

Term 3 Week 8

Tuesday 9th September 2019.

Tahlia – Gold Bar 3

Wow! What an achievement. Roughly 6 years, 7 months and 8 days ago you started school; now look where you are. Getting your gold bar 3. Only 3 months and 20 days left of school, then we go to high school. Tahlia is a reliable, trustworthy and kind person. She will go out of her way to do anything for anyone. Tahlia is very funny and sometimes a little goofy, which is what I love about her. She is talented at many things!
T is for Trustworthy
A is for always friendly
H is for honest
L is for loving
I is for intelligent
A is for amazing.

Congratulations Tahlia!

Annabelle.



P&C Fete Meeting
Tonight—10th September
7:00pm in the staffroom

Recognising Our Great Students

Congratulations to the following students who received merit awards at yesterday's K-6 Assembly:

Bronze: Pearl, Gage
Silver: Elke, Matilda
Gold: Jemima, Dylan, Suvi, Casey, Piper
Gold Bar 1: William, Alysha, Raphael
Gold Bar 2: Grace
Gold Bar 3: Tahlia



K-2 Sports Day

We are very much looking forward to the K-2 Sports day this Thursday, September 12th. The students have been practising their house chants with the house captains and are ready for a day of running, games and fun. We look forward to seeing all the students dressed in their house colours participating in the races and tabloid activities. Races begin at 10:00am and will finish at 11:20am. The tabloid events are from 11:40am to 12:55pm with lunch following. We hope to see parents and carers here supporting the students with parents and carers welcome to stay for lunch. The canteen will be running a regular canteen menu. Students will return to classes after lunch at 1:55pm.

Additional Information

Please Note: Students should know what house they are in. (Tasman – Red, Flinders – Yellow, Bass – Blue, Cook – Green). Students will need appropriate running shoes, a hat, sunscreen and students can wear house colours. Students will need to bring drinks, recess and lunch or access the canteen.

We look forward to a fantastic Sports Day.

WHAT'S HAPPENING THIS WEEK

WEDNESDAY

- Year 3 Burrill caves excursion
- Tennis Coaching—1H, 1R

THURSDAY

- K-2 Sports Day
- ICAS Spelling Test

FRIDAY

- Stage Assemblies : K-2—12:20pm
Years 3-4—1:55pm
Year 5-6—10:40am
- Regional Athletics Carnival
- Band Practice

MONDAY

- K-6 Assembly

TUESDAY

- School Banking—Bendigo Bank
- Tennis Coaching—1S
- ICAS English Competition

COMING EVENTS

ICAS Mathematics Competition
Wednesday 18th September

Year 4 Dolphin Watch Exc
Thursday 19th September

P&C Fete
Friday 20th September

Thought of the Week

When I let go of what I am, I become what I might be.

Lao Tzu

Canberra Excursion Highlights

On Wednesday, Year 6 travelled to Canberra. After 2ish hours of driving we stopped for a comfort stop in Braidwood for 30 minutes and then continued on our trip. When we arrived in Canberra we went to the National Museum of Australia. I really liked the boomerangs.

Later on at night time we travelled to Questacon and had the whole place to ourselves. It was amazing. They had a giant moon hanging from the ceiling and I bought a plasma ball at the shop. By the time we got back to our cabins we were very tired but we stayed up until 12 o'clock watching Family Guy and American Dad on TV.

On the second day, we got to do the Lake Burley Griffin cruise and I took some amazing pictures. At night we went to Laser Tag and it was brilliant!!! In the second game my team, the pink team, teamed up with the blue team and together we guarded two power ups, but guess what...they never lit up!!!!

That night we stayed up until 10.30pm. When Mr King came around and knocked on the door everyone pretended to be asleep except me. I got up and answered the door looking groggy with messed up bed hair.

On the last day we travelled to Parliament House which was huge. We saw inside the Senate and the House of Representatives. We then viewed the gallery full of paintings of Prime Ministers, the paintings were amazing! The roof had a marvellous view over the lawns and Old Parliament House. Next we moved on to the Royal Australian Mint. It was huge and the process of minting coins was very interesting. Alas, we had to leave Canberra and return home.

Although I enjoyed my stay in Canberra, it was nice to go back home.

