Gold Award Morning Tea
Congratulations to the students who achieved their Gold Merit Level and above in term 2. We held a special morning tea during the last week of term 2, to recognise and congratulate these students. Mr Thomson and Mr Bass look forward to celebrating with students again in term 3, so remember to collect your merit awards.

Welcome
Welcome to Brooke Knight who has been appointed to Milton Public School and will be taking class 1L for the remainder of the year. We know you will love working at what we believe to be the best school in the state.

Education Week
Education Week this year is in week 3, Term 3 commencing Monday the 27th of July and concluding Friday the 31st July. On Wednesday 29th July we have the K-2 Spring Fling and the Year 5 Expo at Ulladulla High School, open day and Grandparents Day will finish the week off on Friday 31st July. Invitations for Grandparents’ Day will be sent home later this week.

School Fete
This year’s fete is set to be another great day! The date is set for Friday 11th September so put it in your diaries and tell your friends and families too, everybody is welcome! If you are the crafty type and are feeling generous, why not make some cards or craft times for us to sell at our craft stall. Are you a gardener? Perhaps you would like to start potting some plants for our plants and produce stall. Do you have any free range eggs, homemade jams and chutneys you would like to generously donate to sell? If you could help us out in any of these areas, or you have some ideas for NEW stalls, please email our P&C president Mel Wills at the-wills@bigpond.com or come along to our next P&C meeting which will be tonight (Tuesday 14th July) at 7:00pm in the staffroom.
Important Information on Distribution of the Parent News

Many families have returned their note indicating a preference for receiving our weekly newsletter, The Parent News, as an email; in fact over 2/3 of parents have requested our newsletter in this format rather than as a printed copy. As such, we will be moving towards sending the newsletter in electronic form in the near future. This will save the school, and the environment, considerable costs. I thank you for supporting us in this endeavour. If you haven’t already done so, I ask that you return the slip below outlining your preferred email addresses. The newsletter will still be distributed in its current form for those who have preferred to stay with the printed version. If you have already returned your slip, but would like to change your preference, please do so using the note below.

Before School

The official starting time at Milton Public School is 8:55am. There is no supervision prior to this time. It has become quite concerning that students have been arriving to school around 8:00am and waiting for an hour unsupervised. Please consider Before School Care if your child needs supervision from this time. Brochures are available from the front office.

ICAS - Digital Technology

Well done to the students mentioned below who participated in the International Competitions and Assessments for Schools-Digital Technologies. Students received the following:


Merit: Ken O, Chilee R

Credit: Thom S, Joel C, Duncan M.

Scoring in the top 97% ranking was Sean B, well done Sean.

All awards will be handed out at Monday’s assembly.

Year 6 T - Shirts

They have arrived! Shirts will be distributed later this week. Students in year 6 are allowed to wear their shirts as part of school uniform on Mondays and Fridays.

Kindergarten News

Welcome back to school. Our 100 day party is on Friday 24th July. A note will go out this week. We desperately need glue sticks. Could your child please bring 2-3 glue sticks to your class teacher.

Years 1 & 2 News

Years 1 & 2 also need glue sticks. Could your child please bring 1 or 2 glue sticks and give them to their class teacher.

K-2 Spring Fling

The Spring Fling is a fun night held for K-2 students where they perform dances for their parents that they have learnt throughout the year. It will be held at the Ulladulla High hall on Wednesday 29th July at 6pm. More details to come soon.

Japanese Language and Cultural Program

Students wishing to participate in the Japanese Language and Cultural Program for term 3, can collect a nomination form from the front office. This semester we are also offering an extension of the program suitable only for students who have already completed a term of the language program, both forms are available from the front office.

Lost Property Term 2

Lost property is in the office foyer until Friday 17th July. Please check while you are bringing children to school or ask your child / children to come and check and see if any items belong to your family. Any items left after the 17th July will be washed and sent to clothing pool for re-sale or sent to a local charity.

Scholastic Bookclub

Order forms have been sent home today 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 Wednesday 29th July.

This week's special at the canteen

“SNAPS” New chips
(bbq, salsa and oregano flavour)
$1.20
Available recess and lunch

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>17/7</td>
<td>Nat Sruhan, Fiona Butson</td>
</tr>
<tr>
<td>Thursday</td>
<td>16/7</td>
<td>Michelle Pinfield, Nic Morton, Anette Walton</td>
</tr>
<tr>
<td>Friday</td>
<td>17/7</td>
<td>Dale Pryde, NEED HELPER</td>
</tr>
<tr>
<td>Monday</td>
<td>20/7</td>
<td>Sharon Gilson</td>
</tr>
<tr>
<td>Tuesday</td>
<td>21/7</td>
<td>Lloyd McDonald</td>
</tr>
<tr>
<td>Wednesday</td>
<td>22/7</td>
<td>Lindy Salter</td>
</tr>
</tbody>
</table>

This week’s special at the canteen

“SNAPS” New chips
(bbq, salsa and oregano flavour)
$1.20
Available recess and lunch
Japanese Caligraphy

