

MPS 2016 SCHOOL CAPTAINS



STRIVE FOR PERFECTION

2016 CLASSES

MPS
Extravaganza

Week 5 Term 1

Principals Desk

by Bonita Broughton

WHAT IMPRESSED ME THIS WEEK

This week I was impressed by how students are enjoying the outdoor chess and draughts at break time.

REACHING FOR THE STARS

School of Excellence Framework: How well are we doing?

Excellence in Learning is broken into five elements- *LEARNING CULTURE, WELLBEING, CURRICULUM AND LEARNING, ASSESSMENT AND REPORTING* and *STUDENT PERFORMANCE MEASURES*.

WELLBEING: In schools that excel, there is a strategic and planned approach to support the cognitive, emotional, social, physical and spiritual wellbeing of all students. In schools that are excelling

- There is a strategic and planned approach to support the cognitive, emotional, social, physical and spiritual wellbeing of all students.
- Individual learning is supported by the effective use of school, system and community expertise and resources through contextual decision-making and planning.
- Students are self-aware, build positive relationships and actively contribute to the school, the community and the society in which they live.

- Anti-Racism Policy
- Racism is not accepted at our school. In accord with Department of Education Policy, our school welfare program ensures that students are taught positive behavior strategies that support inclusion and acceptance of others, challenging prejudiced attitudes and ensuring that sanctions are applied against racist and discriminatory behaviours. Our school has a trained Anti-Racism Contact Officer (ARCO) WHO IS Mrs Kathleen Harris. Please do not hesitate to contact Mrs Harris if you have any concerns or questions.

WISDOM OF THE WEEK

This week's "Wisdom of the Week"-

"What lies behind you and what lies in front of you, pales in comparison to what lies inside you."

VIRTUE OF THE WEEK

Determination- Determination is focusing your energy and efforts on a task and then sticking with it until it is finished.

Determination is using your will power to do something even when it is really hard, or you are being tested, you still keep going.



IN THE SPOTLIGHT

Celebrating our successes

Congratulations to the following students who were awarded at our Assembly on Monday morning:

Literacy Awards - Chelsea - Opals, Cade - Diamonds, Lincoln - Pearl and Georgia - Sapphires.

Library Awards - Taylah - Mitchell, Jayden - Oxley and Charlie - Flinders.

Virtue Awards - Ruby - Budgies, Lauren - Rosellas, Cade- Hawkes and Sophie - Hawkes.

Class Awards:

Budgies - Georgia for trying hard and having a go at swimming.

Jyer for trying hard to be a good listener.

Rosellas - Rory for being safe at the pool.

Tahlia for being safe at the pool.

Hawkes - Olivia for great work in Mathematics.

Isaac for being a focused learner.

Golden Whistle - Giselle, Karla and Shayla

Seating

Thank you to the P&C for their generous donation of extra seating for students for under the COLA. Thank you also to Penny Foster for engraving them for us.



With this new seating, our afternoon dismissal assemblies have changed, with students now remaining seated until being dismissed. Parents are asked to not sit on the seats under the COLA during this time please.

ANZAC Memorial Wall

We are very excited to be able to report on further progress with this project. Bricklayers were in this week to complete the brickwork. It is rewarding to see our project coming together. At this stage we have not had any indication of funding. Progress thus far has been the result of collective efforts networking, bargain hunting and some wonderful supporters helping us with discounts and donations. Watch this space for further developments.
*claim the date – School ANZAC Service, Tuesday 26 April at 10am.



Life Education

Healthy Harold will be visiting our school next Monday 29 February. We appreciate the amazing support of our P&C who are generously paying for students to attend, this is a great saving for families of \$7 per student. Please complete and return the attached permission note. Healthy Harold sessions are an important part of the PDHPE curriculum.

Whooping Cough

Families are advised that there have been reported cases of whooping cough in the region. It is important to be aware of the facts around this illness. Some key factors provided by NSW Health, are:

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others.

