



# MILLFIELD PUBLIC SCHOOL NEWS



**5<sup>th</sup> January, 2016**

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**Week 2, Term 1**

## Fun, friendships and learning in Kinder's first week

What an amazing first week we have had in Kindergarten! We are learning class and school routines quickly and have made lots of new friends. We have enjoyed participating in Fitness each day and meeting other students in the school. This week we started Jolly Phonics in



class and are learning three sounds a week! We have also started our Maths groups in class and are busy in the morning session learning our numbers and lots of new maths activities! We had a lovely visit in the library on Thursday with Ms Durie singing and reading books. We also enjoyed visiting the garden, we picked some fresh tomatoes and discovered vegetables growing! We have had a wonderful first week and will be ready for a well-deserved rest over the weekend! *Check out our facebook page or website for more great photos.*



## Updating student details

A new year often sees changes in student contact details as houses moved, numbers changed or emergency contact changes. Often in the craziness of starting school, these are not always updated with the school. Attached to the newsletter this week is a sheet containing the details we have on record at school. Could you please look carefully through these and update any phone numbers or addresses and return to the office as soon as possible to ensure we can contact you in an emergency. Could you also check the part around employment and education status as we need to ensure these are up to date as they affect our funding for the next year ( especially if changing from working to not working ( or vice versa). If you have any questions please contact the office for more information.

## *Dates for your Calendar*

### Term 1

**Tuesday 16<sup>th</sup> Feb**  
Small Schools  
Swimming Carnival  
(8 years and up)  
Leaving 8.40am  
**\$5**

**Thursday 25<sup>th</sup> Feb**  
Zone Swimming

**Fri 25<sup>th</sup>-Mon 28<sup>th</sup> Mar**  
Easter long weekend

### Attachments

**Updating student details**  
Please return by the end of next week even if there are no changes.

**Student Banking information**

**Bookclub** please return by Tues 16<sup>th</sup> Feb

**Road Safety Brochure**

**CANTEEN  
STARTS  
THIS  
MONDAY  
8<sup>th</sup>  
FEB**

**(Menu is attached)**

## Road Safety Reminder

You may have noticed that we had a visit from the council ranger before school on Tuesday. The ranger's role is to monitor driving behaviour before and after school to ensure our kids stay safe. The rangers frequently visit our school and will give tickets to vehicles not obeying the road/parking rules. He informed us one of our parents was extremely lucky in not being given a \$539 dollar fine for stopping in the disabled park when dropping off their child. It was only passed onto the school as a reminder.

Remember: –

- Don't stop in the no stopping zones outside the school or at the crossing ( \$338 fine)
- Don't stop in the disabled park without a valid permit (\$538 fine).
- To cross at the crossing if having to cross the road.
- Don't park across driveways
- Don't perform a u-turn over a double line
- Ensure you have legally restrained your child in the car

*See the attached school safety brochure for more information*



## Small School's Swimming Carnival – 16<sup>th</sup> February

Students aged 8 years and over will head to Cessnock Pool on Tuesday the 16<sup>th</sup> for the Small School's Swimming Carnival. Students from Millfield, Paxton, Kitchener, Ellalong, Mulbring, Congewai and Laguna will participate in a range of formal swimming races and fun activities in the pool. Students will catch a bus leaving school at 8.40am and return by 3pm. A range of activities are available for non-swimmers throughout the day with across the pool races and novelties organised. Cost will be \$5 which includes pool entry and bus. Spectators pay at pool and will cost \$2. Please return all money and notes by Monday the 15<sup>th</sup> February. Permission notes will be sent out on Monday 8/2/16.

## Recognising our safe, respectful and responsible learners

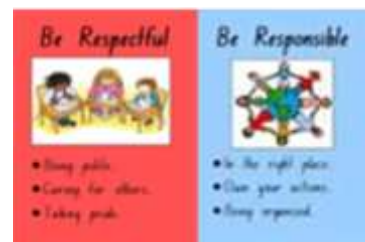
### Class Awards K

**Sophie-Lee Kennedy** being a happy and helpful student  
**Cooper Wing** being a wonderful listener in class



### Class Awards S1

**Alyssa Singleton** being a happy and helpful class member  
**Jade Probst** working well independently



### Class Awards S2

**Makayla Cagney** always being a focused and positive learner  
**Kaleb Henry** a settled and mature attitude toward his work

### Class Awards S3

**Samanatha Sneddon** having a great start to Year 6  
**Jacob Dederer** being an on task learner during Maths groups



### Principal's Award

Congratulations to Joseph who receives the first principal's award for 2016. Joseph has been a great leader in the classroom this week by demonstrating our school values to new kinders. Well done Joseph.