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

Mindfulness and Meditation
Classes For Children Years 2-6
My Intention is to provide a safe loving environment for your child to explore how to use their breath, imagination and movement to deal with their thoughts, emotions and feelings. This leads to increased self esteem and confidence, a knowing that they are not their thoughts, that they can change how they feel, more ability to focus and learning how to respond to life with loving kindness. Meditation is such a gift in my life allowing me to live life more peacefully, from a place of inner calm, awareness and loving kindness for self and others. Offered by Karen Wade a very experienced local school teacher and meditation teacher.
TIME: Thursday afternoons 3:40 - 4:40 pm.
PLACE: Mrs Burnes’ classroom, 2B
EXCHANGE: $10 per class or $90 for 10 week term.
TO BOOK: call Karen on 44561515 or 0418428046

Parent eVersion
Youngest child in the family: ........................................................Class: ..........................

☐ I would prefer my newsletter to be sent to the following email address/es: .................................................................

..............................................................................................................................................................................................

☐ I would prefer a printed copy

☐ I have already returned my note, but would like to change my preference as set out above

Parent signature ...........................................................................
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Expert advice for your compliance needs

Anthony
0412 044 039

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- Performance Tuning

Unit 11 Centre Court Complex
Deering Street Ulladulla NSW 2539

Nick Powell
PH: (02) 4454 1425

**Speech Pathology for Children**

Katrina Walsh 1st 5th 5th/1st 7th

Ulladulla, Milton and Nowra
Phone: 4456 5693
email: austspeech@westnet.com.au
www.cleftandcoresource.com.au

Clear Speech, reading, spelling, understanding, learning difficulties

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We will match any competitors commission rate.

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**GLEN STAULTON’S TENNIS COACHING**

Glen – former Davis Cup Player.
1 time... 2000 World Games Gold medallist.
Kim – Former No 1 Jnr in the World.
Over 30 years experience.

· ELITE INDIVIDUAL COACHING
· JUNIOR COACHING CLASSES FOR ALL AGES
· MODIFIED TENNIS PROGRAMME FOR 5 & YRS
· LADIES & GIANTS DOUBLES COMBINATION
· COACHING & TRAINING
· ALSO TENNIS RACQUET RESTIRINGS & REPAIRS TO ALL STANDARDS

Serious about your tennis?
We’re the coaches for you!

4454 2888
GARRAND LANE, MILTONG

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**Clear Speech, reading, spelling, understanding, learning difficulties**

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**Help! I Have a Tween.”**

Developing Positive
Relationships with our
Children & Adolescents

Bring up teenagers can be fun and very challenging.
It can also be helpful to share ideas and strategies to stay one step ahead.
Are you interested in learning more about managing your children’s behaviour at home?
Would you like some ideas on how to talk with your adolescents?
This program focuses on developing successful strategies to engage with, communicate with and keep safe older children.

Facilitators: Chef Graham – Child & Family Psychologist
Dates: June 1st & 8th, 5:30-7:30pm
Where: Milton Ulladulla Family Support Centre
Cost: FREE

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**JDRF IMPROVING LIVES CURING TYPE 1 DIABETES**

Ulladulla Family Fun Day/Disco – JDRF Fundraiser
Sunday, 20th September, 12-4pm

Children are to be supervised by parents at all times.

All ages welcome – Raised event.
Help me raise awareness & money to fund research into cures for Type 1 Diabetes through JDRF (Juvenile Diabetes Research Foundation).

Tickets, Disco, Sausage Sizzle, Lucky Door Prizes, Raffle, Games & Prizes of Fun.
Please come along & join in the fun.

Gold Coin Donation upon entry per person. Gold Coin Sausage sizzle & Drinks.

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**Thank you to these local businesses for supporting our Parent News**

Are you and your family protected if you couldn’t work?
How would you cope without your income?
Could you still afford the mortgage?

Get the cover you need
Give our Risk Specialist, Carolyn Tomlinson, a call to come up with a cost and tax effective plan that’s suitable for you.

P: 4455 7800
E: carolyn.tomlinson@tmfs.com.au

Tailor-Made Financial Services

199 Crookwell Road Ulladulla
Ulladulla, Milton and Nowra
Phone: 4456 5693
email: austspeech@westnet.com.au
www.cleftandcoresource.com.au

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**A 700 sq metre Martial Arts & Fitness Centre**

- 2 WEEKS FREE TRAINING!!
- GREAT FAMILY DISCOUNTS!

P: 1300 76 22 76

**Clear Speech, reading, spelling, understanding, learning difficulties**
Parent Survey

Information for parents and carers

What is KidsMatter Primary?
KidsMatter Primary is an Australian initiative that aims to improve children’s mental health and wellbeing. It recognises the important role that parents and carers play in the lives of their children and encourages effective working relationships between school staff, parents and carers, and the broader community. For further information, including information sheets especially written for parents and carers, visit the KidsMatter website: www.kidsmatter.edu.au/primary

What is the survey about?
The survey asks your perspective on your child’s school and what you think is important for the school to consider in better supporting children’s mental health and wellbeing. We expect that it will take approximately 10 minutes to complete the survey.

