A WORD FROM THE PRINCIPAL

It has been wonderful to see how well our students have settled into their learning this year. Our teachers are working hard to ensure that they know their students and what their learning needs are. They will be catering for this every day to make sure that all students have growth from wherever their learning starting point is. Next week will be an opportunity for you to hear how our classrooms and teachers are operating this year when we hold our Parent Information evenings.

✓ H Block learners, that is 4N, 5J, 5/6B and 6K will be holding their evening on Monday 15th February from 5:30pm.
✓ G block learners, that is 3C and 3/4S will be on Wednesday 17th February at 4.30pm
✓ Kindergarten, Year 1 and Year 2 will be on Thursday 18th February from 5:30pm.

SWIMMING CARNIVAL:
Next Tuesday is our swimming carnival at Maitland Pool. All children attending must travel to the pool on the bus from school. This ensures that we know who is participating and rolls can be marked accurately. This will be a great day of fun and sportsmanship with our competitive races as well as novelty events throughout the day.
Parents, family members and community are welcome to attend. See you there!

THOUGHT FOR THE DAY

“If you are facing in the right direction, all you have to do is keep walking”
3C and 3/4S FOYER DISPLAY

Classes 3/4S and 3C have been very busy setting up their routines for 2016. We have a very exciting year ahead of us. In term one, we will be looking at Ancient Egypt from both a Science and History perspective. Students have been busily making pyramids as part of their homework. The display in our classroom looks great. We have a large variety of designs so please feel free to come in and have a look.

We are looking at the picture book “A Crash of Rhinos” and focusing on alliteration and descriptive works in the book and in our writing.

Our library days are Monday and Wednesday, PE days are Monday and Wednesday. Students will alternate between Creative Arts and Music on Fridays. We hope to have a performance at our school assembly in Week 6.

Mrs Schulha and Miss Crouch

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PUPS

PUPPING UP TO PRIMARY SCHOOL

PUPS is a program offered to pre-school students who will attend Kindergarten at Metford Public School the following year. PUPS is a transition/orientation program, supporting children before they start school. The program targets school readiness, social and emotional development, gross/fine motor skills, literacy and numeracy activities, interactive Smartboard exposure and craft. PUPS aims to make student’s familiar with school routines and expectations before they start kindergarten.

In Term 4, the students in the PUPS program will engage in specialised activities in the Kindergarten rooms. This will ensure a smooth transition into Kindergarten the following year.

**WHEN:** the PUPS program starts on Friday 29th April 2016
**WHERE:** MPS PUPS room
**DAY/TIME:** Fridays 9-11am
Hi Everyone. We are calling for volunteers to help with our Breakfast Club program. If you can spare one morning from 8.20am to 9am on either Monday, Tuesday or Wednesday please let our office know. Our students really enjoy being able to have a fruit snack, piece of toast or even cereal. Greenhills Dental have been committed for a number of years now by sponsoring this program so we can purchase the food. Please help us to keep this program going for all of our wonderful students.

UNIFORM SHOP – Opening times in the hall will be:
This week (Week 3) - Every day from 8.45am to 9.30am.
Next week (Week 4) - Monday and Friday only from 8.45am to 9.30am.

You are welcome to leave at our office a pre-order with the correct money and the order will be delivered to your child as soon as possible. Order form included in this newsletter.

P & C NEWS - MEETING this Wednesday 10th February 6pm in the staffroom.
ALL WELCOME to come along to find out what’s happening in our school and what we’ll be working towards for 2016.

ENGAGING ADOLESCENTS – Register your interest to attend this course facilitated by Maitland Family Support starting Wednesday 16th March. See flyer in this newsletter for more details.
### SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>2016 Term 1 (11 weeks)</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Every Week</strong></td>
<td><strong>Breakfast Club</strong></td>
<td><strong>Breakfast Club</strong></td>
<td><strong>School Assembly</strong></td>
<td><strong>DrumCorp 9am &amp; 9.30am</strong></td>
<td><strong>Student banking</strong></td>
</tr>
<tr>
<td>Wk 3</td>
<td>Feb 8-12</td>
<td>1.30pm</td>
<td></td>
<td></td>
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<tr>
<td>Wk 4</td>
<td>Feb 15-19</td>
<td>5.30pm Information evening 4N,5J, 5/6B &amp; 6K</td>
<td>Swimming Carnival at Maitland Pool</td>
<td>4.30pm Information evening 3C &amp; 3/4S</td>
<td>5.30pm Information evening Kinder, 1PW, 1N, 2OW &amp; 2S</td>
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<tr>
<td>Wk 5</td>
<td>Feb 22-26</td>
<td>Maitland Zone Swimming Carnival</td>
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### SCHOOL CANTEEN ROSTER Term 1 Week 2 & 3