## COMMUNITY NEWS



A workshop run by  
The Family Action Centre  
&  
Cessnock Samaritans



### 1-2-3 Magic Parenting Program

Free  
workshop!

**Easy-to-learn Parenting  
solutions that work**  
For parents with children 2-12 years

**1-2-3 Magic** is a leading resource for parenting solutions that are easy to learn and are proven to work.

An effective and positive way to discipline your children. 1-2-3 Magic offers parenting solutions that are easy-to-learn and that **WORK!**

**Venue: Samaritans Information &  
Neighbourhood Centre - Cessnock**

**Date: Monday 7, 14 & 21 March 2016**

**Time: 10am - 12noon**

To express your interest, please contact:

Lesley Asher  
Phone: 4921 5758  
Email: [Lesley.Asher@newcastle.edu.au](mailto:Lesley.Asher@newcastle.edu.au)

**BOOKINGS ESSENTIAL**

[www.newcastle.edu.au/research-and-innovation/centre/fac/about-us](http://www.newcastle.edu.au/research-and-innovation/centre/fac/about-us)

Presented with the support of:  
*Child and Parenting Support*



#### Topics covered include:

- Children are not mini adults.
- Too much talk, too much emotion.
- Brain development: toggling.
- Patterns in families.
- Remaining flexible as a parent.

"An end to the arguing and yelling!"

"It saved our lives"

"Simple, sane, effective"

This course is being run by a  
Parents@ licensed  
practitioner.  
[www.parentshop.com.au](http://www.parentshop.com.au)

## Good for Kids good for life

### PACKING A HEALTHY LUNCHBOX

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child's lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
- Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.



PHONE 4924 6499

## BELLBIRD JUNIOR FOOTBALL CLUB

[www.bellbirdjuniorfootballclub.com](http://www.bellbirdjuniorfootballclub.com)

[bellbirdjfc@huntervalleyfootball.net.au](mailto:bellbirdjfc@huntervalleyfootball.net.au)

Registration Days:

When - Saturday 6<sup>th</sup> and Saturday 13<sup>th</sup> February

Where - Bellbird Workers Club

Time - 9am to 1pm

All players must register online before attending registration day  
[www.myfootball.com.au](http://www.myfootball.com.au)

Players must attend one of the above days to finalise registration. This includes paper work, merchandise and payment of fees

•Entry Level - 5-7 years \$85

• Junior 8-11 years \$100

• Youth 12-18 years \$115

• Senior Amateur \$210

New players receive a club shirt  
New players require copy of birth certificate

Enquiries - Belinda Johnston 0412-971-479

## PAXTON BOWLING CLUB

# KIDS

# DISCO

SATURDAY 13TH FEBRUARY

6PM TILL 9PM



JUST DANCE partners

# Doctor comes to your home

**Bulk Billed** (no cost to you)

Home Visits

Bulk Billed

Nights  
Weekends  
Public  
Holidays

365  
Days

Call **13 99 99** or book online: [dahd.com.au](http://dahd.com.au)



SunSmart Snippet

## The simplest way

...to get your vitamin D!

Did you know:

- Our bodies make vitamin D when skin is exposed to sunlight?
- We need vitamin D as well as calcium to maintain good health, in particular to keep our bones and muscles fit and strong?
- Sun protection is required when UV levels are 3 and above?

Does sunscreen stop vitamin D?

- Sunscreen filters out most, but not all UV radiation.
- People who use sunscreen regularly (when UV levels are 3 and above) don't have lower vitamin D levels than people who do not use sunscreen.



To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



**HUNTER**  
DENTAL GROUP

CESSNOCK, GREENHILLS & DUNGOG DENTAL  
4990 1279 • 4934 7877 • 4992 3366

## Child Dental Benefits Schedule

An Australian Government Dental Scheme

**YES WE BULK BILL!!**

Families that receive Family Tax Benefit Part A or other eligible government payments can receive **\$1000** basic dental treatment for children aged 2-17 years.

For eligibility phone Medicare **132 011**  
For appointments call us today!

