



MILLFIELD PUBLIC SCHOOL NEWS



14th October, 2016

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Week 1, Term 4

Welcome back

It has been great to see all of our students back after what sounds like a fantastic holiday break for all. It was also a great chance to recharge the batteries, in preparation for what is usually an exciting term to finish the year including leaders elections and presentation day towards the end. It is also the time of year when we ask for your help in setting the future directions of everything we do at Millfield Public School. Over the next couple of months, we will be evaluating many of our current practices and determining what changes, if any need to be made. As part of this evaluation we will be conducting a range of parent surveys and forums to gain feedback (positive and negative) on a range of school issues to drive ongoing improvement across the school.

Garden upgrades providing more food for the kitchen.

Thanks to Bunnings Cessnock, our school veggie gardens have received a boost with 3 new gardens full of plants installed by their team (with help from our kids) in the last week of term. These plants have grown nicely over the holidays, with some ready to use when our Term 4 Kitchen/Garden program kicks off in week 3.



Dates for your Calendar

Term 4

Mon10th October
Staff and Students
return

Tue 18th-Thu 20th Oct
Stage 3 Camp
Approx. \$320

Attachments

Homework note

New Canteen menu

Outstanding Accounts

Unexplained Absences

Great skills on display at Bike Day

After having to postpone the day early in Term 3, it was all sunshine for this year's bike day, much to the delight of our resident bikers. Students took part in a range of activities including races, skills work, and the road safety course.



Stage 3 Visit Canberra

Our year 5 and 6 students will head off to Canberra next week for 3 days packed full of activities in our nations capital. This supports learning in the classroom on government, as well as providing a great environment to strengthen relationships, build independence and have a lot of fun in the process. Students will need to meet the bus at 6am on Tuesday from Millfield PS so set those alarms! A reminder that students must wear their best school uniform (including black shoes) for the visit to Parliament house on the first day. Students not attending the excursion are expected to attend school as normal next week.



This year's itinerary includes.

- Parliament House
- Dinosaur Museum
- Questacon Hands on Science
- Australian War Memorial
- Australian Institute of Sport
- National Museum
- Royal Australian Mint
- Telstra Tower
- National Capital Museum

Good Luck Drew!

Drew Dodgson will next week head to Homebush for the State Athletics Carnival after some amazing results at Regional last term. He will compete in Shot Put on Wednesday morning and Discus on Thursday afternoon. We wish you luck and hope you have been eating your spinach to have those muscles ready to go !



CATS Parent Sessions have started

Our weekly CATS sessions for next year's Kinder students continue this term, with parents now going through their paces to help them prepare their kids for school next year. As part of these sessions all parents are welcome to join our new parents if there is a topic of interest or you wish to brush up on your skills.

These include:

- **Healthy eating/Lunchbox planning** 19th Oct (2.30pm)
- **The importance of good attendance** 26th Oct (2.00pm)
- **Travelling to and from school safely** 26th Oct (2.30pm)
- **Helping your child to read** 2nd Nov (2.30pm)
- **The importance of correct speech** 9th Nov (2.00pm)
- **Developing your child's resilience** 9th Nov (2.30pm)

Principal's Award

Congratulations to Molly Bedford who receives this week's Principal's Award. Molly is always respectful to others and is responsible in the classroom and playground. Well done Molly.



Recognising our safe, respectful and responsible learners

Class Awards K

Harrison Brown being responsible with his new glasses
Lilly-Rose Walker outstanding improvements in writing

Class Awards S1

Kellara Dooley trying hard in writing
Jade Probst a great first week back to Term 4

Class Awards S2



Rose Brell working cooperatively and productively in groups
Jessica Butler displaying great skills when working with number patterns

Class Awards S3

Jye King always working well in maths groups
John-Bruce Pitomac being a respectful and responsible member of Millfield PS



PBL Special Awards

Award	K	1/2/3	4/5/6
BRONZE  Have earned 20 Millfield Dollars for Positive Behaviours	Makayla Crowley 6/5 Harmony Connell 6/5 Kirtida Udas 6/5 Jesse Hefren 6/5	Hunter Copeland 6/5 Kaleb Henry 13/5 Chloe Josephson 13/5 Bethany Shepherd 20/5 Katelyn Shepherd 20/5 Phoenix Denning 29/7	Lily Brell 18/5 Makayla Cagney 18/5 Nelson King 18/5 Jessica Butler 3/6 Bayley Morton 3/6 Tane Carpenter 3/6 Angus Shepherd 10/6 Dylan Dederer 10/6 Drew Dodgson 10/6 Jacob Dederer 10/6 Rose Brell 10/6 Molly Russell 10/6 Kane Villa 10/6 Alex Lombardi 29/7 Samantha Snedden Dylan Windhip 16/9
SILVER  For earning \$40 Millfield Dollars through Safe, Respectful and Responsible Behaviours	Cooper Wing 17/6 Grace Eddy 17/6 Nicholas Sparkes 24/6 Masani Clark 24/6 Harrison Brown 24/6 Sophie Kennedy 24/6 Mercedes Morton 22/7 Moana James 22/7 Lilly-Rose Walker 22/7 Leah Probst 22/7	Stuart McCarry 22/7 Abigail Bedford 22/7 Hayley Butler 22/7 Molly Bedford 22/7 Riley Dederer 22/7 Jack Davis 22/7 Sari Carpenter 29/7 Mason Duncombe-King 29/7 Joshua Lucock 29/7 Paige Holbert 29/7 Kellara Dooley 12/8 William Russell 12/8 Samara Tiedeman 12/8 Jye King 12/8 Cooper Hollingshed 19/8 Ella Szkopkowski 19/8 Kayley Thompson 19/8 Chloe Hague 16/9 Jade Probst 16/9	Blake Bodycote 29/7 Cloe Hindmarsh 5/8 Chloe Ford 16/9 Nelson King 16/9

P&C News

Canteen opens Monday

Thank you to all parents who have volunteered to help out in the canteen this term. It means we will be able to start canteen on Monday.

