Dear Parents/Caregivers,

Welcome back to Term 4

I would like to welcome everyone back to Term 4 which I’m sure is going to be a wonderful if not busy term.

I have not had the best holiday with a couple of visits to hospital. I am much better now but need to have a few days to rest and completely regain my health. I will be away for the rest of the week and am hoping to return in Week 2.

Family Fun Day

This day was a great success and I would like to congratulate all the many people who organized a great event. The atmosphere was wonderful and I heard lots of positive stories about the ultimate man challenge. Congratulations on a successful and fun day.

Kinder Orientation

Kinder orientation will commence on Tuesday 20th October. If you are aware of any children who may be commencing Kindergarten in 2016 please ask them to call the school for more information. The students are invited to attend Milbrodale School for the day from 9am-3pm.

Regards

Kristen Kime
Canteen

We are now taking names for Volunteers for Term 4. All help appreciated.

Normal hours for the Canteen are from 9.30am to 11.40am, or set up from 9.30am to 10 am.

P&C News

FAMILY FUN DAY

The Family Fun Day was held on Sunday 20th Sept.
The weather wasn’t as kind as we’d hoped, but it was a very successful day.
Thanks to the many helpers and volunteers.

Milbrodale Public School
Canteen Roster Term 4 2015

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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)

Nutrition Snippet

The simplest way
...to make a healthy after-school snack.

Most kids are starving as they walk through the door – and reach for processed or packaged snacks for a quick hunger fix.

Get them to head to the fruit bowl, or vegie box in the fridge, instead...it’s healthier, and will leave them fuller for longer. Try:

- Asking your kids to pick a vegetable and fruit, and cut both into smaller pieces
- Adding a vegie dip to keep it interesting
- Making a fruit salad
- Adding a reduced-fat yoghurt and a sprinkle of muesli
- Visit our website for great muffin recipes

Our website is packed full of healthy ideas to help you stay inspired...have a look today!

For more information visit
www.eatitbefore8.com.au
or join us at facebook.com/eatitbefore8

Nutrition Snippet

The simplest way
...to make a healthy Red Bean dip.

Ingredients
- 1 can of Kidney Beans
- ½ cup reduced-fat natural yoghurt
- 1 tablespoon olive oil
- Pinch salt and pepper
- 1 teaspoon cumin
- 1 tablespoon diced spring onions (optional)
- ½ cup diced avocado (optional)
- Vegie sticks to serve

Method
Rinse and drain kidney beans j| Place beans, along with yoghurt, olive oil, salt, pepper and cumin into a food processor and blitz until smooth j| Spoon into a bowl, and top with spring onions and avocado, if desired j| Serve with vegie sticks...delish!

For more information visit
www.eatitbefore8.com.au
or join us at facebook.com/eatitbefore8
Milbrodale Family Fun Day
Singleton Netball Association is holding some skill clinics for interested girls.
These are FREE
They will be held on Monday evenings from 12th October 2015 for 3 weeks.
10-11 years 4 to 4.45
12-13 years 4.45 to 5.30pm.

if you are interested in playing rep next year these clinics will offer you some essential skills.
They are NOT compulsory and anyone can come along even if you just want to learn something and have never tried netball

Tennis Australia’s Hot Shot Tennis program

Training and competition squads for children of all ages and abilities commencing at Wollombi on Friday afternoons with Chris Herden, Tennis Australia Club Professional.

Bookings essential. Book early as classes are filling fast.

Contact 4992 1753, cherden2@myune.edu.au.