car to avoid backing out when students are around.
- Try to **arrive before 3pm.**
- **Exit** via the temporary gateway at the bottom of the car park.
- **Take your time** and be patient!
- Talk to your children about the importance of **walking in the car park**



## *Dates for your Calendar*

### Term 3

**Wed 19th August**  
Bunnings Garden  
Kullaburra Awards

**Friday 21<sup>st</sup> August**  
Stage 2 Excursion  
Sydney  
\$65

**Mon 24<sup>th</sup> –Fri 28<sup>th</sup> Aug**  
Bookweek  
**Friday 28<sup>th</sup> August**  
Bookweek parade

**Tues 1<sup>st</sup> Sept**  
Yr 6 –Math/Science Fun  
day @MVHS

**Intensive Swimming**  
Mon 7<sup>th</sup>-Fri 11<sup>th</sup> Sept  
\$35

### ATTACHMENTS

Overdue Library Books  
Outstanding Accounts  
Outstanding absences

## PSSA Soccer

Unfortunately our school soccer team met their match on Thursday against a very strong Mulbring side, losing 5-0. Our players tried very hard but were outclassed on the day. Well done to our team for making the 3<sup>rd</sup> Round. With the majority of players in Year 5 or younger, we look forward to further success next year.



## Botany Bay Video Conference

On Thursday, students in **Years 2-4** will participate in a video conference with Botany Bay Environmental Education Centre called 'Captain Cook and the Secret instructions.' **Students are invited to choose a character from the list below and bring in a simple prop** to signify their chosen character e.g. a wooden spoon for a cook, a paint brush for an artist.

- botanists, Joseph Banks and Daniel Solander
- an astronomer, Charles Green
- 2<sup>nd</sup> lieutenant
- 3<sup>rd</sup> lieutenant
- marines
- a one handed cook
- artists
- sailors



## *From the Kitchen Garden Corner*



**In the Garden-** This week the Broccoli and Carrots prepared for our Bunnings visit by researching what a horticulturalist and permaculturalist does, spring planting vegetables and companion planting. Jack and Mason found an interesting website explaining 'good neighbours' and 'bad neighbours' that taught them which plants compliment each other. Be kind to your neighbours!

**In the Kitchen-** This week the Raddishs were able to harvest a large amount of fresh spinach from our garden. After a huge harvest of the spinach we blanched the spinach then using our safe knife skills we finely chopped the spinach. Raddishs then crumbled some feta cheese to combine with the spinach and created feta and spinach triangles using pastry. After cooking in the oven we tried our delicious creation and were very impressed with our results!

**PRODUCE FOR SALE - Eggs \$4 per dozen.**

**Pick your own Spinach - \$2/bag**

**Pick your own Lettuce - \$2 each**

**Pick your own Oranges - \$2/dozen**



## **Zone Public Speaking a great experience for top speakers**

Congratulations to our Zone Public Speakers who took on the best of the best as part of the Zone Finals held at Nulkaba PS on Monday and Tuesday. Although the results didn't go our way, our students gained valuable experience and saw some exceptional skills that they will be able to incorporate into next year's speeches.

## **Children's bookweek – Monday 24<sup>th</sup>-Friday 28<sup>th</sup> August**

Our school will be celebrating Book Week in Week 7 this Term. This is a chance for students and teachers to become immersed in books, with this year's theme "Books light up our world".

To celebrate this there will be a range of activities on offer for students and parents including:

- A visit from Cessnock Library on 21<sup>st</sup> August
- A Book Fair to be held in the Library all week, with books for sale before and after school.
- Book Week activities including a Book Character Parade on Friday 28<sup>th</sup> starting at 1.30pm.



## **CATS UPDATE**

Our preschoolers have been busy attending our CATS Program (Come and Try School) this term. We have had lots of fun participating in group rotations with activities such as drawing, play dough, puzzles and using technology such as the Smartboard and iPads. Preschoolers have listened beautifully to stories being read and created wonderful crafts based on the story. They have also enjoyed having the whole playground to themselves to run and play in the sandpit. Next term our Transition program will commence during the CATS session and will run from Week 1, with the final session in Week 6. During the Transition Program, pre-schoolers will continue to attend CATS on Thursdays from 2-3pm, parents will attend the parent sessions in the library during this time.



## **Mayoral Colouring Competition**

Mayor Bob Pynsent was at Assembly last week to present Porsha with a prize for winning the Infants division of the Mayoral Colouring Competition. Well done Porsha!

## **Principal's Award**

Congratulations to Jorja Shearer who is this week's principal's award winner. Jorja demonstrated some fantastic sportsmanship, teamwork and friendship at the Zone Carnival last week. Jorja had the opportunity to participate in both the Senior and Junior Relay teams at Zone, but voluntarily gave up her place in the junior relay to allow two of her friends to compete. Great job Jorja!





