



# MILLFIELD PUBLIC SCHOOL NEWS



**11<sup>th</sup> March, 2016**

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**Week 7, Term 1**

## Fun and Fitness at League Tag Day

Our stage 2 and 3 classes headed to Carmichael Park on Tuesday to participate in a league tag day organised by the NRL. We had 4 teams entered overall and some great skills were on show. It was a non-competitive format which allowed all participants to get involved, with no scores kept or competition points given. Well done to all involved for your great sportsmanship. While there one of the Newcastle Knights also spoke to students on the importance of:

- Getting enough sleep – at least 11 hours for Primary students
- Eating a healthy breakfast to give you energy for the day
- Drinking plenty of water to keep your body hydrated and brain tuned in.



## *Dates for your Calendar*

### Term 1

**Wed 23<sup>rd</sup> March**  
P&C AGM

**Thurs 24<sup>th</sup> March**  
Easter Hat Parade  
2pm

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

### Attachments

Unexplained absences  
Accounts  
Receipts

### Returns

## Helping your child become a better speller

Spelling correctly is an important life skill. It helps with communication and often is the first thing people judge you on when seeing written work. Here are some quick tips to help improve spelling with your children.

- Use everyday opportunities to draw your child's attention to words.
- Talk to your child about how you spell and what you do when you don't know how to spell a word.
- When your child comes to words they can't spell, encourage them to look at the new words, say them, cover them with their hand, write them from memory, and then check them.
- When learning to spell an unknown word, first talk about what the word means.
- READ, READ, READ. Good spellers often rely on memory to spell words. The more words you see, the more you will be able to spell.
- See your teacher for specific strategies that may help your child.

## Recognising our safe, respectful and responsible learners

### Class Awards K

**Lily-Rose Walker** always being a kind and caring student  
**Harmony Connell** presenting her news with confidence and expression



### Class Awards S1

**Kellara Dooley** being an organised and independent learner  
**Sari Carpenter** improvement in reading

### Class Awards S2

**Lily Brell** a concentrated effort in maths groups  
**Cooper Orr** always trying his best in literacy and numeracy



### Class Awards S3

**Rose Brell** gaining increased confidence in Maths  
**Blake Bodycote** trying his best at League Tag

### Principal's Award

Congratulations to Bethany who is this week's Principal's award. Bethany had a fantastic day at the league tag day on Tuesday, showing great skill, effort and sportsmanship. Well done Beth.



## P&C News

### Easter Raffle Tickets/Donations

Thank you to everyone who has already sold raffle tickets or donated eggs for the prize. Please send your empty books back if you wish not to sell tickets. Donations of eggs and tickets need to be returned by Tuesday 22<sup>nd</sup> March.

### P&C Annual General Meeting ( Postponement)

Due to other commitments we will need to move the AGM back a week to Wednesday 23<sup>rd</sup> March. We apologise for the late notice.

### Canteen Roster ( Term 1 2016)

Mon 14/3	Teresa Butler	Tiffany Wing	Louise Robertson
Mon 21/3	Felicity Lucock	Tiffany Wing	Louise Robertson
Mon 28/3	Easter Monday – No Canteen		
Mon 4/4	Teresa Butler	Tiffany Wing	Louise Robertson

## NORTHERN NEW SOUTH WALES FUTSAL

8 Maria Court FLORAVILLE NSW 2280 (02) 4946 1891  
george@nnswfutsal.com.au www.nnswfutsal.com.au



## Dear Cessnock and Surrounding Districts Football Clubs FUTSAL IS COMING TO CESSNOCK BASKETBALL STADIUM SOON .

**What is Futsal ?** Futsal is the fastest growing indoor sport in Australia where your football members can play the sport for FUN, FITNESS or establish PATHWAYS to achieve Australian representation. Normally played on a small pitch size of a basketball pitch and with a low bounce ball, giving players more time on the ball and improving their decision making.