Joe 6E

Aboriginal Dance Workshop

Last Wednesday week, we welcomed Karlie and Megan from the Redfern Dance Company for a regional Aboriginal Dance Workshop. Aboriginal students from Ulladulla Primary School and Milton Public School came together to learn, experiment and perform Aboriginal movements with a contemporary twist. The day started with Bahlie sharing Acknowledgement of Country. We warmed up with a familiar dance. We moved onto learning a dance about our connection to the land which included travelling patterns. Afterwards, students used their own creativity to choreograph and perform a dance inspired by fire, water, earth and wind. For the grand finale of the day, the kids were taught a funky, hip-hop style dance. Jasmine loved 'being part of her culture and dancing all day'. Bayden's highlight was coming second in a game of 'Black, Red and Yellow'. Phoenix thought that 'hanging with mates from UPS' was pretty good. Jamila enjoyed learning 'new hip-hop moves'. It was a really great day! We are looking forward to using all of our new moves in our next performance dance. We would like to thank the Arts Unit for organising this incredible opportunity.



Berry Camp Highlights

Year 5 got on the bus bound for Berry camp on Monday, September 2. After about an hour bus ride we finally arrived at Berry Sport and Rec. It was massive, from where I was looking it looked like about 6 acres!

It had everything from a swimming pool, to a tennis court and it even had an archery range.

When we arrived we unloaded our luggage in our cabins and went straight to the games court where we were given our day groups and our cabin groups. After that we had lunch at the cafeteria and went into our day groups and went to the activity. The activities included kayaking, zip-lining, treasure hunting, archery and vertical challenges (rock climbing). We did two of these each day. With each activity there were people there to help you out and there were fruit breaks at least once in the activity.

Each activity was exciting and entertaining. At night we went to the rec hall and played games until 8:30 pm. We were given about 4 hours free play in a day and we had a tennis court, squash court, basketball court, table tennis tables and oval to play with all this time.

At the end of the three days I was exhausted and ready to sleep after 3 late nights. But that didn't happen because mum wanted to know all about it.

By Keoni 5W

On Monday, September 2nd 2019 Year 5 went to Berry sports and recreation centre and had a wonderful time!

We had a lot of different activities including night time ones. The one that almost everybody looked forward too was the cable glider.

Shortly after we arrived to our cabins and unpacked, we went down to the courts and got sorted into our groups. Afterwards we went straight to the activities.

The food quality was fabulous and we all very much enjoyed our stay. While the crows group were doing treasure hunting a team of 3 found a King Brown snake and they almost stepped on it, another group saw a python shedding its skin behind some bushes.

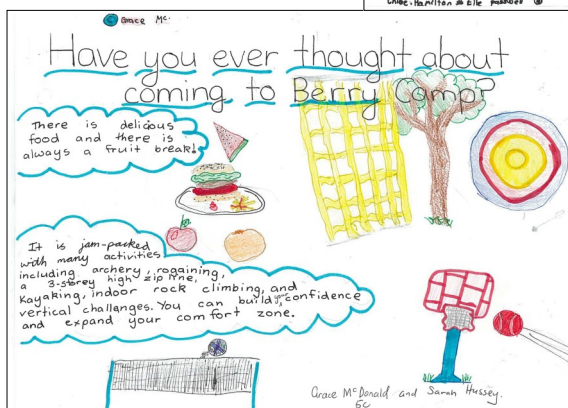
When the grade went to do cable gliding we were really scared because the line was about 3 stories tall, a lot of people were screaming very loud and some were crying, one person looked down and tried to forfeit.

During free time they supplied fun stuff such as soccer balls, football and much more.

It was so much fun! I cannot wait to go again with some more of my family!

We will all miss definitely Berry camp.

