



# MORPETH PUBLIC SCHOOL

Week 6 Term 3

22nd August 2023

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## WEBSITE:

[www.morpeth-p.schools.nsw.edu.au](http://www.morpeth-p.schools.nsw.edu.au)

## DATES TO REMEMBER

**Wednesday 23rd -24th August 2023**

Book Fair

**Wednesday 23rd August 2023**

Book Parade

**Friday 1st September 2023**

Fathers Day breakfast - 7:45am start

Fathers Day stall (during school time)

**Friday 15th September 2023**

Year 6 Maitland High transition day

**Tuesday 19th September 2023**

MSP School Photos

**Thursday 21st September 2023**

Year 5 Maitland High taster day

**Friday 22nd September 2023**

Year 6 Mini Fete

Last Day of Term 3

**Monday 9th October 2023**

Students return for Term 4



Before and After School Care

Please call Luke

(Co-ordinator)

0447 430 811

## PAYMENT OPTIONS FOR SCHOOL ITEMS:

Office: Cash, Credit/Debit Card  
or via

School Bytes Parent Portal

## Look What's Trending this week!

### Book Week

Welcome to Book Week, 2023! Book Week has been celebrated in schools since 1945 and puts a spotlight on Australian authors and illustrators. The theme for this year's event is 'Read, Grow and Inspire' and we have some great opportunities planned to enable our students to do just that... read, grow and be inspired! On Monday, our classes visited the library to view our selection of books and, over the coming days, our librarian, Ms Coyle, will provide further information to students about our book fair and how selected books can be purchased. We also have a great day planned for tomorrow, Wednesday - we are asking our students to come to school dressed as a character who has inspired them. Hopefully our families will also join us on the day for our parade. The parade will begin in the MPC at 11am, with Ms Coyle providing further information about some of the shortlisted books. We ask parents / carers to come to our MPC from 10:45am in readiness for the parade. At the conclusion of our parade, we will be officially opening our Book Fair in the Library. Parents / carers are then invited to join our students in the Book Fair and for the shared lunch in our grounds. A special lunch is being offered by our Canteen and orders for students and family members alike can be made via the Spriggy Schools app.

### PBL

This term we are providing our Stage 3 students with an authentic leadership opportunity. Students in Years 5 and 6 work in small groups, with students in all other classes, to talk about our Positive Behaviour for Learning (PBL) expectations. PBL assists students to explicitly learn and understand our behaviour expectations in all school settings. The three underlying principles of Respect, Responsibility and Personal Best underpin all expectations. During the group work, our senior students help explain our setting expectations in detail and provide an opportunity for discussion and clarification. The model has been a resounding success and enjoyed by all involved.



### Public Speaking

Congratulations to the eight students who represented our school in style at last week's Zone Public Speaking competition. Our students, Harriet and Maggie (Early Stage 1), Sylvie and Hugo (Stage 1), Alby and Lily (Stage 2) and Isabel and Jonathon (Stage 3) spoke at various schools in the area. In great news, Sylvie has won the Stage 1 competition and Maggie, Hugo, Alby, Isabel and Johnno were all awarded highly commended in their respective heats. What a wonderful effort!

*Peter Edmonds*



DON'T FORGET WHEN ORDERING YOUR LUNCH ORDERS TO USE THE SPRIGGY SCHOOLS APP



# P & C NEWS

## AGM and P&C Meeting Monday 4th September 2023

The P&C invite all members to attend our Annual General Meeting on September 4<sup>th</sup> at 6pm at school and via Zoom.

The following positions are to be elected at the meeting: President, Vice President x 2, Secretary, and Treasurer. All paid and current members are invited to vote on these positions.

If you would like to nominate for any of these positions, please contact us at [morpethpublicschool@pandcaffiliate.org.au](mailto:morpethpublicschool@pandcaffiliate.org.au) to do so.

We will also be forming our fundraising sub-committee, so we would love to welcome the community to be involved in our future fundraising activities.

Please ensure you like the <https://www.facebook.com/morpethpc> page to get the latest and greatest.

**If you have any questions regarding the P & C please feel free to contact the President Sharyn on: 0402 543 627 or email us at: [morpethpublicschool@pandcaffiliate.org.au](mailto:morpethpublicschool@pandcaffiliate.org.au)**

## UNIFORM SHOP IS NOW ONLINE ONLY

Uniform orders - PLEASE ORDER ON THE SPRIGGY SCHOOLS APP

For any enquiries please contact: **Bec** on 0413 771 181 or email [morpethcanteen@gmail.com](mailto:morpethcanteen@gmail.com)

**BANK ACCOUNT DETAILS FOR ONLINE PAYMENTS - BSB No - 032 639 Account No - 287 512**

Want to know the latest canteen specials? Provide feedback on fundraising? Uniform updates?

**THE Morpeth Public P&C Facebook page!**

<https://www.facebook.com/morpethpc>

Spriggy Schools

Introducing  
**Spriggy Schools**  
for online ordering

How to get started

1. Download the Spriggy Schools app
2. Create a profile for your child
3. Conveniently place orders online

Download the app now!



## PBL



We will be talking with students about ... **COLA** - playing

*Student's are aware of others and share and take turns*

*Own their actions, respond to the bell, care for equipment and belongings and accept referee decisions*

*Students are kind and patient, try their best and play fairly and participate and include others*



PLEASE JOIN US FOR A

# FATHER'S DAY

*breakfast*



**1 SEPTEMBER**

**\$5 BACON AND EGG  
ROLLS COOKED BY  
THE MAITLAND  
ROTARY CLUB**



**FROM 7:45AM UNTIL SOLD OUT**







## FATHERS DAY CELEBRATIONS AT MORPETH PS

All members of the Morpeth Public School community are invited to celebrate Father's Day breakfast at school, from 7:45am on Friday 1st September.

