



MILLFIELD PUBLIC SCHOOL NEWS



29th April, 2016

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Week 1, Term 2

Showing our respects on ANZAC Day

Thank you to all of our students, staff, parents and community members who turned out at ANZAC ceremonies on Monday. More than 100 people braved the 5am icy breeze of the dawn service held at school including many students. 25 students then represented our school in the ANZAC March and ceremony in Cessnock looking great in our uniforms. Thank you to the following students and staff who took time out of their holidays to represent our school on this important day. Nelson, Drew, Dylan D, Jacob, Cloe, Rose, Angus, Tane, Jessica, Chloe F, Mason H, Paryss, Makayla, Jack, Paige, Jye, Chloe J, Riley, Hayley, Sari, Cooper W, Josh, Christopher, Lily-Rose, Sophie, Masani, Miss Pringle and Miss Cornish.



Multicultural performance –The Peasant Prince (Years 1-6) – \$10

Students in Year's 1-6 will head to the Cessnock Performing Arts Centre on Tuesday for a theatrical performance of 'The Peasant Prince'. This story tells the story of Mao's Last Dancer a 10-year old peasant boy, is plucked from his village in rural China and sent to a ballet academy in the big city. He leaves everything and everyone he knows, including his beloved parents. Over years of gruelling training and determination, this boy transforms from an impoverished peasant to a giant of the international dance scene. Kindergarten students will stay at school, they will head to a performance of their own later in the term.



Dates for your Calendar

Term 2

Tues 3rd May

CPAC Performance
"The Peasant Prince"
\$10

Thu 5th May

School Cross Country
10.15am

Friday 6th May

Mothers Day stall and
assembly

Tue 10th-Thur 12th May
NAPLAN TESTING
Years 3 and 5

Thu 19th May

Zone Cross Country

Tuesday 24th May

Author Visit
(Free)
Musica Viva
(Free)

Wed 25th May

Stage 2 Excursion
Awabakal - \$25

Fri 27th May

Small Schools Athletics
Carnival K-Y6

Tuesday 31st May

K-2 Transport
Excursion (Cost TBC)

Wed 1st June

Questacon Science
Circus (Free)

Thu 2nd June

Photo Day

Fri 10th June

School horse Sports

Attachments

New Canteen
Price List

Thanking our Mum's next Friday 6th May

Special Assembly/Afternoon Tea – We invite all our Mums to school next Friday for a special Mother's Day Assembly which will include afternoon tea. Afternoon tea will be held from 2–2.20pm, followed by a special assembly which will include a variety of presentations from our kids. We hope to see you all there.

Mothers Day Stall. – Our P&C will hold a mother's day stall next Friday to allow students to purchase Mother's Day Presents for their mums. Prices range from \$1 to \$5.



A busy term of Sport ahead

Term 2 is jam packed full of Sporting activities to keep us fit and warm through the winter months. Some of these include:

School Cross Country/Fun Run – Will be held next **Thursday 5th May** starting at 10.15am at school. Students will run around the track (1km for ages 5–7, 2 km for ages 8–10 and 3km for ages 11–13). Parents are more than welcome to come and cheer us on or do a few jogging/running laps themselves. Students will be selected in the age groups of 8 and up to compete in the **Zone Cross Country on May 19th at Cessnock Racecourse**. Please return all fun run sponsorship forms on this day so that we can send away for the kids prizes nice and quickly.

Small school Athletics Carnival– Will be held on **Friday 27th May** at Turner Park Cessnock. All students will attend this great day which is split into a primary and infants carnival. Primary students will participate in field event trials in the coming weeks to select participants for specialty events.

PSSA Soccer/Netball – The first round of these knockout competitions will be held over the coming weeks with trials to select our teams happening next week.

Sports Day Change – Wednesday instead of Friday this Term

Our Sports Program this term will be Gymnastics and will be held on a Wednesday instead of Friday. Gabby's School of Gymnastics will again run the program which was much loved by the kids last year. This program builds a range of fundamental movement skills and builds the strength of our kids. Please ensure your child wears their maroon sports shirt, shorts and joggers each Wednesday this term.



Selective High School and Opportunity Class Placements Close soon

For parents of wishing to enrol their child in a selective high school in 2017, applications can be obtained from Mr Anderson. This may include schools such as Hunter Sports High School, Hunter School of Performing Arts or Merewether High School. **Applications close on Tuesday 2nd May.**

Applications for placement in the Year 5 Opportunity Class at Cessnock West in 2016, can also collect applications. Applications close on **Friday 13th May.**

The importance of arriving to school on time.

With Winter approaching, it becomes that little bit harder to get to school/work on time. What many parents don't realise however is that arriving even 5mins late at school can have dramatic short and long term social and academic consequences. To encourage on time arrivals, we will be running a special competition this term to find the class who has the best punctuality. The winning class will receive a special prize that the students are currently concocting.

Did you know arriving late affects both your child and everyone else's by:

- your child missing important teaching which starts the moment students enter the door.
- Causing the teacher to stop teaching the class and start over again in many cases, to acknowledge your child's arrival or fill them in on what they have missed.
- Creating increased anxiety for your child, affecting their whole perception of school.
- Building an acceptance of lateness which is not tolerated in the workforce. Let's set them up for lifelong success early.

