



**Commitment, Respect and Responsibility**

### Dates to remember

**Tuesdays** -School banking  
-Assembly 2pm  
**Wednesdays**– Principals Lunch  
Playgroup 9am-10am  
**Thursdays**– Drum Corp  
**Fridays** -PUPs 9am– 11am

### Week 3 Education Week

### Week 4 Book Week

### **Term 3**

**Thursday 2nd August**  
3-6 Parent Teacher Interviews

### **Friday 3rd August**

Zone Athletics

### **Wednesday 8th Aug**

Book club order forms due  
MLC Education Week Awards  
Night

Musica Viva Performance

### **Wed 15th– Friday 17th August**

Stage 3 Canberra Excursion

### **Tuesday 21st Aug**

Year 4 –Week of Tastes

### **Thursday 23rd August**

Young Teen Talk

### **Tuesday 28th August**

School Photo Day

### **Friday 31st August**

Fathers Day Breakfast

### **Wednesday 5th September**

Rugby League Pickers Cup

### **Friday 7th September**

Colour Run Fundraiser

### **Thursday 13th September**

Touch Gala Day Yrs 3-6

### *Thought of week*

*Believe in yourself and  
you will be unstoppable.*

# Metford Public School

13 Melaleuca Drive, Metford 2323

Ph: 4933 2655

### **Leaders Breakfast**

This morning, 3 of our leaders attended Maitland Council's Local Government Week's School Leaders Breakfast. They met with friends from other schools and learnt more about leadership from Rebecca Sharrock, Autistic writer and speaker and Caitlin Hipwell who is Miss Maitland. We also were a part of the first unfurling of the new Maitland City flag.



### **Principals Lunch**

Congratulations to the following students– Bronte, Kallen, Tyrelle, Kaiden, Craig, Jordel, Jayden, Tulla, Jamyz, Riley, Hayden, Tahlia, Joshy, Nate, Shiloh, Jeorgia and Dallas



### **Metford Munchies**

Due to safety reasons, noodles will no longer be available from the canteen.

Rocky's Café is now open in the morning from 8.30am till 9.30am and afternoons from 2.00pm till 3.00pm Monday to Friday. Come and enjoy a great coffee or a milkshake!

We desperately need volunteers on Mondays to Thursdays especially in the morning from 8.30am-9.30am. If you help out contact Kathy in the canteen.

# Newsletter Term 3 Week 2

SCHOOL CALENDAR					
2018 Term 3	Monday	Tuesday	Wednesday	Thursday	Friday
Every Week		Student Bank- ing	Principals Lunch	Drum Corp 1.40pm	PUPs 9.00am-11.00am
		School Assembly 2.00pm	Possums Playgroup 9.00am- 10.00am	Aboriginal Girls Dance Group 1.40pm	
WK2 July 30th– Aug 3rd	K-2 Parent Interviews	K-2 Parent Interviews	3-6 Parent Interviews	3-6 Parent Interviews	Zone Athletics
Wk3 Aug 6th– 10th	Education Week		Book club order forms due  MLC Education Week Awards Night  Musica Viva concert 9am		
Wk4 Aug 13th– 17th	Book Fair	Book Fair	Book Fair Stage 3 Canberra	Book Fair Stage 3 Canberra	Book Fair Stage 3 Canberra
Wk5 Aug 20th– 24th		Week of Tastes Year 4		Young Teen Talk Stage 3	
Wk6 Aug 27th-31st		School Photos			Fathers Day Breakfast
Wk7 Sept 3rd-7th			Rugby League Pickers Cup		Colour Run fundraiser
Wk8 Sept 10th -14th				Touch Gala Day Yr 3-6 boys & girls	
Wk9 Sept 17th– 21st					
Wk10 Sept 24th– 28th	School Concert Rehearsal	School Concert “Better when I’m dancing”	School Concert “Better when I’m dancing”		Last Day of Term

## Notes and Payments due

Musica Viva Performance	3/8/18	\$6.50 Per child
Young Teen Talk years 5-6	10/8/18	\$22 first child and \$15 for the second
Book Club order forms	8/8/18	

## Newsletter Term 3 Week 2

### Attendance Moring Tea

On Tuesday, these students were invited to a special morning tea. They attended school every day in Term 2. No late arrivals or early departures.

Every day counts! It's not okay to be away!



### Book Fair

We will be having our Book Fair in Week 4, the 13<sup>th</sup> August to the 16<sup>th</sup> of August.

Students will be given the opportunity to browse and purchase books during their regular Library lessons that week.

The Book Fair will also be opened at other times for students, parents and caregivers to come in and have a look and purchase a beautiful book if they wish!

#### Other Times:

Tuesday 14<sup>th</sup> and Wednesday 15<sup>th</sup> – 3.00pm till 4.00pm

Thursday 16<sup>th</sup> - 8.30 am till 9.00am.

Look out for more information and a brochure coming home next week!



