Metford Public School’s Breakfast Club Program has been running for many years serving a daily average of 80 students. With a student population of over 300 students, this is an effective way to engage our students who may not have had breakfast – even for those who had breakfast earlier and are hungry again! Encouraging children to have a healthy breakfast is important for many reasons including improved concentration, energy and essential nutrition needed for good health, growth and development.

In the past year, we have been able to provide a variety of cereal, fresh fruit and toast to the delight of our students. Our Breakfast Program has been generously supported by Greenhills Dental since 2013 and their help ensures this Program’s success. We thank Greenhills Dental and our volunteers for keeping Breakfast Club available for our students.

We could always do with an extra helping hand, and if you are available to volunteer for our Breakfast Club, please give us call!
KNIGHT’S KNOCKOUT
CHALLENGE

A team of Year 5 and 6 students recently competed in the Knight’s Knockout challenge. More than 60 teams from Newcastle and the Hunter participated in this rugby competition. Our school played exceptionally well getting through to the final! In a nail biting finish the game went into extra time after a score of 12 all. The other team scored first and our Metford team were still ecstatic with their effort - they fought right through to the finish. Our team showed a wonderful team spirit and commitment. Well done Metford - the whole school community is very proud of you!

Our students have been involved in representative sport this year with some fantastic results. The students have been showing wonderful team spirit and pride in their school, and they all look professional in their representative sport uniforms. Our rugby league, touch, soccer, athletics and netball teams have representative uniforms all thanks to Metford Public School’s dedicated P & C Committee.

Metford Trains Good Sports

The Inter-School Sport Program was a great initiative driven by our dedicated Sports Teacher Mr Rob West. Students in Years 3 to 6 had an opportunity to participate in mixed teams in junior and senior netball, soccer and touch football. Metford Public School joined forces with Tenambit, Morpeth and Telarah Public Schools to make this collaborative effort a huge success. Our students enjoyed participating in this program which saw all students attending matches each Friday at Maitland Park.

SHINING STARS OF METFORD

Metford Public School’s Boy Captain for 2015, Noah Nailagoliva is looking set to become a “living legend”. Noah has gone from strength to strength in a variety of sports. Last year he was very successful competing in the Hunter team at State level for Athletics. This year, Noah has represented our school in Rugby League, Touch, and Athletics. He was selected to play in the NSW Primary School PSSA Rugby League Championships at Cronulla. Noah and his team mates have just played in the Championships and came equal 3rd. This is a fantastic effort out of 12 regional teams. Noah will continue to play rugby league for East Maitland Griffins and looks forward to his next challenge.

Congratulations Noah on your wonderful effort. We are very proud of you and your achievements!
Aboriginal Studies is “hands-on” at Metford Public School and students are exploring Aboriginal History which is from the History Syllabus. Students were asked what they knew about the history of Aboriginal Australia and the learning has taken off from there.

Did you know that there were over 350 Aboriginal Countries in Australia?

Kinder and K6L classes are engaged in Oral History where teachers are telling the students stories about what happened to them in the past.

Year 2 students are looking at significant places and people. Years 3 and 4 are discussing local Aboriginal Countries and are practising to sing the Australian Anthem in the Awabakal language. They will perform this at our NAIDOC Celebrations early in Term 3.

Senior students from Years 5 and 6 are researching topics such as the Stolen Generation, Mabo, the 1967 Referendum and The Freedom Rides.

Year 1 students have enjoyed playing Traditional Aboriginal Games such as “Jillora” and “Boogalah” from different parts of Australia.

They have investigated different types of shelters, compared how our shelters are much different today, and what materials the Aboriginal people used traditionally. The students’ task involved drawing a shelter they liked, then went outside to find materials such as branches, twigs and leaves to build their own shelter.

Our ANZAC Commemoration Service was a humbling occasion for all attending given the recent devastation affecting our community from the severe storm that swept through the area. We were honoured with special guests including Lord Mayor Mr Peter Blackmore and Mr Ismail Haskara who addressed the school’s assembly. Mr Haskara is a member and representative of the local Turkish Community and is a former parent of Metford Public School.

Students showed their respect and remembered those who fought in the war by making a field of crosses which were placed on the school grounds. The crosses represented similar memorial sites in Turkey and gave students a sense of the magnitude of loss in World War 1.
A team of students from Years 5 and 6 have accepted the challenge and are now competing in The Premiers Debating Challenge.

Our Team will compete in a series of round robin debates against other local schools with the winners competing at regional and state levels. The competition started for Years 5 & 6 when the primary school debating champion from the Hunter Region issued a challenge to other regional winners. The trophy awarded to the state champion is called the Hunter Challenge Trophy.

Metford Messenger
By Claire Fahey, Lucita Basto and Arwen Malone

We are here today to give you the answers to those burning questions you’ve always wanted to know. In this edition of the Metford Messenger we ask Metford Public Schools’ Principal Mrs Cathy Watt some very important questions.

So Mrs Watt, first of all, the public has been dying to know –

How long have you been teaching for and how many years as a Principal?

I started out casual teaching in 1981. I then moved to the country and work at Narrabri Public School until 1985. From there I moved to Yarrowitch and was teaching until 1997. Leaving Yarrowitch I moved to Moonan Flat and became a Principal in the year 2000. Since then I have been a Principal at four different schools, settling at Metford Public School.

Interesting... now, have you always wanted to become a teacher?

Yes, I have always wanted to be a teacher. The reason for that is that I had a wonderful year five teacher who really believed in me. I wasn’t amazing at writing or maths, in fact, I struggled with those subjects. He changed that all for me and ever since I’ve wanted to do that for other children.

This is so interesting that we might just slip in another question....

What is the best thing about being a principal, because it sounds like a blast?

Where do I start? I guess, the best thing about being a principal is seeing children learning and growing, preparing them for being life-long learners and GREAT Australian citizens.

Mrs Watt could you please tell us a little about yourself and what was your childhood like?

Well, I grew up in Penrith in a big family. We loved sport and camping in the Christmas holidays. When I married, I moved to the country and learnt about motorbikes, horses, sheep and cattle.

What books do you like to read?

I mostly like to read auto-biographical books and books about Australia.

For our final and most important question......

Mrs Watt, what is the best school you have ever worked at?

Metford of course! The obvious reason for that is - I love learning with students and their families. The staff at Metford School are professional and caring and we all want the best for our students.