By Lakeisha



CANTEEN ROSTER

Wednesday 11/9	Cheryl, Wendy Jono (11:00– 2:00)
Thursday 12/9	Christian Helpers Needed
Friday 13/9	Julian Christian
Monday 16/9	Cheryl Zoe
Tuesday 17*/9	Helpers Needed Helpers Needed



This week's special at the canteen



(NEW)
TNT ice block
(Sour Red Berry
or Sour Blue Raspberry)

\$1:00

Available lunch time only

Lions Club Junior Public Speaking

The Lions Club Junior Public Speaking Competition for Milton Public School took place in the school hall yesterday morning. This competition took place to determine 2 students from each Stage 2 and Stage 3 to represent Milton Public School at the Lions Club of Ulladulla/Milton meeting and dinner on Wednesday 18th September. The topic for Stage 2 was 'What animal would you like to have as a pet and why?' The students presenting speeches were Natalie, Mimi, Piper and Jaya. In Stage 3 the topic was 'Who is your hero and why?' with Jaime, Maya J and Olivia delivering their speeches. All seven students were clear, confident and well-rehearsed. As a result Milton Public School will be represented by Natalie and Jaya in Stage 2 and Maya and Jaime in Stage 3. They will compete against Ulladulla Public School and St. Mary's Catholic School next week. Congratulations and good luck



4A News

4A are running a hair spray stall at this year's fete. It would be great if every student could bring a couple of cans of coloured hair spray to school. We also still need empty, clean tins and egg cartons and empty aluminium cans. Thanks.

War on Waste: WOW!

There are so many wonderful Warriors at our school and we are getting more and more Superstars! The Superstars for last week are Hunter, Jack and Sienna. They did a brilliant job with Return and Earn. They were committed, organised, enthusiastic and totally reliable. Well done. Our second group of Superstars are Willow, Marlee-Louise, Eden and Milly. They are so keen they have signed up for next year!

This week's fabulous Warriors are:

Staffroom: Grace, Marlie, Bahlie, Evie, Ruby and Tilly.
Compost: Bella, Matilda, Cassie, Vanessa and Jennifer.
Return and Earn: Saskya, Lucy, Ivy, Reid and Sunny.
Soft Plastic: Suvi, April, Kaitlyn, Lakeisha and Charlie.

Statement of Account

Last Thursday, a Statement of Account was printed for each family with outstanding fees and/or funds held in credit. Statements were distributed to classes to send home with students. If you have any concerns regarding your Statement of Account, please contact the school office.

Debating

Milton's two debating teams (Milton Blue and Milton Yellow) were awarded their participation certificates for competing in the 2019 Premier's Debating Challenge at Monday's assembly.

This year, 923 teams entered the Years 5 and 6 challenge-making it the largest debating competition ever held in the state.

The calibre of the teams was very high and it is a credit to both our teams that they both debated at a high level of competence.

Milton Blue were pipped at the post by one debate on going on to the regional finals- being beaten by Narooma.

We are looking forward to competing again in 2020 with greater experience and confidence.

Congratulations and an enormous thankyou to all the competitors who gave up many lunchtimes to practice for the competition.



Shoalhaven Library Book Week Awards

Congratulations to Poppi and Anthony from Milton Public School in winning the Shoalhaven Library Book Week Competition in the infants and primary categories. Poppi was successful in winning the K-2 Mask Design Competition. Anthony won the 3-6 Comic Cover Competition. Both students received book voucher prizes from Ulladulla Harbour Bookshop.



Pedestrian Safety

It has been noticed that some parents are not stopping at the childrens' crossing in Thomas Street to allow pedestrians, usually our students, safe passage across the street.

The message to all parents is simple and easy to follow: Be vigilant and do the right thing! The safety of our children is paramount and is everyone's responsibility. It is far more important to be aware of people around you than securing a parking space outside the front gate.

I will be asking the Ranger to attend school during our busy drop-off and pick-up times to enforce the rules that are in place to ensure our kids can enter and leave school safely.



THE SCHOOL FETE only 10 days to go PARENT HELPERS needed please.

We have ordered a beautiful, sunny day for this year's school fete which is set for FRIDAY 20th SEPTEMBER. So, put it in your diaries and make sure to tell your friends and families too. Everybody is welcome! The fete runs from 11:00am until 2:00pm and is an exciting day for all. Our aim is to raise funds to purchase great resources for the children of Milton Public School. In order for us to make our fete a successful fundraiser, we need the generous support of parents, caregivers, grandparents and volunteers to help run the stalls. Please note: Parents of Kindergarten children may be required to escort their child around the school on the day unless you have a kind grandparent or friend that may wish to help you out with your child. Some of the stalls we are having this year are:

- Cake Stall
- Chocolate Wheel
- Fairy Floss
- Home grown / Home-made craft & produce
- BBQ (people to cook sausages and to serve)
- International Food Court
- Plant stall
- Raffle
- Show Bags

We will also need people to help set up PRIOR to the fete (9:00am - 11:00am).

