Recognising Our Great Students

Congratulations to the following students who received merit awards at yesterday’s K-6 assembly.

**Bronze:** Sarang O, Maya H

**Silver:** Jack E, Ellis C, Annabelle H, Sam G and Tayani E

**Gold:** Olive W, Kiara H and Jake K

**Gold 1** Grace C

**Gold Bar 2** Courtney L

K-2 Sports Day

The K-2 Sports Day will be held on the school oval Friday 30th October (Week 4). Kindergarten and new students to the school will be advised by their class teacher which sport house group they are in. The Houses are: Bass (blue), Tasman (red), Cook (green) and Flinders (yellow). Children are encouraged to wear their house colour to the sports day. More information will be included in future newsletters as the event draws closer.

Jungle Book - the musical

Tickets are now on sale. The performances are at the Milton Theatre Sat 24th Oct, 5pm and Sun 25th Oct, 2pm. Ticket prices are $15 for adults and $10 for kids and concessions. Please come and support our brilliant cast of 80+ students from Kindy to year 6. The theatre has only 212 seats and we would love to see sell out shows to reward the children for all their hard work. To avoid disappointment please book your tickets promptly, due to these restrictions on numbers.

Students from Years 2, 3 & 4 have been invited to attend a school production of the Jungle Book at Milton Theatre on Thursday 22nd October. Notes will be sent home with students this week.
**Class of ‘72**

It was our pleasure to host the reunion of the 6th Form/Year 12 graduating class of 1972 last Saturday afternoon. Around 15 ex-students, together with family members, as well as 3 members of the 1972 teaching staff attended school 1pm Saturday for a roll call, tour of the school and a catch-up. Lots of old memories, stories, laughter and a few odd tears were the order of the day as classmates reminisced about the ‘good ol’ days at what was then Milton Central School. I would like to thank Carol Blomgren and Bob McDonald who assisted on the day, but would like to make special mention of Sue Williams who spent many hours leading up to the event researching facts and putting together a display of historical school memorabilia that was very much appreciated by the returning students and staff. The ex-students made a donation to the school in the form of 4 ipads complete with Survivor cases. This is a very generous donation and will certainly be put to good use in our classrooms.

**School Hats**

With Term 4 and the warmer weather upon us it is paramount that students wear a blue school hat at all times when outside. As previously advised the school uniform policy requires a broad brimmed royal blue hat, but we have accepted the bucket style hat also. This policy has been developed in line with the Department of Education and Training’s Sun Safe regulations. Students will not be permitted to play on the oval or open areas without a school hat. The bucket hat with gold piping is available from the front office at a minimal cost of $6.00. We thank you for your support. The school and P&C will discuss the appropriateness of a peaked cap at tonight’s P & C meeting. We will investigate whether this style of cap is in line with the Sun Safe Policy.

**Escape ARTfest**

Recently many Milton Public School students entered the Escape ARTfest under 12 years Opening Paragraph Competition. Students were asked to write the opening paragraph to a story inclusive of the words CLASH and HARBOUR, that would leave the reader wanting more. We would like to congratulate the following students on their winning entries. 1st - Phoebe P, 2nd - Nazar E, 3rd - Hayden H and 4th - Lily T (encouragement award). It is fantastic to see that all the winners came from MPS. Congratulations!

**Escape ARTfest Colopuring Competition**

Well done to Taylor P and Harlen S who won the Escape ARTfest colouring competition.

**Year 6 CWA Projects**

Last Thursday, representatives from the Milton branch of the Country Women’s Association (CWA) presented Year 6 students with awards for this year’s country of study projects on Italy. The ladies were very impressed with the quality of work presented by the students and had a very tough decision in selecting winners. Results were as follows:

- Project on cardboard: 1st – Rohan S, 2nd – Thom S,
- Highly Commended – David M, Clare F
- Diorama: 1st – William L
- Project in a folder: 1st – Jaimee S, 2nd – Xanthe P, Chelsea P,
- Highly Commended – Tim W, Paige W,
- Encouragement Award – Maddalyn W, Mackenzie S.

Jaimee’s project will now go on to represent Milton CWA at the Wollondilly region level. The CWA very generously donated money to the school to purchase a book for the 2016 country of study project. Thank You to the CWA ladies for their support of our school and their efforts in this worthwhile community project. Congratulations to all students who presented projects this year.
Orientation Begins
Little people will be visiting us on Thursday 29th October and Thursday 5th November, from 10:00am to 11:20am. Parents of children enrolling in Kindergarten have been notified of their day and we look forward to welcoming our 2016 Kindergarten students to Milton Public School.

PSSA Golf
On Monday 14th September, Lachlan B travelled to Blackheath to represent the South Coast in the PSSA Golf over two days. Lachlan and the six other players from different schools look out the PSSA Golf Championship the first time in 5 years. Congratulations Lachie.

PSSA Cricket
On Friday 9th October the Milton School Boy’s Cricket Team travelled to Ulladulla Lighthouse Oval to play the next round of the Brian Taber Shield. Milton won the toss and elected to bowl against Queanbeyan West Public School. Queanbeyan West managed to score 70 runs off their 25 overs. Milton bowled and fielded well but dropped a few catches allowing Queanbeyan to reach a moderate target. Best bowling on the day was leg spinner Eli K with 3 wickets for 12 runs. Milton passed the total in 20 overs with the loss of 2 wickets. Lachlan B and Drew R put on a 31 run opening partnership. After Drew’s dismissal for 16 runs, Lachlan increased the run rate and demonstrated dominance with the bat. He retired on 41 not out. Milton once again showed fine sportsmanship and represented our school with distinction. They will now play Pambula in the next round on Wednesday 21st October. Thank you to the parents for assisting with scoring and providing transport, support and encouragement.

