A WORD FROM THE PRINCIPAL

We are very excited about the production of our concert in the last week of this term. Monsters Primary School is building momentum and our students are practicing very well to get their lines, dance routines and songs perfected. It is wonderful that all our students have the opportunity to perform in front of audiences with their classmates as part of a whole school activity. Our teachers are committed to ensuring that this production shows off how great our school is. Tickets are available for Tuesday 16th September matinee and evening performances and Wednesday 17th September evening performance. Tickets are available from the office.

THOUGHT FOR THE WEEK

Wisdom starts with acceptance. You can’t always think that you have the answers. Accept that you may not always be right; learn something.

PRINCIPAL’S LUNCH 14.8.14
UPDATE ON COACHING from MISS FREUND

Congratulations to our Stage 2 softball team. Last Wednesday 12 students from Year 3 and 4 took part in a Softball Gala Day. The day started out a little drizzly but it didn’t dampen their spirit. The team played 4 games. The 1st game was a draw and the rest were won by MPS. The students improved out of sight throughout the day. Caleb Mahony would slog the ball on the final hit each game, bringing our loaded bases home. Well done to the team and a big thank you to our parent helpers for their help on the day.

WRAP UP COACHING from MR WEST

World Cup Soccer

Our World Cup soccer tournament has come to a close with our finals last week. The winning team of the Year 2, 3 and 4 girl’s competition were Argentina (Porsha, Chloe, Margaret, Hannah and Shontai). Japan (Caleb Mahony, Jacob Griffiths, Dyan Jones, Nickolas Ferrando, Nicholas Bittner) were victorious in a penalty shootout over Columbia in the final of the Year 2, 3, and 4 boy’s competition. Ghana (Gracy, Sarah, Kiarra, Pyper and Mikayla) won another close final against Germany in the years 5 and 6 girl’s tournament. Croatia (Sina, Iwan, Cody, Kyle, and Zac) won a very competitive final against Chile to claim the title of the years 5 and 6 boy’s tournament. Medallions will be awarded to the winners at this week’s assembly. All students involved in the competition are to be congratulated for their efforts, team spirit and sportsmanship. The competition was a great success and we will be having more tournaments later on in the year.

Regional Athletics.

The Regional Athletics carnival will be held on Friday the 29th August at Glendale Sports Centre. This year, Metford Public has 4 students representing our school. Kyanna Patten will be competing in discuss, Jasmin Miller in shot-put, Natayah Wells in 100m and Noah Nailagolivia in 100m and 200m. We wish our representatives all the best for the carnival.

Cricket

On Thursday the 18th of September, there is a Year 5 and 6 20/20 Milo Blast Cricket competition held at Maitland Park. We are entering a Year 5 and 6 boys’ team and girls’ team. Try-outs will be held on Monday and Tuesday this week and training will start later on in the week. Students in Years 3 and 4 are also encouraged to come to training for cricket competitions in the near future. Cricket training will be during recess and lunch for the remainder of the school term.

COACHING UPDATE from MR BRUCE

Public Speaking Stage 2 and Stage 3

Week 4 saw our Public Speaking champions head to different schools to compete in the Hunter Public Speaking completion against a range of different schools. Unfortunately, Stage 3 winners couldn’t go as it clashed with ‘Teen talk’. Our Stage 2 winners did Metford Public proud as both scored high with the judges but unluckily didn’t make the finals with both just missing out. Ben and Hannah both gave up their lunch and recesses to work on their speeches and this dedication was the reason they performed so well.