If you have any concerns for you or a family member please contact your GP or NSW Health.

Munch and Crunch March

Healthy eating is not about just being a healthy weight. What children eat affects how the brain grows and works.



If you put dirty fuel in your car it won't work very well. The same applies to our body. Research has shown direct links between our ability to focus and how we behave. With 'dirty fuel' students are unable to focus, learn and are more irritable and more likely to make poor behaviour choices.

So throughout March, we will work to raise the awareness of students about the quality of fuels they are feeding their bodies. The SRC have organized Mufti Days & Competitions and teachers will be working with students to diarise, graph and analyse fuel consumption.

The difference between
the impossible and the
possible lies in a
person's determination.

- Tommy Lasorda

WORKING WITH CHILDREN DECLARATION

Are you current? Have you completed a Working With Children Declaration? Call at the office for information or assistance. Everyone volunteering at school is required to have a Working With Children Clearance, this includes parents who help in the classroom, volunteer in the canteen and help at other activities, such as P&C events and discos.

A **FREE** Working With Children Check for volunteers is available online at <http://www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check>

SRC Fundraising

Hot weather and icy poles, what a great combination! Once again our SRC will be raising funds by selling icy poles at lunch times Monday – Thursday. 50c per icy pole.



Good luck to the people competing at the zone swimming in Tamworth on Friday.

If you are a hockey player please bring your mouth guard to training. **Due to the expected hot weather on Friday, training will be at 8.30am this week.**

Congratulations to the students who behaved exceptionally well during our swimming lessons. This year was a huge success and we will most likely continue to do it this way in the following years.

CALL FOR ANYONE WHO IS INTERESTED IN TOUCH OR NETBALL coaching to contact the school please. Miss Cornish.

P&C News

by Jen Hernando (President)

Annual General Meeting

Our AGM will be held on **Wednesday, 16 March 2016, at 6:00 pm** in the old staff room (followed by our regular monthly meeting). We have moved the time so all members can attend.

The following positions will be declared vacant at the AGM:

President
Vice President
Secretary
Treasurer
Assistant Treasurer
Clothing Pool Supervisor
Clothing Pool Assistant
Canteen Supervisor
Canteen Committee
Student Banking Officer
Student Banking Assistant
Fundraising Committee

If you wish to nominate for any of the above positions, please attend the AGM in person or alternatively put your nomination and acceptance in writing and submit it to the Secretary, Kelly Constable, prior to the day of the meeting. A "word of mouth" nomination cannot be accepted. If you have any question or concerns about what a particular role entails, please ask one of your P&C Committee.

If you are not currently a member of our P&C and have not yet submitted and paid your membership you will be unable to vote at the AGM. If you are an existing member you will be eligible to vote but your membership fee will be due and payable at the AGM on Wednesday, 16 March 2016.

We look forward to seeing you there. ☺

Jen Hernando

Please note; Membership forms are available from Kelly Constable or from Mrs. Nash in the office. Your \$2.00 membership fee can be forwarded, along with completed form, to the Treasurer, Lisa Madden, via the office.

MEETINGS

3RD WEDNESDAY OF THE MONTH @ 2PM.

LONE PINE COMMUNITY ROOM

JEN HERNANDO
President

Ph: 0429181727

Student Banking by Lisa Madden

Hello my happy little bankers. Over the next 3 weeks I am going to be running a colouring in Competition. There will be prizes for the best one in each class. The pictures need to be returned to the office no later than 18 March. If you would like to open a new account for you child, please don't hesitate to contact me at the school Friday mornings. If you did not receive your banking prize at the end of last year please come and see me and I will get that sorted. This term if you have a look in the display cabinet you will see that you can claim a Flying Snake and a Wildlife Writer Set.

This year we're giving students the chance to win a family trip for up to two adults and three children to explore Australia Zoo and meet Bindi and Robert Irwin.

