



# Muswellbrook Public School

## What's On – Term 1 – Week 3

### Humanity and Excellence

Roger Street, Muswellbrook NSW 2333

Email: [muswellbro-p.school@det.nsw.edu.au](mailto:muswellbro-p.school@det.nsw.edu.au)

Telephone: (02)6543 2500 Fax: (02) 6543 3378

Stay up to date with the Skool Bag App – Muswellbrook Public Skoolbag"

Find us on Facebook: @MuswellbrookPublicSchool



We are  
**SAFE**

We are  
**RESPECTFUL**

We do our  
**PERSONAL BEST**

*Everyone, Everywhere & Every Time*

Dear Parents and Carers,

What a wonderful weekend of rain we've just had! I hope it provided some welcome relief for many in our region.

Luckily, we managed to hold both the senior and junior swimming carnivals last week before the clouds burst. I was so impressed by the fantastic organisation - and the enthusiasm and engagement of the students. Well done to both Ms Coward and Mrs Douglas for their preparations and the team of teachers, parents and volunteers who ensured these days ran so smoothly. Great work! Many students are now looking forward to competing in the PSSA zone carnival at Scone next week. Good luck to you all!

I spent more time of last week getting to know many people in the school community. I particularly enjoyed meeting our school captains and vice captains over morning tea. Jake, Libby, Elka and Joseph all spoke highly of their families and school, and gave me some great pointers on the ways of MPS. I'm looking forward to meeting other student leaders in the days and weeks ahead.

You may have noticed some class teacher changes this year. We extend a warm welcome and welcome back to Ms Hannah Belton on K-6B, Mrs Annette Smith on KS, Mrs Laura Nash, Mrs Chris Rankin and Mrs Gail Southwell in the Engine Room and Mrs Danielle Taverner on 1WT. I know their experience and enthusiasm will contribute enormously to the positive learning culture of MPS.

Please note that our school assemblies commence this Wednesday and Friday.

I look forward to meeting many of you then.

Have a great week!

Fiona Lewis  
*Relieving Principal*



# SWIMMING CARNIVAL

Two fantastic days were had at our annual junior and senior swimming carnivals. Staff, family and community members all commented on the excellent behaviour and sportsmanship of our students. It was wonderful seeing so many individuals having a go and doing their personal best. Roger would have been extremely proud.

A huge thank you must go to all the parents who helped at the carnivals. Particular mention to the Gallen family for their continued support at our school carnivals, your assistance over the few days was above and beyond. Also thanks to Garry Blayden, who is still making appearances and helping out at school carnivals, as well as Sophie and Jacinta for volunteering their time as well. Thank you to Muswellbrook Aquatic Centre and Muswellbrook Swim Club for your commitment to ensure our school carnivals can successfully go ahead.

It was a tight race between our houses. This year's winning house is **Victoria**, congratulations and well done! The results are as follows:

Victoria	Highbrook	Karoola	Bowman
277	271	239	217

The following students will compete on Tuesday 18th February (week 4), in Scone, at the PSSA Zone carnival:

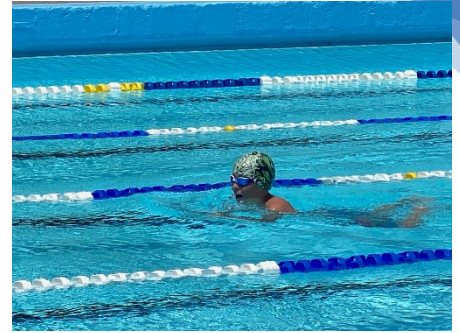
Layla C	Flynn P	Parker V	Ruby G
Livina M	William B	Hayden S	Candace O
Kayla C	Woody S	Tyler W	Isla W
Myah G	John H	Amiliah C	Nate C
Harpa C	Blake G	Bailey W	Isla C
Jyden W	Campbell D	Daniel L	Lacey M
Amy S	Kaeleigh R	Ainsley H	Tyler Mi
Tyler Mu	Hannah J	Sophia M	Taya S
Bette L	Louis B	Isla G	

Good luck to these students.