Improving your morning routine for school: tips

- Try getting up 15-30 minutes earlier. The extra time might help things run more smoothly. Also try to allow plenty of time to get from home to school. Rushing can really increase everyone's stress levels.
- Think about an alarm clock for children who find it hard to wake up or don't like getting out of bed.
- Tackle the morning as positively and as optimistically as you can. Good moods can be infectious. One way to do this is by focusing on the positive aspects of your children's behaviour and praising them – for example, 'Great to see you eating some toast'.
- If your children are young, remind them what they're meant to be doing and when. Simple 'to do' checklists, even with pictures, can help as a reminder.
- Once your children are old enough, encourage them to do more for themselves – for example, getting dressed on their own, making their own breakfast, and tidying up after themselves. Mornings are easier when your children are more independent.
- Cut down on distractions. Television can distract children from getting ready, and many families have a rule about no television in the morning. Think about leaving the TV off, unless it's a special treat for being ready on time.
- Give your children calm and clear instructions about what you want them to do, and follow up with specific praise as soon as they start to cooperate. Try not to give your children extra attention for arguing, whining or stalling. Even negative attention is an incentive for them to keep going with this behaviour.
- Be prepared the night before. Pack the school bag, and get their clothes out ready before you go to bed.

Recognising our safe, respectful and responsible learners

Class Awards K

Jesse Hefren using good strategies when reading an unknown word
Merceded Morton always working hard and trying her best in Maths

Class Awards S1

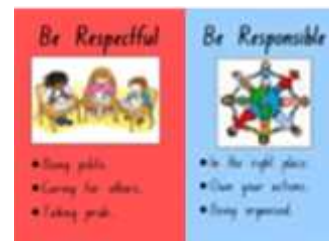
Kayley Thompson always having a positive attitude towards learning
Coooper Hollingshed always having a positive attitude towards his learning


Class Awards S2

Alex Lombardi being a settled class member and trying hard at all times
Mason Holbert always doing his best and showing enthusiasm in class

Class Awards S3

Bayley Morton writing a great persuasive text
Cloe Hindmarsh always being an on task learner in all learning areas



Award	K	1/2/3	4/6
BRONZE  Have earned 20 Millfield Dollars for Positive Behaviours	Leah Probst 29/4 Moana James 29/4 Mercedes Morton 29/4 Joseph King-Griffiths 29/4 Nicolas Sparkes 29/4	Abigail Bedford 29/4 Sari Carpenter 29/4 Stuart McCarry 29/4 Molly Bedford 29/4 Joshua Lucock 29/4	

P&C News

Canteen – Canteen will start this Monday. We are still looking for some volunteers to help out when they can of a Monday. Please leave your name at the office if you can help. We can not run canteen without helpers!

Canteen Roster Term 2 2016

2/5			
9/5			
16/5			
23/5			
30/5			
6/6			
20/6			
27/6			

COMMUNITY NEWS




Health
Hunter New England
Local Health District

Does your child receive regular, high quality dental care?

Hunter New England Oral Health provides comprehensive dental care for all children, at no cost. We are a non-profit government organisation dedicated to providing the best care for your child.

Make a dental appointment today!
Call 1300 651 625

Our clinic locations:

- Armidale • Beresfield • Cessnock • Forster • Glen Innes • Gunnedah • Inverell • Maitland • Moree • Muswellbrook • Narrabri • Nelson Bay • Newcastle • Raymond Terrace • Scone • Singleton • Tamworth • Taree • Toronto • WallSEND • Windale

Cessnock, Schools as Community Centre

TERM 2, 2016



PLAYWORKS - Mondays
Koe-Nara, 10 am to 12

LET'S PLAY - Tuesdays
Koe-Nara, 10 am to 12

STORIES - Wednesdays
Bunnings: April 27, May 25 & June 29
10.30am with Family Insight
Morning tea provided

PLAYWORKS - Thursdays
Cessnock East Public School, from
9am to 11am

BABIES - Thursdays
Koe-Nara, 12.30pm to 2pm

STORIES - Fridays
Abermain Public School 2.30pm to 3.10pm

Playgroup operates in school terms only—starting April 29 2016
All groups are free
Morning tea for the children is provided at our supported playgroups

For more information:
489 9354 or
(02) 363 854
Koe-Nara, Cessnock
Schools as Community
Centre

Families@Cessnock



Nutrition Snippet

The simplest way

...to shop in season and save.

Buying fruit and veg when it is in season is much cheaper than at other times of year. It's better quality and tastes better too.

Autumn heralds a host of new season produce. Here is a guide for March, April and May:

FRUIT
Apple (Red Delicious, Granny Smith), Avocado, Banana, Custard Apple, Fig, Grapes, Grapefruit, Kiwifruit, Mandarin (Imperial), Melon, Nashi, Orange (Valencia), Passionfruit, Pear, Plum, Persimmon.



VEGETABLES
Asian Greens, Beans (Green), Beetroot, Broccoli, Cabbage, Capsicum, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Leek, Lettuce/Salad Mix, Mushroom, Onion, Peas (Snow), Potato, Pumpkin, Shallots, Spinach, Sweetcorn, Tomato, Turnip, Zucchini.



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

Eat It To Beat It

Good for Kids good for life

HEALTHY LUNCHBOX INSPIRATION

When packing lunchboxes it's easy to fall into a routine. It can be difficult to think of new, interesting and healthy options to include. Why not try some of the following healthy ideas in your child's lunchbox?

- Pita pockets with tuna/corn/mayo mix
- Sushi rolls
- Rice cakes with low fat cheese and tomato
- Savoury muffins packed with vegetables
- Vegetable fried rice
- Mini pizzas from dinner leftovers
- Triple decker sandwich fingers
- Cheesy tomato vegetable pasta



For more healthy lunchbox ideas visit the 'Packing Healthy Lunchboxes' section of the Good for Kids website:
www.goodforkids.nsw.gov.au

 **Health**
Hunter New England
Local Health District

PHONE 4924 6499