



MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au
Term 3 Week 2. Mon, 30 July 2018

WHAT'S COMING UP

FRIDAY 3 AUG JEANS FOR GENES

\$2 COIN DONATION

THUR 9 AUG BOOKCLUB ORDERS DUE

FRI 10 AUG 5-7 YEAR OLDS ATHLETICS CAR-
NIVAL SCHOOL OVAL

*****Positions available for Swimming
Program. Open to all 2-6 students that are
not competent swimmers. Please see office
for a form.*****

PRINCIPAL'S COMMENTS

Dear Parents & Carers,

A warm welcome back to all of our families for term 3, I hope everybody had a relaxing and enjoyable break. A special welcome to our new families joining the Mannering Park Public School community. A warm welcome to Miss Beth Murray-Wright taking over KL and Jen Fitzpatrick who will be teaching 5/6S on Mondays and Tuesdays with Miss Jodi Robertson for the remainder of the week. We also welcome back Mrs Belinda McDonald who returns in a full-time capacity. Teachers have been in at school over the break and on Monday on week 1 planning to ensure our students are challenged from the first day on. I look forward to another rewarding term of school for every one of our students.

This term, our school's PDHPE program covers child protection, safety and relationships. Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate child protection program.

The school child protection program will be implemented in a manner that supports the role of parents and caregivers and reflects the ethos of the school community.

For more information on PDHPE go to <https://syllabus.nesa.nsw.edu.au/pdhpe/>. The school child protection program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong. If you have any further questions or concerns about the PDHPE program, please do not hesitate to contact your child's teacher.

Please remember that student safety is our priority at all times. To assist with this, our gates are locked throughout the day. Staff will unlock the crossing gate close to the end of the day when they are available. Parents, carers and community members can access the school grounds at any time via the pool gate near the administration building if this gate is locked.

All parents and carers should have received a note home at the end of last term regarding parent teacher interviews being held this week. This is an opportunity to meet with the teacher and discuss your child's progress over the course of the first semester as well as set new learning goals for the rest of this year. If you have not yet made a time to see your child's teacher, please contact them via class dojo or contact the front office.

Last Friday, 8 year olds and up had their annual sports carnival. The weather was kind and the students had a wonderful day competing and participating in a variety of events and novelty activities. They cheered their team mates and showed fabulous sportspersonship through all activities - a pleasure to watch. Thank you to those parents, carers and families who came along to support, it was wonderful to see a big community turnout. A big thank you to Mr Rath and Mr Shepherd for their organisation and to all the teachers who attended and worked hard also. It was a great day!

The ribbon assembly for the carnival will be held at the Assembly on

Friday, 10 August @ 2:00pm. Parents/carers and friends are most welcome to attend this assembly.

Best Wishes
Leanne King
Relieving Principal

DATES TO REMEMBER

Term 3 2018

Fri 3 Aug: Jeans for Genes \$2 coin donation
Fri 10 Aug: Final day for swimming program payments
Fri 10 Aug: 5-7 year olds Athletics Carnival - School oval
Fri 10 Aug: Ribbon Assembly for Athletics 8-13 Year olds 2:00pm
Wed 29 Aug: Father's Day Stall
Fri 31 Aug: Father's Day Breakfast
Wed 12 Sept: Final day for all 5/6 Camp payments
Mon-Fri 3-14 Sept: School Swimming Program Toukley Pool
Thurs 20 Sept: Gibalee Day
Fri 28 Sept: Last day Term 3

COUNSELLOR CORNER

The beginning of the new school term is hopefully a time of excitement and positive expectation for children and young people, as they return to their usual classes and reconnect with friends and teachers. That's what parents and teachers would hope for anyhow! For some, however, beginning school again this term might be a daunting prospect: not knowing if their classes and teachers will be the same as before, not knowing perhaps where they stand with friends. If there are memories of negative times at school in the past, it could be a case of not even wanting to come to school at the start of the term. In cases where children and adolescents are reluctant to begin at school again, it's a good idea to spend some time with your child and discuss his/her feelings about it all. Ask them how you could understand better what they are feeling and where the worry thoughts, about going back to school, are coming from. Often children have enjoyed their holiday break so much it's a case of not wanting to change the pattern of rest and relaxation. With a little encouragement and good humour from parents, most children will be motivated to reengage with school and hopefully look forward to commencing again.

If the situation is serious and causing your child genuine anxiety, it may be worthwhile to contact the school and speak with teachers and/or the school counsellor. In this way, parents and staff together can work to support your child so that he/she is able to make a happy start back at school.

Ruth Jenkins
Senior Psychologist, Education

JEANS FOR GENES FUNDRAISER

Wear your jeans this Friday the 3rd of August!
Jeans for Genes!

Jeans for Genes is the iconic fundraising campaign of Children's Medical Research Institute. For 25 years, Aussie families, schools, workplaces and communities have supported their lifesaving work by wearing their jeans.

At Mannering Park we have also supported this fund for many years. This Friday we ask everyone to wear their jeans and bring a gold coin donation to support scientists finding cures for childhood diseases.

Thank you.



CATHOLIC SCRIPTURE

Our Catholic Scripture teacher who works with our 3-6 students each Wednesday afternoon has had to leave us unfortunately to take on other work commitments. We thank Mr Moir for all his hard work over many years at MPPS.

