



MILLFIELD PUBLIC SCHOOL NEWS



2nd September ,2016

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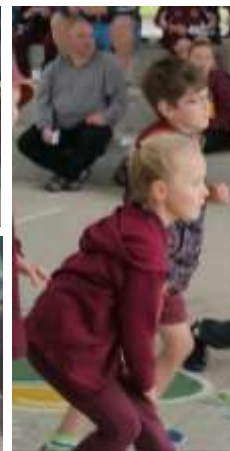
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Week 7, Term 3

Happy Father's Day to all of our Dads

With Father's Day this Sunday, we would like to take the opportunity to thank our dads, step dads and pops for everything they do for us. They play such an important part in the learning journey and personal development of our students and it is great that they come and join in school activities. One of these activities was this morning's Father's Day breakfast which included the annual **Paper Plane Throwing Competition**. Students and their dads spent time making and testing their planes while filling their bellies with Bacon and Egg Sandwiches. On a rain effected track, The Dad's competition was again taken out by Charles Cagney who defended the title he took over last year. Many thanks to everyone who joined in and had a few laughs along the way. Thank you also to those parents who stuck around and helped to wrap the Fathers Day presents and man the stall for the kids.



Intensive Swimming starts next week

Our annual intensive swimming program starts on Monday the 5th September. This program is heavily subsidised through the sporting schools initiative and reduces the cost for each student to only \$10 for the week (including bus and pool entry). This is great value compared to private lessons which can range upwards of \$20/lesson out of school time. Students will be grouped according to experience and skill level with all ability levels catered for. All students from K-6 will be attending this initiative with no supervision available at school. Students will leave school at 11.15am and return by 3pm. Students will need to bring spare underwear, a plastic bag for wet gear and lunch and recess.



Dates for your Calendar

Term 3

**NO CANTEEN ON
MONDAY 5th Sept
due to Swimming**

5th-9th Sept

Intensive Swimming
\$10

Tue 6th Sept

Maths/Science Fun Day
(Year 6 only)
\$5

Wed 7th Sept

Soccer v Somersby

Wed 7th Sept

P&C meeting
3pm

Wed 14th Sept

Discovery Day
(Year 5 and 6)

Thu 15th Sept

Healthy Harold Visit

Wed 21st Sept

Bunnings Garden Day

Friday 23rd Sept

Bike Day

24th Sept-10th Oct

School Holidays

Term 4

Mon 10th October

Staff and Students
return

Tue 18th-Thu 20th Oct

Stage 3 Camp
Approx. \$320

Attachments

**Unexplained
absences**

**Overdue library
books**

Accounts

Receipts

Another successful Spring Fair

It was great to see so many of the Millfield community turn out to support this year's Spring Fair on the 20th August. It was a great day with lots of things to see and do for all age groups. A huge thank you to all families who donated prizes, helped with organisation or offered their services in the canteen on the day. The fair raised a **whopping \$3709.94 profit** which will be used to purchase resources for our students. Great effort! A special thank you to Jodie, Ben and Teresa who contributed heavily in planning this great event.



Mixing it with the best at Regional Athletics

Congratulations to Drew, Nelson and Samantha who qualified for the regional athletics carnival held in Glendale today after some outstanding performances at the Zone Event. To qualify for regional, students must finish in the top two positions in their event at Zone which included all schools from Cessnock and Kurri Kurri so it is amazing effort to have three students from such a small school making this level. Drew and Sam have both qualified in the Discus and Shot Put events, with Nelson qualifying in the high jump.

Great results from the Zone Carnival included.

Drew Dodgson – 1st in Senior Discus and Senior Shot Put

Sam Snedden – 2nd in Senior Shot Put and Senior Discus

Nelson King – 2nd in 11yrs High Jump and 3rd in Long Jump

Bob Haddin – 4th in 8yrs 100m.



PSSA Soccer vs Somersby PS

Our soccer team will meet its toughest challenge yet when it comes up against a strong Somersby Public School team next Wednesday 7th September. The winner of this game will head to Sydney on the 22nd of September to take place in the State Small School Finals as one of the last 4 teams left in the state. The game will be played at Carmichael Park Bellbird starting at 10,30am. Parents and spectators are welcome to come and cheer the team on. Good luck!

Recognising Aboriginal Achievement at the Kullaburra Awards

Three of our Aboriginal students were recognised on Wednesday 24th of August at the annual Kullaburra (meaning “special’ in traditional language) Awards night at Mount View HS. The awards celebrate students who have achieved in the areas of Sport, Leadership and Attendance.