Why am I being asked to complete this survey?
KidsMatter Primary encourages schools to reflect on how they are doing things - what they are doing well already and also what they can improve to promote children’s mental health and wellbeing. It has been recognised that including the voice of staff, students, parents and carers assists the school with planning.

What choice do I have?
Completing this anonymous survey is entirely your choice. Whether or not you decide to participate, your decision will not disadvantage you or your child. However, we hope that you will contribute to helping us improve our school community. Please feel free to discuss any concerns you may have about completing this survey with any of the staff.

How is my privacy protected and what happens to the answers?
The answers provided by parents and carers are completely anonymous and it will not be possible to identify you or your child from your answers. Data is stored electronically by KidsMatter Primary in a password secured database. Only summarised results that align to the four components are used by the school to assist with school planning. KidsMatter Primary may also use data summarised at a state level to inform the national development of KidsMatter.

What do I need to do to participate?
Please read this information statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or if you have questions, please talk to a staff member at your child’s school.

If you consent to participate, please complete the survey according to the instructions given by your school, which may either be to fill out the paper-based survey and return it to the school, or complete the online survey at: www.kidsmatter.edu.au/primary/parentssurvey

Thank you for your support.
Parent Survey

An important aspect of implementing KidsMatter in your child’s school is the consultation process with parents and carers. This short survey asks about your perceptions of the school in relation to the school’s work in the area of mental health and wellbeing.

- Your responses are anonymous and only summarised results are reported.
- It is important that you give your honest views and not be overly positive. It is OK to disagree to statements if that is your honest view.
- Your views about your child’s school are important. Although not every question may seem relevant to you, please answer each question as best you can.

What year level is your child in at this school? If you have more than one child attending the school, select more.

- Preschool
- Prep/Reception
- Year 1
- Year 2
- Year 3
- Year 4
- Year 5
- Year 6
- Year 7
- Year 8 or above

What is the main language spoken at home?

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<thead>
<tr>
<th>How important is it that:</th>
<th>Not Important</th>
<th>Extremely Important</th>
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<tbody>
<tr>
<td>1. your child learns about cultures, families and ways of living</td>
<td>1  2  3  4  5</td>
<td></td>
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<tr>
<td>2. your child learns about where to go and how to ask for help when they need it</td>
<td>1  2  3  4  5</td>
<td></td>
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<tr>
<td>3. your child participates in activities that promote positive relationships among all children</td>
<td>1  2  3  4  5</td>
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<tr>
<td>4. the school provides information about parenting and child development</td>
<td>1  2  3  4  5</td>
<td></td>
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<tr>
<td>5. the school provides opportunities for parents to develop support networks (eg meeting other families)</td>
<td>1  2  3  4  5</td>
<td></td>
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<tr>
<td>6. the school provides opportunities for families to engage in activities involving their child</td>
<td>1  2  3  4  5</td>
<td></td>
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<tr>
<td>7. the school assists children and families to get help in relation to mental health difficulties</td>
<td>1  2  3  4  5</td>
<td></td>
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What would you like to know more about?
Here are some suggestions, so tick all that apply, but please tell us about any others.

- getting more involved with the school
- getting more involved with the community
- access to community health services
- parenting information
- child development and learning
- children’s wellbeing and mental health
- supporting children with special needs
- cultural diversity and inclusion
- the KidsMatter initiative
- managing challenging behaviour
- building resilience
- dealing with bullying
- dealing with trauma
- cyber safety
- healthy family relationships and separation
-
<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Don't know</th>
<th>Strongly Agree</th>
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<tbody>
<tr>
<td>1. The school respects and values my family's beliefs and wishes</td>
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<td>2. The school provides a safe and caring environment for my child</td>
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<td>3. I feel that I can participate in decisions that affect my child at school</td>
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<td>4. I am satisfied with the way the school communicates with me</td>
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<tr>
<td>5. I feel welcome when visiting my child's school</td>
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<tr>
<td>6. I feel that my child's teacher cares about my child</td>
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<td>7. I am comfortable talking to my child's teacher about my child</td>
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<td>8. I know how to help my child do well in school</td>
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<tr>
<td>9. I am satisfied with how my child is progressing socially, emotionally and behaviourally</td>
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<tr>
<td>10. The school sets clear, high expectations for student behaviour</td>
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<tr>
<td>11. I feel comfortable asking staff about parenting and child development</td>
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<tr>
<td>12. School staff are supportive of parents who may be experiencing particular challenges in their life</td>
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<tr>
<td>13. School staff are respectful and sensitive to children experiencing social, emotional and behavioural difficulties</td>
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<tr>
<td>14. Children at the school have someone they can talk to if they need help or advice</td>
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<tr>
<td>15. The school makes use of outside support services to assist children who are experiencing difficulties</td>
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What can the school do more of, or differently, to support and engage children and families? (Please be respectful and avoid naming specific people)