"The educational journey to different cultures was great for the students to be a part of. Loved it."  
Silvana Ferraro, Illawarra Primary School



**MARA!**

**Stories & song across the world**

Mara! are multi-award winning masters of world music and in constant demand all over the globe. Centred around the extraordinary voice of founder Mara Kiek, this ensemble of virtuoso musicians uses woodwinds, double bass and plucked string instruments like bouzoukis and baglamas to conjure up a unique, jazz flavoured, multicultural world of song. Students will learn songs and dances, and be given unique insights into some of the uncommon rhythms and scales that make up music from Ireland, Turkey and Bulgaria.

In school concert taking place at

**METFORD PUBLIC SCHOOL** on

Wednesday 8<sup>th</sup> August, 2018

9 – 10am

Cost per child: \$6.50



## Good for Kids good for life

### SANDWICH ALTERNATIVES IN THE LUNCHBOX

Sandwiches are a great addition to an everyday lunchbox but if you feel like branching out here are some other great ideas:

- 🍎 Vegetable fried rice,
- 🍎 Pasta salad,
- 🍎 Zucchini slice,
- 🍎 Savoury muffins packed with vegetables,
- 🍎 Chicken and vegetable rice paper rolls,
- 🍎 Vegetable sushi rolls.

For more great ideas visit the Cancer Council's Healthy Lunch Box website: <https://healthylunchbox.com.au/>



Ever thought  
about fostering?



Did you know that Aboriginal Children & Young People make up **38%** of the current Out of Home Care statistics in New South Wales?

## Want to be a part of a team that works with Aboriginal kids to get them back to their families

We are currently seeking Aboriginal people or non-Aboriginal people who are involved with the Aboriginal community who are able to support a child or young person in their home and are:

- Interested in supporting our kids to go home
- Willing to work within a team environment
- Willing to undertake specific training to prepare you to care for kids who are transitioning back to parents or family
- Willing to work with parents or relative/kin
- Willing to support a child or young person for up to 2 years in your home

In return you will receive:

- Great support from the Cultural Journeyz team
- A carer allowance
- Clinical support
- Professional training
- Being part of a team to get our kids home

Be a part of a team that is committed to nurturing excellence through community support, training, and advocacy to ensure every Aboriginal child in the Hunter has access to spiritually enriching, culturally relevant, high quality out of home care services to be able to return to their families.

We have upcoming training for interested people to be facilitated on:

**Saturday 18th August 2018  
& Sunday 19th August 2018**

**commencing 9.30am each day**

**Venue: NOAH's on the Beach**

To register your interest or to find out more please contact 49695299.



Mulootinba Aboriginal Corporation

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## METFORD

WINTER MENU 2018

# Munchies

### HOMEMADE HOT FOOD



Nachos	\$8.00
Shepherd's Pie	\$8.00
Roast Beef Roll and Gravy	\$6.00

### HOT FOOD



Pies	
<i>Large</i>	\$3.50
<i>Party</i>	\$2.50
Sausage Roll	\$3.00
Chicken Fingers	50c ea
Lasagne	\$6.00
Spaghetti Bolognese	\$6.00

Cheese Burger	\$4.00
Chicken Burgers	
<i>Lettuce and Mayonnaise</i>	\$4.00
<i>Salad</i>	\$5.50
Pizzas	
<i>Ham and Pineapple</i>	\$3.00
<i>Ham and Cheese</i>	\$3.00
½ Garlic Bread (4 pieces)	\$1.00
Full Garlic Bread (8 pieces)	\$2.00

### SANDWICHES AND WRAPS



Vegemite	\$2.50
Cheese	\$2.50
Tomato	\$2.50
Egg	\$3.00
Salad	\$5.50
Ham and Salad	\$6.00
Extras	50c ea
2 slices of Buttered Bread	\$1.00
Bread Roll	\$1.00
Toasted	50c extra

### SAUCE

Tomato, BBQ	40c ea
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### SALADS



Salad Box	
<i>Small</i>	\$6.00
<i>Large</i>	\$7.00
<i>lettuce, cheese, cucumber, tomato, beetroot, pineapple, carrot, boiled egg</i>	
Small Side Salad	\$3.00
<i>cheese, tomato and lettuce</i>	
Tin of Tuna	\$2.00

### DRINKS



Milk Lite 300ml	\$2.00
<i>Chocolate, Strawberry, Banana</i>	
Juice	\$2.00
<i>Apple, Orange, Apple and Blackcurrant</i>	
Bottle of Water	\$1.50
Warm Milo	\$1.00

### SNACKS



Seasonal Fruit	50c ea
Cheese and Bacon Roll	\$1.50
Chocolate Chip Muffin	\$1.50
Honey Soy Chips	\$1.50
Chicken JJ's	\$1.50
Frozen Milk Cups	\$1.00
<i>Rainbow, Banana, Strawberry, Chocolate, Caramel</i>	
Frozen Juice Cup	70c ea
<i>Apple Mango, Tropical, Apple Blackcurrant, Apple</i>	
Bombs	20c ea
<i>Chocolate, Banana, Strawberry, Caramel, Tropical, Apple Blackcurrant, Apple Mango, Apple</i>	
Juicies	\$1.00
<i>Wildberry, Tropical, Orange, Lemonade</i>	
Slushie	\$2.00