May 2015

Inside this issue:

Cricket Gala Day  2
Staff Development Day  2
Pyjama Day  3
ANZAC Day  3
Science Challenge  3
Cross country  4
New Science Curriculum  4

Upcoming Dates

• 7th May—Science Challenge
• 12th –14th—NAPLAN
• 22nd—Walk Safely to School Day
• 26th—School Photos
• 29th—Cross Country
• 6th June—John O’Neill
Cricket & NRL Gala Day

On Thursday 2nd April, the last day of Term1, Millbank travelled to Willawarrin for a gala day of cricket and NRL skills with Bellbrook, Greenhill and Willawarrin schools.

Staff Development Day

On Monday 20th April all the school staff attended a seminar by Gregory Nicolau, CEO and Consultant Psychologist of Australian Childhood Trauma Group. He has over 30 years experience and an exceptional reputation in dealing with complex cases and situations in a compassionate and focused manner.

The objectives of this seminar are:

- To understand how energy can be transferred from one person to another, triggering unwanted reactions
- To develop an awareness of your own triggers and internal reactions to children and young people’s challenging behaviours
- To explore the reasons we sometimes feel, Do, See then Think rather than See, Feel, Think then Do
- To develop a personal safety plan for when you feel threatened
- To practice using the “Reflecting Solutions” model in order to choose the best intervention.
**Pyjama Day**

On Thursday 20th April the SRC organised a Pyjama Day fundraiser for Cancer research. They raised $28.60.

**Science Challenge**

Thursday 7th May, Year 5 students will be forming teams with Bellbrook and Willawarrin.

The Science and Engineering Discovery Day is a day-long competition designed to provide Year 6 (or Year 5) primary school students with a positive experience of science and engineering. A maximum of 8 schools per day compete against each other at one central venue.

Each school team is divided into 8 groups of 2 to 4 students. Each group will work on 2 half-day activities during the day: one activity in the morning and a different one in the afternoon. (There are 8 different workshop-style activities at each Discovery Day.)

Some examples are earthquake; grasping at straws and turbine.

**ANZAC Day**

Annie read the Prayer for Thanksgiving at this years centenary of ANZAC Day. The girls then laid a wreath on the cenotaph for the school.
What’s for Recess?

Children need healthy snacks throughout the day to meet their growth and energy needs.

Every day snack foods include:
- Cheese and crackers
- Plain popcorn
- Fresh or canned fruit (in natural juice)
- Plain or fruit yoghurt
- Vegetable sticks and dip/s
- Fruit
- Wholemeal biscuits with spreads
- Corn cob
- Rice cakes with spreads

For more information and ideas go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

Lower North Coast Zone PSSA Cross Country 2015

Friday, 29th May, 2015

At Kempsey Racecourse.

Approximate times of the PROGRAM

10.10 am                Walk the Course
10.40 am                12/13 year Girls 3000m
11.00 am                12/13 year Boys 3000m
11.20 am                11 year Girls 3000m
11.40 am                11 year Boys 3000m
12.00                   10 year Girls 2000m
12.20 pm                10 year Boys 2000m
12.40 pm                8/9 year Girls 2000m
1.00 pm                  8/9 year Boys 2000m

If Interested, please return attached note by 8th May.

John O’Neill

Save the date—6th June; once again the annual John O’Neill Sports Carnival. Races, marching, war cries, tunnel ball, all the usual excitement!

New Science Curriculum.

On Thursday, April 30th, Arthur attended a course at Frederickton School learning about the new science curriculum and how to integrate it into literacy and numeracy. One of the most exciting aspects of the day was the focus on developing team skills and roles. This fits in perfectly with our strategic direction “Working independently and in teams”.

Building Healthy Habits

Children are learning habits that will often last a lifetime.

Ensure your child eats breakfast. This improves concentration levels at school and reduces snacking.

Be realistic about the serving sizes you give your children. Forcing children to finish what’s on their plate when they are not hungry may lead to overeating and strong food dislikes.

Eat your meals at the dinner table rather than in front of the TV. Children (and adults) are more likely to overeat whilst eating in front of the TV as they can easily miss the body’s cues to tell them they are full.

For more information go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)