



MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au
Term 2 Week 10. Mon, 2 July 2018

WHAT'S COMING UP

Wed 4th Assembly of Excellence

Wed 4th Pizza & Pasta Day

Thurs 5th NAISDA Art House

Excursion

Fri 6th last Day of Term 2

Tues 24 July first day students Term 3

Mon 30 July NO CANTEEN

PRINCIPAL'S COMMENTS

Dear Parents & Carers,



This week we recognise and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people. Belinda McDonald and the Aboriginal Education Team have planned a fantastic week, with special thanks to Renee Thompson and Tracey Howie. A detail of events are added to the newsletter.

Rainbow Kids Yoga

The Uniting Organisation is working with Rainbow Kids Yoga to provide staff and students with training in the techniques of Yoga. The staff development afternoon will be held on 30 July. Three classes of students will participate in a lesson with the instructors on the 6 August. Students from 2-3P, 3Y, 4J and 5/6MW will be involved and permission notes will be sent home this week. This program is linked with the School Plan Strategic Direction 1, Wellbeing.



Congratulations to the students that ran at the Sydney North Cross Country. What a wonderful effort from you all. Thank you Mr Rath for attending the day.

Staff changes in Stage 3 will commence next term. Mrs McDonald is returning full-time as from the 23 July 2018. Mrs McDonald and Mrs Williams have worked closely throughout the semester to ensure quality teaching and learning programs have been implemented in 5/6MW. I would like to acknowledge the contributions Mrs Williams has made to the Mannering Park Public School community. Mrs Williams will remain part of the Mannering Park School Community as a casual teacher.

Mr Shanks has taken up a permanent job and his position will be filled through a permanent teaching appointment early next term. I would like to wish Mr Shanks all the best in his career and thank him for his dedication to the students at Mannering Park PS.

I would like to thank the P&C for their contributions and acknowledge that their time is voluntary. I encourage all parents and carers to become involved in the school community in any way possible.

Best Wishes
Angela Towns
Principal

DATES TO REMEMBER

Term 2 2018

Mon-Fri 2-6 July: NAIDOC Week

Wed 4 July: Assembly of Excellence

Wed 4 July: Canteen Pizza / Pasta Day

Thur 5 July: NAISDA Excursion Art House

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 27 July: 8-13 Years Athletics Carnival Vales Point oval

Fri 10 Aug: 5-7 year olds Athletics Carnival - School oval

Wed 29 Aug: Father's Day Stall

Fri 31 Aug: Father's Day Breakfast

Mon-Fri 3-14 Sept: School Swimming Program Toukley Pool

Thurs 20 Sept: Gibalee Day

Fri 28 Sept: Last day Term 3

SYDNEY NORTH REGIONAL CROSS COUNTRY

On Friday, 22 June the Sydney North Regional Cross Country was held at Gosford Race Course.

MPPS had 4 students representing Wallarah Zone. In the 9 years boys Liam Leer came 60th and Lincoln Mackay 62nd. In the 11 years boys Mason Goldie came 53rd. In the 12/13 years boys Trey Oldfield came 59th.

Congratulations and well done boys for making it to Regional Level for Cross Country. Thank also to family and friends who provided transport and support on the day.

Mr Rath

NAIDOC WEEK CELEBRATIONS

This week we have a busy week of activities planned to celebrate NAIDOC week, as this falls in the school holidays. The theme of this year's NAIDOC is 'Because of Her, We Can!'. This year's theme celebrates the essential role that women have played - and continue to play - as active and significant role models at the community, local, state and national levels. Students will be participating in a range of activities each day. Look out for updates and photos on Dojo of all the fun cultural activities.

Tuesday - students will be immersed in Aboriginal literature in their classroom,

Wednesday - students will participate in a range of cultural expression activities in their classrooms,

Thursday - excursion to the Wyong Art House to see the NAISDA performance of 'Messenger' for invited Yr 4-6 students, and

Friday - students will participate in a range of Indigenous games for sport.

Have a great week celebrating NAIDOC everyone.

UNIFORM SHOP

We have some discontinued stock to clear @ \$5 each.

Light Blue short sleeve polo with Logo:

Size 4 - 2

10 - 4

14 - 1

18 - 5

Light Blue long sleeve polo with Logo:

Size 12 - 14

16 - 11

Please come to the uniform shop Monday 8:30-9:30am or Thursday 2:30-3:00pm.

MANNO MUNCH NEWS

Just a reminder that Pizza/Pasta day is on Wednesday and no other lunch orders can be placed on this day.

Thank you to my volunteers this last fortnight.

Please note that the canteen does not operate on a Monday, please ensure your child has a packed lunch.

Have a great holiday everyone and see you all next term.

Claire.

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



FUN IDEAS TO ENCOURAGE READING FOR PLEASURE



MAKE TIME TO READ ALOUD

Who doesn't love a story and a snuggle! Neuroscience research confirms connections between narrative reading in childhood, memory creation and life-long feelings of well-being. Reading the same book again and again creates neural pathways that link to positive emotions we can return to throughout life.



READ ALL THE THINGS!

Stories are a wonderful opening to different worlds, but that's not all there is - lots of children are drawn to non-fiction, and comics are awesome too! Recipe books, magazines and craft books offer a wealth of possibilities for developing literacy and life skills, all while having fun.



LET KIDS FIND WHAT THEY WANT TO READ

Research shows children are more engaged, learn more and make more effort when they choose reading materials for themselves. This is true even for very young children and when minimal choice is involved, such as selecting their preferred book from 2 options.



TRY PODCASTS & AUDIOBOOKS

Going on a family holiday? A family audiobook is the perfect solution to keep passengers happy and drivers alert during long car trips. On breaks or between trips, everyone will love talking about the story and predicting what will happen next!



DO READ AT THE DINNER TABLE!

Your grandparents may not approve, but as Katharine Hepburn said, "If you obey all the rules, you miss all the fun!" Designate one or two meals a week as 'reading meals', where reading at the table is encouraged. To make it extra special, you could plan the meal around a literary theme and get everyone involved in the food preparation.



MAKE IT SOCIAL

There are lots of ways to share a love of books and reading. Neighbourhood book club, book swap, literary charades, poetry open mic night (with popcorn and prizes), put on a 'play' retelling a favourite story. You are only limited by your imagination, which luckily is supercharged thanks to all the reading you've been doing.

Responsible learners.

Respectful relationships.



BECAUSE OF HER, WE CAN!
8-15 JULY 2018

NAIDOC WEEK 2018 FAMILY FUN DAY



REGISTER FOR OUR
ANNUAL NETBALL COMP
BY 4 JULY

WEDNESDAY 11 JULY

9am - 3pm

Barker Park | Ithome Street & Warner Avenue Wyong

Rides | BBQ Lunch | Raffles | Entertainment from Snowy Robinson
Kids Activities | Netball | Elders Activities | Plus much more

To register for the NAIDOC Week netball competition, go to:

www.trybooking.com/book/event?eid=388160

Registration closes 4 July 2018. Mixed teams only.

No registrations taken on the day of the event.

SPONSORS

Local Aboriginal Land Council
DARKINJUNG

YERIN

Burgee

BARA BARANG



Regional Development
Partners

Perpetual



WYONG



GCW
Johnson



LOYAL



BORAL

MINDARA



MDA

CHALK & BEHRENDT
LAWYERS & CONSULTANTS

Commonwealth Bank



The Glen

PKF

TONY SIMPSON & CO. LAW FIRM



#getfruity
GET FRUITY
every day!

add slices to a salad for crunch

bake whole stuffed with sultanas

serve wedges with slices of cheese

add grated apple to muesli

make your own apple puree to serve with pork

Enjoy seasonal fruit every day.
For more inspiration visit eatwelltas.org.au/get-fruity

 eat well tasmania

The simplest way

...to make cauliflower & spinach dahl.

Ingredients

1 tbsp olive oil
1 tbsp mustard seeds
1 red onion, diced
3 cloves garlic, minced
1 tbsp fresh ginger, grated
1 tbsp curry powder
1 tsp turmeric
½ tsp ground coriander

½ tsp paprika
4 ½ cups vegetable stock
1 cup dried red lentils
1 can chickpeas, drained & rinsed
2 cups cauliflower florets
2 cups baby spinach
¼ cup fresh coriander
Naan bread or steamed rice

Method

Heat a large saucepan over a medium heat and add the olive oil. When hot, add the mustard seeds and cook for one minute. Add the onion, garlic, ginger and sauté for 5 minutes. Add the curry powder, turmeric, ground coriander and paprika and sauté for a further minute.



Add the stock, lentils and chickpeas and stir to combine. Bring to a simmer and then cover and reduce heat to medium low. Cook for 20 minutes and then fold through the cauliflower. Cover again and cook for another 8 minutes. Add the spinach and fold through. Top with fresh coriander and serve with Naan bread or steamed rice.

For more information visit
www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit

Eat It To Beat It

Grandparents Raising Grandchildren Family Fun Day Sunday 22 July 2018 Koala Park – San Remo



Swings
Jumping Castle
BBQ lunch



10:00am - 2:00pm
Central Coast Highway
San Remo



RSVP Central Coast
Family Support 4340 1585



WANT TO GET YOUR FAMILY INTO TIP TOP SHAPE THIS YEAR?

Go4Fun is a free 10 week fun and dynamic healthy lifestyle program for kids aged 7-13 years who are above a healthy weight.

KIDS ADDICTED TO JUNK FOOD & SCREENS?

Families and their kids learn about healthy eating and being physically active through fun group activities and games.

JUST GIVE IT A GO!


BLUE HAVEN COMMUNITY CENTRE
1 Apsley Court
off Colorado Dr
TUE 24 JULY
4-6PM

FREE HEALTHY KIDS PROGRAM

GREEN POINT COMMUNITY CENTRE
96 Koolang Rd, Green Point
SAT 28 JULY
1-3PM

For a program near you contact us on 1800 780 900 or visit go4fun.com.au

This resource was developed by Central Coast NSW Local Health District

 NSW GOVERNMENT



MINDFULNESS AND MEDITATION

2018 CLASSES FOR CHILDREN

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



Mindfulness and Meditation Classes for Children, Parents and Families

VERONICA WILDING

Licensed Facilitator
0416 234 850

mypeacefuluniverse.org



BOOKINGS NOW OPEN FOR E-MAGINATION Winter Holiday Club

More Excursions, New technology, Ozobots, Circuitry Classes, Art & Craft, Giant Games... Something for everyone. BOOK NOW.



NSW Lake Munmorah Public School

Carters Road LAKE MUNMORAH NSW 2259
0447 068 788 (06:45 - 18:00)

Monday, 09 July Hi-Tech Heroes Create your very own colourful hi-tech characters. Full Fee: \$50.76 Out of pocket: \$6.30 to \$25.38	Monday, 16 July The Future, Today Jump into our time machine as we explore the possibilities of the future. Full Fee: \$50.76 Out of pocket: \$6.30 to \$25.38	Monday, 23 July What's The Score? We'll be giving it 110% as we dedicate the day to our favourite sports. Full Fee: \$50.76 Out of pocket: \$6.30 to \$25.38
Tuesday, 10 July Cold Weather Crafts Beat the cold with some cool crafts - creative snow globes and candles. Full Fee: \$63.26 Out of pocket: \$12.55 to \$31.63	Tuesday, 17 July The Big Play Today is going to be BIG (literally) when we play over sized editions of some of our favourite games. Full Fee: \$67.26 Out of pocket: \$14.55 to \$33.63	
Wednesday, 11 July Cyber Savvy Learn how to stay safe online with Cyber Safety tips and tricks. Full Fee: \$50.76 Out of pocket: \$6.30 to \$25.38	Wednesday, 18 July Spare Time at Gosford City B... We'll be leaving nothing to SPARE as we try to get a top score. Please arrive by 8:45am. Full Fee: \$87.62 Out of pocket: \$24.73 to \$43.81	
Thursday, 12 July Incredibles 2 at Event Cinemas We're off to the movies to see the action-packed Incredibles 2! Please arrive by 8:45am. Full Fee: \$88.96 Out of pocket: \$25.40 to \$44.48	Thursday, 19 July The Upcycle Challenge Transform everyday objects and materials into something completely new with the power of upcycling! Full Fee: \$50.76 Out of pocket: \$6.30 to \$25.38	
Friday, 13 July Codebots Learn the logic of code with the help of a miniature robot. Full Fee: \$70.76 Out of pocket: \$16.30 to \$35.38	Friday, 20 July Go Join The Circuits How do circuits work? Today we'll find out through exciting activities. Full Fee: \$70.76 Out of pocket: \$16.30 to \$35.38	



Daily Requirements: Children must bring their own healthy snack and lunch (no nut products or food that requires heating please), wet weather gear, art smock and suitable clothing for an active and sunsmart day.

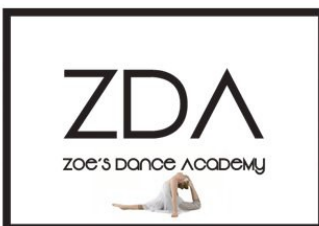
Something for every child.

campaustralia.com.au/holidayclubs

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 CHEERLEADING JAZZ
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




TERM 3 ENROLMENTS
Last chance to claim your \$100 Active Kids Voucher

Classes at Mannering Park 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 Ballet Concert
 6:15 PM - 5-12 Yrs Tap Concert



Come try your first week FREE - Classes from \$5.50

Term 3 is the Perfect time to Join! All of our classes start brand new routines in the lead up for our end of year show.
Our Shows are affordable, with costume hire options!

GO TO 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 or catherine@developingdreams.com.au

 www.developingdreams.com.au



Children's art workshops
School Holiday Fun!
Wednesday July 11 and 18
10am-12noon
Lakes Anglican Church Hall
274 Wallarah Rd, Kanwal*

Cost is only \$10 per student per class
(students will need to attend both classes if they wish to have a finished frameable piece at the end)

*Courses run by professional teachers and/or artists
Quality art materials, frames and morning tea supplied.

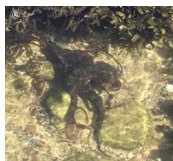
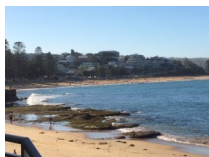
k-2 (mixed media) and year 3+ classes(watercolour)

Further information - www.lakesartsfest.com
 Facebook - Lakesartsfest
 Phone - 4393-1333 email- lakesartsfest@gmail.com



SCHOOL HOLIDAY ROCK POOL WALKS -SPONSORED BY CENTRAL COAST COUNCIL-

Tuesday 10.7.18 **RPW Terrigal Haven**, 10.15am Wednesday 11.7.18 **RPW Norah Head**, 11.15am Friday 13.7.18 **RPW Terrigal Haven**, 1pm Sunday 15.7.18 **RPW Toowoona Bay**, 2.45pm



A great day out for the whole family to come and get active

For Families with children 0-16 years of age
There will be Family Running Races, Tug Of War, Soccer Skills, Basket Ball, Circus Skills, Volley Ball and lots more.

Free Family BOOTCAMP

Located at Tunkuwallin Oval
130 Kanangra Drive, Gwandalan
from 10 am to 2 pm
on Wednesday 18 July 2018

In case of wet weather activities will be held in the Tunkuwallin Hall
Parents need to accompany children

For more information call Cathy on phone 4358 3148

MEAT!
Free sausage sandwiches available on the day

Don't forget to wear a hat or beanie and bring some H₂O

Free sausage sandwiches available on the day

Proudly Supported by
Central Coast Council
familiesnsw
RYSS
Uniting

For more information call Cathy on phone 4358 3148

MANNERING PARK YOUTHfest

SCHOOL HOLIDAYS
SUPPORT GAMING ACTIVITIES TASTERS FREEBIES FOOD

**COMMUNITY CENTRE
DUNVEGAN ST**

**FRIDAY 13TH JULY
11 AM - 3 PM**

FOR FURTHER INFO
CALL RYSS ON
43232374

Central Coast Council
Uniting
RYSS
Regional Youth Support Services Inc.

Central Coast Health Local Health District staff provide support to local primary schools for physical activity and healthy eating strategies. Some of the ways we provide support and resources are by:

Regular Workshops & Network meetings (and resources)



NSW Healthy School Canteen Strategy

Transition to School Resources for families

- Healthy lunchboxes
- Feeding your child over the day
- Tips for a healthy start to school
- Ideas for getting your family more physically active

Additional Resources (on our website)

- The Magic Lunchbox and Jack's FUNtastic Day storybooks and resources for ES1
- Crunch&Sip® - support to implement this program
- NEW infographics for your school newsletter - emailed to your school
- Playground stencils to borrow
- Fruit and Vege Month Resources
- Gymnastics equipment to borrow

Health Week Activities

(all resources and incentives are provided)

Vege Adventure

Stage 1 - to promote fruit and vege during Crunch&Sip®



Stage 2 - to promote water as a drink



Stage 3 - to encourage healthy food, physical activity and active travel to school.

www.healthpromotion.com.au

Chad Partridge
Schools Health Promotion Officer
Chad.Partridge@health.nsw.gov.au

Jane Whatnall
Health Promotion Service
Jane.Whatnall@health.nsw.gov.au

Lesley Marshall
Public Health Nutritionist
Lesley.Marshall@health.nsw.gov.au



Health
Central Coast
Local Health District



THE ART HOUSE PRESENTS

WOLFGANG - BY CIRCA

CREATED BY YARON LIFSCHITZ WITH QUINCY GRANT
AND THE CIRCA ENSEMBLE

To his mother, he is Wolfgang. To those who are watching, he is Mozart.

Straight from the score and onto the stage, the man known as Mozart appears amidst a puff of powder, wiggled and ready to throw musical madness into a crescendo of dives, swoops and twirls. Featuring mischievous acrobats and a musician, Wolfgang reinvents the composer's magical music with a circus twist.

Experience the latest family-friendly production from Circa, featuring a fusion of circus, movement and music. Watch as the notes are physically lifted off the page as performers bring the renowned compositions to life amidst a storm of powder, tumbles and crashes, all under the eccentric swirl of the conductor's baton.

Perfect for Children aged 3+
Show Duration: 50 minutes

CIRCA



Photo by Damien Bredberg. Commissioned by The Art House Wyong. Circa acknowledges the assistance of the Australian Government through the Australia Council, its arts funding and advisory body and the Queensland Government through Arts Queensland.

Circa respectfully acknowledges the Traditional Owners and Custodians of the lands, waters and seas on which we work and live paying respects to Elders, past, present and future



THE ART HOUSE PRESENTS WOLFGANG - BY CIRCA

CREATED BY YARON LIFSCHITZ WITH QUINCY GRANT
AND THE CIRCA ENSEMBLE

THURSDAY 19 JULY 6:30PM
FRIDAY 20 JULY 10AM & 2PM

TICKETS: \$25 ADULT | \$20 CHILD | \$75 FAMILY (4)

THE ART HOUSE

02 4335 1485
WWW.THEARTHOUSEWYONG.COM.AU
19 - 20 MARGARET STREET, WYONG

Uniting

Presents



Incorporating Movement, Breath, Mindfulness & Relaxation
through music, singing, dance, stories,
creative yoga games, guided imagery and relaxation
techniques.

Connecting people in body mind and spirit



www.rainbowyogatraining.com



WE NEED YOU TO
Stand Up. Speak Out. Create Change.
FAIRFUNDINGNOW!

1

**SIGN UP TO SUPPORT THE CAMPAIGN AND ENCOURAGE
OTHERS IN YOUR SCHOOL COMMUNITY TO JOIN US**

Visit fairfundingnow.org.au and join with hundreds of thousands of parents, teachers, principals and citizens working together to speak up and demand fair funding for public schools.

Then, either share the link or visit the Resources page at
fairfundingnow.org.au/resources and download the sign-on sheet.



FAIRFUNDINGNOW.ORG.AU
GET THIS CAMPAIGN STARTED NOW!