

# MULBRING PUBLIC SCHOOL

## NEWS



### For Your Calendar;

Wed Oct 30	Kinder transition 2
Thur Oct 31	Halloween Disco
Fri Nov 1	Book Club due back
Fri Nov 8	Assembly Day
Mon Nov 18	Kinder transition 3
Fri Nov 22	Assembly Day
Thur Nov 28	Leaders Speeches
Fri Nov 29	Last Scripture day
Sat Nov 30	'Bush Santa' photos
Tue Dec 3	Orientation Day/Evening KKHS
Wed Dec 4	Year 6 Fundraiser—Band
Fri Dec 6	Swansea Beach Excursion
Thurs Dec 12	Presentation Day
Mon Dec 16	Party Day (PCYC Cessnock)
Tues Dec 17	Year 6 Farewell
Wed Dec 18	Last day term 4

**BANKING** - Every Tuesday

### **ATTACHED**

- ◆ **Book Club (order by 1/11) LOOP only**
  - ◆ **Absence Notes**
- ◆ **Lunch Order (pg 7 new summer list)**
  - ◆ **Halloween Disco details pg 5**

Term 4 is flying along.

Year 6 fundraisers are happening, the Bush Santa Photos (page 5) can now be booked in. Please contact Michelle Herbert (Jake and Leah's mum) if you need further info, contact details are on the page.

There will also be a band evening, featuring Iron and Clay on Wednesday 4th December (time to be advised). Further information regarding this will be sent home in the coming weeks, but please note the date on the calendar. It promises to be a wonderful evening.

Our first kinder 2020 orientation was held last Thursday. The incoming kinder students were met by our wonderful Year 3/4 group and introduced to our school. It was lovely to see them all so excited to be starting school next year. We will have 9 students in our K2020 group. The K2020 cohort will visit us again on Wednesday for a morning lesson.

The K2020 group are pictured with our current Kinder group who were very excited to be sharing their class.



If you know of anyone ready to start school in 2020, please have them contact the office asap.

A reminder Mrs Pinchen will be relieving Principal from Friday 1st November to Friday 15th November. Please direct any enquiries to her via the school office.

Wish also wish Mrs Troy a safe and happy holiday, she will be back on Thursday 7th November. Mrs Robertson will be relieving in the office.

"Be Safe, Be Responsible, Be Respectful and Always Try Your Best".



# AWARDS PAGE

## CONGRATULATIONS - WEEK 2 T4 MERIT AWARD WINNERS

**Kindergarten—Miller**

**For: Using concrete materials to solve addition problems.**

### Year One– Charlie T

**For: Great reading and improved fluency.**

## Year Two—Grace

**For: Demonstrating good understanding of class spelling words and applying spelling rules.**

### Year Three—Ella

**For: knowledge of times tables.**

### Year Four—Poppy

**For: An excellent attitude on school camp.**

### Year Five—Amelia

**For: Asking inquisitive questions during class discussions.**

### Year Five—Isabella

**For: Being a great role-model for her peers and younger students.**



# MATHLETICS

Jack L, Flynn M, Tyler, Jonte

## MATHLETE OF THE MONTH

Quinn



## KURRI KURRI PUBLIC SCHOOL SUMMER MENU

*Mulbring Public School version*

**LUNCH**

**PRICE**

## SANDWICHES

### White, Wholemeal & Multigrain

Salad	\$3.50
Ham	\$3.50
Ham, Cheese & Tomato	\$3.50
Ham & Salad	\$4.00
Chicken	\$3.50
Chicken & Salad	\$4.00
Egg	\$3.00
Egg & Lettuce	\$3.50
Cheese & Tomato	\$3.00
Vegemite	\$2.00

**ROLLS & WRAPS** white only

Salad	\$3.50
Ham & Salad	\$4.50
Chicken & Salad	\$4.50

## Salads

Large Fruit Salad Bowl	\$4.00
Garden Salad	\$4.00
Ham Salad	\$4.50
Chicken Salad	\$4.50
Boiled Egg Salad	\$4.00
Chicken & Avocado Salad	\$5.00
Mac & Cheese	\$4.00
Lasagne	\$4.00
Grilled Chicken Burger with lettuce, mayo & cheese.	\$4.00
Grilled Chicken Wrap with lettuce, cheese & mayo or sweet chilli and sour cream.	\$4.00
Cob of corn	\$1.00
Warm Cheese & Bacon Roll	\$1.80
Large Pie	\$3.00
Large Sausage Roll	\$2.00
Party Pie	\$1.80
Party Sausage Roll	\$1.00
Dino Nuggets – 6 Pack	\$3.80
- 3 Pack	\$1.90

## SNACKS

Pikelets 1 each	\$0.50
Muffins- Chocolate OR Apple & Cinnamon	\$1.50
RRD Chips Sea Salt	\$1.50
Grain Waves Sour Cream and Chives	\$1.50
Jelly Cups	\$0.50
Piece of Fruit	\$1.00
Fresh Fruit Cups	\$1.50
Popcorn Bag	\$0.50
Yoghurt- Vanilla OR Strawberry	\$1.00
Cheese & Crackers	\$1.00
Cheese Sticks	\$0.80
Carrot Sticks & Light Cream Cheese	\$1.00
Saos – Vegemite & Cheese	\$0.60
- Vegemite	\$0.50
- Cheese	\$0.60
- Cheese & Tomato	\$0.80
Melon Ball Cup	\$1.50
Mixed Fruit Cup	\$1.50
Fruit & Yoghurt Cup	\$2.00
Celery Sticks	\$0.80
Mixed Vege Cup	\$1.50

