Dear Parents/Caregivers,

Christmas Craft
A big thank you to Julie Pike for her help with some Christmas craft over the past few weeks. The decorations look great and will be used to decorate the presentation night area, after which the children will be able to take their decorations home.

End of year
As we are approaching the end of year and programs are finishing in the classroom the children may be watching some movies in the last few days of the term. Some of the movies may be PG, if you do not want your child to watch PG rated movies please contact the office by Friday 5th December to let us know. At this stage we are looking at watching Charlie and the Chocolate factory (as we are reading the book), Matilda and A Christmas Carol.

Student Behaviour
As we are approaching the end of term I encourage you to remind your students that appropriate behaviours at school are to be maintained. This is a time when some students can become a bit silly. The students are reminded about school rules but I would appreciate it if you could also discuss this with your student especially in regard to being respectful to all adults. Thank you.

Presentation Night
As advised earlier the Presentation night will be held on Friday 12th December commencing at 5pm. The program will run in a similar format to last year with finger food provided for dinner. The P&C would appreciate if each family could bring a plate of finger food to share for both dinner and dessert. The students will be preparing the nibbles for the evening. I am sure this will be another successful evening and the students are looking forward to performing some items for your enjoyment.

Song Room and Aboriginal Culture
The last song room will be on Tuesday 16th December and the last Aboriginal Dance will be on Friday 12th December. I will inform you if these programs will be running in 2015 when I have confirmation.

Water Day
Monday 15th December we will have a water day at school where the students may bring water pistols and water equipment to school. They will need to bring or wear swimmers, a towel, sunscreen a hat and dry clothes to get changed into. We will have slip n slides and sprinklers throughout the day and lots of water activities.

Regards
Kristen Nime

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 8th Dec</td>
<td>Canteen</td>
</tr>
<tr>
<td></td>
<td>Student Banking</td>
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<tr>
<td>Tues 9th Dec</td>
<td>Song Room</td>
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<tr>
<td>Thurs 11th Dec</td>
<td>Cooking</td>
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<tr>
<td>Fri 12th Dec</td>
<td>9am – 10.30am Aboriginal Dance</td>
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<tr>
<td></td>
<td>5pm Presentation Night</td>
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<tr>
<td>Tues 16th Dec</td>
<td>Song Room</td>
</tr>
<tr>
<td>Wed 17th Dec</td>
<td>Students’ last day Term 4</td>
</tr>
<tr>
<td>Wed 28th Jan 2015</td>
<td>Students return Term 1 2015</td>
</tr>
</tbody>
</table>
P&C News

Christmas Raffle
Tickets were distributed last week. More tickets available at the office if required. Please return by 11th Dec.

Prizes in the Christmas Raffle are:
1st prize – $120 Sportspower Voucher
2nd prize – Food Hamper
3rd prize – Food Hamper

Any donations of food - non-perishable and perishable goods, also Christmas themed items ie: tablecloth, serviettes etc., will be appreciated from now till the Presentation Night, on 12th December. Please check the use by dates, Jan 2015 at the earliest for expiry, please.

Sports& Supporters Shirts
The new lightweight sports shirts will be here soon.
Payment of $33 each would be appreciated by 12.12.14.

Canteen Roster
If you can help please add your name to the roster in the office.
Many thanks.

Next P&C Meeting
The next P&C Meeting will be held in 2015, date to be decided.

Milbrodale Public School
Canteen Roster Term 4 2014

<table>
<thead>
<tr>
<th>DATE</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>13th Oct</td>
<td>Narelle</td>
</tr>
<tr>
<td>20th Oct</td>
<td>Narelle</td>
</tr>
<tr>
<td>27th Oct</td>
<td>Concert in Singleton</td>
</tr>
<tr>
<td>3rd Nov</td>
<td>Tricia</td>
</tr>
<tr>
<td>10th Nov</td>
<td>Narelle</td>
</tr>
<tr>
<td>17th Nov</td>
<td>Tricia</td>
</tr>
<tr>
<td>24th Nov</td>
<td>Narelle</td>
</tr>
<tr>
<td>1st Dec</td>
<td>Tricia</td>
</tr>
<tr>
<td>8th Dec</td>
<td></td>
</tr>
<tr>
<td>15th Dec</td>
<td>Special Canteen day for all</td>
</tr>
</tbody>
</table>

If you are unable to do canteen on your rostered day, please try and arrange someone to take your place or contact Narelle on 6579 4649 (before 8.00am)

Singleton Catholic Parish Sacramental Program 2015

Any Catholic children who are in Year Two or older who wish to make their Confirmation and First Holy Eucharist in 2015 are asked to contact the Catholic Parish Office on 6578 9613.
The first meeting for parents and children will be on Thursday 5th February 2015, 6.30pm at St Patrick’s Church, Queen Street.
Book Club

If you would like to order from the latest catalogue, Issue 8, the brochures are available for collection in the office.

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**The simplest way**

**...to make healthy Santas.**

This Christmas, get your kids eating strawberry Santas – they’re cute to look at, and delicious to eat!

Follow these instructions to keep your Christmas fun and healthy:

1. Wash your strawberries, dry, then slice off the tip
2. Spoon/pipe reduced-fat ricotta or cream cheese on the larger half, then put the ‘hat’ on top
3. Top hat with a little more of the cheese to make a pom pom
4. Cut a small amount of sultanas up for the eyes and place on gently.

Merry Christmas from all of us at Eat It To Beat It!

