



# Muswellbrook Public School

## What's On – Term 1 – Week 2

### Humanity and Excellence

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Find us on Facebook: @MuswellbrookPublicSchool



We are  
**SAFE**

We are  
**RESPECTFUL**

We do our  
**PERSONAL BEST**

*Everyone, Everywhere & Every Time*

*Welcome back to*



Dear Parents and Carers,

Please let me introduce myself. My name is Ms Fiona Lewis and I hail from Hallidays Point Public School, which is situated on the mid-north coast between Forster and Taree. I am delighted to be here at Muswellbrook Public School as the Relieving Principal for Semester One during Joan Stephens' period of leave.

I knew before I arrived that MPS had an outstanding reputation for both educational and wellbeing outcomes. Nonetheless, I have been so impressed by the integrity, professionalism and cohesiveness of the staff and the positive, engaged attitudes displayed by students. This is certainly a wonderful school!

On a more practical level, this is also a very busy school. I encourage you all to keep up-to date with school happenings via the school's newsletter, website or Facebook page. Your child's teacher may also arrange unique class communication methods. Noting important dates on your family calendar can really help to reduce worry for you and your children. I encourage you all to attend the parent information sessions next week as a way of meeting the class teachers and understanding their expectations for the year.

The biggest news this week is the arrival of the 2020 Kindergarten students on Monday. What a day! These little people are so well prepared and ready for 'big school'. I comforted plenty of teary mums, dads and grandparents – but no students! A super start!

Please remember that **all** students K-6 will tire during the days and weeks ahead after such a long summer break. Regular routines and a set bedtime will help to set up all students for success, regardless of age.

I really look forward to meeting many of you in the upcoming weeks. I can be contacted via email on [fiona.lewis@det.nsw.edu.au](mailto:fiona.lewis@det.nsw.edu.au) or phone on 02 6543 2500. I also welcome 'drop-in' visits or a chat in the playground.

Best wishes to you all for a great week.

Kind regards,

Fiona Lewis

# 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

There are no assemblies this week!

### 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.



### The Annual Junior Swimming Carnival will be held tomorrow, Wednesday 5<sup>th</sup> February 2020.

Please note if your child has NOT returned their permission note, they will NOT be attending the Swimming Carnival. (Parents will NOT be phoned to follow up). If you don't have a permission note, please head into the office tomorrow morning from 8:45am to fill in a permission note for your child.



# LIBRARY NEWS

READ ALL ABOUT IT!

I hope you had a chance to read some great books over the holidays. If you have any titles that you recommend for the children or staff to read please send in a note and we can have a look. **Sharing stories can enrich our lives.**

**Book Care is essential to promote responsibility in children. Here are some ideas:**

- Write the child's **full name** on their library bag, as it is easier to identify if lost. There are library bags in the library for sale for \$4.00 and \$5.00 and the Uniform shop has waterproof bags for \$12.00. They might not be completely waterproof, but they are very good at protecting books from accidental mishaps. To make the library bag unique, you can add an assortment of objects or materials.
- Have a **designated area in your home** for your child's library book and bag. If the library book is not being read, then remind your child to return it to the library bag in the designated area each time. This is really great as children don't lose as many books.
- Write on a **calendar when your child has library**. You can even show your child on the calendar and this can allow your child to be more independent over time.
- Mornings can be such a rush, so **pack the book and library bag in the school bag the night before**.
- If your child lives in **2 houses**, you can have a checklist of all the essentials they need to **pack before they go to the other house**. Just add library book and bag to the list. You can even laminate it and attach it to their suitcase/bag.
- Make sure your child has **clean hands** before they read a book.
- **Keep the books away from pets, young children and wet areas.**
- Remind your child to **turn pages carefully, don't bend or rip pages. Don't draw, write, colour or scribble in books.**
- If your child reads a book outside, make sure they **keep it clean and bring it in after they finish reading it.**
- **Keep food and drinks away from books.**
- Make sure the library book is **carried to and from school in a library bag** to help protect the book.
- **If books are lost send in a note** and I can check the book shelves. Any lost or damaged books should be paid for to buy a replacement.
- If your child has forgotten their library bag, they can borrow a **Boomerang Bag**. This bag needs to be returned as soon as possible. If the Boomerang Bag is lost, then the cost will be \$5.00 to pay for a replacement.

Last week a child returned their **overdue library book** and I was very grateful. If your child still has an overdue book from last year, can you please **ring me at school on 6543 2500**.

Children can borrow books for up to two weeks and if the time has run out, I can re-borrow them for a further two weeks if children are still reading them. They just need to present their Library Bookmark. Books which have been lost or forgotten, can't re-borrowed.