Congratulations to:

Tane Carpenter– Allrounder award – for achievement in sport and academic areas.

Samantha Snedden – Sports Award – for representation at Zone level in multiple sports.

Chloe Ford– Attendance Award – for outstanding attending in 2016.



Maths/Science Fun Day – Year 6

Years 6 have been invited to attend a Maths Science Fun Day at Mount View High School next Tuesday 6th September., where they will participate in a variety of fun activities based around Maths and Science. Students will rotate through a range of fun Science and Maths activities at both the High School and Basketball stadium throughout the day. It offers a great introduction to what High School has to offer and allows students to mix with other students starting year 7 next year, building friendships along the way.

BOOKWEEK CELEBRATIONS

Our school was overrun last Friday by witches, princesses, transformers, bikers and everything in between as students capped off BOOKWEEK with our annual book character parade. It was a great sight to see such a wide range of costumes and even better to see the joy it brought to each child. What a great way to Instill a love of books and set our kids up for literacy success. Thanks to all of our parents who obviously had a hand in making this day such a spectacle. The book fair in the Stage 2 room was also a success with many families purchasing books for home. The amount of books sold was over \$1200 worth which means Ms Durie now gets to choose \$400 worth of new books for our school library. Well done!



Stage 2 Thrive at School Camp

Our Stage 2 students spent Monday and Tuesday of Week 6 living the good life at Morriset Outdoor Adventure Camp. This camp allowed students to build independence, learn new skills and strengthen friendships. With many students apprehensive about spending their first night away from home, they are now biting at the bit for the next overnight excursion that might come their way.

Stage 2 have completed some great reviews about each aspect of camp below.

Sleeping the night (by Samara)– There were six beds in our room which all of us girls got to sleep in. In the middle of the bunk beds there was a heater and a window green and white curtains. I slept on the top bunk which was lots of fun.

The food (by Paige) – The food on camp was delicious. It started with Cinnamon doughnuts the moment we hopped on the bus. We also had cheeseburgers for lunch which was the best lunch ever! We had Spaghetti Bolognaise for tea and coco pops and pancakes for breakfast.

High Ropes– High Ropes is an activity where you have a harness and a helmet. You go up stairs and walk on an obstacle course way up high. First there is a wobbly rope. Then there was a bit that had ropes coming down off the top wire. There was also one with red rubber shaped thing and lots of other tricky ones. I thought it was fun!



Archery (by Jye)–When we got to archery, we got taught how to shot a bow and arrow. Step one was to face the bush. Step two was to turn your body but not your legs. Step three was to put the arrow with the bow and attach it. Step 4 was to pull back and let go.

Rock Climbing (by Makayla)–At the rock climbing we had to have a harness and helmet. There was a 10m wall and a 5m wall. This is how it worked. Every time a person took a step on the wall, you would have to pull the rope and before they climb they say "on and ready". The people who are pulling have to say "wedgie time". The person climbing then says "climbing" and starts up the wall using their hands and feet. It was great fun!



The Giant Swing (by Lily) – On the Giant swing, it was so fun!. First you put on the red body harness and your helmet for safety. After you strap yourself in, the leader attached two ropes. Then everyone helped to pull you 10metres high. The lady pulls a little blue ball and THEN THE FUN STARTS! You swing up and down again and again until you finally stop. It was awesome and I wanted another go!

The Flying Fox(by Winter) – The Flying fox was so, so, so, so fun. When I got on the flying fox I was so,so, so, so scared when I went down that I screamed. When we got to the end we had to run back up the hill. I was so, so, so, so tired that I nearly fell on the ground.

Careers through Science inspires students

Our 4/5/6 class has been working closely with a bunch of University students the past two Tuesdays on a range of science activities. The students from the **University of Newcastle** are working with our kids for four weeks through the **Careers through Science** program. This program aims to encourage kids to look at University as a career pathway and teaches them some great skills like analysing, estimating, measuring and reporting. This will continue in weeks 8 and 9.



From the Kitchen Garden Corner



In the Kitchen

During Week 6 and 7 the Carrots and Broccoli cooked up an Asian inspired feast! We harvested fresh ingredients from the garden such as silver beet, bok choy, pak choy, broccoli, parsley and baby carrots. We then split into three groups and focused on three different recipes. We made Gyoza, Spinach Wontons and a dipping sauce.