State Athletics
We wish Kye F and Chelsea P the best of luck at state athletics this week. Kye is in shot put, long jump and discus and Chelsea is in the 800m.

South Coast Cricket
Best of luck to Lachlan B, Eli K and Drew R who will be representing the South Coast at the PSSA cricket championships in Barooga.

Intensive Swimming Scheme
Students in Year 2 and selected students from Years 3 and 4 have started the intensive swimming.

Scholastic Bookclub
Order forms have been sent home with students. Additional forms will be available in the classroom. Parents can now order and pay online. Parents can still order and pay through the school. Orders and payment must be received by Friday 16th October.
Interschool Equestrian Championships

Annie-Mareee M placed 1st best presented, hack class, super phase show jumping, soudahoe, bend bar, western bending. 2nd in fancy dress, open flag race and interschool challenge. 3rd in best educated and horsemanship and 4th in rider class and is the overall year 1 champion rider.

Maddie W placed 1st Pony hack, riding class, best educated, bareback, flags, bending, soudahoe, bend bar, versatility, power speed jumping, super phase jumping and Interschool Challenge. 2nd in AM7 jumping and Hunter Equation. She was Champion yr 6 overall, horsemanship, Interschool challenge, versatility and Supreme Overall Primary Rider.

Kyle W placed 1st – riding class and Power speed jumping. 2nd in AM7 jumping. 3rd in best educated, bareback, 45cm jumping and 4th in flags.

Rachel H placed 2nd in two events and 3rd in dressage, she won the rosette for fancy dress and was reserve champion in dressage.

COMMUNITY NEWS

The following articles have been submitted for inclusion in our parent newsletter and are not part of Milton Public School curriculum.

ON STAGE '15
A VARIETY SHOW FOR EVERYONE TO ENJOY;
Dancers, Singers, Instrumentalists, Vocalists.
HEALTHY, MENTAL, BODY, DANCE, MOVEMENT, ENTERTAINMENT, COMMUNITY, FUN, FAMILY...

This week's special at the canteen
Frozen Pineapple Slices 40c
Available lunch time only

HYPERFOCUS

Everyone knows that children with ADHD struggle to focus and concentrate, especially on something that doesn’t interest them. But, “hyperfocus” (which is common to ADHD) is the ability to “focus very intensely on things that do interest them”, usually because instant feedback is provided. It is this aspect of ADHD which has led to some people believing that “they can concentrate if they want to”.

Unfortunately this is not how hyperfocus works. Most kids with ADHD cannot always control it and therefore their performance can be quite scattered. A child that used “hyperfocus” to create an impressive and detailed diorama on rainforests, may then struggle to recall and use the same information in a class quiz.

Hyperfocus can definitely be a positive aspect of ADHD; however it needs to be monitored carefully (especially in children) to ensure that they don’t end up playing computer games all day oblivious to other tasks that need to be done and at the expense of interacting socially. Most children who hyperfocus will be unaware that they are doing it, it is almost like a trance. Which means to break this trance the parent/teacher needs to gain their attention – eg speak to the child (perhaps standing in between the child and what they are doing), they may need to wave a hand in front of them, tap them on the shoulder, etc, and certainly allow a few minutes for them to shift to the next activity.

Ensure you don’t raise your voice, as the child is not being intentionally disobedient, their brain just needs time to register the change.

Parent/teachers can set up guidelines beforehand about how long the child will be allowed to do the activity, this way the child has warning that there is an end in sight. It’s always worthwhile talking to your child about “the way his or her brain words” so they can understand and hopefully harness this positive trait in the areas they need it.


Have you read this article...

Have you seen this book...
100+ Ideas for Supporting Children with Dyslexia, by G Reid & S Green

Have you googled this website...
http://languagehelpnetwork.com/
Thank you to these local businesses for supporting our Parent News

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**Martial Arts**

**Junior Aikido** - Wednesdays 4pm
Milton Basket Stadium 5 yrs & up

**Judo stick fighting** - All ages - Wednesdays 5pm
Milton Basketball Stadium

**Female Self Defence** - Tuesdays Dunn Lewis Centre 6pm
Bookings Essential
www.martialartsulladulla.com.au
Ph: 0439278756 Sensei Mick

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**Naturopath Herbalist Nutritionist**

Emma Povey
Phone: 0488218607

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**SINGING CLASSES**

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www.ulladullaendoscopy.com.au

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**Skills To Save Lives**

Skills To Save Lives, with the support of the Australian Lifesaving Academy and a number of such great soft drones, our proud to have the CPR Savvy program to the Boatshaws River Festival.

CPR Savvy is a 100% hands on CPR workshop. It provides an opportunity for participants to learn the DPHACN systematic approach and comprehension only CPR savvy on our site and site restoration manual. All training and procedures are as per Australian Resuscitation Council Guidelines.

The CPR Savvy workshop will be held on Saturday the 27th October between 10.30am and 3pm at the Survivor Restaurant for all who want to learn CPR for the first time. After the workshop participants will be able to use the CPR Savvy app, which will provide them with the best responses to any emergency. There is also a CPR Savvy Card, which will allow you to save lives and help others.

**Order all of your school uniform needs in the way that is most convenient for you.**

- Online: www.muschooluniforms.com.au
- Email: belinda@muschooluniforms.com.au
- Phone: 0412 559 088

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