



Commitment, Respect and Responsibility

Dates to remember

Monday 11th February

Parent Teacher information

Tuesday 12th February

Parent Teacher information

AECG Maitland Grossman High 9am

Wednesday 13th February

P&C meeting 6pm Library

Tuesday 19th February

Zone Swimming Carnival

Tuesday 26th February

Metford Mingle 5pm

Friday 1st March

Clean up Australia Day

Wednesday 13th March

P&C meeting 6pm Library

NRL Blitz year 3-6 Cyber safety

Thursday 14th March

Debating Learning @Ashtonfield PS

Wednesday 20th March

Newcastle Knights Knockout U10's

Friday 22nd March

Cross Country

Metford Public School

13 Melaleuca Drive, Metford 2323

Ph: 4933 2655

Welcome back every one to what I anticipate to be a wonderful 2019. Our teachers have been very busy preparing for our students through the holidays and this week. It was exciting to see all our students' smiling, happy faces throughout Tuesday and how they were responding to their new teachers. We welcome our new families to Metford PS and we are looking forward to building a great learning partnership with you all.

Changed contact Information:

Please inform our office staff of any changes to contact information as soon as possible so that our records are correct at all times. This is particularly important if we have an emergency situation. This week, we will distribute a note requiring all families to complete information that we need to operate our school efficiently. I thank you in advance for completing this paperwork.

Parent Teacher Information times

Once again we will be holding information sharing times for our families in mainstream classes. This time allows you to hear from this year's teachers about how learning will operate and how you can support this.

Classes 3M, 3/4N, 4P and 5T will have their time on Monday 11th February and Classes 5/6L, 6T and Infants will be on Tuesday 12th February.

Monday 11th February	4.30pm	3M and 3/4N
	5pm	4P and 5T
Tuesday 12th February	4.30pm	5/6L and 6T
	4:30	1/2B
	4:30	2K and 2B
	5:00	1P and 1W
	5:30	KW and KF

Thought of week

*No matter how small you start,
start something that matters.*

Brendon Burchard

Newsletter Term 1 Week 2

Voluntary Contribution

In order to assist the school in providing resources for your children, each family is asked to contribute \$30.00 per year, for the first child, \$25.50 for the second, with a maximum of \$55.50 per family.

This contribution is not compulsory, nor does it intend to impose a financial burden on families. However, it would be appreciated that if you could provide the amount asked that it be paid at the beginning of each year or upon enrolment. Eftpos and online payment facilities are available for payment of monies.

Parent on Line payments (POP) can be done via the school website: <https://metford-p.schools.nsw.gov.au/> by clicking on the "Make a payment" icon.

Special Religious Education Lessons

A feature of the public education system in NSW is the opportunity to provide time in class for education in ethics, faith and morality from a religious or non religious perspective at the choice of parents. The school website provides information on these options to support parents/carers choice. Students not attending SRE are given supervised alternative meaningful activities.

The following options are available at our school SRE Catholic and Ecumenical. All new families to Metford Public School received a note last week. Students will continue the same arrangement as last year, unless a parent/carer has requested a change in writing. A parent/carer may at anytime notify the school in writing that they wish to change their decision.

Principals Lunch Week 2

Principals Lunch this week was for showing Commitment by having a positive attitude school and their learning— Congratulations to Mason, Jimmy, Mahlia, Harrison, Alexander, Niome, Izacc, Kayleigh, Kallan, Bella, Katie, Jonathan and Charlotte. **Next weeks focus is for Wearing correct uniform with pride.**



Newsletter Term 1 Week 2

Zones of Regulation Program

This term all students will be learning about Zones of Regulation, which is a personal and social skills program designed to teach children about self-regulation of their emotions. Strategies will be taught to teach students to be more aware of and independent in controlling their emotions and impulses; managing their sensory needs, and improving their ability to problem solve conflicts.

A little about the program

Feelings and reactions are categorised into four zones:

Green Zone - happy, content, ready to learn

Blue Zone - sad, depressed, sick

Yellow Zone - frustration, anxiety, nervous, silly

Red Zone - angry, aggressive

Everyone at one time or another will experience all of the zones in the program, and we will be neutral and non-judgmental with our students. It is important to note that the Red and Yellow Zones are feelings and emotions, not being 'bad or naughty'. This language is not a part of the program.

