Dear Parents and Carers

PBL Focus: Talk the teacher when there is a problem.

We are really excited about our special breakfast this Friday at school hosted by Power FM’s ‘Good Guys Good School’s Breakfast.’ The focus will be to provide a healthy breakfast to all students and parents and educate students about the importance of a well-balanced and nutritional diet, leading to a healthier and more active lifestyle. The fire brigade will also be present to speak to students and there will be lots of exciting games for the students to play. All families are welcome, breakfast will commence at 7.30am onwards. Coffee can to be purchased on the morning as well.

Our students are looking fantastic in their winter uniforms. We now need to make sure that our shoes are also looking great, black shoes or black runners for Monday to Thursday and then runners for Friday.

Year 3 and Year 5 will be taking part in NAPLAN testing next Tuesday, Wednesday, Thursday – 13th – 15th May. It is very important that students attend school on these days and have a good night’s sleep the night before.

Yours in Education
Karen Rayner
Relieving Principal

Quote of the Week: ‘A warm smile is the universal language of kindness.’

Opportunity Class Placement for Year 5 students 2015

If you are interested in applying for Opportunity Class placement for 2015 please contact the office for more details. Detailed instructions on how to apply online are available and will close Friday 16 May 2014. Commercially printed application forms are also available through the office.

Galuwa Scholarship

On Wednesday 30th April Kylee Hyde and I had the pleasure of going to the Great Aussie Bush Camp for our Galuwa Scholarship Hub, we stayed for three days. When we arrived there were heaps of other students from other schools including High Schools. There were Year 6, 7 and 8 students. On Wednesday afternoon we had our official graduation ceremony which was exciting. Over the course of the three days we did various activities which included, indoor rock climbing, bracelets, pioneering, duel flying fox, giant swing and game night. It was so rewarding because we had the pleasure of meeting and talking to other Aboriginal recipients about their aspirations and goals for the future.

Kylee and I can’t wait for the next hub.
Chandon Kelman and Kylee Hyde.
Bus Travel Important Information
Kindergarten through to Year 2 students are eligible for a bus pass. This means they don’t have to pay $1 to travel on the bus. They just have to show their bus pass. Application forms for bus passes are available at the office.

Assembly
This Friday 9th May, we will be having a whole school assembly. All parents, family members and friends are warmly invited to attend. The assembly commences at 9.45am in the school hall. There is no assembly item this week. Hall display is by 5/6W, Foyer display 2/3R.

Book Club
Book Club orders are due back to school next Monday 12th May.

Thank you Sonia Galvin

Stewart House Donation Drive
Last week you should of received your Stewart House envelope. It is part of their fundraising drive. Families are asked to put at least $2 in the envelope and return this to school. There is a chance to win a $4000 Family Holiday!!!!! Thank you to the families who have returned their envelope and donation.

Envelopes are due back to school by this Friday 9th May.

Canteen News
Meal Deal Winner: Lachlan Smith 3/4D.

Thank you to the volunteers this week. Tara and Emma.

Canteen Roster
Thursday 8th May: Bec, Colleen, Monika.
Friday 9th May: Bec, Colleen, Melissa, Monika,
Monday 12th May: Bec, XXXX
Tuesday 13th May: Bec, XXXX
Wednesday 14th May, Bec, Monika
Thursday 15th May: Bec, Monika, XXXX
Friday 16th May, Bec, Melissa, Monika, XXXX.

Still need volunteers (XXXX need help). Please drop in and let Bec know if you can help out.

Canteen open Monday to Wednesday 9am to 12pm. 1st Break ONLY.
Thursday and Friday 9am to 2pm. Both Breaks.

Snax Fundraiser
Thank you to all of you that have supported our latest fundraiser. We will have a date for you next week advising on when to collect your orders.

MSPS P&C Committee

Happy Mother’s Day
MSPS P&C would like to wish you all a very Happy Mother’s Day.
We hope you enjoy your gifts purchased at our stall.

