



## MODANVILLE PUBLIC SCHOOL

Thursday 16<sup>th</sup> November, 2017

Newsletter No. 17

Website: <http://www.modanville-p.schools.nsw.edu.au>

### P&C Meeting

Wednesday 22nd November

6:30pm

Week 3 & 8 each term

#### Upcoming events

- Daily 2 week Swimming Scheme begins, Monday 13<sup>th</sup> Nov, 11:30am-12:30pm
- School Disco, Thurs 23<sup>rd</sup> Nov 4:30-6:00
- Grandparents Day at MPS, Tuesday 28<sup>th</sup> Nov
- 3/4 Lake Ainsworth Camp, 29<sup>th</sup> Nov - 1<sup>st</sup> Dec
- High School Orientation, Tuesday 5<sup>th</sup> Dec
- Scripture Christmas Celebration, 6<sup>th</sup> Dec
- Year 6 Farewell, Thursday 7<sup>th</sup> Dec
- Christmas Tree Night, Thursday 14<sup>th</sup> Dec

#### Term Dates

##### Students:

Last day of Term 4: Friday 15<sup>th</sup> Dec

Dear Parents,

Our term has been moving along very quickly. We are currently in the middle of our intensive swimming program which has been fantastic providing much needs skills to our students.

Last week the staff made a change to our daily assemblies. Assemblies will be first thing each morning. Our Senior students are running the assembly which is a great opportunity for them to improve their Public Speaking skills.

Each week the school will also be focussing on a Social Skill. Last week all students were improving their Listening skills. This week they are improving our communication style. We have asked students to use a friendly look and voice, and to use good manners.

With our new assembly format awards will be given out on Monday's for Work of the week and Friday our other awards. Each day there is a draw of our Gotcha box to reward our many well behaved students.

Last week our year 6 students had their first orientation day to Richmond River High School. Everyone came back buzzing with energy and excited about the next chapter in their lives.

I hope everyone has a great fortnight.

Kerry Harper

#### Visiting MOBILE LIBRARY - fortnightly Tuesdays

The mobile library comes to the school on a regular fortnightly basis and community members are welcome to make use of this service. The van is here **between 2 - 3:30pm** on the following  
**Dec 12**



**P&C Meeting:** The second P&C meeting for this term has been put forward a week because the Lake Ainsworth camp is during Week 8.

**Swimming Scheme:** Our students have commenced their swimming scheme lessons. If you still need to pay for your child to be attending these, please do so as soon as possible.

#### Richmond River Campus of the Rivers Secondary College Orientation Day:

**Tuesday 5<sup>th</sup> December**

Students in Year 6 would have received a note to give their parents regarding these Orientation days. Students are to wear their current school uniform (eg: Modanville Public School uniform) and they may like to travel in on the high school bus. We encourage you to check this with the bus driver and that they know where to get off.

### Scholastic Book Club:

As you may be aware, the school is now using a new finance system.

➡ **All book club orders from now on will have to be completed online**, using the LOOP (Linked Online Ordering and Payment) platform, which is accessed through Scholastic.

We will be sending out a flyer with the next catalogue showing how to access this.

For those who have a Smart Phone, an App can be downloaded and ordering can be done using your phone.

The school will continue to receive the reward points that enable us to add to our library collection.

If you require more information, please do not hesitate to contact Juanita at the Office on Mondays.

**Scripture Christmas Celebration:** On Wednesday, December 6<sup>th</sup> from 2:15 - 2:45, all students will be gathering together to participate in an end of year scripture celebration.

➡ **If you DO NOT want your child to attend**, please let the school know, either through a phone call to the Office or by a note. If we do not receive any communication from you, your child will attend the celebration.

**Woolies Earn and Learn Points:** Thank you to all our parents who sent in the stickers from their shopping at Woolies. Lauren collated these and sent them off and we had 7800 points to use towards school resources. Teachers have chosen: a Lego We Do Core set, Sandpit toys, and classroom craft items.

**Assemblies:** Our daily assemblies will now be held in the morning before students go into class - commencing at 9:10. Each week we will focus on a social skill and awards will be given out on Monday and Friday.

The bus folder will still be read out after lunch, but this will occur in each classroom rather than at a whole school assembly.

**School Disco:** Just a reminder that the school disco is planned for Thursday 23<sup>rd</sup> November at the Tullera Hall, between 4:30 and 6pm. The theme is 'Beach Party'. Pizza orders must be in by Tuesday 21<sup>st</sup>.