## CLASSROOM NEWS

### Class Awards K/1/2

Congratulations to this week's award recipients:

**William Russell** showing improvement on writing skills in Independent writing  
**Mason Duncombe-King** excellent knowledge on 3D shapes in morning routine

### Class Awards 2/3/4

Congratulations to this week's award recipients:

**Katelyn Shepherd** trying her best in maths  
**Riley Dederer** creative thinking in maths

### Class Awards 4/5/6

Congratulations to this week's award recipients:

**Kyedon Harrison-Brown** improvement in writing  
**Blake Bodycote** writing a fantastic rhyming couplet poem




### Library Award

Congratulations to this week's award recipient:

**Kyedon Harrison-Brown** an excellent overall effort during library lessons

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

Award	K/1/2	2/3/4	5/6
<b>BRONZE</b>  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	Jessica Butler 12/6 Makayla Cagney 12/6 Riley Dederer 12/6 Molly Russell 19/6 Jasmin Harris 19/6 Jorja Shearer 19/6 Tommy Golledge 19/6 Molly Bedford 19/6 Jack Davis 26/6 Mason Holbert 26/6 Kaleb Henry 17/7 Paige Holbert 17/7 Bethany Shepherd 17/7 Hunter Copeland 24/7 Katelyn Shepherd 24/7 Mathew Hurley 31/7 Paryss Morton 31/7 Samara Tiedeman 7/8 Lily Brell 7/8 Dylan Winship 7/8 Alex Lombardi 7/8	Kyedon Harrison-Brown 15/5 William Cagney 15/5 Drew Dodgson 17/7 Erin Jackson 31/7 Jack Atkins 24/7 Rose Brell 7/8

## P&C News

### Spring Fair News

**Raffle Books** have been sent home with all parents this week for our Spring Fair Raffle. There are a great range of prizes up for grabs, with the raffle drawn at 12pm on the day of the fair ( Sunday 30<sup>th</sup> August). Please return all sold tickets and money by Friday 29th August. If you do not wish to sell any tickets please return the complete book to school ASAP.

**A helpers roster** will be sent home next week with all families given a time to help out at the fair. If you wish not to be added to this roster or have a specific time you wish to help, please let the school know by next Thursday. Remember, many hands make light work!

**Canteen Roster -** We are still looking for some extra helpers for canteen each Monday. If you can help out please contact the school office. We can't run a canteen without helpers.

3rd Annual

# Millfield Spring Fair

Sunday  
30th August, 2015

Millfield Public School

9am—2pm

Ride all day Amusements \$20 Prepay (\$25 on day)

Food and Drinks

Karate/Dance Demonstrations

Market Stalls

Live Music

Fun events

Wood Chopping Demo 11.00am—1.00pm

Community Services Displays

Classic Car Display

Live Auction (12pm) and raffles with great prizes

**THE FERRET RACING IS BACK!!!! Plus new to 2015—**

**Australian Postie Bike Grand Prix display including**

**GRID GIRLS**



## Rhubarb Jam Productions

**is coming to Mulbring!**

Join RIP and acclaimed singer/songwriter LYN BOWTELL for a series of after school workshops with an end of term performance inspired by INSIDE OUT!!



**CALL OR EMAIL  
FOR BOOKINGS  
& ENQUIRIES**

- Focus on drama & songwriting
- Participants create the production alongside professional mentors
- Build confidence & creativity
- Workshops suitable for ages 5+
- Tuesday or Friday afternoons

Kim 0423 381 864

Anna 0410 309 298

info@rhubarbjam.com.au

**www.rhubarbjam.com.au**



## TRIPLE P SELECT PROGRAM

Triple P Parenting Seminars

Week 1 Tuesday, 1<sup>st</sup> September 2015

Week 2 Tuesday, 8th September 2015

The two seminars will cover the following topics:

- The Power of Positive Parenting
- Raising Confident, Competent Children &
- Raising Resilient Children

*This program is free*

Time: 9.30 am - 12.00 pm

at

5 HALL STREET,  
CESSNOCK

THERE WILL BE NO CHILD CARE AVAILABLE.

To book a place or for more information please phone

**CESSNOCK FAMILY SUPPORT SERVICE**

on

**4990 4507**



Seminars are presented by an accredited Triple P practitioner  
Financial assistance for this service is provided by Community Services, Department of Family and  
Community Services NSW.



Nutrition Snippet

# The simplest way

...to pack a healthy lunch box.

Packing a healthy lunch box is one way to get your kids eating the right amount of fruit and veg. There are a few ways of making healthy lunch boxes hassle free:



- Pack the night before, so it's not a rush in the morning.
- Always pack a serve of fruit: chopped or sliced for younger kids, or a fruit salad for a change.
- Always pack a serve of veg: think sliced veggie sticks, hummus or veggie dip, left over roast vegies.
- Include salad on your child's sandwich – every bit counts!
- Include wholegrains and a serve of protein (lean meats, eggs and tofu all count)
- Add a serve of dairy and a bottle of water.

**Remember to aim for five serves of veg, and two serves of fruit every day!**

For more information visit

[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)

or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