The Rotary Club are once again serving up delicious Bacon and Egg Rolls for \$5, no pre-order needed and while stocks last!

Once again students will be able to purchase a gift for a special person in their life at the annual Father's Day stall, run by the P&C.

The Father's Day stall will be held during school hours, and you can **pre-order gifts via Spriggy at \$5.50 each in the EVENTS tab.**

For smooth running, please ensure you select each child's name in the top drop-down menu when purchasing.

There are no fees attached to ordering, and this will mean your child's order will be in their class group.

We Would like to Acknowledge the Traditional owners of the land on which we meet and play. We pay our respects to elders Past, Present and Emerging.



Bookings are filling fast for the remained of term.

If you're canceling, please do so as soon as possible to avoid a fee.



## Feedback

If you have any feedback on our service and areas we can improve,

Please see our staff or complete a comment card at the front sign in area.



## Sun Safe

As the weather is warming up, we encourage families to ensure their children have access to a hat and water bottle.

We will continue to provide sunscreen and fresh water for all children in our care.

## COMING UP

During the 14th - 18th August, we will be celebrating National Science Week. We will be completing many different experiments and activities based on the theme of "Future Industries".

The following week is book week. The theme for which is "Read, Grow, Inspire"! This week we will be doing activities based on our favourite books and exploring how they inspire us.

We will also be dedicating a full week to Superheroes for Child Protection Week later this month.

Information about our Term 3 holiday program will be coming soon. Stay tuned!



*National Science Week*



*Dental Hygiene Week*



## WeCare Update

Term 3 We Care Charity is the Starlight children's Foundation. Our Starlight Children's Foundation charity chart is almost full! Over the past few weeks we have been encouraging children at Morpeth TheirCare to think and act like Captain Starlight, helping those that need it and spreading kindness everywhere.

### TIMES

**Before School:** 6:30AM - 8:30AM  
**After School:** 3:00PM - 6:00PM  
**Holidays:** 6:30AM - 6:00PM

### CONTACT HEAD OFFICE

 **1300 072 410**  
 [info@theircare.com.au](mailto:info@theircare.com.au)

### CONTACT SERVICE

 **0447 430 811**  
 [morpethnsw@theircare.com.au](mailto:morpethnsw@theircare.com.au)



# READING FOOD LABELS

Reading food labels is a great way to choose healthier products but it can be confusing. Be wary of nutrition claims on the front of the pack (e.g. "source of vitamins and minerals") and instead use this guide to help you read the nutrition information panel on the packaging.

## Serving size

The manufacturer chooses the serving size. This can be different between brands.

## Fats

Compare the per 100g column between similar products and look for those lower in fat, particularly saturated fat. See our hidden saturated fats list below.

## Dietary Fibre

Choose the option higher in fibre.

## Sodium

Look for the option with lower sodium (salt). See our hidden salt list below.

## Nutrition Information

| Serving size 18g                                                                                                                                                                                                                                                         |                |                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------|
| Servings per pack: 1                                                                                                                                                                                                                                                     |                |                  |
|                                                                                                                                                                                                                                                                          | Per serve      | Per 100g         |
| Energy                                                                                                                                                                                                                                                                   | 379kJ<br>78Cal | 1826kJ<br>436Cal |
| Protein                                                                                                                                                                                                                                                                  | 1.7g           | 9.4g             |
| Fat                                                                                                                                                                                                                                                                      |                |                  |
| -total                                                                                                                                                                                                                                                                   | 1.8g           | 9.9g             |
| -saturated                                                                                                                                                                                                                                                               | 0.3g           | 1.6g             |
| Carbohydrate                                                                                                                                                                                                                                                             |                |                  |
| -total                                                                                                                                                                                                                                                                   | 13.7g          | 77.7g            |
| -sugars                                                                                                                                                                                                                                                                  | 0.6g           | 1.6g             |
| Dietary Fibre                                                                                                                                                                                                                                                            | 0.1g           | 0.3g             |
| Sodium                                                                                                                                                                                                                                                                   | 127mg          | 705mg            |
| Ingredients: Rice (82%), cheese seasoning (milk solids, cheese powder, salt, sugar, Malodourin, yeast extract, flavour (citric acid, apple, anticaking agent (E501), coconut oil), sunflower oil, salt, garlic powder, antioxidant (E307), emulsifier (sodium lecithin). |                |                  |

## Per 100g Column

As serve sizes can vary, use this column to compare between similar food products.

## Sugars

This includes added and naturally occurring sugar. You don't need to avoid sugar altogether, just choose foods lower in added sugar by checking the ingredients list. See our hidden sugars list below.

## Allergies

Common foods that people are allergic to can often be found in bold.

## Ingredients

Listed from largest to smallest by weight. Products that list sugar, fat or sodium as one of the first three ingredients are often sometimes foods. Usually, less ingredients means less processed.

## A note on Health Star Ratings

The Health Star Rating found on the front of some packaged products can help you compare similar foods. They range from ½ a star to 5 stars - the more stars, the healthier the choice when comparing items within the same food category. For example, when comparing a savoury biscuit to another savoury biscuit, not when comparing a savoury biscuit to a yoghurt. Products lose stars if they are higher in saturated fat, sugar and salt, and gain stars if they are higher in dietary fibre, protein, calcium, or other vitamins and minerals.

See the next page for different names for sugar, fat and salt.