Dear Parents/Caregivers,

Uniforms
The P&C have approved a new addition to the girls’ school uniform. They have added a dress to the uniform. This is not a compulsory item and it will not be required for school photos or official representative events.

School Leaders 2016
The students presented their speeches for school leadership positions at the assembly on Tuesday afternoon. All the students presented heart felt speeches and I was impressed how they presented themselves and why they thought they would make good leaders. The voting will take place this week and the announcement of new leaders will be made on the presentation evening.

Intensive Swimming
We will be having our intensive swimming lessons during week 10 Monday 7th to Friday 11th December. This is always a big and exhausting week for the children so please try and make sure they are getting plenty of rest each night. They will need swimmers, goggles, towel, dry clothes and plenty of food. We normally allow the students to purchase a treat on the Friday but not any other day.

Christmas Shirts
Just a further reminder that Christmas shirts are allowed to be worn in place of the school shirt from the 1st December. All other parts of the school uniform will need to be worn including enclosed shoes.

Water Day
As the end of year celebration for Year 6 the students have asked for a water day. Miss Pickles and I have organised a water day for Wednesday 16th December, the last day of term. The children will need to wear swimmers, sun shirt and sunscreen and bring a towel, dry clothes and food. We may have some treats during the day with a special lunch but we will confirm that closer to the time.

Regards
Kristen Kime

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**School Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Wed 25th Nov</td>
<td>10.15-11 Drumming with Issabella 2pm Xmas Craft with Julie</td>
</tr>
<tr>
<td>Thurs 26th Nov</td>
<td>9.30-11.15am Athletics Cooking 12 – High School visit</td>
</tr>
<tr>
<td>Fri 27th Nov</td>
<td>Aboriginal Culture &amp; Zumba @ Broke PS</td>
</tr>
<tr>
<td>Wed 2nd Dec</td>
<td>10.15-11 Drumming with Issabella 2pm Xmas Craft with Julie</td>
</tr>
<tr>
<td>Fri 4th Dec</td>
<td>5pm - Presentation Night</td>
</tr>
<tr>
<td>Mon 7th Dec to Fri 11th Dec</td>
<td>Intensive Swimming @ Singleton Gym &amp; Swim 11.30am to 3pm</td>
</tr>
<tr>
<td>Tues 8th Dec</td>
<td>9am Singleton Argus here – Leaders’ Photos</td>
</tr>
<tr>
<td>Fri 11th Dec</td>
<td>Aboriginal Culture &amp; Zumba @ Broke PS</td>
</tr>
<tr>
<td>Wed 16th Dec</td>
<td>Last day Term 4 2015 Water Day</td>
</tr>
</tbody>
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**HAPPY Birthday Miss Kime**

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Milbrodale Matters
Issue 22
Term 4 Week 8 Wednesday 25th November 2015

Milbrodale Public School
2615 Putty Road
MILBRODALE NSW 2330
T: (02) 6574 5163
F: (02) 6574 5201
E: milbrodale-p.school@det.nsw.edu.au
Canteen

Thank you to the Canteen volunteers.

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

P&C News

Uniform
The P&C will be ordering the new school dress. This is not compulsory but can be worn other than special occasions.

Christmas Raffle
Tickets are $1 each. Extra books can be collected at the office. The great prizes will be drawn at the Presentation Night, Friday 4th Dec.

1st Prize

2nd Prize

3rd Prize

4th Prize

Presentation Night Catering
All families and staff are asked to commit to bringing a Nibblies, Dinner or Dessert and place their preferred food item on the white door in the foyer of the office.

Milbrodale Public School
Canteen Roster Term 4 2015

<table>
<thead>
<tr>
<th>DATE</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>12th Oct</td>
<td>Narelle</td>
</tr>
<tr>
<td>19th Oct</td>
<td>Narelle</td>
</tr>
<tr>
<td>26th Oct</td>
<td>Linda E</td>
</tr>
<tr>
<td>2nd Nov</td>
<td>Tricia</td>
</tr>
<tr>
<td>9th Nov</td>
<td>Tricia</td>
</tr>
<tr>
<td>16th Nov</td>
<td>Students return from Jerrys Plains PS by 11.30am for lunch</td>
</tr>
<tr>
<td>23rd Nov</td>
<td>Narelle</td>
</tr>
<tr>
<td>30th Nov</td>
<td>Tricia</td>
</tr>
<tr>
<td>7th Dec</td>
<td></td>
</tr>
<tr>
<td>14th Dec</td>
<td></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)

The simplest way
...to use frozen fruit & veg.

Did you know that frozen and canned fruit and veg count towards your recommended daily intake of fruit and vegetables?

The facts:
- We all need to aim for two serves of fruit & five serves of veg. every day.
- Frozen/canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegies are usually packed shortly after picking, so very few nutrients are lost.
- For canned vegetables, look for labels that feature "no added salt" or "low sodium".
- Choose canned fruit in natural juice, rather than syrup.
- Health Star Ratings are on many packaged foods now – the more stars, the healthier the choice.

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

Nutrition Snippet
Community Carols @ the Heights

Singleton Baptist Church is hosting its annual Community Carols at the Heights on Saturday 12th December commencing at 5.30pm. This is an absolutely free, fun filled night in which families can come together and experience the real meaning and joy of Christmas without putting their hands in their pockets.

The night is being held at Allan Bull reserve, Bridgman Rd Singleton starting at 5.30pm. There are free jumping castles and slide, face painting, as well as a free sausage sizzle and drink. There will be live music performed by the Singleton Town Band.

The Carols begin at 7.30pm with fireworks closing out the night at 8.45pm.

So come along and celebrate the birth of our Lord and enjoy a family night together.
Summer fun in nature around Port Stephens

Join our *Discovery* Rangers to experience a different side to Port Stephens and Tomaree National Park this summer holiday. There’s something for everyone.

**Tomaree’s WilderQuest treasure trail**
Thursday 7 January 2016, 9am–11.30am
Discover the sights, sounds and heritage of Tomaree as you step back to the time of World War II.  

**WilderQuest wild world of rockpools**
Friday 8 January 2016, 1.30pm–3.30pm
Explore amazing rockpool creatures on Boat Harbour’s headland.  

**Spooky night walk**
Wednesday 13 January 2016, 6.30pm–8.30pm
Experience stories by dusk, the haunting ambience ‘behind the scenes’ of Tomaree’s World War II gun emplacements, and then return by dark.  

**WilderQuest bush to beach family discovery**
Thursday 14 January 2016, 3pm–5pm
Enjoy nature with fantastic family activities. For the young and young at heart.  

**Bookings and information**
Bookings for all NPWS Discovery Tours are essential.  
Book online following the links above, or phone 13000 PARKS (13000 72757).  
All tours between $12 and $15 per person and families between $36 and $45.  
For more information on tours, such as meeting points, please follow the web links or ask on booking. For general enquiries, phone Sue Olsson on (02) 4984 8210 (after 7 December 2015), or email [suzanne.olsson@environment.nsw.gov.au](mailto:suzanne.olsson@environment.nsw.gov.au)