

Term 1 Week 4

Tuesday 18th February 2020.

Recognising Our Great Students

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

Silver: Hermoine, Charlie

Gold Bar 1: Dane, Lillian

Gold Bar 2: Ellouise



AFL Sydney Swans Visit

Wednesday 19th February

The Sydney Swans will be coming to MPS tomorrow from 10am to 11am to visit our kids at an assembly and to have a few training drills with our AFL teams.

War on Waste Warriors!

Thanks to all of last week's warriors! You excelled in terms of enthusiasm and reliability. The world will be a better place because of kids like you! This week:

Staffroom: Jaya, Asha

Compost: Ciarn, Lara, Daisy, Sadie

Return & Earn: Summer, Braxton, Paige, Chelsea, Millah

Soft Plastic: Charlie, Hunter, Isabella, Lilly

Grey Tubs: Sophia, Charlotte, Sasha



Early School Arrivals

The earliest children should be arriving at school is from 8:30am where they are loosely supervised in the top quad area. Supervision duty commences from 8:55am. Our preference is that students arrive to school from 8:55am.

WHAT'S HAPPENING THIS WEEK

WEDNESDAY

- Parent Teacher Meetings—KS, 1/2H, 3C, 3N, 3H
- AFL Swans visit Milton Public School
- Life Education – 4R, 1I, KD
- Tennis – 5W, 6C
- Swimming Session—3C, 3H, 3N, 3D

THURSDAY

- Parent/Teacher Meetings—KT, 1I, 2A, 2F, 2J, 2R, 5C, 5M, 5W
- Life Education – 4P, 3/4W, 2F
- Tennis – 6E
- Swimming Session—4P, R, 4D

FRIDAY

- Parent/Teacher Meetings—6C, 6E, 6K
- Tennis – 5M & 5/6T
- Swimming Session—3-6X, 5/6S, 3/4W

MONDAY

- K-6 Assembly
- Life Education – 5M, KT, 3N
- Tennis – 6K

TUESDAY

- School Banking—Bendigo Bank
- Life Education – 5C
- Tennis – 5C

COMING EVENTS

District Swimming Carnival
Tuesday 25th February

Milton Show
Friday 6th March

South Coast Swimming Carnival
Wednesday 11th March

Year 3-4 AFL Gala Day
Friday 13th March

Boys & Girls Soccer Knock out
Friday 13th March

Milton Show News
Friday 6th & Saturday 7th March
For information on entering into the show:
<http://miltonshowssociety.com/>

Class Councillors

Congratulations to the following students who received their Councillor and Vice Class Councillor badges at Monday's Assembly. **Councillors:** Matilda, Anthony, Jai, Cody, Jackson, Matilda, Bahlie, Nate, Reef, Iluka, Sean, Jack, Ava, Jax, Lucas and Max. **Vice Councillors:** Eli, Elliot, Ale, Brock, Kolt, Tom, Phoenix, Oscar, Danika, Skye, Tristan, Hunter, Tahlia, Hermione, Willow and Sebastian.



Life Education

Life Education lessons have been successfully integrated into our Health and Personal Development programs for each grade and all students are required to attend. The cost of the program is \$8.00. Please return permission notes and we would appreciate your payment as soon as possible, preferably prior to your child attending. The timetable and information regarding Harold Merchandise will be included with the permission note and timetable also shown below. Merchandise can be purchased directly from the Life Education Van. All proceeds from the sale of these items support Life Education within our local area.

Class	Date	Class	Date
KD	Wednesday 19/2	3C	Tuesday 18/2
KH	Wednesday 12/2	3H	Tuesday 18/2
KL	Wednesday 26/2	3N	Monday 24/2
KS	Monday 17/2	3/4D	Monday 17/2
KT	Monday 24/2	4P	Thursday 20/2
1I	Wednesday 19/2	4R	Wednesday 19/2
1K	Wednesday 26/2	5C	Tuesday 25/2
1S	Wednesday 12/2	5M	Monday 24/2
1/2H	Thursday 13/2	5W	Wednesday 26/2
2A	Wednesday 12/2	5/6T	Tuesday 11/2
2F	Thursday 20/2	6C	Monday 10/2
2J	Tuesday 18/2	6E	Tuesday 11/2
2R	Thursday 13/2	6K	Monday 10/2
K-3N	K—Monday 17th 1—Wed 12/2	3-6X	Monday 17/2
3/4W	Thursday 20/2	5/6S	Thursday 13/2

Transition Meetings

Last week, teachers from across the school attended meetings to ensure that every students' transition into the next grade may be a successful one. Teachers were able to share information about how this year's teachers can best suit the academic, social, emotional and physical needs of their students. Thank you to Mrs Weekes who so diligently created a timetable so that information sessions between teachers were able to run smoothly.