## DRINKS

Milk-Strawberry, Chocolate	\$2.00
Chilli J- Blackcurrant & Lemonade	\$2.00
Playwater- Raspberry, Blackcurrant & Fruit Tingle	\$2.50
Small Bottle of Water	\$1.00
Large Bottle of Water	\$2.00
Juice – Orange, Apple & Apple/Blackcurrant	\$2.00
Plain Milk	\$1.50

Tomato, BBQ & Sweet & Sour Sauce Sachets	\$0.30
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## GREEN WRITING – EVERYDAY FOODS

BLUE WRITING – OCCASIONAL FOODS

**\*\*Compliant with NSW Healthy Canteens Strategy**





# YEAR 6 FUNDRAISER

## Mulbring Bush Santa Photos



**Saturday 30th Nov 2019  
8am - 7pm**

**Friendly pets welcome**

**\$30 (2 x HR photos)**

**Limited spaces available**

**Booking essential**

**Photos orders will be  
emailed**

**Contact: Michelle**

**0434 367 520**

**mulbringbushsanta@outlook.com**

# COMMUNITY ANNOUNCEMENT

Mulbring Community Hall

Due to unforeseen circumstances and after 20 years our Mulbring Hall Committee has decided it is now time for new volunteers.

We would be seeking a;

President

Secretary

Treasurer

5 Land Managers

All of the current members would be on hand to assist anytime should it be required.

We will be holding a meeting in the coming weeks. Date yet to be advised.

Land Managers need to apply by November 6<sup>th</sup>. To apply as a Land Manager visit;

<https://reservemanager.crownland.nsw.gov.au/>

If you have any questions please do not hesitate to contact either;

Judy Blanch (Secretary)

Ph- 0490061273

Peter Allen (Senior Property Management Officer Crown Lands)

Ph- 0249379345

Email – peter.allen@crownland.nsw.gov.au

If we do not get a committee together the future for our Community Hall is unknown.

Thank you.



### Stage 3 Term 4 Week 2

Stage 3 students have had a positive start after the holidays and are all looking forward to a very exciting and memorable Term 4 ahead. We have started learning about discoveries and the journey that people go on to achieve them, valuing the process rather than the destination. Students will continue to appreciate the scale and complexity of their world, whilst developing their science, engineering and programming skills.

Year 6 students were lucky enough to spend Thursday of week 2 at KKHS participating in a mural workshop, working on their end of year present to the school. We would like to pass on a very big thank you to Mel Thompson and Nick Fintan at KKHS who have been instrumental in making this project happen, as well as the Year 9 students from KKHS that have been assisting with the present.



## What the heck is going on with young people?

by Michael Hawton | May 29, 2019 | Adolescent, Child Protection, Children, Parents, School

Currently three members of our family or close friends have young adult children who are facing significant mental health problems. It seems that anxiety, depression and a general sense of young people and children not being able to cope is widespread in our community. How can we build resilience in children and youth?

I suppose the **big question** is why are these trends occurring? Is there something we can do as a society, or as parents, to help young people cope better with the challenges life throws at them? How can we develop resilience in children?

It occurs to me that our comfortable life can sometimes lull us into thinking that things will always be easy and we won't have to face frustration, hardship and pain. Perhaps we could be doing more to help our children and young people learn to cope with the inevitable setbacks they will face in life.

In order to do this, perhaps we could do the following things:

1. We need to teach our kids to be tolerant of difference and to realise that someone holding a different opinion to us is not an attack on our way of life. We can help them to be strong in themselves and in their own values but to also to tolerate others with different views and values.
2. We can empower our children to problem solve and work to resolve differences and disagreements in a constructive way.
3. We can help our kids to take the focus off themselves occasionally and be aware of how other people live. Contributing to a community event or volunteering are great ways for young people to recognise the bigger picture. Narcissism is on the rise and it leads to mental fragility.
4. We can also give our kids the message that although some parts of life are uncomfortable, sad, painful or challenging, this is normal and it is possible to get through this. We can teach them to draw on their internal strength and the support of their family and community to survive these challenges.

I believe we need to build and develop resilience thinking skills in children so they feel courage when faced with challenges and hold on to self-belief when they feel attacked. As parents, educators and mentors, we can teach our children how to weather the inevitable storms, which will come their way and also to stand up for themselves in appropriate ways.

Developing the ability to stand up for yourself when appropriate includes knowing how to summon up some mental toughness. It might be having a stern word to yourself. It can be as simple as shaking yourself out of complacency or it might be taking definite steps to deal with the normal sadness or frustration that befalls us all, at times.

A Halloween-themed poster for a 'Halloween Disco' event. At the top, a cartoon bat with large yellow eyes and a wide grin is flying. Below it, the text 'October 31<sup>st</sup> 5.30 – 7.30pm' is written in white. The word 'HALLOWEEN' is in large, bold, orange letters, followed by 'DISCO' in a similar style, flanked by wavy lines. Below this, 'Mulbring Hall' is written in white. The ticket price '\$2 per child or \$5 per family' is listed in white. Underneath, 'Payment on the night' is written in a smaller font. The event details 'All Welcome - DJ, Games, Competitions' and 'Food, Drinks & Snacks available to purchase on the night' are at the bottom, with the latter in orange. Two cartoon pumpkins with faces are positioned at the bottom corners. The background is black with white spider webs, and there are orange horizontal bands on the sides.

October 31<sup>st</sup> 5.30 – 7.30pm

# HALLOWEEN

# DISCO

## Mulbring Hall

\$2 per child or \$5 per family

Payment on the night

All Welcome - DJ, Games, Competitions

Food, Drinks & Snacks available to purchase on the night