Dear Parents/Caregivers,

Pirate Day
Friday 19th September is International Talk like a Pirate Day and the children would again like to come to school dressed like a pirate. This is also a bike day so the Pirate Costume needs to be appropriate for riding a bike as well. This is also the last day of Term 3. I look forward to seeing all the “Pirates” on Friday 19th September.

Alpha Show
The children travelled to Singleton Heights Public School to watch the 'Little Mermaid'. The children all had a lovely time and enjoyed the show. During the show the cast took a ‘selfie’ of the crowd and all of our students can be seen having a lovely time.

Author Talk
We have been invited to attend an author talk at King Street Public School on Monday 15th September. The author is Frances Watts. This visit is sponsored by Coal & Allied, please find a permission note attached and return it to the school by Friday 12th September. Note: no canteen facilities will be available.

End of Term
I would like to thank Ms Adams for all her hard work this year and wish her joy and happiness for the new arrival in her life. We look forward to seeing some lovely photos when her baby is born. I would also like to thank everyone else for making this term an enjoyable one and hope everyone has a safe holiday.

Regards
Kristen Kime
P&C News

Footy Tipping Competition
Congratulations to all participants.
The final round has been played.
1st prize – Mr O’Hara-Smith
2nd prize – Jason Harris
Last prize – Mark McKie

The final scoresheet is on the window wall in the Staffroom.

Canteen Roster
Thank you to Narelle & Tricia for your help this term.
Note: No Canteen next Monday 15th Sept due to excursion.

Next P&C Meeting
The next P&C Meeting will be held NEXT Monday 15th September, starting at 3.15pm.

Milbrodale Public School

Canteen Roster Term 3 2014

<table>
<thead>
<tr>
<th>DATE</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>21st July</td>
<td>Narelle</td>
</tr>
<tr>
<td>28th July</td>
<td>Narelle</td>
</tr>
<tr>
<td>4th August</td>
<td>Narelle</td>
</tr>
<tr>
<td>11th August</td>
<td>Narelle</td>
</tr>
<tr>
<td>18th August</td>
<td>Excursion</td>
</tr>
<tr>
<td>25th August</td>
<td>Narelle</td>
</tr>
<tr>
<td>1st September</td>
<td>Tricia</td>
</tr>
<tr>
<td>8th September</td>
<td>Tricia</td>
</tr>
<tr>
<td>15th September</td>
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</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)

Footy Tipping at Round 26 - last one

<table>
<thead>
<tr>
<th>Name</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>1st ---- Zac</td>
<td>244</td>
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<tr>
<td>2nd -- Jason</td>
<td>241</td>
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<tr>
<td>Narelle</td>
<td>237</td>
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<tr>
<td>Rowan</td>
<td>234</td>
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<td>Garry</td>
<td>231</td>
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<td>Kristen</td>
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<td>Mike</td>
<td>216</td>
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<tr>
<td>Linda</td>
<td>208</td>
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<tr>
<td>Tricia</td>
<td>199</td>
</tr>
<tr>
<td>Marg</td>
<td>186</td>
</tr>
<tr>
<td>Last prize ---- Mark</td>
<td>180</td>
</tr>
</tbody>
</table>

Jerry’s Plains Community Fair
27th September 2014

Do you want to sell your un-wanted goods or crafts? Then join our community fair.

Wanted Stall holders:

Buskers, craft stalls, plants, second hand goods, produce, baked goods & trash and treasure. Whatever your speciality. Our boot sale!

Only $10.00 per stall
Bookings now being taken
Please contact Maureen 0413318666 after 6pm

Like our face book page!
Singleton Netball is holding a family disco night on Friday 12th September at the York St Diggers from 6pm to 9pm.
Entry is $2 per person.
Everyone is welcome, not just netballers!!!
There will be face painting, games and dancing.
Please note all children must be supervised at all times by their parent or guardian.
Come along and enjoy a great family night. All proceeds go to the building of our new clubhouse.
Your ongoing support is greatly appreciated!!!
Further information can be found on our website at www.singletonnetball.com or by emailing us at singletonnetball@hotmail.com
The simplest way
...to manage fussy eating

Here are some of our top tips for dealing with fussy eaters:

Stay positive and don’t react: when your child refuses to eat, respond calmly, so they don’t get attention for behaving badly.

Keep on serving it: research shows kids need to be given a new food an average of eight times before they will accept it.

Eat as a family at the table: turn off the telly, and eat together – this will help improve the whole family’s eating habits.

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

The simplest way
...to inspire a healthy breakfast

A healthy breakfast improves energy levels, alertness and concentration. It’s also a good way to get a serve of fruit + veg in.

Here are some quick winter warming breakfast ideas:

- Sliced bananas or avocado make a yummy addition to toast
- Chop and add left-over vegies to an omelette or savoury pancake
- Add fresh or canned fruit to porridge
- Top a wholesome muffin with cooked tomato, mushrooms, baked beans or creamed corn

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

The simplest way
...to understand UV radiation!

Did you know?

- UV is not linked to the temperature and can be high even on cool and cloudy days.
- Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer.

Here are our 2 top tips for you!

- Use the SunSmart App
  - To find the daily UV level for your area and recommended sun protection times. The app also has a sunscreen calculator to find out if you’re using enough sunscreen.
- When the UV level is 3 or above – Protect your skin in 5 ways. Slip, slop, slap, seek and slide.

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