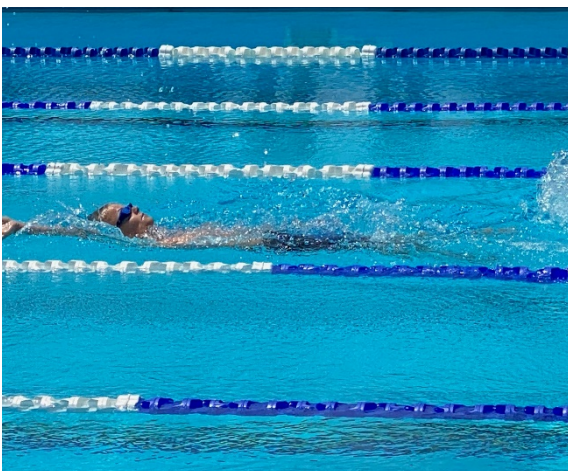


**Ribbons from our Swimming Carnival will be presented at the Week 7 Assembly (13th March 2020)**





## MPS Swimming Carnival 2020





# Estimated Costs for Term 1 – 2020

School Photos	26 <sup>th</sup> & 27 <sup>th</sup> February 2020	Prices will vary according to the pack you choose.
Healthy Harold *	TBA	\$3.00
Voluntary Contributions **	9 <sup>th</sup> April 2020	\$30.00
Maths Text Book **	9 <sup>th</sup> April 2020	Approximately \$22.00
Swimming Carnival	TBA	TBA

## \*Healthy Harold

The proposed dates for Healthy Harold are: Monday 9/03/2020 – 20/03/2020. Please note this is not the payment date. The payment date will be advised on the permission note.

The cost of Healthy Harold has been reduced from \$10.00 to \$3.00 per student due to the generous support of BHP Mt Arthur Coal.

## \*\* Voluntary Contributions and Maths Text Books

Please note both the Voluntary Contributions and the Maths Text Book will appear on the statement issued in Term 1. Payment will be accepted on issue of the statement with final payment due on Thursday 9<sup>th</sup> April 2020.

## Reminder: Students are required to have the following equipment.

Please ensure all equipment is labelled.

Kindergarten	Years 1 and 2	Years 3 & 4 & 5 & 6
Paint Shirt	Paint Shirt	Glue Sticks (4)/ Tissues
Headphones	Headphones	Wooden Ruler/ Pencil Sharpener/Eraser
Plastic Document Wallet	Library Bag	2 x permanent markers
Glue Sticks (4)	Glue Sticks (4)	4 x highlighters (various colours)
Library Bag	Scrapbook – covered and labelled	Safety scissors
Anti-Bacterial Hand wash	Plastic document wallet	12 textas/ 12 coloured pencils
Tissues	Tissues	4 x blue or black pens/ 4 x red pens
	Anti-Bacterial Hand wash	4 HB pencils / Anti-Bacterial Hand wash



## UPCOMING EVENTS

### ASSEMBLY NEWS

**All assemblies will commence this week.**

The K-2 assembly will be held on Wednesdays at 2:30pm and the 3-6 assembly will be held on Fridays at 2:30pm.

### BREAKFAST CLUB

Breakfast club runs from 8.45am to 9.15am on Wednesday, Thursday and Friday at the School Canteen.

The program is aimed at Students who haven't eaten breakfast before coming to school or those children that catch an early bus (as they may need something to top them up).

This program is free and enables Students to have a bowl of cereal and cup of juice.

### HEALTHY HAROLD

MPS will be participating in the life education program starting Monday 9<sup>th</sup> March – Friday 20<sup>th</sup> March 2020.

The cost of the event is \$3.00 per student. This has been subsidised from \$10.00 through the generous sponsorship provided by BHP Mt Arthur Coal Mine.

An information note has been sent home, please complete the permission slip and return to school accompanied by your \$3.

Thank you



How are you  
making the internet  
a safer place?

## POWER FM SCHOOLS BREAKKY

Muswellbrook Public  
School in conjunction with  
Power FM will host the  
Schools Brekky on  
Thursday 20th February  
2020 from 7am.

The Schools Brekky will  
involve fun games and a  
healthy breakfast.

\*\*\*

**Date: Tuesday 11 Feb**  
**Time: 7:00pm - 8:00pm**

**Event:**  
**Free internet safety**  
**presentations delivered**  
**at your local PCYC club**



eSafety Commissioner

[esafety.gov.au](https://esafety.gov.au)



### Parent Information Sessions

Please come along to meet your child's teacher and learn about the curriculum for 2020.

Stage 1 – Wednesday 12<sup>th</sup> February 2020 @ 3:30pm

Stage 2 – Wednesday 12<sup>th</sup> February 2020 @ 4:00pm

Stage 3 – Thursday 13<sup>th</sup> February 2020 @ 3:30pm

Kindergarten – Tuesday 18<sup>th</sup> February 2020 @ 3:30pm

All Parent Information Sessions will be held in the Library.

