

The simplest way

... to ensure your child gets the nutrients they need at school

Simply pack something from each of the 5 food groups plus water. Try this great example lunch box:



Wholegrain Breads & Cereals: Bread Sushi

Vegetables and salads: Corn cob

Meat & Alternatives: Baked bean muffin

Dairy: Yoghurt tub

Fruit: Strawberries

Water: Always pack a bottle of water

For these recipes and more examples of healthy lunch boxes visit our [website](http://healthy-lunchbox.com.au).

healthy-lunchbox.com.au

Good for Kids good for life

CRUNCH&SIP

Crunch&Sip® is a set time during class time for primary school students to 'refuel' on vegetables, salad or fruit, and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

What to pack for
Crunch&Sip®
it's simple!
Crunch&Sip means vegetables, fruit and water only.



Sometimes



www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx



HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



For Your Calendar;

Weds 6th Mar	Mulbring Minis start up
Weds 6th Mar	P&C Meeting & AGM
Fri 15th Mar	Assembly Day
Fri 29th Mar	Assembly Day
Thur 4th Apr	Author Visit
Fri 5th Apr	Colour Run
Thur 11th Apr	Cross Country
Fri 12th Apr	Assembly Day (last day T1)
Mon 29th Apr	Staff Dev Day
Tues 30th Apr	Students back T2
Mon 20th May	School Photo Day
Fri 24th May	Small Schools Athletics

BANKING

Every Tuesday

LUNCH ORDERS

In on Wednesday, enjoy on Friday.

Mulbring Public School

Ph: 4938 0135

Email: mulbring-p.school@det.nsw.edu.au

4th March, 2019

MULBRING PUBLIC SCHOOL NEWS

Week 5 already, Mulbring Public School students have been busy in class and sport.

We had representation at a Rugby League Gala Day, and lots of Zone sports events and try outs; Soccer, Netball, Rugby League and Basketball. Congratulations to all of the students involved and thanks to Mr Hemsworth and Mr O'Connor for their organisation. Thank you to the parents for transporting the children and helping out at these events.

We are very excited that Mulbring Minis is starting up again on Wednesday. Please remember to invite people you know with young children to come along. We are starting at 9.30 a.m. Morning tea will be provided for parents, children can bring their recess.

We are very excited to have another touch screen board in the K-4 area. This will be shared by the K-2 and 3-4 classes.

A big thank you to everyone who came along to the welcome afternoon. We were thrilled with the number of parents/students in attendance. It was a lovely afternoon of catching up and getting to meet our school families. Thanks to the P&C for their organisation.

The next P&C meeting (and AGM) will be this Wednesday (6th March).

This term, students in years 4-6 from our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices. A consent form and FAQs for parents/carers about the survey is being sent home with students today. If you **do not** want your child or children to participate, please return the form to school by **Friday 8th March**.

More information about the survey is available at:
<http://surveys.cese.nsw.gov.au>

Premier's Reading Challenge

The PRC student site is available again this year! Students can search for books to read, add books to their reading logs, and track their progress throughout the challenge. The website is available from March 4. We encourage all Mulbring students to be part of the Premier's Reading Challenge.

Visit <https://online.det.nsw.edu.au/prc/studentExperience.html>.

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

AWARDS PAGE

CONGRATULATIONS - WEEK 5 SCHOOL MERIT AWARD WINNERS

Kindergarten—**Mia H** (absent)

For: Great reading and knowing her high frequency words

Year One—**Eddie**

For: Working hard to produce question and answer statement sentences

Year Two—**Taj**

For: Demonstrating a good understanding of 2D shapes

Year Three—**Ruby I**

For: Treating others with care and respect

Year Four: **Shaun**

For: having a have a go attitude when completing his work

Year Five—**Emelia**

For: Excellence in spelling activities

Year Six: **Jake**

For: Leadership and patience in group work.



Good for Kids good for life



ACTIVE KIDS VOUCHER

The NSW Government is helping kids get active with the new Active Kids program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, find a registered activity provider and present your voucher when you sign up.

The program runs year round, so kids can get active at any time!
Visit www.service.nsw.gov.au/active-kids to apply



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Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

SCHOOL ZONE OFFENCES

WHAT ARE YOU RISKING?*



No Parking

You have 2 minutes to drop-off or pick-up and must stay within 3 metres of your vehicle.

=

PENALTY
\$187
+ 2 DEMERIT
POINTS



No Stopping

Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.

=

PENALTY
\$337
+ 2 DEMERIT
POINTS



Bus Zone

You must not stop your vehicle in a bus zone unless you are driving a public bus.