If you would like more information about the program, please contact Mrs Attard the school.



2019 School Leaders

Congratulations to our 2019 School Leaders

School Captains and Aboriginal Leaders



School Vice Captains



School Prefects



Newsletter Term 1 Week 2

Canteen Roster Term 1 2019

Week 3	Monday 11.2.19	Tuesday 12.2.19	Wednesday 13.2.19	Thursday 14.2.19	Friday 15.2.19
8.30am-12noon	Kathy Michelle Indi	Kathy <div>2 Volunteers needed</div>	Kathy Paul Arwen Lyn	Kathy Kath Jody	Kathy Paul April
1.00pm - 2.30pm	Kathy Michelle Indi	Kathy <div>1 Volunteer needed</div>	Kathy Paul Arwen	Kathy Kath Jody	Kathy Paul April
Week 4	Monday 18.2.19	Tuesday 19.2.19	Wednesday 20.2.19	Thursday 21.2.19	Friday 22.2.19
8.30am - 12noon	Kathy Michelle Indi	Kathy <div>2 Volunteers needed</div>	Kathy Arwen <div>1 Volunteer needed</div>	Kathy Kath Jody	Kathy Paul April
1.00pm - 2.30pm	Kathy Michelle Indi	Kathy <div>1 Volunteer needed</div>	Kathy Arwen	Kathy Kath Jody	Kathy Paul April

2019 Term 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVERY WEEK		Drum Corp 9-10am ----- Student Banking ----- School Assembly 2pm	Principals Lunch		
Wk2 4th –8th Feb	Kinder First Day	Leaders Induction 1.30pm	Swimming Carnival		
WK3 11th-15th Feb	Parent Teacher Information 3M, 3/4N, 4P & 5T	Parent Teacher Information Kinder, 1P,1W,1/2B, 2K,2B, 5/6L & 6T AECG Maitland Grossman High 9am	NRL Blitz year 3-6 Focus Cyber safety P&C meeting 6pm Library	Debating Learning @Ashtonfield PS	ILST Day
WK4 18th-22nd Feb		Zone Swimming Carnival			ILST Day
Wk5 25th– 1st March		Metford Mingle 5pm			Clean up Australia Day

BE AMBITIOUS

EMPLOYABILITY SKILLS COURSE:

- LITERACY
- NUMERACY
- COMPUTER BASICS

This Certificate I in Access and to Vocational Pathways (FSK10113) includes **3 basic computing units** to help you **build your confidence** with workplace literacy, numeracy AND computers!

COURSE DESCRIPTION:

DISCOVER HOW TO:

- OPERATE BASIC WORD PROCESSING/EMAILING
- USE DIGITAL TECHNOLOGY TO PERFORM BASIC WORKPLACE TASKS
- LOCATE, COMPARE AND USE HIGHLY FAMILIAR MEASUREMENTS FOR WORK
- USE WHOLE NUMBERS AND MONEY UP TO ONE THOUSAND, FOR WORK PURPOSES
- READ, RESPOND AND WRITE BASIC WORKPLACE INFORMATION

COURSE FEES:

FULLY SUBSIDISED BY THE NSW GOVERNMENT

COURSE DURATION:

TIME:

Mondays: 9:30-12:30

Thursdays: 9:30-11:30am

START DATE: 4th February 2019

END DATE: 17th May 2019

ENROLMENT SESSION:

DATE: Tuesday 29th January and Thursday 31st January

Time: 10:00am

WHERE: MAITLAND CAMPUS Block C, Ground Floor, Room 15 (CG15)

COURSE SNAPSHOT

Location: MAITLAND campus CNR FERRABY DR AND NEW ENGLAND HIGHWAY 2327

Course: Certificate I in Access to vocational pathways

Cost: Fully Government Subsidised Student training programs

CONTACT US TODAY!

REGISTER YOUR INTEREST
or for more information

Phone: 02 4930 2849
Contact: Erol Engin
Email: Erol.Engin@tafensw.edu.au

TAFE
NSW

RTO 90002 This document is correct at the time of printing November 2018
*Terms and conditions may apply





ALL
WELCOME



Why not BYO
camera and use
our photo booth for
memorable snaps
of the evening.

