

MORPETH PUBLIC SCHOOL

Week 7, Term 3

28th August 2023

Phone - 4933 6726

email - morpeth-p.school@det.nsw.edu.au

WEBSITE:

www.morpeth-p.schools.nsw.edu.au

DATES TO REMEMBER

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

Friday 27th October 2023

Colour Fun Run

Monday 11th December 2023

Presentation Day - whole school

Friday 15th December 2023

Last day for students for 2023 - Yr 6 clapout



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

Thank you to our students and families for contributing to the resounding success of our Book Week celebrations. Librarian, Ms Coyle, along with Suze, Miranda and Sandra (admin team) were highly instrumental in planning our Book Fair. Ms Coyle was able to provide a detailed overview of this year's shortlisted titles, as selected by the Children's Book Council Awards, and our students were able to visit the library to purchase a book of their choice. This year we sold almost \$5000 worth of books, a record for our school. Wednesday's book parade was also lots of fun. In keeping with this year's Book Week theme of 'Read, Grow and Inspire', students in all classes came to school in an assortment of creative outfits depicting characters that have inspired them. Book Week, historically, has been one of the highlights of the school year, and this year was certainly no exception.



Ms Julie Sullivan

Last Thursday we were able to meet our new staff member, Ms Julie Sullivan. Ms Sullivan is currently employed at a school in Singleton and will start with us at the beginning of Term 4. Ms Sullivan has provided a brief career overview that she has asked me to share with you.

'It is with a heart full of enthusiasm that I introduce myself as Julie Sullivan, the newest addition to Morpeth Public School. I bring with me a treasure trove of knowledge and experiences amassed over the course of more than two decades in the fields of education and the performing arts. Throughout my journey, I have been fortunate to wear various hats, each of which has contributed uniquely to my growth as an educator. From my roots as a classroom teacher, where I have had the privilege of nurturing young minds, to my roles as an Intervention teacher, Early Childhood Music teacher and Drama teacher, I have been continuously reminded of the transformative power of education. Between the years 2020 and 2022, I was fortunate to take on the role of Aboriginal Education teacher in the Maitland area. I had the privilege of sharing the wisdom, traditions and stories of Australia's First Nations peoples. The journey was not only about cultural education but also about fostering empathy, understanding, and appreciation for diversity. It was a transformative experience that reminded me of the profound impact education can have in bridging gaps, dismantling stereotypes, and nurturing global citizens with open hearts and minds. "It takes a village to raise a child." I wholeheartedly embrace this sentiment and am excited to become an active member of the Morpeth / Illalung school community.'

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 4th 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 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

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

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 ...

Administration block - OFFICE

Student's display manners, use eye contact when speaking and act and speak positively and politely.

Ensure they have permission to enter (green slip) and enter and exit safely

Listen and follow instructions and deliver messages clearly and accurately.





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.



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.



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

CONTACT SERVICE

 **0447 430 811**
 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 78Cal	1826kJ 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.