**Term 1 Borrowing – Children can't borrow if they still have books on loan.**

Kinder – 1 book

Years 1-2 – 2 books

Years 3-6 – 4 books

**Terms 2-4 Borrowing - Children can't borrow if they still have books on loan.**

Kinder – 2 books

Years 1-2 – 2-4 books, if they are good at bringing books back on time.

Keep an eye out for the New Book Club  
Catalogue coming your way soon!

 SCHOLASTIC

# Book Club

Dear families,

The best gift any parent can give a child is the love of books and the joy and benefits of independent reading for fun. Children who read at home, or are read to, have a head start on reading success in school.

Our class is participating in **Scholastic Book Club** this year. Up to twice a term, during the school year, I will send home the Book Club catalogue with a different selection of books offered for all ages.

You'll find award-winning books and bestsellers, as well as old and new favourites. I recommend them because the books span a wide range of children's reading levels and interests and are inexpensive (some books cost as little as \$2).

It is easy to order. The **Book Club LOOP** platform for parents allows you to pay by credit card. Your child's order is submitted directly to school and the books will be delivered to class. You can place your child's order at [scholastic.com.au/loop](https://www.scholastic.com.au/loop) or by using the **LOOP** app, which can be downloaded from the App Store or Google Play.

Owning your own books is something special! I hope that you will encourage your child to order books this year. Each order helps earn free books and teaching materials for our classroom, however there is never any obligation to order. I know of no better way to encourage reading than to allow children to choose the books they want to read.



## 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!





# How are you making the internet a safer place?

**Date: Tuesday 11 Feb**

**Time: 7:00pm - 8:00pm**

**Event:**

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



Safer Internet Day  
**2020** | Tuesday  
11 February



# Welcome to Kindergarten!

On Monday 3<sup>rd</sup> February 2020, Muswellbrook Public School welcomed our 2020 Kindergarten Students. The children had a fantastic day exploring their new environment. The children participated in many activities, including Arts and Craft, Reading Books and Singing Songs.

As a School Community we cannot wait to watch them grow and thrive!  
Please visit our Facebook page @MuswellbrookPublicSchool to see all of our wonderful Kindergarten Students.





## next week – KINDERGARTEN STUDENTS CAN:

- # Catch the bus
- # Order from the School Canteen



### Enrichment Maths become Entrepreneurs!

The 2019 Year 6 Enrichment Maths students were given the opportunity to learn about the maths involved in running a business. The students came up with a name, designed a logo and developed a menu for a staff café.

Their café, “Richie’s on Roger”, provided the students with the experience to plan, shop and prepare menu items every week. The students budgeted, set prices and tallied all takings.

Sidney, Elvin, Macey, Shontayne, Scarlett, Jack, Dominic, Nina, Amber and Lucas worked collaboratively in the cafe and raised enough money to purchase a set of calculators for Stage 3.

The students would like to thank the Muswellbrook Public School staff for their support. Well done everyone.





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

#### 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	.5c 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 <u>or</u> Water Bottle	\$5.50
Chicken Gravy Roll & Milk Bottle <u>or</u> Juice Bomb	\$6.00
Spaghetti Bolognese & Milk Bottle <u>or</u> Juice Bomb	\$6.00
Flame Grilled Chicken Burger & Juice Bomb <u>or</u> Milk Bottle	\$6.00
Honey Soy Chicken & Rice, Milk Bottle <u>or</u> Juice Bomb	\$6.00

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

A COPY OF THIS MENU WILL BE SENT HOME. THE MENU CAN ALSO BE FOUND ON THE FACEBOOK PAGE OR THE SCHOOL WEBSITE.

# PACKING HEALTHIER LUNCHBOXES

Our school is committed to supporting all children to live healthy and happy lives. By encouraging children to eat healthy everyday foods at school, together we can make a big difference to a child's health and their ability to learn.

## Why lunchboxes?



1/3

Of a child's dietary intake occurs at school.



**GOOD NUTRITION**

Improves behaviour and concentration in the classroom.



**EVERYDAY FOODS**

Give children energy to play, grow and learn.

## However



**ONLY 5%**

Of primary school aged children eat enough vegies daily.



**ALMOST 1/2**

Of children's lunchboxes are made up of sometimes foods e.g. chips, muffins, muesli bars.



**1 IN 4**

Australian children are above a healthy weight.

## What does a healthy lunchbox look like?

A healthy lunchbox, full of everyday foods, includes:



### **Crunch&Sip®:**

Vegetables or a piece of fruit.

### **Recess:**

Vegetables or a piece of fruit + 1-2 everyday snacks.

### **Lunch:**

Sandwich / wrap / roll with everyday fillings or alternative such as pasta or fried rice.

### **Drink:**

Water and/or reduced fat plain milk.

**Good for kids**  
good for life



**swop it**  
everyday in the lunchbox