=

PENALTY
\$337
+ 2 DEMERIT
POINTS



Mobile Phone Use

Do not use a hand held mobile phone while driving.

=

PENALTY
\$448
+ 4 DEMERIT
POINTS



Speeding Offences

There has been an increase to the monetary fine and number of demerit points applicable to Speeding Offences in School Zones.

=

MAX.
PENALTY
\$3801
+ 7 DEMERIT
POINTS

If you stop on
a footpath or
nature strip

=

PENALTY
\$337
+ 2 DEMERIT
POINTS

If you stop
across a
driveway

=

PENALTY
\$337
+ 2 DEMERIT
POINTS



Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **YOU** to take extra care when driving and parking around school zones.

Brought to you by Cessnock City Council
Ranger Services & Road Safety Officer



CLASS NEWS:

YEAR 5/6

Stage 3 have appreciated starting to read the novel 'Wonder' and beginning to understand the authors powerful message about the importance of kindness, tolerance and acceptance.

Students have also enjoyed working in groups to build instruments for their weather stations. Over the coming weeks we will be using these to record the weather and comparing this to the forecast made by the Bureau of Meteorology.

Rugby League Gala Day—Congratulations to the Mulbring PS Rugby League Team who participated in the Mark Hughes Shield on Thursday 28th February. It was awesome to see girls and boys from Year 3 to 6 enjoy playing as team as well as showing great determination and sportsmanship.



YEAR 3/4

This week in 3/4 we have been learning about the importance of water and water quality. We have done this by conducting science experiments, to discover if we can filter or distil dirty water to make it clean again. The water filters were built using ice-cream containers, testing the best material to filter the water – cloth, cotton wool or gravel. We discovered that cotton wool was best to remove the dirt, but didn't provide as much clean water as the others.

We built water filters using bowls, cups and cling wrap. We discovered that all water is evaporated, leaving behind any unwanted particles such as dirt or salt. We wanted to test if the distillers would work best when placed in a cold place (refrigerator) or in a warm sunny spot. The cold place distiller provided far less clean water than those in the warm place.

K/1/2

It is hard to believe but we are half way through term 1, our kinder students have settled nicely into the school routine and are making many positive friendships. K/1/2 are progressing with learning their high frequency words; quick recall of these words provides a strong foundation to developing good reading skills. This week the class has been making artwork, a self-portrait. These art works are proudly displayed on the classroom window, for our school community to see.

FRIDAY LUNCH INVITATION:

All parents, grandparents, family members are invited to join us at school every Friday during lunch time from 1:30-2:15pm.

Lunch orders may be submitted on Wednesday if you'd like to order something to eat or you may bring your own food along.

Parents/Family members are encouraged to join in games, and interact with the students or alternatively, just catch up with each other for a chat.

MULBRING MINIS:

Our "Mulbring Minis" playgroup, supported by our School P&C, will start up again from Wednesday 6th March, commencing at 9:30am, in the school library. Minis will conclude at 10:30am.

Thank you very much to Natalie Hunter, who has kindly offered to lead Minis for us this year.

Minis is for children 0-5 and their parent/s. Tea/coffee will be provided for parents and if you'd like to bring a snack/drink along for your child/children this is encouraged.

School Fees—General Contributions

THANK YOU TO ALL Families who have made payments, already!

An invoice reminder was sent out last week.

These fees are a reimbursement to the school of supplies/subscriptions we have purchased for all students.

Textbooks won't be given out until they are paid for. Students will be given a textbook to borrow and they will be required to write out the question and answer in a workbook.

Payments;

Payments can be made at the office or over the phone using our EFTPOS facilities.

We also accept cash or cheques. Part payments may also be made if this assists.

Payments can also be made online by visiting the school website <https://mulbring-p.schools.nsw.gov.au/> and clicking on the '\$ make a payment' tab.



Some families may notice there are credits. These generally relate to the \$12.50 refund from the 3/4 2018 school camp, and also any in-school awards from Presentation Day. Any questions relating to invoicing, please contact the office.



DOUGHRAISER

**DOMINO'S PIZZA KURRI KURRI
IS PROUD TO SUPPORT
MULBRING PUBLIC SCHOOL
IN THE FORM OF A 'DOUGH'RAISER.**

When: Monday 11TH March 2019
4pm to 8pm

\$1 From every pizza sold between 4pm and 8pm will be donated to the school.

How to Order: Call 4015 6520 or order online at www.dominos.com.au