Milton Show

The annual Milton Show takes place on Friday 6th March and Saturday 7th March. All parents will receive a permission note for their children to attend the Show (with a parent or family friend). On Friday 6th March, parents may collect their child/children from their classroom/s between 11:50am - 12:00pm. All students must be signed out by their class teachers when they are collected from the classroom.

Students will receive an excursion tag and this must be pinned to their uniforms to gain entry into the show. Students will need to be in full school uniform including a hat. All students are invited to walk in the Grand Parade. This year along with school uniform, students have been asked to wear yellow, orange and red in recognition of the firefighters that supported so many people during the fires. More information regarding where students are to assemble at 12:50pm will be forthcoming. To view the Show Program and individual events, please follow the link to their website www.miltonshowsociety.com/

36th Shoalhaven Eisteddfod

Yes, it's that time of the year again - to start thinking about performing at the 36th Shoalhaven Eisteddfod. A number of classes at MPS will be entering the verse speaking section, our 2 choirs will be entering the school choral section, a number of our dance troupes will be performing and a collection of students have expressed interest in entering in the individual and or duologue verse speaking sections.

There are also opportunities for students to organise entry into a number of other sections. We encourage you to enter this year to make another exciting Eisteddfod in 2020.

There is a wide variety of performance opportunities in the many sections listed in the syllabus. Please take the time to consider which you may enter by visiting the web site at www.shoalhaveneisteddfod.org.au where you will also be able to download a copy of the 2020 Syllabus. Entry forms are also available on the website. Entries close on March 1st.

Please mark these dates on your 2020 calendar:

1st March - Closing date for entries
 15th - 17th May - Dance
 21st May - Schools Choral
 21st - 24th May - Vocal
 28th - 31st May - Instrumental
 2nd June - Schools Verse Speaking
 2nd June - 3rd June Speech and Drama

Please feel free to contact Ms Elenius at MPS regarding school based performances or any of the Conveners or Committee members if you have any enquiries.

Clean Up Australia Day

The National Clean-Up Australia Day takes place on Sunday 1st March. Clean-Up Australia inspires and empowers communities to clean up, fix up and conserve our environment. MPS students and teachers will be doing their bit to remove rubbish from our environment by having a special Clean-Up Australia Day at school on Friday 28th February. Please send gloves with your child on that day. We have big Clean-Up Australia Day bags to put any rubbish in.

CANTEEN ROSTER

Wednesday 19/32	Keli
	Kris
Thursday 20/2	Julian
	Christian
Friday 21/2	Cheryl
	Christian
Monday 24/2	Naomi
	Steph
Tuesday 25/2	Helper Needed
	Zoe
	Helper Needed



This week's special at the canteen



Juicies Tubes

\$1.50

Available at lunch time only.

New Canteen Menu out today—coming home with all students

Sports Captains

Congratulations to our Sports Captains who received their badges at Monday's assembly.



Good Luck to our District Swimming team at the Carnival to be held on Tuesday 25th March



Phonics and Spelling Program - Sound Waves

Sound Waves is a word study program designed to develop reading, spelling and writing skills through phonemic awareness. Phonemic awareness is essentially a knowledge and understanding of the sounds and sound patterns of our language.

Week 4 - Sound of the Week

Ants on apples - a, a, a

Sound Production Key

The jaw is lowered a large amount with lips stretched out at the corners of the mouth. The tongue sits firm on the bottom of the mouth, as the voice is briefly turned on.



Tips for Kids:

- /a/ is a quick sound
- your mouth is open
- this is a vowel sound, so nothing gets in the way of the air coming out.

Volunteer Reading Tutors Needed

We are on the lookout for more reading tutors for the Multilit Program in 2020. This program is run through the Volunteer Reading Scheme and assists children in Years 3, 4 and 5. The program offers one on one tutoring to improve reading skills, and runs four mornings a week between 9:30am and 10:30am. If you are available one morning a week for tutoring, please contact the office on 44551504 or email Milton-p.school@det.nsw.edu.au. There will be a training session on Thursday 20th February at 9:30am, for new volunteers.

Ulladulla — Travelling Film Festival

Travelling Film Festival returns to Ulladulla in March 2020. Australia's longest running travelling film festival, showcases Australian and international features, documentaries and short films in regional Australia. www.sff.org.au

COMMUNITY NEWS

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



Calling girls turning 9 or 10 years, come on up to Lighthouse Oval on the 22nd February for the Milton Ulladulla Football Club Open Day to enjoy trying out some soccer activities and to consider joining the Primary Girls. This squad play soccer at Lighthouse Oval on Saturday mornings throughout the season in a friendly, supportive and fun games. No previous soccer skills are necessary, in fact we encourage you to give it a go.