Students who make 15 or more School Banking deposits by the end of Term 3, 2016 will be automatically entered into the draw. This is another great way to motivate students to save regularly and reach their savings goals. Find out more at commbank.com.au/schoolbanking
Lisa Madden - School Banking Coordinator

Busy Bee Canteen

by Jackie Robertson

This week we are back to normal and we have jnr snack pies back as well.

In this week's newsletter I have enclosed the Healthy Food Criteria Table which our Canteen and School have to go by. All of our products must meet this criteria to be included on our menu.

I have also enclosed this term's Roster. If anyone is available to help out on any of these days, please let me know. We open our canteen from 9am to 2pm but if you can't do a full day that is fine we just need that help in the morning to get started. That is why we have the 9am to 12pm if you can't do a full day.

Canteen is not hard and it is a great way to meet all the kids and other volunteers. The kids really enjoy canteen and love to see their parents/carers/family members at school. We can only keep the canteen going with the help of our volunteers. So come along and have a go. Call in to canteen and see me if you are interested or come in on a Friday to see how it all works.

This week's volunteers are:

Zoe and Jackie

Our canteen menu is also available through the school website.

Jackie Robertson – Canteen Supervisor
0458201127



Clothing Pool

I am available at school Thursday morning or by appointment only Wednesday, Thursday, Friday afternoons. You can contact me on 67605218 or 0429445253.
Clothing Pool Supervisor - Penny Foster

Mother's Day Stall

We will be running a Mother's Day Stall again this year. We will be running it on the 5th May in Term 2. If anyone would like to donate any gifts or home made gifts please come and see me or give me a call. Just remember, all money we raise goes back to improving our kids education and resources.

Thank You Jackie Robertson (0458201127)

THE 'OCCASIONAL' FOOD CRITERIA TABLE

If the item you are considering has more than the number specified in the energy, saturated fat or sodium column, or less than the number in the fibre column, it is an 'Occasional' food.

ASSESSED PER 100g		HOT FOOD ITEMS	
CATEGORY		NUTRIENT CRITERIA	
Food or Drink	Energy (kJ) per 100g	Saturated Fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, pasta, pizzas, oven baked potato products, dim sims, spring rolls, fried rice and noodles.	>1000kJ	>5g	>400mg
Crumbed & coated foods (eg patties, ribs, chicken products), frankfurters, sausages.	>1000kJ	>5g	>700mg

Note: All foods **DEEP FRIED** on the premises fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are too high in kilojoules and fat (usually saturated fat).

ASSESSED PER SERVE (as sold in the school canteen)		SNACK FOODS & DRINKS		
CATEGORY		NUTRIENT CRITERIA		
Food or Drink	Energy (kJ) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar sweetened drinks and ices*	>300kJ		>100mg	
Snack food bars & sweet biscuits	>600kJ	>3g		<1.0g
Savoury snack foods & biscuits	>600kJ	>3g	>200mg	
Ice creams, milk based ice confections & dairy desserts	>600kJ	>3g		
Cakes, muffins & sweet pastries etc	>900kJ	>3g		<1.5g

Note: All types of **CONFECTIONERY** fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are foods of minimal nutritional value.

*The sugar sweetened drinks and ices criteria applies to: soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushies, ice blocks and ice confections.

Key: > means more than, < means less than.

HIGHLIGHTS FROM THE CLASSROOM



Budgies

Kindy are learning about the letter s this week, which will be their homework. It's good to see all the students practicing their sight words. We have 2 students on the fish level already! We are continuing our environments study this week with the rainbow fish book.

Rosellas

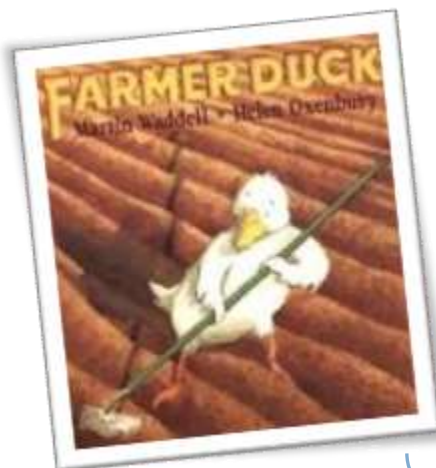
This week we have been looking at the book 'Lester and Clyde - Running Scared' by James Reece. This book links to our science topic of Living Things and is providing us with many interesting discussions on sustainability, animals and their environments.