Relay Team

This year has seen a new focus on team work. Our school junior and senior relay teams performed extremely well at the Zone Athletics Carnival. All students involved worked hard at training leading up to the carnival and came together as a team. From the first training session to the last all students ran themselves into the ground. Well done to your dedication to training and for how you ran at the Zone Athletics Carnival.
**Touch**
In week 8, Metford Public school will be completing in the Maitland Touch Gala day. Both girls and boys touch teams have hit the field again, training for the upcoming completion. Numbers to training have been strong and both teams are coming together. Both teams are starting to play as a team. Keep this effort up at training and we could see both teams doing very well on the day. Mr Bruce

**BASKETBALL COACHING REPORT**
On the 23rd of July the Metford boys and girls basketball teams travelled to Maitland Federation Centre to compete in the PSSA basketball knockout competition. Both teams played 4 games each and gave their all out on the court. The girls’ team started off against some experienced players and as the day went on, they built their confidence and played some close games of basketball putting up a good fight and enjoying every minute of it. The boys started the day playing against the overall winners of the competition. It was a hard game to start off with but the boys came back throughout the day to get a great win of over 20 points which secured their place in the semi-finals. It was a tight game against East Maitland with them just pushing us out of the competition in the final few minutes. We have all learnt a lot from the day and are ready to apply it to our future training sessions.

Don’t forget teams: Boys’ Basketball training takes place every Wednesday recess and girls’ basketball training takes place each Friday recess. Mr Petersen

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**Go4Fun**

**Healthy • Active • Happy • Kids**

**What is Go4Fun?**

Go4Fun is a free healthy living program for kids to become fitter, healthier and happier. The program is fun and interactive and supports 7-13 year old children and their families to adopt a healthy lifestyle and a long lasting and healthy approach to living. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills.

**Who can participate?**
The program has been specifically designed for children aged 7-13 years who are above a healthy weight, and their parents.

**What happens on the Go4Fun program?**
The program runs for 10 weeks. Sessions are held twice a week, for 2 hours, after school. Highlights include:
- Weekly games and activities for children.
- Fun, interactive discussions to teach you easy and effective ways to improve your child’s nutrition, physical activity and self-esteem.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.

**Why join Go4Fun?**
- FREE healthy living program to help 7-13 year olds and their families to lead healthier lives.
- Make new friends.
- Feel more confident and boost self esteem.
- Get fit playing fun games.
- Set goals to reach and maintain a healthy weight.

**How to Register**
Places on the program are limited, so register today and make sure you don't miss out!

Free call 1800 780 900, sms 0409 745 645 for a call back or register online at www.go4fun.com.au
<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Every</td>
<td>Breakfast club volunteers needed to run</td>
<td>Breakfast club</td>
<td>Breakfast club</td>
<td>Principal's Lunch</td>
<td>Student banking</td>
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<tr>
<td>week</td>
<td></td>
<td></td>
<td>11.30-12pm Drumbeats</td>
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<td></td>
<td></td>
<td></td>
<td>Assembly 1.30pm</td>
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<tr>
<td>Week 6</td>
<td>All week ‘Guess the Teacher’ photo at Rocky point station $1</td>
<td></td>
<td>PUPS 9-11am</td>
<td></td>
<td>Computer course 9.00</td>
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<tr>
<td>Aug 18-22</td>
<td></td>
<td></td>
<td>Mobile Dental Clinic</td>
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<td></td>
<td></td>
<td></td>
<td>Assembly visit</td>
<td></td>
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<tr>
<td>Week 7</td>
<td>Book Week</td>
<td>Debating finals at MHS</td>
<td>PUPS 9-11am</td>
<td></td>
<td>“World’s Apart” Performance</td>
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<tr>
<td>Aug 25-29</td>
<td>MLC Debating competition Y5 and Y6 heats</td>
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<td>MHS Yr5 visit</td>
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<td></td>
<td></td>
<td></td>
<td>P &amp; C fundraiser at Greenhills McDonalds</td>
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<td>Computer course 9.00</td>
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<td></td>
<td>Drive Thru 6-7pm</td>
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<tr>
<td>Week 8</td>
<td>Father’s Day stunt gift wrapping 9am</td>
<td></td>
<td>PUPS 9-11am</td>
<td></td>
<td>Fathers’ Day Breakfast</td>
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<tr>
<td>Sept 1-5</td>
<td></td>
<td></td>
<td>Father’s Day stall gift wrapping 9am</td>
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<td></td>
<td></td>
<td></td>
<td>MHS Yr5 visit</td>
<td></td>
<td>Father’s Day stall – volunteers</td>
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<td></td>
<td>Badge 3 ‘Flynn’ on sale $2</td>
<td></td>
<td>needed</td>
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<td></td>
<td></td>
<td></td>
<td>Joke telling competition at assembly 50c</td>
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<tr>
<td>Week 9</td>
<td>P &amp; C Meeting 6pm</td>
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<td>PUPS 9-11am</td>
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<tr>
<td>Sept 8-12</td>
<td></td>
<td></td>
<td>Badge 4 ‘Tassie’ on sale $2</td>
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<td></td>
<td></td>
<td>P &amp; C disco</td>
<td></td>
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<tr>
<td>Week 10</td>
<td>Concert dress rehearsal</td>
<td>Concert Matinee and Evening</td>
<td>PUPS 9-11am</td>
<td></td>
<td>Last day Term 3</td>
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<tr>
<td>Sept 15-19</td>
<td></td>
<td></td>
<td>Concert Evening</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>P &amp; C Disco</td>
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**FATHER’S DAY**