Enquiries can be made with Gwen Johnson 44553140



Disabled Surfers South Coast

Sunday 22nd March 2020

Gerroa 'SMILES ON DIALS DAY'



Meet at Emery Park, just off Riverleigh Ave and Park Rd, Gerroa

Check-in no later than 9.00am - 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

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

Last year over 150 people had a great day

Check out the video on Face Book

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

Or for more information and who to contact view <https://www.facebook.com/disabledsurfersassociationouthcoast>

DSA Inc Insurance Covers All Events: both public liability and personal accident



See you there putting "Smiles on Dials"



Lake Conjola to Ulladulla Bus Services

Kellam Bus Lines have relaunched a Bushfire recovery bus service linking Lake Conjola and Conjola Park to Milton and Ulladulla.

This gives Lake Conjola a town bus service that other Villages take for granted, a chance to show that they need a service as a legacy of the devastation they are enduring. The services are only temporary until the 28th of March unless the recovery centre closes earlier.

These services incorporate our school bus services that we have served the community with for the past 30 years. The services are open to anyone to use so we ask all residents and visitors of Milton and Ulladulla to help the businesses of Lake Conjola by taking a trip on the bus and see the new green shoots on the blacked trees the scenery of the Lake that will not be seen when the bush grows back and support any business you can, buy a paper, coffee and cake take a stroll or lunch at the club and take the bus home again.

The service runs on Saturday so students can use their bus pass and travel for free.

Hop on Hop off Daily ticket Fare Band 3 to 10 are available that gives all day travel for the one price on all connecting NSW Rural and Regional bus services just retain your ticket for re-use.

Adults \$10.00 Concession \$5.00
\$2.50 Regional Excursion Daily (RED) all day travel for Pensioner Concession & Seniors Card holders.

Bus Time Table is on Ulladulla Facebook page on board the bus or email a request and we will send you one ulladulla@kellambus.com.au

Calm Abiding Meditation

8 WEEK COURSE

STARTS ...

Thursday 20th February

6.00pm - 8.00pm

with Ben Adcock

or Tuesday 18th February

9.30am - 11.30am

with Jacky Howarth

Manjushri

Buddhist Centre

40 Wason Street Milton

COST ... \$75 or \$65 members/concession & returning students

Sponsorship applications available

Bookings Essential - LIMITED SPACES

Contact Jo 0410 548 244 mbcmilton@gmail.com



Aboriginal Family Playgroups

Let's Play, Grow, Explore and Learn Together

Free

Friday's 9.30am -12.30pm

Morning tea provided

Held at Noah's building 158 green st Ulladulla

Aboriginal family playgroup's aim is to support you in your important role as your child/ren's first teacher.

Our group will help with children's communication skills for home and school and also explore and learn together Local Aboriginal Culture.



To learn more please contact

Mel Harpur on 0447272354

Nathel Fishlock on 0404938453



Road safety

Walking together safely to and from school

Walking to school and back home again is a great way to spend time with your children and encourage safe and healthy behaviours.

Here are a few things you can do to help keep your children safer as a pedestrian:

- Talk with your children about being alert in the road environment.
- Plan and practice your trip to school so you use pedestrian crossings where possible.
- Always hold your child's hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.
- Meet your child near the school gate and don't call them from across the road.
- Explain why the place you have chosen is the safest place to cross.
- Remind your child to **STOP! LOOK! LISTEN! THINK!** every time they cross the road and keep checking until safely across.
- Talk to them about why they should stop, look, listen, think before crossing a driveway, road or carpark.

Young children can learn and practice these safe pedestrian behaviours with you. This will help them to be safer pedestrians when they are old enough to travel alone.

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Messages to share with your children in Kindergarten to Year 2

- Hold a grown up's hand when:
 - you cross the road
 - you're on the footpath
 - you're in a car park

Messages to share with children in Years 3 to 6

- Use a safe place to cross the road
- **Stop! Look! Listen! Think!** every time you cross the road and keep checking until safely across

STOP! one step back from the kerb

LOOK! continuously both ways

LISTEN! for the sounds of approaching traffic

THINK! whether it is safe to cross and keep checking until safely across



Lives lost on NSW roads.
Our goal is zero.



TOP TIPS FOR HEALTHY LUNCH BOXES!

Support your child's energy, learning & concentration. Aim to include foods from these core food groups in each lunch you pack.