Hunter Futsal Strikers in conjunction with Cessnock Basketball will be introducing Futsal into the area come this September and to introduce the sport to the local juniors we will be running a April School Holiday clinic (Two day course) conducted by ex- Australian Futsal representative Russel Lopez , Current AFA Men's World Cup Coach George Poulos and NSW Junior Futsal coordinator Guy Peluso.

**Where ;** Cessnock Civic Indoor Sports Centre ; <http://newcastlebb.wix.com/hunterbasketball>

**When:** Morning session;

Monday 11<sup>th</sup> April from 10 to 1pm (Under 6 to under 8 ) .

and Tuesday 12 April from 10 to 1pm (Under 6 to under 8 ) .

Afternoon session ;

Monday 11<sup>th</sup> April from 2 pm to 5pm (Under 11 to under 12 )

and Tuesday 12 April from 2 pm to 5pm (Under 11 to under 12 )

Morning session;

Wednesday 13<sup>th</sup> April from 10 to 1pm (Under 9 to under 10 ) .

and Thursday 14<sup>th</sup> April From 10 to 1pm (Under 9 to under 10 ) .

Afternoon session ;

Wednesday 13<sup>th</sup> April from 2 pm to 5pm (Under 13 to under 15 )

and Thursday 14<sup>th</sup> April from 2 pm to 5pm (Under 13 to under 15 )

BOYS AND GIRLS WELCOMED !

**Cost;** \$90.00 for both days ( 6 Hours ) \$75.00 for any second child . Includes a free H.F.S jersey / Shirt to keep. Please email person or ring with your child's name, a contact number, age group and size .( e.g size 6,8 10, 12 ,14 boys sizes ). You can pay on the day cash or cheque BUT must enter your intention ASAP and before the 4<sup>th</sup> of April 2016. Regards NNSW Futsal .



Health  
Population  
Health

**FREE & fun program for fitter, healthier,  
happier kids!**

**Are you worried about your child's weight?**

Go to [www.go4fun.com.au](http://www.go4fun.com.au) to see if your child could do Go4Fun.

Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities and learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

Go to [www.go4fun.com.au](http://www.go4fun.com.au) or call 1800 780 900 to see if your child could do Go4Fun.



**Bellbird Junior Football  
Club**

BJFC is still accepting late  
registrations!

Limited places are still available in all ages from  
U6 through to U12

Contact the club now to secure your place in a team

All new players receive a free club shirt

Rego fees are \$85 for 5-7 years; \$100 for 8-11 years; \$115 12 years

On-Line Registration Required: [www.myfootball.com.au](http://www.myfootball.com.au)

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

Facebook: Bellbird Junior Football Club

Website: <http://www.bellbirdjuniorfootballclub.com/>

Phone: Belinda on 0412 971 479



# The simplest way

...to cook quesadillas.

## Beef & Veggie Quesadillas

Serves: 5

**Ingredients:** 1 tbsp olive oil; 1 med brown onion, chopped; 1 clove garlic, diced; 200g button mushrooms, chopped; 500g beef mince; 1 large zucchini, grated; 1 large carrot, grated; 2 medium tomatoes, diced; ½ tsp ground cumin; ½ tsp ground coriander; ¼ tsp cinnamon; 10 medium tortillas; 250g reduced fat cheese, grated.



**Method:** Cook onion, mushrooms and garlic in frypan with olive oil until soft. Add mince and spices. Brown the mince, add zucchini, carrot and tomatoes. Cook for about five minutes. Lay a tortilla flat, layer half with cheese, a few spoons of mince and top with more cheese. Fold over. Cook in sandwich press until cheese melts and tortilla is golden crisp. Cut in half. Serve with salad. Refrigerate leftovers and add to lunch boxes.

**Variation:** add a tin of kidney beans for a more authentic Mexican dish and extra veg.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

Eat It To  
Beat It 