



MILLFIELD PUBLIC SCHOOL NEWS



11th September, 2015

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Week 9, Term 3

Huge improvements seen after week of swimming

It has been extremely pleasing to see such huge improvements in our students swimming abilities during Intensive Swimming this week. Students of all levels have learnt vital skills in the water which will improve their confidence and most importantly safety heading into the summer season. With Kurri pool open all year, and Cessnock Pool opening in the holidays it will provide a great chance to head to the pool with your kids so they can show off and build on their new skills.



Earn & Learn Stickers Due by 16/9/15

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school. We're now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So this week, please send in your Woolworths Earn & Learn Sticker Sheets by Wednesday morning 16/9/15 and any loose Earn & Learn stickers you may have. Remember to check your handbag, the car glove box or they may be stuck on the fridge. Every little bit helps. Thanks again for all your support.



Allergies at school – Egg and Peanut

Please be aware that we have several students with food allergies at our school. These include egg and peanut allergies which can have severe effects such as anaphylactic reactions. Please keep this in mind when packing your child's lunchbox and limit these foods if possible to reduce the chance of reactions and keep our kids safe.

Book fair a huge success

Thank you to all students and parents who supported this year's book fair as part of our annual book week celebrations. Over \$1200 worth of books were purchased, which not only means our kids have some great books to read at home, but that the school library will receive \$400 worth of books from Scholastic. Ms Durie has already picked out some great titles so keep your eyes on the shelves next time you are in the Library.



Dates for your Calendar

Term 3

Premiers Spelling Bee –
Singleton
Mon 14th Sept

Worms Worms Worms!
Thursday 17th Sept.

What's Due

Stage 3 Camp Deposits
Wed 16th Sept

Woolies Stickers
Wed 16th Sept

ATTACHMENTS

Overdue Library Books

Outstanding Accounts

Outstanding absences

Worms Worms Worms!

All students will have a special visit from the Environmentors next Thursday to teach us all about worms and how we can use these in the garden to improve the soil and our crops of vegetables. They will run two sessions from 12.40-1.40 (K-2) and 2-3pm (3-6) . Parents are welcome to come in and learn with us if they wish.



Interrelate sessions– “Moving into the teen years” (Year 6)

Year 6 students will be heading to Kearsley Public School next term to take part in sessions on “ Moving into the teen years”. “*Moving into the Teen Years*” explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life. Interrelate’s fully trained and experienced educators, who adhere to a strict code of ethics, conduct the program. Interrelate has more than 85 years’ experience in this field and has a reputation for providing excellence in sexuality and relationship education. As we see this as an important program for our students, the school will be covering the \$35 ticket cost for each student to ensure all students have the opportunity to attend. Further information and permission notes have been sent home with students today.

All parents are invited to participate in the Tell Them From Me (TTFM) Partners in Learning survey designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?

Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

What does it involve?

This online survey takes about 15 minutes to complete. It is anonymous and voluntary.

If you have more than one child at this school, and feel that your children’s experiences differ, you can complete the survey more than once.

How can I participate?

You can access the survey in your own time, between 17 August and 16 October 2015.

Follow the link below on your computer or tablet:

https://nsw.tellthemfromme.com/j_acegi_security_check?j_username=parent18096&j_password=Mil2555

Parents are also more than welcome to use one of the school computers before, during or after school to complete the survey if they wish.

More information on the Partners in Learning survey can be found on the NSW Department of Education’s TTFM website: <http://surveys.cese.nsw.gov.au/>

From the Kitchen Garden Corner



Spinach and Feta Triangles

Did you want to try making these at home?

Students have been making these in Kitchen lessons over the past three weeks and have received rave reviews! They are really simple to make and need just a few ingredients. Why not grab some Spinach from our Veggie garden next time you are in for only \$2 a bag!

Ingredients: Spinach
Feta Cheese
Filo or puff Pastry
Butter

Steps:

- 1) Lay out one sheet of filo or puff pastry. Brush with melted butter or spray with oil spray. Lay another sheet of filo pastry on top. Cut into three strips.
- 2) Place the spinach and feta at the bottom of the pastry and fold over to make a triangle.
- 3) Keep folding in a triangle shape until the pastry is at its end. Use butter or spray to stick down the edge.
- 4) Lightly brush the pastry with butter or oil spray and place in the oven for 20 mins on 190C.
- 5) Enjoy



Produce for sale :- Spinach (\$2/bunch), Eggs (\$4 per dozen)

P&C News

Christmas Raffle – Our great Christmas Raffle was launched at the Spring Fair with the prize being a new Kids Motorbike package valued at over \$2000. If anyone would like to take a book to sell at work etc. please feel free to get one from the office. Tickets are \$5 each.

P&C meeting

Our next P&C meeting will be held next week on Wednesday 16th September at 3pm in the Library. We will debrief on the Fair and look at what will be happening in Term 4.

Canteen Thanks

A huge thank you to Felicity Lucock and Jodie/Ben Dederer for filling in at the canteen at last minute last Monday. This ensured no kids missed out on lunch. It is much appreciated.

Nutrition Snippet

The simplest way

...to make pizza, healthy!

Healthy pizzas are easier to make than you think...

What you need

- multigrain English muffins/or pizza bases
- tomato paste
- diced vegies, i.e.:
 - diced mushroom,
 - diced tomato,
 - diced capsicum,
 - pineapple pieces,
 - grated carrot,
 - olives
- reduced-fat grated cheese



Method

- spread tomato paste on muffin
- place vegies on top and sprinkle with cheese
- bake in oven/ under grill until cheese melts and is golden...watch your kids enjoy eating vegies!

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



BELLBIRD JUNIOR FOOTBALL CLUB SCHOOL HOLIDAY COACHING CLINIC

WHEN: 21ST, 22ND and 23RD SEPTEMBER, 2015.
9.30am to 12.00pm each day.

WHO: UNDER 6's to UNDER 12's club players-boys and girls.

WHERE: Carmichael Park, Bellbird

COST: \$130.00 per player.

PLAYERS RECEIVE: One (1) Football.
One (1) Water Bottle.
Fruit and drinks each day.
BBQ on the last day.

7 ½ hours of coaching from FFA accredited ADVANCE FOOTBALL CENTRE Inc. coaching staff- www.advancefootballcentre.com.au

APPLICATION FORM

FIRST NAME:

SURNAME:

AGE:

DATE OF BIRTH:

ANY HEALTH PROBLEMS OR DISABILITIES:

PARENT/GUARDIAN SIGNATURE:

DATE:

CONTACT PHONE NUMBER:



FREE Mattress Drop-Off

Drop off your old mattresses and ensembles
FREE of charge for re-use and recycling

- Saturday 19 September 2015 • 8 am to 12 noon
- Hunter TAFE Cessnock Campus, Darwin St Cessnock

Conditions apply: Cessnock City Council residents only - proof required
• Five mattresses or bases accepted per household • No pedestrian access - vehicles only

 

For more information call 4993 4300 or
visit www.cessnock.nsw.gov.au/mattress

This project is a NSW EPA Waste Less, Recycle More initiative funded from the waste levy.