3-6 Catholic Scripture will no longer run unless we find a replacement teacher.

BOOK CLUB

Please have all book club orders back to front office or ordered online through the LOOP system by Thursday, 9 August.
Thank you.

NETBALL

On Wednesday, 25 July our Netball team finally got to play their first game against Budgewoi PS.

They played beautifully as a team, supporting each other and really working hard. For a team of girls who (on the most part) had never played a game of netball before, they played exceptionally well, but despite their efforts, they were defeated by their opposition.

Special thanks to Kaz who stepped up to umpire (in her heels).

Great job to all!



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

Problem Solving STOP. THINK. DO.

STOP. THINK. DO. is a problem solving method to help children (and big people too) make good choices when reacting to situations. It can help children to better manage difficulties that come up in their day with friends, parents, siblings and teachers. With practice children's self-discipline, self-control, self-esteem, confidence and independence can improve.

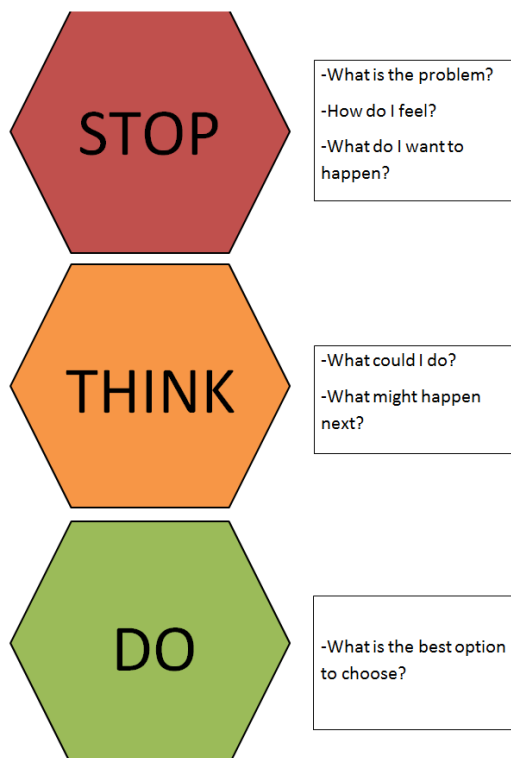
The traffic light system connects nicely with the STOP. THINK. DO. process with each light cuing the next step in the process.

STOP, in red represents stop, look and listen. Not reacting, looking, listening and identifying the problem. "What is the problem?" "How do I feel?" "What do I want to happen?"

THINK, in orange or yellow represents taking it slowly and considering the options and consequences. "What could I do?" "What might happen next?"

DO, in green represents choosing the best option and doing it. "What is the best option to choose?" Go!

Practicing the STOP. THINK. DO. method with your child, and providing extra coaching if they become stuck, will help them to move through these steps smoothly and improve their skills in managing difficulties that pop up in their lives. By successfully moving through each step children can learn "I understand the world around me" (at STOP), "I can think and weigh up options" (at THINK.) and "I can choose to make good decisions" (at DO.).



Lead by example...
and venture outdoors



New School Banking rewards now available!

Exciting new Term 3 rewards with a Super Savers theme are now available, while stocks last!



Mighty Boom Handball



Heat Reactor Pencils

For every deposit made at school students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are two new items released each term so be sure to keep an eye out for them!

Thank you for supporting the School Banking program and remember, School Banking day is every Tuesday.



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

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

MUSICAL THEATRE
JAZZ

NEW ADULTS CLASS

MORE STYLES AVAILABLE DEPENDING ON ENROLMENTS

Call/SMS/Email
Zoë
0412989960/xzo.haze@gmail.com

Classes resume 8th February 2018



Are you at risk, homeless, or doing it tough?

Get Connected to free goods and services

Come along to a friendly and welcoming day, connect to services, enjoy a free meal, give-aways and a chat over a cuppa, and get connected.

When: Tuesday 7 August

Time: 9am to 2pm

Where: Niagara Park Stadium
 18 Washington Ave, Niagara Park
 (formerly Central Coast Youth Club)

- Accommodation
- Budgeting advice
- Legal advice
- Support services
- Food hampers
- Children's crèche
- Clothing

Central Coast Connect Day NSW

Phone 4325 3540 or visit www.coastshelter.org.au

Free transport passes available

















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



Enjoy seasonal vegetables every day.

For more inspiration visit eatwelltas.org.au/veg-it-up



Nutrition Snippet

The simplest way

...to love your freezer.

To help beat the morning school rush, spend a couple of hours on the weekend doing a big cook up of freezer friendly lunches and snacks that can be ready on hand to add to the kid's lunch boxes.

Home-made baked goods such as muffins, scones, pikelets, bliss balls, pizza, frittata and mini quiches can be made in advance, then wrapped individually and frozen.



Items such as sandwich bread, milk poppers, yoghurt tubs and smoothies can be frozen. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.

Many vegies in season can be cut up and frozen to save time with food prep later on (i.e. spinach, zucchini and pumpkin).

Visit healthylunchbox.com.au for more freezer-friendly recipes.