The P& C are seeking donations for gifts for our Father’s Day stall, which will be held on 5th September, the same day as the Father’s Day breakfast.

We would appreciate your help with suitable donations for this special day that your child would love to purchase.
**METFORD MUNCHIES NEWSLETTER**  
**Canteen Roster Term 3 Week- 5 & 6**

<table>
<thead>
<tr>
<th>Wk 6</th>
<th>18.8</th>
<th>19.8</th>
<th>20.8</th>
<th>21.8</th>
<th>22.8</th>
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</thead>
<tbody>
<tr>
<td>8.30-12pm</td>
<td>Kathy, Manda</td>
<td>2 volunteers needed</td>
<td>Kathy, Grant</td>
<td>2 volunteers needed</td>
<td>Kathy, Lynette, Hazel</td>
</tr>
<tr>
<td>1-2.30pm</td>
<td>Kathy, Jo</td>
<td>1 volunteer needed</td>
<td>Kathy, Grant</td>
<td>1 volunteer needed</td>
<td>Kathy, Grant</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Wk 7</th>
<th>25.8</th>
<th>26.8</th>
<th>27.8</th>
<th>28.8</th>
<th>29.8</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30-12pm</td>
<td>Kathy, Manda</td>
<td>Kathy, Grant</td>
<td>Kathy, Paul</td>
<td>Kathy, Mel, Tiana, Katrina, Lahra</td>
<td>Principal’s Lunch</td>
</tr>
<tr>
<td>1-2.30pm</td>
<td>Kathy, Jo</td>
<td>Kathy, Grant</td>
<td>Kathy, Grant</td>
<td>Kathy, Mel</td>
<td>Kathy, April, Paul</td>
</tr>
</tbody>
</table>

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**Metford Munchies**  
**Please Help!**

We are becoming such a busy canteen that we urgently need helpers. Please consider giving up a little of your time as it would be very much appreciated. Your children get so excited when they see you helping in the canteen. Have a look at the roster, fill out the form below and return it to me as soon as possible.

Thank you  
Kathy

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**We Want YOU!**

Volunteering at our school canteen is not a chore, it’s easy!

Your duties for the day will be:
* Making simple healthy canteen lunches for our fabulous students and staff.
* Meeting students at recess and lunch.
* Having a good laugh, lots of fun and a chat.
* Make the day even more fun and bring a friend or two.

Please contact Kathy on 0450166199 or fill in the slip below and send it back to school.

Thank you

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I would love to volunteer to help in the school Canteen.

Name ___________________ Phone ___________________

Days I am available ___________________
COMMUNITY LIAISON OFFICER’S NEWS

Hi Everyone. At this week’s assembly our students will be visited by Australian Mobile Dental Care and their mascot “Tootsie” the tooth. They will be talking to the students about dental care and will hand out consent forms for parents to complete if they are interested in having their child visit the Mobile Dental Clinic which will be based here at our school for a few days in Term 4.