There will be some very exciting class stalls to be run by our fabulous teachers and students. More details about class stalls will be found in next week's newsletter.

Finally, are you a gardener? Perhaps you would like to start potting some plants for our plants and produce stall. Do you have any free range eggs, homemade jams, crafts or chutneys you would like to donate for us to sell? All donations will be greatly appreciated!

Books, craft and any other non perishable goods can be left at the office any time.

Plants, cakes, slices etc should be brought on the day.

If you are able to spare an hour (or more) at one of the P&C run stalls or you can help with set up prior to the fete starting, please complete the slip sent home with students yesterday and return it to the school.

Alternatively, you can email our P & C president Anita Barry: anita.barry1@det.nsw.edu.au or come along to our next P&C meeting.

P&C Raffle News

We have started our major fundraiser for the year, the **Gold Coast Holiday Raffle**. We hope that as many families as possible can support this great fundraiser. All monies raised will assist in purchasing educational tools and supplies for our school.

You should have received a raffle book (one per family) with 20 tickets in it. Each ticket sells for \$2.00. Once sold, please return money and ticket stubs to the front office. Partially sold books should also be returned with their monies and unsold tickets. You can request more raffle ticket booklets at any time.

The raffle prize is for 5 nights staying at the Seaworld resort (4½ stars) for two (2) adults and two (2) children (0-12 years) and includes a \$1,000 Virgin Australia flight voucher. Also include is unlimited entry to the 4 major theme parks and a \$200 food and beverage credit at Seaworld.

Also on offer are the following incentive prizes, plus heaps of fabulous runner-up prizes.

BOOK SELLERS PRIZE

Each family who sells or purchases a complete book of raffle tickets will go into the draw to win a MP3 Player.

BEST SELLER PRIZE

The family who sells the most complete books of raffle tickets will receive a \$50 Ulladulla Toyworld voucher.

Thank you in advance for supporting our major fundraiser for the year, and Happy Fundraising!

Please remember to return your raffle tickets by **Friday 13th September**.

Milton Public School

MORE PRIZES

As always, there will be more opportunities to win other donated gifts and gift vouchers, so please purchase your tickets!

Weekly Tip: Helping your kids feel special.

In August, our weekly tips aim to inspire and equip separated dads. This week, we are taking a look at the importance of a shared parenting plan when it comes to discipline for your children.

Developing a shared parenting plan.

- Greater consistency between each home will mean your children feel more secure.
 - By being consistent with your approach to discipline, you create a routine and rhythm for your kids to settle into and also model the importance of respectful relationships and working together.
 - When planning, create clear and consistent rules that are utilised in both households and communicate with your parenting partner on their effectiveness.
- Consistency across things like bedtime, screen time, playtime, dinnertime and other after school or before school routines will help the children understand what's expected of them. Consider how discipline will be enforced, what tactics do you and your parenting partner both agree on when there is a problem, or when your child makes an error in judgement?

COMMUNITY NEWS

The following articles have been submitted for inclusion in our parent newsletter and are not part of Milton Public School curriculum.



NSW bike week
Proudly supported by NSW Government
21-29 September 2019

Cycling events around Shoalhaven

Jump on your bike and join us for some fun-filled rides around the Shoalhaven area. These rides will explore the beautiful local scenery and are suitable for the whole family.

Woodburn State Forest mountain bike ride and BBQ
Saturday 28 September 2019
Join us for a free ride around the newly constructed Milton Ulladulla Mountain bike trails. The ride is suitable for beginners, intermediate and advanced riders. Experienced riders from Milton Ulladulla Mountain Bikers will be on hand for tips, tricks and riding advice.
Grab a sausage sandwich from the famous Milton Ulladulla APEX fundraising BBQ. All registered participants receive a free bike safety sample bag.
Meet at Woodburn State Forest Mountain Bike Park at the corner of Princes Highway and Wheelbarrow Road, Burill Lake for a 5.30pm start.
Please bring a helmet, water bottle and wear appropriate bike riding clothing and shoes.