We hope to see you there!

## Zone Swimming Carnival

Congratulations to the Students who have qualified for the Zone Swimming Carnival. The event will be held on Tuesday 18<sup>th</sup> February 2020.

Students will need to meet Miss Dawson and Miss Harter at the Scone Memorial Swimming Pool at 8:45am.

Cost: PSSA Levy \$5 (paid to the School prior to the event – Monday 17/2/2020), Pool Entry \$2.70 per competitor and a \$2 Spectator fee.

If you haven't received a note but believe you should have please speak with Mrs Douglas as soon as possible.



## YEAR 6 SHIRTS

Year 6 have the opportunity to purchase a Year 6 polo shirt to commemorate their time at Muswellbrook Public School. These shirts will have "Class of 2020" logo on the back, as well as a list of all Students and Teachers names. Students will be permitted to wear their shirts to school on Tuesdays and Thursdays for the duration of the Year.

The cost of the shirts will be \$40 each. Year 6 will do some fundraising activities throughout Term 1 to offset the original higher cost of the shirts.

It is requested that the money be paid by Wednesday 19<sup>th</sup> February 2020. *NO LATE ORDERS WILL BE ACCEPTED.*

## kinder information

A very warm welcome to all our wonderful Kindergarten Students and their families. The Students are off to a great start, making new friends, exploring the playground and their classrooms. This week we have seen some beautiful smiling faces getting off the buses in the morning.

Please note that bus travel arrangements must be made with the bus company prior to your child catching the bus. Please inform your child's classroom teacher of this information before they commence travel on the bus.

Below you will see what days your child has music, library and sport.

Class	Music	Library	Sport
KS	Monday	Thursday	Friday
KT	Wednesday	Wednesday	Friday
KM	Monday	Monday	Friday
KL	Monday	Monday	Friday

**DON'T FORGET TO  
WEAR YOUR SPORTS  
UNIFORM ON FRIDAY.**

# P & C MEETING

TUESDAY 11<sup>TH</sup> FEBRUARY 2020 @ 6PM

THE MEETING WILL BE HELD IN THE STAFFROOM.  
PLEASE NOTE FREE BABYSITTING IS AVAILABLE.

WE HOPE TO SEE YOU THERE.



## LOST AND FOUND

A BAG OF CHILDRENS TOYS WERE FOUND FOLLOWING THE SWIMMING CARNIVAL.

IF YOU HAVE MISPLACED SOME TOYS, PLEASE PHONE THE SCHOOL ON 6543 2500 AND GIVE A DESCRIPTION OF THE TOYS.

**PAYMENT DUE**

Year 6 Students will again be attending Lake Keepit Sport and Recreation Centre this year.  
The camp will take place from Monday 11<sup>th</sup> May – Friday 15<sup>th</sup> May 2020.

A non-refundable deposit of \$150 is required by Tuesday 25<sup>th</sup> February 2020 to secure your child's place on this excursion.

The remaining instalments need to be paid by the following dates:  
2<sup>nd</sup> payment -\$100 is required by Tuesday 24<sup>th</sup> March  
3<sup>rd</sup> payment - \$100 is require by Tuesday 7<sup>th</sup> April





## School Band

Would you like your child to play in the school band?

We offer the opportunity for students to play a concert band instrument in the School Band. These include flute, clarinet, saxophone, trumpet, trombone, low brass, keyboard, glockenspiel, drums, percussion, bass guitar. Students will need to have or to hire an instrument and have lessons on their instrument, either at school or after school and to practice and attend band practice each week.

Band practice will be held on Wednesday mornings, beginning at 8.15am and finishing at 9am in the hall. Start week will be announced based on interested students.

### Why should my child learn music?

Numerous university studies and research have documented how music instruction has a beneficial effect on academic performance and self-esteem.

- Music participation correlates with higher reading, language, and maths skills, in addition to other measures of academic achievement and creativity.
- Music study can actually help below average learners to improve reading and language skills.
- Learning an instrument when young is a lifelong skill which can be enjoyed at many levels.
- Band members learn team work and how to organise their time efficiently, which in turn carries over into all other areas of their school life.
- Best of all the time spent participating in music instruction is not detrimental to academic performance. Multiple studies show no compromise in academic performance for students excused from class to study instrumental music once a week.