Canteen Roster Term 4		
Week/Date	Helpers needed	
Week 1 – 10 th October	No Canteen	
Week 2 – 17 th October	Jodie Dederer	Tina King
Week 3 – 24 th October	Jenny Mackay	Joy Thompson
Week 4 – 31 st October	John & Diane Barnes	Felicity
Week 5 – 7 th November	Jenny Mackay	Joy Thompson
Week 6 – 14 th November	Felicity	Tiffany
Week 7 – 21 st November	John & Diane Barnes	
Week 8 – 28 th November	Felicity	Tiffany
Week 9 – 5 th December	Pam Dodgson	Felicity

New Summer Canteen Menu

Please see attached this term's canteen menu on the next page which starts next week. Please ensure that orders are handed into the canteen prior to school with orders clearly labelled and the correct money if possible.

Wollombi Tennis Club

All ages and abilities- Coaching

(Enquiries and bookings: 0400 331 553)

Perceptual Motor Program *(Suitable for children in K-2).*

A great introduction to basic tennis technique and focusing on improving **perceptual motor skills** in a fun, play based environment.


Weekly League-Grades 3-6.(open to all levels)

Our tennis program combines our own Leader System, with Tennis Australia Hot Shots to deliver a state of the art tennis program. The Hot Shot Red, Orange, Green & Yellow balls offer players a progressive pathway while the Leader System develops players through stroke production, court positioning, tactics, sportsmanship, etiquette and team work. Teaching the framework of key skills "first" allows the more intricate skills to fall into place. Tennis is a family, life long and a world sport. By hitting a lot of balls you can learn to play. With some Leader Skills you can go all the way.

Orange ball coaching programs (Ages 7-10yrs) and Green ball 11-12 years available.

Times: Coaching –Mon After school. League (to be confirmed)
Conducted by Chris Herden- Tennis Australia Club Professional,





The simplest way

...to protect your eyes.

Did you know?
Ultraviolet (UV) radiation can cause both short- and long-term eye issues. Long periods of UV radiation exposure can cause serious eye damage, including cataracts and various cancers.



Choosing the right sunglasses
Sunglasses (even cheap ones!) can protect you if they fulfil these requirements:

- ✓ They are wrap-around, close fitting, with large lenses.
- ✓ They meet the Australian Standard AS/NZS 1067:2003. The standard has five categories of sun protection, from 0 (the lowest UV protection) to 4 (the highest). Choose sunglasses of category 2 or higher, as these absorb 95% of UV radiation.
- ✓ They have an Eye Protection Factor (EPF) of 9 or 10, which blocks out almost all UV radiation.

Don't forget your sun-safe hat to further protect your eyes.

Eye protection at the snow
Snow reflects sunlight so wear goggles or sunglasses which meet the Australian standard AS/NZS 1067:2003. This will avoid 'snow blindness' (sunburn on the eyes' surface) which is painful and can contribute to long-term damage, such as cataracts.

To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

Millfield Public School

Canteen Price List Term 4 2016

Hot Food

Chicken Burger	\$3.50
Large Meat Pie	\$2.70
Party Pie	\$1.00
Sausage Roll	\$2.70
Pizza	\$2.50
Chicken Nuggets (limit 5 per order)	\$0.50
Garlic Bread	\$1.00
Corn on the Cob	\$1.00

Drinks

Apple Popper	\$1.00
Orange Popper	\$1.00
Strawberry Milk	\$1.50
Chocolate Milk	\$1.50
Bottled Water	\$1.00
Cold Milo	\$0.80

Tubs

Warm chicken & salad	\$4.00
Party Pie (x2) & salad	\$4.00
Nuggets (x4) & salad	\$4.00
Tuna & salad	\$4.00
Tropo Tub – 4 x Nuggets, pineapple ring and a corn cob	\$4.50

Snacks & Treats

Juices Stick	\$1.00
Moosies (Ice Cream)	\$1.00
Ice Cream Cups	\$1.00
Quelch Iceblock	\$0.50
Fruit Piece	\$0.20

Honey Soy chips \$1.00
(range maybe different from week to week with homemade products)

Wraps, Sandwiches

Chicken salad wrap	\$3.50
Salad wrap	\$3.00
Chicken wrap or sandwich	\$3.00
Tuna salad wrap or sandwich	\$3.50
Vegemite sandwich	\$1.00
Cheese Sandwich	\$1.00

Sauces

Tomato	\$0.30
BBQ	\$0.30

Lunch Bags **\$0.30**

- Chicken burger comes with lettuce, cheese and mayo unless stated on your order.
- Sandwiches, wraps & salad tubs contain lettuce, tomato, cheese, carrot, cucumber & beetroot unless stated on your order.

Please enclose the correct money with your child's name, class and lunch order. If your child has money to purchase items at recess please ensure they have it safely enclosed in a purse or wallet.



Foods written in GREEN are nutritious, healthy and low in saturated fat, sugar and salt.
 Foods written in AMBER have some nutritional value and have moderate levels of saturated fat, sugar and salt.