Huskisson to Vincentia with a BBQ by the Bay
Sunday 29 September 2019
The 10km easy paced ride around the winding Shoalhaven shared paths takes in the spectacular views of Jarvis Bay and Point Perpendicular. Cycle along the beautiful shared path to Vincentia Park, Vincentia and return to enjoy fundraising BBQ by the Bay.
The ride is conducted by the Shoalhaven Bicycle User Group (SBUG).
Free bike and helmet check by Shoalhaven Bicycle Users Group.
All registered participants receive a free bike safety sample bag.
Meet at White Sands Park next to Huskisson Pub, Huskisson for a 9.00am start.
Please bring a helmet, water bottle and wear appropriate bike riding clothing and shoes.

For details on these NSW Bike Week events in the Shoalhaven area, call Shoalhaven City Council's Road Safety Officer on 0432 248 018 or 0432 248 219.

NSW Transport
For more information visit transport.nsw.info/bikeweek



Disabled Surfers South Coast

Presents

Mollymook 'Smiles on Dials Day'

Saturday 9th November 2019

Meet at Mollymook Beach, southern end near the Golf Club



Check-in no later than 9.30am - Group-care facility participants limit of 6 per facility

A fun day surfing experience for any person with a disability, no matter how challenging, with complete water supervision.

Registration for Participants is \$10 and all participants receive a bag of goodies. Thanks to the local participating surf shops and businesses.

Free registration for Volunteer Helpers and for giving up your time you will receive FREE Sausage Sizzle on the day.

Check out the video on Face Book!

<https://www.facebook.com/disabledsurfersassociationwithcoast>

Or for more information and who to contact view

disabledsurfers.org/nsw/south-coast-branch or www.disabledsurfers.org



See you there putting
"Smiles on dials"



Kevin Murphy

Tennis Australia qualified

SPRING SCHOOL HOLIDAYS

Clinic 1

Mon 30th, Tues 1st, Wed 2nd, Thur 3rd, Fri 4th

Cost—\$30 per day or

\$140 for the 5 days

Clinic 2

Mon 7th, Tues 8th, Wed 9th

Cost—\$30 per day

9.00am to 1.00pm

Ulladulla Tennis courts—Warden Street

Ulladulla

For all bookings and enquiries phone

Kevin Murphy on

0417 359 721

Suitable for all skill levels, prizes to be won.



Everest Races Experience

Here is a once in a lifetime chance, thanks to the *Australian Turf Association*, to have the opportunity to go behind the scenes and indulge in a unique experience. We have **4 Member Reserve Passes** to the biggest race of the nation day ... giving you and three of your guests a unique and priceless experience of a **VIP Inner Sanctum Tour on the Everest Race Day** including a **Meet & Greet with Brenton Avdulla**.

All funds raised from this raffle go to helping *Holly Burns*, a beautiful little girl affected by a rare and terminal condition called *Vanishing White Matter Leukodystrophy*.

For more information on Holly and her story please visit

hollyburnsfoundation.webs.com

\$ 10 per ticket

Entries close Wednesday 25th September 2019

Winner will be drawn on Monday 30th September 2019 and winner will be notified by phone with the name and contact person who will be your guide to this amazingly awesome prize.

Date of Everest Race: 19th October 2019

Location: Royal Randwick Race Course, Sydney, Australia.

Here is how to have your chance to win this awesome prize generously donated by the Australian Turf Association valued at \$800, but with the priceless experience...

1. **Deposit money for raffle tickets** into:

Holly Burns Foundation

Acc no. 432087138

BSB. 112-879

2.Email

hollyburnsfoundation@gmail.com

- Your Full Name (first and last)
- Your address
- Your phone number
- Number of raffle tickets money has been deposited for
- Amount deposited and date deposited

Once the funds have been received (please remember it may take a day or so for the transfer to go through, so don't leave it until the last day or you may miss out!) and email received you will be automatically entered into the draw.

Thank you for your support. It means the world to us that you can support Holly. xxx

DEAN HOWCROFT Gala Fundraiser



14 years ago, Dean was diagnosed with Multiple Sclerosis. Last year a decision was made to go overseas for ground breaking Stem Cell Treatment. Our first Gala Night was held in April last year and by all accounts everyone had an amazing time, but for us we were blown away and humbled by the love and support of all who attended, including the local community who made it possible. A single treatment cost is \$58,000 so this year it's on again for round two. We are reaching out to the local community once again, to help raise funds for a second treatment and hope we can make this Gala Night another one to remember.