P&C News
The next P&C meeting is Tuesday 20th May at new time of 1.30pm in Heritage Hall.
Position of secretary to be filled.
Look forward to seeing you there.
Everyone welcome

Nutrition Snippet

The simplest way
...to make Australia’s Biggest Morning Tea healthy!

Ingredients
Olive or canola oil spray
2 medium apples, skin on, core removed, coarsely grated
1/3 cup water
¼ cup margarine
2 cups oats, seedless
2 cups natural muscal
¼ cup plain flour
¼ cup wholemeal plain flour
1 tsp ground cinnamon

Method
Preheat oven to 180°C (160°C fan-forced). Lightly spray a slice tin (approx. 25x30cm) with oil. Add apple, water, margarine and dates to a small saucepan and bring to the boil. Reduce heat, cover and simmer for a further 5 minutes until the apple is soft. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency. Meanwhile, place muscal in a large frying pan. Stir over low heat until lightly browned. Stir flours into a large bowl, returning husk remaining in the sieve to the bowl. Add cinnamon and muscal to the flours and mix to combine. Stir into the date mixture then spoon into prepared tin. Bake for 30 minutes until firm. Cool in tin before cutting.

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

Eat It To Beat it
TERM 2 WEEK 2

Wednesday 7th May 2014

**Uniform Shop**

OPEN THIS THURSDAY 8TH May 9-10am

We will be closed this Friday 9th May

Sorry for any inconvenience.

We are now fully stocked for all your uniform requirements.

If you are unable to come during uniform shop hours, order forms are available in the school office for your convenience.

**Volunteers** – If you are able to help for an hour on Monday please see Shellie in the uniform shop

Payment can be made by cash, eftpos, or cheque. Lay-by/payment plan also available.

Thank you for your support.

**Bright Star Labels**

Don’t forget to label your child’s clothing. Brightstar labels have a range of products to select from. All you need to do to order is go online, select what products best suit your needs and enter the unique code for our school FDR1460 in the “where did you find us menu”. It is that simple!!!

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**Millfield Public School – Horse Sports**

Millfield is hosting a School Horse Sports at the Cessnock Showground on 20th June. We have entry forms at our school office.
DATES FOR THE DIARY – 2014

<table>
<thead>
<tr>
<th>Dates</th>
<th>Event</th>
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<tr>
<td>Every Wednesday</td>
<td>Playgroup every Wednesday, 0-4 years in Heritage Hall from 9:30-11:30. All are welcome and there is no cost!</td>
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<td>27 May to 3 June</td>
<td>National Reconciliation Week</td>
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<td>6 May</td>
<td>Rugby League Development Day</td>
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<tr>
<td>5 June</td>
<td>Darryl Egan – Motivational speaker</td>
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<td>6 May</td>
<td>Leaders Day at Tamworth</td>
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<td>9 June</td>
<td>Queen’s Birthday Long Weekend</td>
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<td>7 May</td>
<td>Mother’s Day Stall</td>
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<td>12-13 June</td>
<td>Positive Schools Conference</td>
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<td>9 May</td>
<td>Power FM Good Guys Good Breakfast at School 7.30am</td>
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<td>18 June</td>
<td>Science Discovery Day</td>
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<td>13-15 May</td>
<td>NAPLAN testing</td>
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<td>20 June</td>
<td>Athletics Carnival</td>
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<td>14 May</td>
<td>Zone Touch</td>
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<td>23-27 June</td>
<td>NAIDOC Week</td>
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<td>20 May</td>
<td>GATS Launch at Muswellbrook High School</td>
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<td>25 June</td>
<td>School NAIDOC Day</td>
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<td>26 May</td>
<td>National Sorry Day</td>
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<td>26 June</td>
<td>Reports go out</td>
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<td>27 May</td>
<td>High School transition</td>
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<td>27 June</td>
<td>Last day of term</td>
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**Power FM are bringing breakfast to our School!**

Nix from the Power FM Breakfast Show will broadcast live from our school this **Friday the 9th of May** thanks to the Power FM Good Guys Good Breakfasts program! The Power FM crew will bring Breakfast for the kids available from 7.30am-9.00am, as well as games, prizes and a Good Guys theme song competition!