If your child is interested, please return the note to school by this Friday and I shall send home more information.

Thank you for your interest,  
Mrs Suzie Troon

My child \_\_\_\_\_ in Class \_\_\_\_\_ is interested in joining the school band.

Name of Instrument my child would like to play : \_\_\_\_\_

Already learning? Yes / No

Have own instrument already? Yes / No

Parent's name : \_\_\_\_\_ Mobile number : \_\_\_\_\_



relationship experts since 1926

## COMING TO OUR SCHOOL ON WEDNESDAY 4TH MARCH 2020

**Session 1 – where did I come from? Starting at 6:00pm**  
(Aimed at students in year 3-4)

**Session 2 – preparing for puberty? Starting at 7:15pm**  
(Aimed at students in years 5-6)

**The cost is \$32 per family for 1 session  
and \$37 per family for 2 sessions.**

**PLEASE NOTE PAYMENT MUST BE MADE IN  
CASH TO THE SCHOOL OFFICE!**

**EVERYONE IS WELCOME TO ATTEND!**

Please see session overview and permission flyer below for  
additional detail.



## Family Program Bundle 2



# overview & session outline

## Session 1: Where did I come from? (Years 3 & 4)

### Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

### Content

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Family structure and family relationships</li> <li>• Male/female babies – which is which?</li> <li>• Protective behaviours</li> <li>• Male/female reproductive systems</li> </ul> | <ul style="list-style-type: none"> <li>• Sexual intercourse &amp; conception including assisted</li> <li>• Foetal development</li> <li>• Twin explanation</li> <li>• Birth</li> <li>• Conclusion</li> </ul> |
|--|---|

## Session 2: Preparing for Puberty (Years 5 & 6) (Years 3 & 4 at parent's/guardian's discretion)

### Objectives

- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

### Content

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Revision of Session 1</li> <li>• How, why and when of puberty</li> <li>• Physical and emotional changes to both boys and girls</li> </ul> | <ul style="list-style-type: none"> <li>• Changes to boys only</li> <li>• Changes to girls only</li> <li>• Why are these changes happening?</li> <li>• Conclusion</li> </ul> |
|--|---|

**Cost:**            **\$32 (incl. GST) per family to attend one session**  
                       **\$37 (incl. GST) per family to attend both sessions**  
                                  Includes an Interrelate Educator

**Please Note:** A minimum charge of \$590 per school (\$649 incl.GST) applies where attendance numbers do not meet or exceed this amount. This charge covers both sessions.



**Family Program Bundle 2**

# Permission Flyer

**Session 1: Where Did I Come From?**
**Time: 6:00pm**
**Audience:** Year 3 and 4 students and their parents/carers

**Sessions:** 1 x 60-minute session

**Program focus:**

- Discuss the male and female reproductive systems, foetal development and the birth process
- Personal safety and protective behaviours

**Note:** Older students are encouraged to attend if they have not previously seen this program.

**Session 2: Preparing For Puberty**
**Time: 7:15pm**
**Audience:** Year 5 and 6 students and their parents/carers

**Sessions:** 1 x 60-minute session

**Program focus:**

- Discuss the physical changes of puberty, emphasising that it can be different for everyone
- Develop students' understanding of periods and sperm production, as well as the physical, emotional, social and intellectual changes associated with puberty for both boys and girls
- Enhance awareness of children's personal safety and protective behaviours

**Note:** Younger students are welcome to attend at the discretion of their parents/carers.

**Family cost: 1 session \$32 per family | 2 sessions \$37 per family**

Please note that this cost is GST inclusive

**Where:** Muswellbrook Public School

**When:** 04-Mar-2020

(Specialty books are available for purchase on the night)

**Please complete and return to your school with cash/cheque payment in an envelope**

(please make cheques payable to the school)

**Family name:** \_\_\_\_\_

**No. attending:** Session 1: Where did I come from? \_\_\_\_\_ Session 2: Preparing  
 puberty \_\_\_\_\_

 in Interrelate's '**Family Evening Program Bundle 2**'. Enclosed is my payment of \$ \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