SAT 9 November
ULLADULLA CIVIC CENTRE
Red Carpet Formal Attire

6PM TO MIDNIGHT	TICKETS \$100PP
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Photography on arrival
• Canapes through out the night • Raffles & Photobooth
• Solo Musicians • Soul Tonic
• Dj's • Comedy • Cinnamon Twist Belly Dancing

Tickets available online @ www.stickytickets.com.au/90927

or @ reception desk Ulladulla ExServos

StickyTickets

COMMUNITY NEWS

The following articles have been submitted for inclusion in our parent newsletter and are not part of Milton Public School curriculum.

Learning Labs

The University of Wollongong is running an academic enrichment program for high achieving students from Year 1 to Year 10 called Learning Labs. It is designed for motivated and passionate learners who are high performers in their area of interest. Learning Labs offers one or two day workshops during the school holidays that cover a range of interest areas and are challenging as well as fun. Please go to their website to apply or find out more information. <https://www.uow.edu.au/engage/outreach-pathways/learning-labs/>



Learning Labs
OCTOBER 2019

UNIVERSITY OF WOLLONGONG AUSTRALIA

AN ACADEMIC ENRICHMENT PROGRAM FOR STUDENTS FROM YEAR 1 TO YEAR 6

More information about the workshops on offer and the application process can be found online at www.info.learninglabs

APPLICATIONS CLOSE WEDNESDAY, 21 AUGUST 2019

LITTLE LEARNING LABS
(FOR YEARS 1 & 2 DURING 2019)

WHEN: 30 September and 1 October, 2019
WHERE: University of Wollongong
TIME: 9:00am - 2:00pm
FEE: \$100

LITTLE MINI-LABS
(FOR YEARS 1 & 2 DURING 2019)

WHEN: 2 October, 2019
TIME: 9:00am - 5:00pm
FEE: \$85

Location and times are the same as above

EARLY LEARNING LABS
(FOR YEARS 3 TO 6 DURING 2019)

WHEN: 3 and 4 October, 2019
WHERE: University of Wollongong
TIME: 9:00am - 5:00pm
FEE: \$100

EARLY MINI-LABS
(FOR YEARS 3 TO 6 DURING 2019)

WHEN: 2 October, 2019
TIME: 9:00am - 5:00pm
FEE: \$85

Location and times are the same as above

PROGRAM INFORMATION

Little and Early Learning Labs is an enrichment program designed for students who are excelling in their area of interest within their year group, and are seeking a challenging and fun experience during the school holidays.

All workshops are held over one (mini-lab) or two days, and are presented by teachers with specialist training or a specific interest in gifted education. There will be sponsorship places available for some participants - please see more details on how to apply for these places on the website.

WORKSHOPS ON OFFER - FULL LIST & WORKSHOP DESCRIPTIONS ONLINE

Learning Labs workshops cover a range of diverse and innovative disciplines that are designed to challenge and stimulate the interest of self-motivated and curious learners. Here are some examples of what's coming up in October:

What happens When
In this workshop we'll be the science experiment your textbook gets into the classroom. Things will be mixed and matched to give you a taste of what it's like to be a scientist.

Clay Cafe
Come join us at Clay Cafe where you get to develop your clay modelling skills while enjoying a cup of tea and a slice of cake. We'll be looking for students who are interested in art and design.

EV3 Robotics
Discover the fascinating world of robotics with LEGO Mindstorms EV3. We'll go through the process of assembling a robot that you can control with a computer or a smartphone. You'll learn how to program the robot to perform a variety of tasks, and you'll have a chance to compete in a challenge before we prepare our robots for the grand finale - a Robot Race!

The David Boulton School
This is your opportunity to learn to communicate with robots and to learn how to design and build a robot. You'll learn how to design and build a robot that you can control with a computer or a smartphone.

A full list of the available workshops to choose from will be posted on the website in July 2019 when applications open. Please note that the program books up quite quickly, so ensure you submit your application as early as possible.

