National Day of Action Against Bullying and Violence

Today is the National Day of Action Against Bullying and Violence. The National Day of Action Against Bullying and Violence is an opportunity for students, teachers, parents and the whole community to take a stand together against bullying and violence. This annual day provides a focus for schools who want to say "Bullying. No way!" and to strengthen their everyday messages that bullying and violence at school are not okay at any time.

Our school registered for this day again this year. Students have taken part in a series of lessons in class this week about the types of bullying and how to deal with them if being bullied or if they see someone bullied. It has involved a series of role plays which allows students to test their new skills. This culminated in a whole school activity today to show a united front against bullying.

Bike-a-thon/ Ride safely to school day next Friday.

Millfield Public School’s Bike-a-thon will be held on Friday 22nd March in conjunction with National Ride to School day. It is important that you spend some time over the coming week to ensure your child’s bike is checked and ready for this day. Checking tyres are puncture free and pumped up, brakes are working, handles are aligned and helmets are crack free and fit comfortably are all jobs you can do with your child in preparation for next Friday. Families are welcome to come and watch the action on the day or to help with the activities. Please see the attached flyer for more detailed information.

School Cross Country

Today our school cross country was held. All students tried extremely hard, running or walking the 2km/4km/6km course. From this event, 11 students have been selected to take part in the Zone Cross Country at Bellbird on the 27th of March. Great job runners!
Sport Skills Fun

Students in years 3-6 had a busy day on Wednesday thanks to the Australian Sports Commission. Our girls headed into Cessnock for a Netball Gala day, while the boys stayed at school for Rugby Union, Rugby League, Soccer and Cricket coaching sessions. Below are some student recounts of these events.

Netball by Erin Jackson – Yr 4
On Wednesday 13th March, girls from Years 3-6 went to a sports netball gala day at the Cessnock Basketball Stadium. Firstly we did some warm-ups like running up and down the court, running freeze, over and under and twist the ball. Then we went out to the canteen area for lunch and we got to sit at the tables and eat some fruit. Then we went back in and started to play a real game of netball. After the netball game, we had to pack up all of our stuff and get a group photo. It was great fun.

Multi-sports by Jack Atkins – Yr 4
On Wednesday 13th of March, people came to our school to do a variety of sports. Firstly we did Rugby League Tag with a person called Luke. We then trained and trained some more, and then we played Rugby. It was fun. Then we had fruit break. After that we did Basketball with Maddi. We played basketball with Maddi. We played basketball tips, then half of the group went with Matt and did a bit more rugby for 45min. We then had lunch before working with 2 cricketers. We did all sorts of cricket strategies. Then we played a fun cricket game. It was all very fun!

Applications for Hunter Sports High School.

Any parents wishing to enrol their child in Hunter Sports High School next year needs to see Mr Anderson for an application form ASAP.

Pre-School age children

Do you have a child old enough to attend Pre-School? Studies show it is vitally important that students have a pre-school education before attending school. Pre-school gives students vital social skills needed for when they attend school as well as some basic skills in Numeracy and Literacy that makes the transition to school more successful. You may not be aware that the Mobile Pre-School which was operating at our school in 2011 has now moved to Crawfordville Hall, Millfield. See the attached flyer for more details.

PBL Focus of the week

In the office

<table>
<thead>
<tr>
<th>Safe Students</th>
<th>Responsible Students</th>
<th>Respectful Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Ask for help</td>
<td>- Hand in their money and notes of a morning.</td>
<td>- Knock once and wait</td>
</tr>
<tr>
<td>- Don’t enter the kitchen without an adult.</td>
<td>- Only go after seeing a teacher at breaks.</td>
<td>- Know it is a quiet place.</td>
</tr>
</tbody>
</table>

This week’s Principal’s Award

Congratulations to Makayla who gets this week’s Principal’s award. Makayla always demonstrates safe, responsible and respectful behaviour when at the office. Well done Makayla!