<table>
<thead>
<tr>
<th>Wk 3</th>
<th>8.2.16</th>
<th>9.2.16</th>
<th>10.2.16</th>
<th>11.2.16</th>
<th>12.2.16</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30-12pm</td>
<td>Kathy, Bronnie, Sabreena, Payton</td>
<td>Kathy, Theresa, Kristy</td>
<td>Kathy, Katrina (NA) Paul</td>
<td>Kathy, Jody, Amber</td>
<td>Kathy, April, Paul, Lisa, Angie</td>
</tr>
<tr>
<td>1-2.30pm</td>
<td>Kathy, Bronnie, Karin</td>
<td>Kathy, Kristy, Gabby</td>
<td>Kathy, Paul, Kerry Anne</td>
<td>Kathy, Amber, Jody</td>
<td>Kathy, April, Paul</td>
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</table>

<table>
<thead>
<tr>
<th>Wk 4</th>
<th>15.2.16</th>
<th>16.2.16</th>
<th>17.2.16</th>
<th>18.2.16</th>
<th>19.2.16</th>
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</thead>
<tbody>
<tr>
<td>8.30-12pm</td>
<td>Kathy, Bronnie, Sabreena, Payton, Tamika</td>
<td>Kathy, Theresa, Kristy, Tamika</td>
<td>Kathy, Katrina, Tamika</td>
<td>Kathy, Jody, Amber, Tamika</td>
<td>Kathy, Paul, April, Lisa, Tamika</td>
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<tr>
<td>1-2.30pm</td>
<td>Kathy, Bronnie, Tamika</td>
<td>Kathy, Kristy, Gabby, Tamika</td>
<td>Kathy, Kerry Anne, Tamika</td>
<td>Kathy, Jody, Amber, Tamika</td>
<td>Kathy, Paul, April, Tamika</td>
</tr>
</tbody>
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**Packaging a Healthy Lunchbox**

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child’s lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
- Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.

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**Clean Up Australia Day 2016**

Register now at cleanuapustraliaday.org.au or call 1800 CUADAY.
**UNIFORM ORDER FORM**

**DATE**
*Office use only*

**ORDER TYPE: PRE-ORDER / PICK UP**

**PAYMENT & ORDER DETAILS**
- Payment received (please tick)
- Order delivered if pre-order (please tick)

Date delivered: ..........................................

Order taken by (initials) ..................................

**NAME:**

**Students Name:**

**CLASS:**

**CONTACT PHONE NUMBER**

<table>
<thead>
<tr>
<th>Item</th>
<th>Sizes</th>
<th>Price</th>
<th>Qty</th>
<th>Size</th>
<th>TOTAL</th>
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<tbody>
<tr>
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<tr>
<td>SPORT SHIRT</td>
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<tr>
<td>Flinders/BLUE</td>
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<td>$20.00</td>
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<tr>
<td>Cook/RED</td>
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<td></td>
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<td></td>
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</tr>
<tr>
<td>Phillip/YELLOW</td>
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<tr>
<td>Tasman/ GREEN</td>
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</tbody>
</table>

**TOTAL AMOUNT OF ORDER PAID BY CASH**

$ ..........................................................

**Name:** ..........................................................

**TOTAL AMOUNT RECEIVED:** $ ..........................................................

**PAYMENT RECEIVED FOR:** ..........................................................

**Customer Copy**

**UNIFORM ORDER**

**NAME:** ..........................................................

**TOTAL AMOUNT RECEIVED:** $ ..........................................................

**PAYMENT RECEIVED FOR:** ..........................................................
Engaging Adolescents is a 3 week (6 hour) course for parents and carers of teenagers to develop greater confidence in parenting adolescents and to build stronger relationships with their teens.

**Topics covered include:**

- understanding adolescence
- identifying “normal” teenage behaviour and reasonable expectations to hold about teens
- understanding our job as a parent of a teenager
- deciding what’s worth reacting to and what’s not
- how to manage challenging teen behaviours
- how to hold tough or difficult conversations more successfully
- how to build positive, healthy and respectful relationships with your teen

**Venue:** Woodberry Family Centre

**Date:** Wed 16th, 23rd & 30th March 2016

**Time:** 9.30am – 12.00 noon

To express your interest, please contact:

Name: Robbie King
Phone: 4914 0444
Email: info@mfss.com.au

Bookings Essential

www.mfss.com.au

Presented with the support of: