



# MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au  
Term 2 Week 6. Mon, 04 June 2018

## WHAT'S COMING UP

**Fri 15 June Athletics Carnival 8-12 yrs**  
**Notes due now**  
**Lunch orders due by Wed 13 to canteen**  
**20 June, Reptile Show**  
**Notes and money due now**

### PRINCIPAL'S COMMENTS

Dear Parents & Carers,  
Thank you to the P&C for their work in the 2017/2018 period, especially to the position holders Jenny Benson (President), Cheryl Fairman (Treasurer), Kirsty Mutu (Secretary), Karen Wilkins (Vice President), Rhani Stralow (Canteen Convenor), Jeannette Mangan and Nikki Parker (Fundraising Convenors). Your work for and commitment to the students at MPPS is greatly appreciated. A warm welcome to the new P&C Committee

President: Alisha Kinnell  
Vice President: Mel Slade  
Treasurer: Nikki Parker  
Secretary: Karen Wilkins



Canteen Convenor: Kirsty Mutu  
Fundraising Convenors: Jeannette Mangan & Kristy Freeman  
Uniform Shop Convenor: Karlie Fotheringham  
I look forward to working with the P&C and school community.

The 2017 Annual School Report is now available on the school webpage. It is the overview of 2015-2017 school planning. 2018-2020 School Plan is also now available on the school webpage. The school three strategic directs are: Wellbeing, Engaged Learners and Best Practice. Teachers have engaged in professional development in developing milestones to achieve school improvement measures over the next three years.

Congratulations to the students that represented MPPS at Regional Cross Country. We are proud of you all and wish students going to Sydney North Cross Country the best of luck.

A reminder that there is only **STAFF PARKING** on the school premises. **No parents or visitors** should be using the STAFF CAR PARK before, during or after school hours. This is a work health and safety issue. Staff will be allocated parking permits to identify staff vehicles.

Best Wishes  
Angela Towns  
Principal

**STRICTLY  
STAFF  
PARKING  
ONLY**

### DATES TO REMEMBER

#### Term 2 2018

Fri 15 June: Athletics Carnival - 8-12 Yrs - Tom Barney Oval VP Power Station  
Wed 20 June: Reptile Show incursion - \$8 money & notes asap  
Mon-Fri 2-6 July: NAIDOC Week  
Fri 6 July: Last day Term 2

#### Term 3 2018

Mon 23 July: SDD Staff only  
Tues 24 July: First day Term 3 students  
Fri 10 Aug: 5-7 year olds Athletics Carnival - School oval 9:30am  
Mon-Fri 3-14 Sept: School Swimming Program Toukley Pool  
Thurs 20 Sept: Gibalee Day  
Fri 28 Sept: Last day Term 3

### YEAR 6 NEWS

#### LMHS GATs Enrichment Class

This is a reminder to parents of students that have applied for the Year 7 Enrichment Class at LMHS.

The exam is on next Wednesday, 6 June at LMHS. Students need to be at the high school by 8:30am and the exam is expected to finish by 11:00am.

Parents are responsible for ensuring their children make this exam.

B McDonald

### WASTE FREE WEDNESDAY

Don't forget students that Waste Free Wednesday is still running. Try and make sure that your food is in reusable containers.

**Wipe out Waste**

**Pack waste free food!**

Did you know that up to 50% of items in school/preschool bins come from food and drink packaging is brought from home?

**Pack**

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or backpack

**Avoid**

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items

**KESAB**

### DEBATING

Both our Year 5 and Year 6 debating teams have started their competitions in good form. Year 5 defeated Wadalba arguing the affirmative side 'that we have too many toys'.

Well done Charlotte, Lola, Jayme-Lee and Elluka.

Our Year 6 team argued gallantly the negative side to 'students that show improvement at school should have extra days off', with a few more rebuttal they would have beaten Kanwal - it was very close.

Well done Aylah, Laura, Kya and Jordan.

We wish them luck with their upcoming debates.

R Balcomb

### SNAKE TAILS SHOW

Please have all notes returned and signed stating that your child is attending the Snake Tails show. Payment is \$8. This is an incursion for the whole school to participate. **If your child is not attending please still return the note stating that they are not participating.**

## WALLARAH ZONE CROSS COUNTRY

On Friday, 25 May 47 students competed at the Wallarah Zone Cross Country at Wyong Race Club. The weather was kind and it was a nice day for competing. All the competitors are to be commended for their behaviour and attitude on the day. The fantastic performance from all our competitors culminated in Mannering Park winning the small schools trophy. Student performers on the day were:

Liam Leer 3rd - 8/9 year boys  
Lincoln Mackay 4th - 8/9 year boys  
Lachlan Hollins 7th - 8/9 year boys  
Mason Goldie 4th - 11 year boys  
Trey Oldfield 4th - 12/13 year boys

Liam, Lincoln, Mason and Trey will now compete at Sydney North Regional Cross Country to be held on Friday, 22 June at Gosford Race Course. Lachlan is the first reserve for his event. Congratulations to these boys and all our competitors on a wonderful effort.

Mr Rath

## MANNO MUNCH NEWS

**N.B. Until further notice there will be no Nachos available at the canteen.**

Just a reminder to send in your lunch orders for the Athletics Carnival at Vales Point oval on Friday, 15 June.

Due to the Athletics carnival on the Friday, 15 June **K-2** students will be left with limited options for their lunch orders as our pie warmers need to be taken to the carnival.

Available food for **K-2** on this day will be:

- ◇ Hot Dogs
- ◇ Toasties
- ◇ Sandwiches

Sorry for any inconvenience and thank you for your understanding.

Just a reminder of our Manno Munch information that your students need to be reminded of:

- ◆ **ALL** orders for lunch and recess need to be handed in before 9:00am
- ◆ Any student who forgets to put in their lunch order will be sent to the office and given a Cheese sandwich
- ◆ All students must come to the canteen to collect their drink **then** go to the lunch seats to eat
- ◆ Students can come to the canteen for their ice blocks etc **ONLY** after the teacher on duty has released them from the lunch seats
- ◆ The availability of all menu items listed can vary depending on supply and demand.

Thank you for your assistance in this matter.

C Leer

## COMMUNITY NEWS

As members of the Mannering Park community, do you wish to have a voice?

We understand that your family time is most precious but accept that you may wish to have a say in things that happen here. So our group is trying to be progressive and have a different kind of membership. We would love to hear your thoughts and have you as members. For a small \$5 annual membership, you can become an email member of our group.

After our monthly meetings we will send to you a copy of the minutes by email. You are then welcome to send in your thoughts or opinions regarding anything that has been mentioned in the minutes or about anything that is worrying or interesting you in our area. Of course as a member, you would still be very welcome to come to any meeting on the rare times that you can spare.

Currently the Progress are working on Solar lighting for the oval, a new park in our area, highlighting some of the local history for all to see, a sporting complex for the Northern regions of the Coast and of course, our biggest issue, a shared pathway to connect us with nearby towns.

You can contact Progress by phoning:

**Coral 43591229 or**

**Lesley 43591615 or Email at [halelesley2012@gmail.com](mailto:halelesley2012@gmail.com)**

Respectful relationships.  
Responsible learners.

## THE BENEFITS OF READING BOOKS







# MINDFULNESS AND MEDITATION

## 2018 CLASSES FOR CHILDREN

[www.mypeacefuluniverse.org](http://www.mypeacefuluniverse.org)



Each week children learn all new Mindful Life Lessons, Breathing Exercises, Mindful Games & Guided Meditations, as well as receive take home Affirmation Journals, and a **Mindfulness and Meditation Certificate** on completion.



### CLASS LOCATIONS

- Avalon Public School
- Avalon Recreation Centre
- Bamboo Buddha Holgate
- Chain Valley Bay Community Hall
- Mona Vale Memorial Hall
- Newport Public School



This is such a difficult time to be raising children, and many experts are now saying we have created an unrealistic environment for our children.

**Academic Pressure, Electronic Devices, Cyber-Bullying, Stress, Worry, Insomnia** are just a few of the alarming words that are now commonplace in our children's lives.



In the last few years, **Mindfulness and Meditation** has emerged as one of the most effective ways to teach children resilience, awareness, self-belief and how to manage a range of emotional challenges in their day to day lives.

Helping children relax and focus better so that they can concentrate and memorise more effectively at school, as well as still their minds and breathe correctly to assist with sleep, worry and unhelpful thoughts, leading to a happier state of mind and a more content feeling with life!

*"Every child, anywhere in the world stands to benefit from learning the life skill of mindfulness and meditation."*

### INFORMATION & ENROL

[www.mypeacefuluniverse.org](http://www.mypeacefuluniverse.org)



Mindfulness and Meditation Classes for Children,  
Parents and Families

**VERONICA WILDING**

Licensed Facilitator  
0416 234 850

[mypeacefuluniverse.org](http://mypeacefuluniverse.org)

# Pack healthy food

to help your child  
concentrate and learn




Health  
Central Coast  
Local Health District



**Zoe's Dance Academy**  
Formerly Crane Academy  
**A PLACE WHERE EVERYONE IS WELCOME**

**ENROLMENT & DANCE DAY**  
**THURSDAY 8TH FEBRUARY**  
**FROM 3:30PM**  
**@ MANNERING PARK PUBLIC SCHOOL HALL**

**Classes start from \$7.00**  
**Individual & Family Discounts**



**ZDA**  
zoe's dance academy

**ACRO** **JAZZ**  
**CHEERLEADING** **MUSICAL THEATRE**  
**NEW ADULTS CLASS**  
MORE STYLES AVAILABLE DEPENDING ON ENROLMENTS

**Call/SMS/Email**  
**Zoe**  
**0412989960 / xzo.haze@gmail.com**  
**Classes resume 8th February 2018**

# J&B DANCE

**Try your First Week Free!**  
**Classes from \$5.50**

**Classes at Mannering Park Public School**

**Monday**  
 3:15 PM - 5-12 Yrs Jazz Technique  
 3:45 PM - 5-12 Yrs Jazz Concert  
 4:15 PM - 5-12 Yrs Hiphop Concert  
 4:45 PM - 5-12 Yrs Acrobatics Concert  
 5:15 PM - 5-12 Yrs Contemporary Concert  
 5:45 PM - 5-12 Yrs Tap Concert  
 6:15 PM - 5-12 Yrs Ballet Concert



**GO TO [WWW.JBDANCE.COM.AU](http://WWW.JBDANCE.COM.AU)**

Become a part of the Community Of Dreams,  
where **belonging, wellbeing and relationships**  
guide all centre practices.

## Developing Dreams

## Early Learning Centre

**"The perfect balance between  
homeliness and early education"**

1 Bridge Avenue, Chain Valley Bay  
Ph: 4358 3155  
E: [kristine@developingdreams.com.au](mailto:kristine@developingdreams.com.au) or [catherine@developingdreams.com.au](mailto:catherine@developingdreams.com.au)


[www.developingdreams.com.au](http://www.developingdreams.com.au)