MINGLE

@ METFORD



**TUES 26TH
FEBRUARY
FROM 5PM**

- **FREE SAUSAGE SIZZLE** under the COLA
- Join us for a game of 3 on 3 basketball, touch footy, skipping, games or just mingle and relax



**WELCOMING ALL OUR FAMILIES BACK TO
METFORD PUBLIC SCHOOL FOR 2019!**



METFORD

OCTOBER 2018

Munchies

HOT FOOD



Pie	\$3.50
Party Pie	\$2.50
Sausage Roll	\$3.00
Chicken Fingers.....	50c ea
Pizzas	\$3.00
<i>Ham and Pineapple</i>	
<i>Ham and Cheese</i>	
Full Garlic Bread (8 pieces).....	\$2.00
½ Garlic Bread (4 pieces)	\$1.00

BURGERS AND WRAPS



Chicken Finger Wrap	
<i>with lettuce and mayo</i>	\$4.00
<i>with salad</i>	\$6.00
<i>plain</i>	\$3.50
Chicken Pattie Burger	
<i>with lettuce and mayo</i>	\$4.00
<i>with salad</i>	\$6.00
<i>plain</i>	\$3.50
Fresh Chicken Breast Burger	
<i>with lettuce and mayo</i>	\$5.00
<i>with salad</i>	\$7.00
Fresh Chicken Breast Wrap	
<i>with lettuce and mayo</i>	\$5.00
<i>with salad</i>	\$7.00
Cheese Burger.....	\$4.00

SANDWICHES AND WRAPS



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

DRINKS



Milk Lite 300ml	\$2.00
<i>Chocolate, Strawberry, Banana</i>	
Moo Milk Box 200ml	\$1.00
<i>Chocolate, Strawberry</i>	
Juice	\$2.00
<i>Apple, Orange, Apple and Blackcurrant</i>	
Bottle of Water	\$1.50

SALADS



Salad Box	
<i>lettuce, cheese, cucumber, tomato,</i>	
<i>beetroot, pineapple, carrot, boiled egg</i>	
Small	\$6.00
Large	\$7.00
Chicken Caesar Salad	
<i>fresh chicken breast, Cos lettuce,</i>	
<i>parmesan cheese, crispy ham, croutons,</i>	
<i>caesar dressing</i>	
Small	\$7.00
Large	\$8.00
Caesar Salad (without chicken)	
Small	\$5.00
Large	\$6.00
Small Side Salad	\$3.00
<i>cheese, tomato and lettuce</i>	
Fruit Salad	
Small	\$5.00
Large	\$6.00
Tin of Tuna	\$2.00

SNACKS



Fruit (uncut)	50c ea
<i>Apple, Orange, Kiwi Fruit</i>	
Fruit Cup.....	\$1.00
<i>Watermelon, Grapes, Kiwi Fruit, Fruit Salad</i>	
Cheese and Bacon Roll.....	\$1.50
Vegemite and Cheese Scroll	\$1.50
Chocolate Chip Muffin.....	\$1.50
Chips - Honey Soy	\$1.50
JJ's - Chicken	\$1.50
Frozen Milk Cups	\$1.00
<i>Rainbow, Banana, Strawberry,</i>	
<i>Chocolate, Caramel</i>	
Frozen Juice Cup	70c ea
<i>Apple Mango, Tropical,</i>	
<i>Apple Blackcurrant, Apple</i>	
Bombs	20c ea
<i>Chocolate, Banana, Strawberry,</i>	
<i>Caramel, Tropical, Apple Blackcurrant,</i>	
<i>Apple Mango, Apple</i>	
Juicies	\$1.00
<i>Wildberry, Tropical, Orange, Lemonade</i>	
Slushie	\$2.00
Mony	70c ea
<i>Chocolate, TNT</i>	

SAUCE

Tomato, BBQ or Caesar
40c ea



HAPPY Birthday

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WITH HONOUR AND PRIDE
1980
METFORD PUBLIC SCHOOL

FORGOT TO GET A BIRTHDAY CAKE?

Why not order a fabulous **Birthday Ice Block Bucket** or a fabulous **Fruit Platter**?

Birthday person also receives a balloon on a stick to take home.

See our Canteen Supervisor to order or for more details.

ONLY 50¢ PER CHILD
delivered to the classroom