APPLICATION & CONTACT DETAILS

For more detailed workshop descriptions, how to apply, FAQs, and the online application form, please go to: www.info.learninglabs

For all other enquiries, please contact the Learning Labs team via:
Email: learning-labs@uow.edu.au P: (02) 4221 5537 Facebook: www.facebook.com/UOWandUP

APPLICATIONS CLOSE WEDNESDAY, 21 AUGUST 2019



Milton Family Medical Practice
1st class care in a beautiful and caring environment

BULK BILLING for children under 16
DISCOUNT for pensioners/health card holder

walk in or call on 4454 4555
141 Princes Hwy
MILTON 2538

open all school holidays

Milton Family Medical Centre Naturally Supporting your Journey from Conception to Family Life

Our resident Naturopath, Herbalist and Nutritionist, Emma Povey, is returning to host the second in her series of educational seminars, focusing on supporting the pregnancy journey from pre-conception to post-birth.

- ✓ The importance of pre-conception healthcare and how this is true preventative medicine for our future generations.
- ✓ How we can naturally support those with infertility issues.
- ✓ How we can support those needing IVF.
- ✓ General pregnancy healthcare.
- ✓ Preparing your body for birth with specific herbs and nutrients.
- ✓ Post-natal care for mum and baby.

Wednesday 18th September 2019
6:30 - 8pm
Milton Family Medical Practice
\$15

For more information, please visit our blog at www.miltonfamilymedical.com.au/blog.

To book your place, please contact Emma on 0488 218 607 (note, **bookings are essential** as places are limited).

Also keep an ear out for upcoming seminars, which will cover understanding your hormones, gut health, stress support and much more!

You are invited to the official opening of

Operation Art 2019

Armory Gallery
Jameson Street, Sydney Olympic Park
Saturday 14 September 2019
Official proceedings at 10.45am
RSVP to eventbrite.com.au and search for Operation Art Exhibition 2019 before Friday 6 September 2019

Operation Art is an initiative of The Children's Hospital at Westmead in association with the New South Wales Department of Education and in collaboration with Sydney Olympic Park Authority.

* This exhibition is on display from 14 September until 16 November 2019, 10am until 4pm daily



Operation Art is a program for children with cancer and their families. It is a chance for children to express their feelings and thoughts through art. The program is run by the Children's Hospital at Westmead and the Sydney Olympic Park Authority.

For more information, please visit www.operationart.com.au

LIVING WELL PHOTOGRAPHY COMPETITION 2019

1st Prize: \$300
2nd Prize: \$200
3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you want to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award: \$100
Technical Award: \$100

FREE ENTRY

Information & Registration
<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>

Submission By
30.09.2019

To celebrate Mental Health Week 2019, Sydney Local Health District is running a photography competition. The competition is open to all mental health carers, consumers, inpatients and anybody with a lived experience of mental illness residing in the state of NSW and Sydney Local Health District staff, commencing on 1st September 2019.

The theme for this year's competition is "My Tribe". An exhibition, consisting a selection of the best photographs will be displayed in the foyer of the Professor Marie Bashir Centre from Monday the 7th October 2019 till Sunday 27th October 2019. An awards ceremony will take place on Friday 11th October 2019, 11am - 1pm at the Professor Marie Bashir Centre.

The below prizes are up for grabs along with achievement certificates.

First Prize: \$300 Cheque
Second Prize: \$200 Cheque
Third Prize: \$100 Cheque
Staff Award: \$100 Cheque
Technical Award: \$100 Cheque

There will also be honourable mentions along with certificates for the works of merit too. Only Sydney Local Health District staff will be eligible to compete for the staff award and no other awards. The technical award will be open for all participants.

All registrant will receive a personalised digital participant certificate too.

ENTRY IS FREE

Closing date for submissions is midnight Monday 30th September 2019.

For registration and further information please go to <https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>.



Milton Public School is now on Facebook! Like our page to keep up to date with everything happening around our school!

www.facebook.com/MiltonPublicSchoolofficial

Thank you to these local businesses for supporting our Parent News

GLEN STAUNTON'S TENNIS CAMP

Glen - Junior Davis Cup Player.
Lana - 2009 World Games Gold medalist.
Kim - Former No.1 Junior in the World.
Over 30 years experience.

SCHOOL HOLIDAYS 2019
Mon 30th Sept to Thurs 3rd October
9am to 1pm

- Children For All Ages
- Coaching Skills, Tournament
- Lots of Fun & Prizes
- Cost \$80

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