Kitchen Garden Recipe of the Week – “Vegetable Gyoza”

Ingredients

250 g canned water chestnuts, drained
1/4 white cabbage
1 small carrot
1/2 onion
1 celery stalk
1tbsp cornflour
1 tablespoon soy sauce
2 tablespoon sesame oil
1 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon white pepper
1 packet gyoza wrappers
2 tablespoons olive oil
gyoza sauce, for serving

Instructions

- 1) Finely chop the water chestnuts, cabbage, carrot, celery and onion.
- 2) Use a clean towel to gently squeeze the mixture to remove excess moisture.
- 3) Transfer vegetable mixture to a large bowl and mix in the remaining ingredients.
- 4) Place a teaspoonful of the vegetable mixture in the centre of each gyoza wrapper.
- 5) Moisten one edge with water, then fold over opposite edge and press down to seal the gyoza into a neat crescent.



Principal's Award

Congratulations to Kayley who receives this weeks Principal's Award. Kayley stood out at Camp by having a go at everything even though she was a bit nervous at times. This is how we overcome our fears and improve in everything we do. Well done Kayley.



Recognising our safe, respectful and responsible learners

Class Awards K

Masani Clark always trying her hardest when writing
Harrison Brown always listening attentively in class

Class Awards S1

Chloe Ford being a responsible partner
William Russell showing skills when learning to count off the decade

Class Awards S2



Paige Holbert always displaying a willingness to help others
Molly Bedford using different strategies to solve maths problems

Class Awards S3

Tane Carpenter great participation in class discussions
Rose Brell being a focused and enthusiastic learner



PBL Special Awards

Award	K	1/2/3	4/5/6
BRONZE  Have earned 20 Millfield Dollars for Positive Behaviours	Kirtida Udas 6/5 Eddie Hadden 2/9 Maddox Junge 2/9	Hunter Copeland 6/5 Kayley Thompson 6/5 Kaleb Henry 13/5 Cooper Hollingshed 13/5 Chloe Josephson 13/5 Jade Probst 20/5 Bethany Shepherd 20/5 Katelyn Shepherd 20/5 Ella Szkopkowski 3/6 Chloe Hague 17/6 Phoenix Denning 29/7 Bob Hadden 2/9	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
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 Jesse Hefren 2/9 Makayla Crowley 2/9 Harmony Connell 2/9	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 Christopher Wright 12/8 William Russell 12/8 Samara Tiedeman 12/8 Jye King 12/8	Blake Bodycote 29/7 Cloe Hindmarsh 5/8

P&C News

P&C meeting – Wednesday 7th September – 3pm

Our last P&C meeting for Term 3 will be held next Wednesday in the Library. It will be a great chance to debrief on the Spring Fair and plan the rest of the years activities, Hope to see you there.

<u>Canteen Roster Term 3</u>		
Week/Date	Helpers	
Week 8 – September 5th	No Canteen Due to Intensive Swimming	
Week 9 – September 12th	Jodie Dederer	Tina King
Week 10 – September 19th	Felicity Lucock	Tiffany Wing

Community News


Nutrition Snippet

The simplest way

...to answer fruit & veg FAQs.

Can we eat more fruit to make up for not eating five serves of veg?

This is a frequently asked question from parents in *Eat It To Beat It* sessions and workshops.

The answer is no. Fruit and veg contain different combinations of vitamins and minerals, which is why there are different recommendations for each.

For more FAQs on fruit, veg, meat and dairy go to the "for parents" section of our website eatittobeatit.com.au.

In the meantime, just remember that the simplest way to ensure you and your family are getting the dietary nutrients you need is to eat a rainbow of different coloured fruit and veg every day!



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





MILLFIELD UNIT GIRL GUIDES

Mondays at 4.30pm – 6pm
St Luke's Hall, Millfield

Millfield Girl Guides has begun it's 3rd year
And we are inviting new member's to join

Guides enjoy a fun and engaging Programme of indoor & outdoor activities
Including games, leadership skills, craft,
Cooking & community involvement.

Guides are led by qualified ladies who
Promote a safe non-competitive environment





This Term at Millfield:

- Hunter Valley Zoo Sleep-out
- Science Programme
- Cyber Safety / Surf Smart
- Cyber Badge
- Cooking & Craft

Your first two (2) visits are FREE so come try us out...

Call Kylie on 0410 323 627

Email: cessnockguides@bigpond.com
www.girlguides-nswact.org.au