Volunteers and the School P&C will help serve Breakfast on the day, as well as 10 kids to participate in our sing-a-long competition. Kids will also have the chance to win their family tickets to Disney on Ice by participating in the Disney on Ice colouring-in competition! Complete the attached colouring-in page and bring along on the day for your child’s chance to win!

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### School Newsletter Online

Our weekly newsletter is now online on the school website [http://www.muswellbrs-p.schools.nsw.edu.au/](http://www.muswellbrs-p.schools.nsw.edu.au/). We are keen to save paper to reduce our environmental impact and save natural resources such as trees, water and energy. If you prefer to read the newsletter online and will not require a paper copy of the newsletter please return the form below to the office.

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### Online Newsletter

I will be reading the newsletter online and will not require a paper copy.

Signed................................................

My child ................................................... is in class.....................
Food Allergy Week is an initiative of Allergy & Anaphylaxis Australia. The week helps to promote and develop through education, research and ongoing support, the awareness of food allergy among Australians.

Food allergies are becoming increasingly common. In fact, 1 in 10 babies born in Australia today will develop a food allergy and some will be at risk of a life threatening allergic reaction. It is up to all of us to help allergy sufferers stay safe.

Australia has the highest prevalence of food allergy in the world.

What is food allergy?

Food allergy is an immune system response to a food protein that the body (mistakenly) believes is harmful. When a food which a person is allergic to is eaten, the immune system releases massive amounts of chemicals, triggering potentially life-threatening symptoms.

Currently there is no cure for food allergy, avoidance is the only way to prevent a reaction.

What are the signs and symptoms of food allergy?

Food allergic reactions can range from mild to severe, severe being what we call anaphylaxis. Symptoms usually appear within two hours of a person eating a food (even a small amount) they are allergic to.

What foods can cause food allergy?

Any food can trigger an allergic reaction and there are more than 170 foods reported to have caused a severe reaction. However, there are nine foods that cause 90 per cent of reactions, which are:

- peanuts
- tree nuts (e.g. almonds, walnuts, cashews)
- egg
- cow’s milk
• sesame
• fish
• shellfish (e.g. oysters, prawns)
• soy
• wheat

Keeping each other safe is all about AWARENESS, AVOIDANCE AND ACTION.

AWARENESS
Know what your classmates are allergic to

AVOIDANCE
Never share food and wash your hands after you eat

ACTION
Tell a teacher straight away if someone with allergies looks sick... even if they don’t want you to!

Be "allergy aware"
Use only accurate, evidence based information

Be proactive and learn how to help support someone with an allergy, how to recognise an allergic reaction (including anaphylaxis) and what to do in an emergency by completing the free anaphylaxis and food allergy e-training www.allergy.org

Several informative courses are available:
1. Anaphylaxis training for schools and childcare services (can be accessed by anyone in the community including individuals, parents, caregivers and workplaces)

Take food allergy seriously!

Be Aware. Show you care!

Information provided by Mrs Winning who is Allergy Aware
K/1W’S Achievements

In Class K/1W we celebrate many achievements. These include:

**Painting**

We have painted pictures of our family. We had a lot of fun experimenting by mixing colours.

Kayla and Christian worked together to paint their family. Bailey and Yazid had lots of fun.

Harry and Koby are painting their family at the beach.
Jorja, William and Izayah enjoyed experimenting with different colours.

Taylah and Tiarna also painted their family at the beach.

Reading

We also enjoy reading together and finding new words.

Christian and Corey at the Word Wall. Clayton and Georgia reading to Ms Williams.