**Uniform Changes:** The idea of changing the school uniform has been in the pipeline for a while now, with a lot of effort and consideration given to it by our P&C. A decision has been made to move to a different

fabric, with same colour and emblem. The cost will be \$25 and we will let you know when they are in stock.

Shorts and culottes will still be royal blue.

Students may wear the old style uniform for as long as they still have them in the cupboard, but the uniform committee will not be restocking with the old style.

**Device Screen Time:** We shared this information with you in May of this year, however it is worth revisiting.

Everyone needs different amounts of sleep. As a guide, children should get between 10 and 12 hours of sleep each night. This drops to 8 to 10 hours for adolescents.

Using digital devices before bed can affect sleep in a number of ways:

- Screen brightness - the light emitted from digital screens can fool the brain into not realising it is night time.
- Electromagnetic radiation from the devices disrupts the release of melatonin, a hormone that helps regulate sleep.
- The excitement of the content can induce a 'fight or flight' response that inhibits the onset of sleep or prevents a deep restful sleep.

Suggestions:

- No devices in bedroom
- Consistent night time routine
- Balancing daily screen time with exercise and outdoor time

### CANTEEN NEWS

***Lunches only available on Monday and Friday***  
***Please do not send food to be heated up except on Mondays and Fridays***

### CANTEEN ROSTER:

16/11, R. Smith

17/11, D. Miller

20/11, **HELP NEEDED**

21/11, R. Smith

23/11, R. Smith

24/11, A. Sattler

27/11, A. Sattler

28/11, R. Smith

30/11, R. Smith

1/12, C. Nilon

4/12, D. Egan

5/12, R. Smith



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7/12, R. Smith  
8/12, D. Miller  
11/12, M. Smith  
12/12, R. Smith  
14/12, R. Smith  
15/12, S. Robinson  
23/11, L. Vickers

### COOKING ROSTER:

16/11, S. Friske  
17/11, D. Miller  
20/11, E. Robinson  
21/11, N. Major  
23/11, M. Youngberry  
24/11, S. McInerney  
27/11, L. McInerney  
28/11, R. Smith  
30/11, B. Funnell  
1/12, C. Nilon  
4/12, C. Bryant  
5/12, R. Smith  
7/12, L. Randle  
8/12, D. Miller  
11/12, E. Robinson  
12/12, R. Smith  
14/12, R. Smith  
15/12, S. Robinson

### Celebrating Our Students

#### Work of the Week Awards:

##### Week 4:

Imogen M, for her fabulous 'Fish'  
Lara, great descriptive writing

##### Week 5:

Amelia, amazing story writing  
Isabella, great cactus art work  
Lily D, excellent 'Pirate Ship' art work



#### Student of the Week Awards:

##### Week 4:

Harvey, excellent effort in mathematics  
Ruben, outstanding application to all learning  
Zac, quality work ethic and willingness to help  
Ben, excellent 'Cat' art work  
Tayah, great work at gymnastics

##### Week 5

Sarleen, for trying hard in writing.  
Mya, always trying her best  
Indi, great speech presentation  
Mitch, great class work

#### You Can Do It Awards

Week 4	Week 5
<b>Confidence:</b> Jimmy	<b>Persistence:</b> Harvey
<b>Organisation:</b> Lachlan	<b>Persistence:</b> Solomon

## K/1 Art Work Foyer Display:



### Community News

1. Workshop on tips for improving children's eating habits, presented by Kerrie Cox and Ali Hookham on Wednesday 22<sup>nd</sup> November at the Tullera Hall from 4:30 - 6:30, cost is \$30 per person. For more information phone Kerrie 0404 659 237 or Ali on 0424 230 721

*An advertisement in our school newsletter is not to be taken as an endorsement of the activity.*



## Nutty Pumpkin Muffins

We can't decide if these are sweet or savoury but they are definitely delicious! They can be served with yoghurt or ricotta for breakfast or snacked on throughout the day.

Serves: 12 muffins

### Ingredients

3/4 cup self raising flour  
1 teaspoon baking powder  
1/2 teaspoon cinnamon  
1 cup pumpkin puree (approximately 1/3 pumpkin cooked and mashed)  
1 teaspoon vanilla extract  
50g margarine (melted) or olive oil  
75mL milk  
1 egg  
1/4 cup walnuts (roughly chopped)

### Method

1. Preheat oven to 180 degrees and grease a 12 hole muffin tin.
2. Place all ingredients into a bowl and stir until well combined.
3. Spoon mixture into muffin tin and bake for 20-25 minutes
4. Serve warm or store in an airtight container.