Hawkes

In PDHPE we have been learning about safety. We have identified and discussed situations that could be considered emergencies in a variety of settings and have designed an emergency contacts poster to take home to use in case of an emergency.

Library News

by Bonita Broughton



FARMER DUCK

written by Martin Waddell ;
illustrated by Helen Oxenbury

One little duck does all the work while the lazy old farmer stays in bed all day. The other farm animals decide to take action.

Genre: Fiction / Picture books



Yaama, yaamandaay
Hello, welcome

*Moonbi Public School would like to invite
you to join us for an afternoon tea gathering
on*

Friday 4 March 2016 at 2pm

*Please RSVP by Wednesday 2 March by
contacting the school*

Our hope is to further develop our Aboriginal & Torres Strait Islander Education Committee. In consultation with our indigenous student representatives and interested community members we would like to plan and prioritise sharing cultural education and experience with the school community. In particular we would like to address the needs of our student group and what their culture means to them. What do our students want? What do they need?

How can we get help? How can the community be represented at school? How can we best promote indigenous culture within our school?

Following our recent ATSEC meeting we would like to share our ideas and plans for this year and get your feedback.

You are welcome to bring your other children as well as friends, family and community members that may be interested.



Thank you to the new library monitors for keeping our library looking fresh and wonderful.

FRIDAY REMINDER: Gardening Smock, Boots & Gloves, Sport Uniform, Library Books & Bag, Lunch orders.

Blast Off with Breakfast!

Nutrition Tools
for Schools



We all know that nutrition is important for our children's health and growth. Now research is showing how healthy eating behaviours, particularly eating breakfast, help kids learn.

Kids who eat breakfast may:

- Be better able to concentrate on learning
- Make fewer errors
- Score higher on tests
- Be more creative than kids who skip breakfast

Studies show that kids who eat breakfast are also less likely to:

- Be absent
- Be late
- Be sitting in the office with a headache

As well, the research indicates that kids who eat breakfast behave better in school. They tend to:

- Be more cooperative
- Be less likely to be sent to the principal's office for discipline
- Get along better with classmates than kids who skip breakfast

Whatever you do... eat breakfast!

Don't forget Crunch&Sip® in the school bag every day...

CRUNCH:

- ✓ Easy-to-eat seasonal fruit such as a small apple, a container with hulled strawberries, a mandarin or banana OR
- ✓ Canned fruit in natural juice with a spoon OR
- ✓ Vegetables such as carrot or celery sticks, cherry tomatoes or snow peas

AND SIP:

- ✓ A clean, clear water bottle filled with plain water

Crunch&Sip® is a set break for your child to eat fruit or salad vegetables and drink water in the classroom.

www.crunchandsip.com.au

Moonbi Explorers Points Score

FLINDERS

11



OXLEY

13



MITCHELL

12



Communicating
With the School
Year-Round

- ▶ Stay attuned to your child's academic accomplishments on a weekly basis. Praise those accomplishments appropriately.
- ▶ Communicate with the school regularly. When you have a concern or question, write a note, or email or phone the teacher. We need you on our team!



Web sites for learning and fun -- for kids and parents together..

This week's Site to See:

Addition MATHO

<http://www.aplusmath.com/games/matho/AddMatho.html>

It's BINGO with numbers. Solve problems as the clock ticks. (Grades 2-up)

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Good for Kids good for life

START THE DAY RIGHT WITH BREAKFAST

We've all heard that breakfast is the most important meal of the day and it's true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereals such as Weetbix, Cheerios and Sultana Bran
- untoasted muesli topped with low fat yoghurt
- Wholegrain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies



If you're short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.