Veggies

Around 90% of Australian children do not meet the recommended daily intake of vegetables. Always offer veggies at lunch & try to include a colourful variety such as cherry tomatoes, cucumber, capsicum, carrots, corn, beans, snow peas & sugar snap peas. Serve at crunch & sip with a little hummus, guacamole, or fruit or include a little salad for lunch. Aim for 1 large handful in your child's lunchbox, and persist in offering them even if they come home uneaten.

Meat or meat alternative

Think hard boiled eggs, roast chicken meat, tinned tuna, meatballs, chickpeas, lentils, almond butter, tahini. These are rich sources of protein and important minerals such as iron & zinc. A small palm-sized serve is perfect for lunch boxes! Sushi or rice rolls are easy ways to include protein.

Wholegrains

Choose breads, wraps, rice cakes, and crackers that are wholemeal or wholegrain as they contain all of the good B vitamins, minerals, and fibre. They support healthy blood sugar regulation, sustaining energy & concentration.



Milton Osteopathic Clinic
4454 4995
www.miltonosteopathic.com.au



Register Now!

Interested in playing footy in 2020

Do you still have an Active Kids Voucher and not sure what you can use it for?

Why not use it and register for club auskick now? Leaving the new one for another sport after January 1st 2020!

ALSO DON'T FORGET OUR AFL AUSKICK HOLIDAY PROGRAMS RUNNING IN JANUARY 2020

WHERE: Ulladulla Sports Park
WHEN: Tuesday 21st Jan 9.30am - 1pm
AGE: Boys & Girls turning 5 to 12 years old
CONTACT: John Dyball 0411 226 086



1. Visit play.afl/auskick
2. Enter your postcode
3. Select the centre
4. Complete the process

*Use your "Active Kids Voucher" from Services NSW to cover the club cost of registration.

Visit play.afl/auskick



Term 1 - 2020 After School Program

After school lessons start again Monday 3rd and Wednesday 5th of February 2020 Beginner's progressive Learn to Surf package of 8 sessions during the Term with your choice of Mondays &/or Wednesdays.

This is a not for profit 'Half Price' deal for the local community of \$25 for each lesson.

Active Kids vouchers can be used for payment.

Best quality Softboards, Wetsuits & Rashie's are supplied by our Surf School at no extra cost. Great low student to instructor ratios, Surf safety education and lots of fun for the kids. Flexible start times of 4pm/4.30pm through to 6pm finish.

Contact Geoff on 0411 392 221 or in-fo@mollymookbeachsurfschool.com for details and bookings.

1st BURRILL-ULLADULLA SCOUT GROUP

Come & join in the fun.

Joeys 5-8yrs (Wed 5:15-6:15)

Cubs 8-11yrs (Tue 5:30-7:00)

Scouts 11-15yrs (Mon 6:00-8:00)

Venturers 15-18yrs (Tue 6:00-8:00)

FOR MORE INFORMATION CALL TRACY 0417 342 580



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caresouth.org.au



EVERYDAY
CareSouth

RISING FROM THE ASHES
SHOALHAVEN BUSHFIRE RECOVERY
FAMILY OUTDOOR EVENT
SATURDAY 29 FEBRUARY
ULLADULLA CIVIC CENTRE

- Food Fair & Music
- Arts & Crafts
- Family Entertainment
- Activities + more!
- Healing & Renewal Blessing from 1-1.30pm

12 TO 4PM

EVERYONE WELCOME

PET FRIENDLY AREA - BRING A CHAIR OR RUG - STAY FOR THE AFTERNOON

The Event is being Coordinated by the Milton Catholic Parish, in collaboration with other churches, local community groups & local businesses, embracing the whole community.



Quality dance tuition in a fun, relaxed atmosphere

Everybody DANCE NOW

St Martins Church Hall, Ulladulla

   

0414 463 512



Did You Know?

Almost 3 in every 100 children have a peanut allergy. Even trace amounts of peanut or tree nuts can trigger an allergy and kill a child. Anaphylaxis is a serious allergic reaction that can cause itchy rash, throat or tongue swelling, shortness of breath, vomiting, light-headedness, low blood pressure and cardiac arrest. Tragically, Australian children have died at school from nut allergies. There are several children at Milton Public School who have a life-threatening nut allergy. Our school strongly encourages you to help minimise harm to those students by **not sending nuts or nut products to school.** Your assistance and understanding is very much appreciated.

JNC
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4454 1999

Open 9:00am-4:30pm school days,
longer on weekends and school holiday

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



Enjoy The Present Day

www.facebook.com/MiltonPublicSchoolofficial

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