Yours in Education, Scott Anderson – Principal
CLASSROOM NEWS

Miss Pringle’s Class Awards K/1
Congratulations to this week’s award recipients:
Alex Lombardi for being a responsible and helpful student
Bethany Shepherd for always being a hard worker in class

Mrs Ford’s Class Awards 2/3/4
Congratulations to this week’s award recipients:
Jorja Kelly for settling into Millfield Public and working well in class
Angus Shepherd for always presenting beautiful book work

Ms Cornish’s Class Awards 5/6
Congratulations to this week’s award recipients:
Ethan Lethbridge-Coyle for conscientiously completing his HSIE project 5 weeks early
Nikita Szabo for being a hard worker and a great big sister

Mrs Durie’s Class Awards
Congratulations to this week’s award recipients:
Riley Dederer for always being a respectful and responsible learner
Jack Atkins for showing settled and co-operative behaviour in the library
Jayke Winship for always showing excellent skills and good sportsmanship

P&C NEWS

Donations are needed for the Easter Egg Raffle

EASTER EGG RAFFLE
TO BE DRAWN
THURSDAY 28TH MARCH

Please bring all donations to the office ASAP

Tickets are attached to this newsletter $1 each or 3 for $2. There will be multiple prizes. Drawn at the Easter Hat Parade on Thursday 27th April.
More tickets are available from the office.

COMMUNITY NEWS
Australia’s First
Coloured Commemorative Coin
LIMITED EDITION
For a $10 donation
The $2 Poppy Coin will come with a Certificate of Donation
Australia’s first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this ground breaking $2 coin is simply an outstanding keepsake for every Australian.
The coin depicts the red Flanders Poppy, which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict. All funds raised go to support our vital RSL programs helping thousands of Veterans’ and serving Defence personnel and their families in homes and communities across Australia.
Available from the RSL National Office at Lvl 3, 65 Constitution Ave, Campbell ACT
Phone orders can also be made through the National Office at 02 6248 7199
Please note there will be a minimum postal charge of $5 per coin.
www.rsl.org.au

Hunter Mobile Preschool
We have been providing education to rural children since 1979.
Come for a visit and speak to our dedicated staff at the your Millfield venue.
- Crawfordville Hall Bennett St.
- Experienced and caring staff
- Fee relief available
- Small class sizes
- Newly renovated
- Community based

Visit our new website: huntermobilepreschool.com.au
Or call and speak to our friendly staff on 0407359105 Or 49346725
The service operates every Monday and Friday during school terms.
Our hours are 9.30am to 3.00pm
Enrolment for 2013 has been waived, so come along and invest in your child’s education today!

CESSNOCK BASKETBALL
Anyone interested in playing basketball
Please contact Madeline Benson on 4991 1656 or 0421 073 354
WANT TO PLAY NETBALL?
letsplaynetball.com.au

CESSNOCK DISTRICT NETBALL ASSOCIATION INC.

Registration Dates:
2nd, 9th, 16th, 23rd Feb
10am-12pm
Venue: Vernon Street Netball Clubhouse

2013 Registration Fees:
Senior $100, Junior $80,
Netta $70 (8-10 years),
Fun Net $50 (5-7 years)

NetSetGO will be available in 2013 for players aged 5-10. An additional $25 to register.

“I’m looking forward to seeing you on the court”
Mo’onia Gerrard, NSW Swifts

Special registration: This Saturday
9-9.30am
At Vernon Street Netball Clubhouse
Did you know that in NSW 8 out of 10 parents are not eating the recommended daily amount of veg and half are not eating the recommended daily amount of fruit?

What you eat influences what your children eat; this is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:

- Coronary heart disease
- Some forms of cancer
- Obesity and being overweight
- Constipation
- High blood pressure and cholesterol levels
- Diabetes

By eating more fruit and veg now you'll be a healthy role model for your kids and help protect their health in the future.

For more information please visit
www.cancercouncil.org.au/eatittobeatit