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

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**The simplest way**

**...to be SunSmart!**

Showing children that you wear sunscreen is the best way to teach them about our harmful UV rays.

Children imitate adult behavior – both good and bad. When it comes to sun protection, setting the best example is important for teachers and parents.

What should you do?

- Wear a sun safe hat.
- Wear a shirt with a collar and sleeves.
- Apply sunscreen before going outside, and then at regular two hour intervals throughout the day.

Be SunSmart and your children will follow your lead. Enjoy the holidays!

For more information visit
www.sunsmartnsw.com.au
or call 9334 1781

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FREE ENTRY

**Carols in the Park**

**Saturday**

**6th December**

**McNamara Park**

**6:00 PM**

Bring the family with a picnic or enjoy the BBQ to support Broke Rural Fire Brigade

**Santa will arrive with lollies for the kids**
The Lunchbox equation

Are you struggling for ideas for your child's lunchbox? Here are a few tips to ensure the balance is right.

- **A main meal** e.g. sandwich, wrap, salad, home-made dish etc. that includes vegetables and a protein food e.g. meat, fish, chicken, egg, cheese. Aim for wholegrain varieties such as wholemeal or multigrain breads, wraps, brown rice or wholemeal pasta etc.
- **A piece of fruit** – whole, cut into bite sized pieces, canned fruit in natural or unsweetened juice or dried fruit very occasionally.
- **A healthy snack** – vegetable sticks with salsa or hummus, cheese and crackers, wholegrain crackers with toppings etc.
- **A drink** – water is the best choice everyday
- **An extra snack** can be included for active children.

As a treat pack a small ‘extra’ pre-packaged snack once a week to teach children about eating “occasional” foods sometimes and not every day.

Reference:
Adapted from “How to pack a Healthy Lunchbox” fact sheet accessed from www.healthy-kids.com.au

Fundamental Movement Skills

Did you know?... Children do not automatically know how to catch, throw, kick, run and jump. These are known as fundamental movement skills (FMS). In the same way children need to learn the alphabet in order to read, they need to learn basic movement skills in order to lead a physically active, healthy life.

Our school is committed to providing students with opportunities to practise these skills within their PE lessons, school sport, using playground markings, fixed equipment and access to equipment such as balls, skipping ropes etc.

There are many ways parents can support their children to practice these skills at home, which include:
- Encouraging them to play in the backyard, dance to music, run or swim or play sports
- Encourage children to make their own obstacle course at home using the garden hose as a tight-rop, chairs to crawl under and the clothes line to run around.
- Negotiate a limit on sedentary activities such as watching TV and playing computer games

Below is a home fun activity that you can enjoy with your children:

**Rebound Catch**

Using a brick wall and a ball practise catching for 10 minutes. Throw the ball (soft medium-sized ball) at the wall under-arm and try to catch the ball with two hands.

See how many times you can catch the ball off the wall without letting the ball touch the ground, standing:
- 2m away from the wall
- 3m away from the wall
- 4m away from the wall

Write down your highest score and work towards improving it each time.

Reference:
1 Get Skilled, Get Active. NSW Department of Education and Training, 2000.
2 Good for Kids Fundamental Movement Skills Lesson Plan Resource

Lunchbox snack foods

Children need to eat a range of different foods to provide nutrients to meet their growth and energy needs. Young children also have smaller stomachs than adults so they need to eat every few hours to keep up their energy levels.

Snacks based on fruits and vegetables, reduced fat dairy products and wholegrains are the best choices.

<table>
<thead>
<tr>
<th>Everyday</th>
<th>Sometimes</th>
</tr>
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<tbody>
<tr>
<td>Fruit loaf/raisin toast</td>
<td>Muesli bars or dried fruit bars</td>
</tr>
<tr>
<td>Plain popcorn</td>
<td>Fruit straps/sticks</td>
</tr>
<tr>
<td>Plain or fruit yoghurt</td>
<td>Potato crisps and corn chips</td>
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<tr>
<td>Cheese and crackers</td>
<td>Lollies and confectionary</td>
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<tr>
<td>Fresh fruit or canned fruit in</td>
<td>Daily desserts</td>
</tr>
<tr>
<td>natural fruit juice</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Dried fruit and cheese cubes</td>
<td>Cordial</td>
</tr>
<tr>
<td>Vegetable sticks and dip or</td>
<td>Soft drinks</td>
</tr>
<tr>
<td>salsa</td>
<td></td>
</tr>
<tr>
<td>Corn or rice cakes with or</td>
<td></td>
</tr>
<tr>
<td>without spreads</td>
<td></td>
</tr>
<tr>
<td>Bite sized vegetables e.g.</td>
<td></td>
</tr>
<tr>
<td>cherry tomatoes, cucumber etc.</td>
<td></td>
</tr>
</tbody>
</table>

Reference:
Adapted from South Eastern Sydney Illawarra Health school newsletters distributed to schools as part of the Live Life Well @ School program.

Switch off and Play

Did you know?... spending too much sedentary or "still" time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.

Australian guidelines recommend that children spend no more than 2 hours each day on small screen entertainment.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids get from being physically active are just as important.

Try setting limits for screen-time and encourage active and outside play as much as possible.

Here are some screen-free activities to do with your children:
- listen to music
- walk to the park
- jump rope
- build a cubby house
- play with your pet
- play hopscotch

Reference:
1 “Turn off the TV or computer and get active” fact sheet accessed from www.healthykids.nsw.gov.au