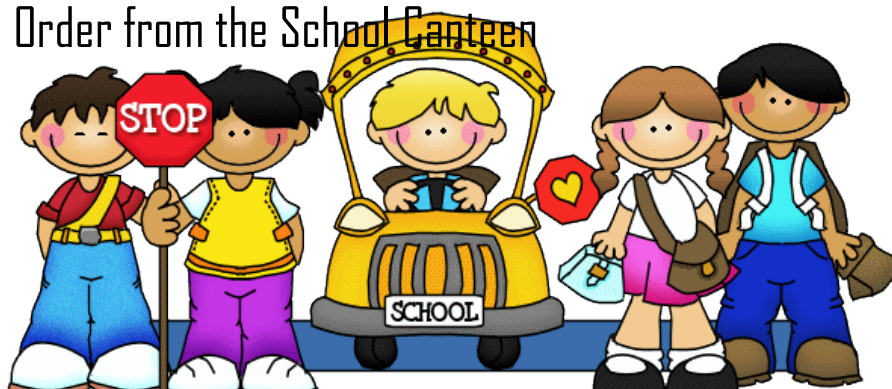
Parent / Guardian

# REMINDER – KINDERGARTEN STUDENTS CAN NOW:



Catch the bus

Order from the School Canteen



## 2020 Canteen Menu!

### Muswellbrook Public School

#### Canteen Menu 2020

Canteen opens from 8.45am Wednesday, Thursday & Friday.

\*Please complete your order bag neatly, including name and class, and hand into the canteen by 9.30am

#### Drinks

Water Bottle	\$2.00
Just Juice Popper	\$1.50
(Apple, Apple & Blackcurrant or Orange)	
Pop Top Juice	\$2.00
(Orange, Apple & Blackcurrant or Orange)	
Oak Milk Bottle	\$2.50
(Chocolate, Strawberry or Vanilla Malt)	
Oak Banana Carton	\$2.50
Oak Milk Popper	\$2.00
(Chocolate or Strawberry)	
Juice Bomb	\$2.50
(Apple Raspberry, Watermelon, Apple Cola, Orange Passio, Grape, Blackcurrant or Lemonade)	

#### Frozen Treats (Break 1 & 2 Only)

Frozen Pineapple	.50c
Quelch Ice Block	.50c
Ice Cream Cup (GF)	\$1.20
Frozen Juice Cup (Orange/Apple)	\$1.00
Juices Ice Block (Tropical, Wildberry, Orange or Lemonade)	\$1.00
Moosies (Chocolate or Blue Moon)	\$1.50
Paddle Pop (Rainbow or Choc Caramel)	\$1.50
Icy Twist	\$1.20
Frozen Yoghurt (Mango or Raspberry)	\$2.00
Slush Puppie (Strawberry Vanilla, Grape, Sour Apple or Blue Raspberry)	\$2.50

#### Hot Food (Orders Only)

Small Lean Pie	\$2.50
Lean Sausage Roll	\$2.50
Dino Nuggets (6)	\$3.50
Chicken Wedges (3)	\$3.00
Chicken Burger	\$4.50
Nuggets (GF) (6)	\$4.00
Chicken & Gravy Roll	\$4.00
Spaghetti Bolognese (Homemade)	\$4.00
Beef Lasagne (GF)	\$4.00
Garlic Bread	\$2.50
Pizza – Homemade (Hawaiian, Cheese or Ham & Cheese)	\$4.00
Honey Soy Chicken & Rice (Homemade)	\$4.00
Sauce (Tomato/BBQ)	.40c

#### Snacks

Fresh Fruit	.80c
Pikelet	.20c
Mixed Fruit Cup	\$1.00
Banana Chips	.50c each
Custard Cup	\$1.00
Jelly & Custard Cup	\$1.00
Diet Jelly Cup	\$1.00
Mini Muffin	.50c
Red Rock Deli Chip	\$1.50
Grain Waves	\$1.50



#### Sandwiches, Rolls & Wraps (Orders Only)

Vegemite or Jam	\$1.50
Cheese	\$2.00
Chicken, Ham or Tuna	\$3.50
Toasted Sandwich (E.g: Ham, Cheese & Tomato)	\$3.50
Chicken, Lettuce & Mayo	\$4.50
Salad – (Wrap, Sandwich or Roll)	\$4.50
Chicken/Ham/Tuna & Salad (Wrap, Sandwich or Roll)	\$6.00

#### Salad Boxes (Orders Only)

Salad Box (Lettuce, Carrot, Tomato, Corn, Beetroot, Cucumber & Cheese)	\$4.50
Chicken, Ham or Tuna - Salad Box	\$6.00
Chicken Caesar Salad (With Lean Ham)	\$6.00
Fruit Salad Box (Seasonal Fruits)	\$3.50