PHONE 4924 6499



THIS WEEK IN THE KITCHEN GARDEN

What's Growing?

Students were very excited to assist in setting up and planting a variety of herbs for our vertical garden. Our vertical garden has mint, coriander, oregano and basil growing.

Students can smell the strong scent of many of these herbs and can't wait to use them in the kitchen when they are ready. Herbs are tolerant of a wide range of growing conditions and they grow well with very little maintenance.

Generally, herbs prefer a light, well-drained, crumbly soil, but most will grow satisfactorily in fairly heavy soil provided there is good drainage. Many herbs will grow well in containers, especially in a warm, sheltered location.

Miss Reilly –Garden Co-ordinator



What's Cooking?

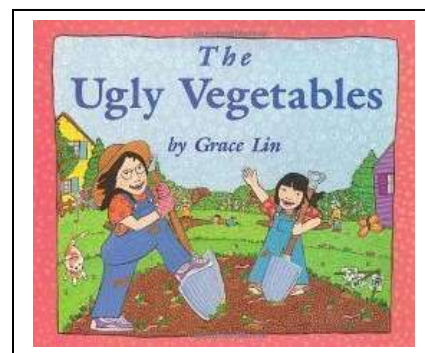
I would like to thank Cheryl Johnson for kindly giving up her time last Friday to organise the layout of our kitchen and itemising what we have and what we need. We appreciate your support 😊

We are still on the lookout for kitchenware, if anyone has some of the following items that are no longer needed and would be willing to donate them to our kitchen;

Boilers, Baking/oven proof dishes, Woks, Drinking cups, Strainers, Flour sifters, Oven trays, Rolling pins, Place mats, Serving spoons, Can openers, Table Heat protection mats, Oven mitts, Electric beaters, Hand held beaters, Food processors, Cooling racks, Juicer, Kitchen scissors, Wooden mallet, Food thermometers, Chopping boards, Any pantry items or any other useful kitchen item.

Thank you to the members of our school community who have already sent in items. We appreciate your support.

Mrs Harris – Kitchen Coordinator



Book of the Week

The Ugly Vegetables by Grace Lin.

A girl is disappointed because her mother's Chinese vegetables make for an ugly garden, unlike her neighbors' flowers. But they harvest the ugly vegetables into a delicious soup that all the neighbors love. Colorful illustrations and great messages about how appearances can be deceiving, gardening, and multiculturalism.



Upcoming Events

Zone Swimming Carnival

Date: Friday 26 February
Further details will be provided.

Scripture classes recommence this
Friday 26 February.

Life Education

Monday 29 February (notes home
today and due Friday)

Clean Up Australia Day – Schools
Friday 4 March

Assembly

Monday 7 March, 9am.

Kinder – Teddy Bear Hospital

Monday 14 March

Harmony Day

Monday 21 March

Year 5-6 Canberra Excursion

Week 10, Term 2

Year 3-4 Tea Gardens

Excursion

Week 8, Term 3

SCHOOL MISSION

Our motto is to
'STRIVE FOR PERFECTION'
and our students are expected to
strive for the highest standards
academically, socially, physically,
emotionally and culturally.

VIRTUE OF THE WEEK

DETERMINATION

HONOUR BOARD

Nominate somebody this week that has
demonstrated Determination.



Moonbi Sports House Points Score

BULLIMBALLA



CARRAGUNDI



Moonbi Public School Extravaganza

Ph:0267603151

Fax:0267603871

Charles St, Moonbi, NSW, 2353
moonbi-p.school@det.nsw.edu.au

Moonbi Horse Sports Team Events

Blandford Public School - Friday 4 March 2016
(entries close Friday 26/2/16)
Forms available at the office

Willow Tree Public School - Friday 18
March 2016
(entries close Friday 4/3/16)
Forms available at the office

Moonbi Public School
September 2016
Entry forms will be available soon.