Australian Mobile Dental Care provides a mobile service to schools and other organisations. They are fully qualified and are committed to providing professional dental care and while on site can provide our students with a dental assessment and/or scale and clean, as well as a polish and fluoride treatment. Parents are encouraged to attend the assessment when it has been arranged.

The services are FREE only if you are eligible for the dental scheme through Medicare called Grow Up Smiling (which replaced the Teen Dental Plan).

If you are unsure if you are eligible Australian Mobile Dental Care can assist you with this information.

If students require ongoing dental treatment they will be referred to the local dentist in the area. When you have considered the consent form and require further information please feel free to contact us.

PARENT WORKSHOPS – Please send in your Expression of Interest form if you are interested in a workshop running here supported by Maitland Family Support Scheme.

BREAKFAST CLUB - WE NEED HELP! Help is needed for Wednesdays please for this important program to continue running on this day for our students. All that’s required is the preparation of fruit, and cooking toast from 8.25am to 8.55am. Please leave your contact details at the office. Thank you.

Have a great week. Katherine Barr.
Key points to remember around schools

2 Driving near school buses

There is a 40km/h speed limit for traffic passing a school bus that is setting down or picking up school children.

This speed limit is for all traffic travelling in the same direction as the bus, whether the bus is stationary or moving.

The 40km/h speed limit must be obeyed when the rear zig zag lights on the bus flash.

Flashing headlights on these buses also alert oncoming motorists that children are close by.

As a driver, remember: When the lights on the bus are flashing, you must slow down to 40 km/h.

Never park in or near a bus stop or bus zone.

For information about fines and demerit points, visit rms.nsw.gov.au

3 On and off the bus safely

Your child is most at risk in the minutes after getting off the bus. You can reduce this risk.

Meet your child (or arrange for another trusted adult to meet your child) AT the bus stop. NEVER on the opposite side of the road.

Wait until the bus has been driven away before choosing the safest place to cross the road, then follow the usual road crossing procedures with your children.

STOP! One step back from the kerb.

LOOK! For traffic to your right, left and right again.

LISTEN! For the sounds of approaching traffic.

THINK! Whether it is safe to cross.

Teach your children to keep turning their head in both directions to look and listen for traffic as they cross the road.

While waiting at the bus stop, stand well away from the passing traffic. Never wait right at the kerb.

Remind your children that when a bus is fitted with seatbelts, they must buckle up.

Until they turn ten, hold hands with your child as you cross the road.

For more information visit roadsafety.transport.nsw.gov.au
METFORD PUBLIC SCHOOL
EXPRESSION OF INTEREST – PARENT WORKSHOPS

Please tick the courses you are interested in attending and indicate times that may be suitable.

NAME: .................................................................
CONTACT NUMBER: ....................................................... 

□ 123 Magic Parenting
□ Triple P Parenting
□ Keeping Children Safe
□ Bringing Up Great Kids

□ I am interested in attending a one day course only (eg: 10am – 2pm)
□ I am interested in attending a two day course (eg: Mon/Tues etc)
□ I am interested in attending a three day course
□ Comments: ........................................................................

“Child Care Benefit (CCB)” and Child Care Rebate (CCR) is available pending eligibility
Full fees will apply until CCB and/or CCR is authorized by “Dept of Human Services” (adjustments will then be made)

4 convenient locations - Rutherford, Thornton, Metford and Ashtonfield.
Daily fees after CCB range from $5.92 (1 child with 100% CCB) to $45.50 per child.

Excursion fee if applicable. Fees to be paid on first day of each week.

Bookings can be made at our centres and Main office
from Monday 25th August 2014

Sorry no phone bookings

Please note: Bookings are essential and 5 FULL WORKING DAYS (Weekday 9am - 5pm) excluding Public Holidays written notice must be given to book out or else full fees will be charged.

Supported by Community Services, Department of Family and Community Services NSW