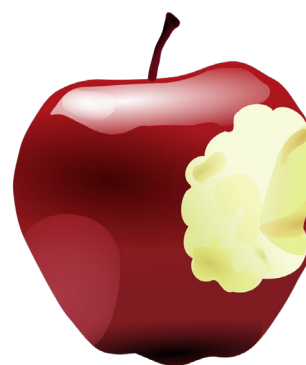
#### Meal Deals (Orders Only)

Salad Box & Pop Top or Water Bottle	\$5.50
Chicken Gravy Roll & Milk Bottle or Juice Bomb	\$6.00
Spaghetti Bolognese & Milk Bottle or Juice Bomb	\$6.00
Flame Grilled Chicken Burger & Juice Bomb or Milk Bottle	\$6.00
Honey Soy Chicken & Rice, Milk Bottle or Juice Bomb	\$6.00

\*Volunteers are always needed in our canteen, please see our canteen staff in you are able to help.

the Canteen is open  
WEDNESDAY,  
THURSDAY AND  
FRIDAY EACH WEEK.

WE ARE CURRENTLY  
LOOKING FOR  
VOLUNTEERS. IF YOU  
ARE ABLE TO ASSIST  
PLEASE SPEAK WITH  
TARN OR LES IN THE  
CANTEEN.



# Muswellbrook Public School

## UNIFORM SHOP OPENING HOURS

MONDAY – CLOSED

TUESDAY – 8:30-9:30am *(subject to volunteer)*

WEDNESDAY – 8:30-10:30am & 2:30- 3:30pm

THURSDAY: CLOSED

FRIDAY: 8:30-10:30am



We accept Cash and EFTPOS. Please note that tap and chip will incur a 1.9% surcharge.

# MUSWELLBROOK PUBLIC SCHOOL

## UNIFORM PRICE LIST



### 2020

We accept CASH  
& EFTPOS(chip &  
pay wave only)  
1.9% charge fee  
Current prices as  
of the 10-02-20

POLO SHIRTS	\$25
BUCKET HATS	\$15
SPORT POLO	\$30
SPORT SHORTS	\$20
(MICROFIBER GIRLS & BOYS)	
CULOTTES	\$25
SHORTS	\$20
LONG SLEEVE POLO	\$27
BOMBER JACKET	\$35
MICRO JACKET	\$35
MICRO PANTS	\$30

(with cuffed legs)

BOOTLEG PANTS	\$25
JUMPER	\$20
SOCKS (TWIN PACK)	\$10
TIGHTS/STOCKINGS	\$10
SCHOOL BACKPACK	\$45
LIBRARY BAG	\$12





# BUS + TRAVEL

Does your child travel to/from school by bus?

To ensure that all children arrive home safely, we need accurate information in regards to which bus they catch in the afternoons.

If arrangements change, please provide a note detailing the student's full name, the bus no. that your child usually catches, as well as the bus no. that they will be catching on that particular day.



Maps of bus routes to/from school are attached on the next page to assist you in providing this information.

The School has a responsibility and must know how your child is getting home.

Thank you for your support.



## CHANGE OF HOME ROUTINE

■ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

■ This is to notify you that \_\_\_\_\_ from class \_\_\_\_\_ will be:

- ☐ Picked up by parent (parent name) \_\_\_\_\_
- ☐ Walking home
- ☐ Catching an alternate bus (bus name and number) \_\_\_\_\_
- ☐ Being collected early from school

■ If your child normally catches a bus, please state bus name and number \_\_\_\_\_

■ This change is:

- ☐ For today only
- ☐ For the following dates: \_\_\_\_\_

■ Contact Phone: \_\_\_\_\_

■ Parents Signature: \_\_\_\_\_

A change of Home Routine Note has been included for your convenience.

Please feel free to print from the Skoolbag App or cut out of the newsletter.

If the need arises to change your child's home routine during the day, please phone the School on 6543 2500.

It is asked where possible that all change of routine requests are phoned through prior to 2pm.

JANUARY 2019

 muswellbrook  
shire council

© Muswellbrook Shire Council  
and Department of Lands NSW

Courtesy of Muswellbrook Shire Council  
PO Box 122 Muswellbrook NSW 2333  
Ph: 02 6549 3700  
Em: [council@muswellbrook.nsw.gov.au](mailto:council@muswellbrook.nsw.gov.au)  
[www.muswellbrook.nsw.gov.au](http://www.muswellbrook.nsw.gov.au)



## MUSWELLBROOK PUBLIC // AFTERNOON

JANUARY 2019

