



MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au
Term 3 Week 4. Tue, 14 August 2018

WHAT'S COMING UP

P&C Meeting Tue 21 Aug 6:30pm
Wed 29 Aug Fathers Day Stall
Thurs 30 Aug Zone Athletics
Fri 31 Aug Fathers Day Breakfast & Footy
Colours Day

YEAR 6 CUPCAKE STALL

EVERY WEDNESDAY AT
RECESS
50C - \$1

PRINCIPAL'S COMMENTS

Dear Parents & Carers,

Recently I've been discussing with some children the amount of time they spend online, as we've noticed some children using devices before and after school. If children bring a phone to school they are required to hand it in at the office in the morning and pick it up after school.

Recess and lunch breaks are for eating but also provide the opportunity for children to interact with others and develop their social skills, as well as recharging their batteries.

The term 'screen addiction' has been in the media recently with a lot of children displaying traits under this term. I recently read an article (online ironically) titled 'How screen addiction is damaging kids' brains'. One of the points made is that children's brains develop during key developmental windows when they engage their active imagination in such things as creative play. These windows are when the body builds the most neuronal connections. Kids who are just passively stimulated by a glowing screen don't have to do the neural heavy lifting to create those images. The images are provided for them, thus stunting their own creative abilities. As parents and teachers, it is something we really need to be aware of. The article can be found at https://www.vice.com/en_au/article/5gqb5d/howscreen-addiction-is-ruining-the-brains-of-children

Hats

As the weather is warming up, it is important that all children wear a hat when playing outside. Much of the sun exposure that causes skin damage occurs in childhood and adolescence. By the age of 15 many children have developed irreversible skin damage from exposure to the sun.

While skin cancer is the most common cancer in Australia, it is estimated that 95% of skin cancers can be prevented through reducing exposure to ultraviolet radiation from the sun. If students do not have a hat, they will be asked to play under the cola at recess and lunch time. Hats can be purchased from the canteen.

Thank you!

Over the school holidays, a section of fence was replaced on our school oval. A big thank you to the Carr family for their generous donation.

Canteen

Just a reminder that the canteen is closed each Monday.

Best Wishes

Leanne King

Relieving Principal

Responsible learners.

Quality time with Children



Spending 10-15 minutes of child-centred quality time with children can be a powerful way for parents to connect with their kids, build the parent-child relationship and increase co-operative behaviour.

The benefits of being child centred in some of your time include:

- Enhancing the child's play
- Helping improve kids concentration
- Improving kids exploring and learning
- Improving kids self esteem
- Improving parent/child bond

Your attention and taking an interest in your child's activity can also be a powerful reward for your child.

In quality time try to focus on being child centred.

Allow your child to choose the activity or follow along with the activity they are engaged with but remember not to change their activity.

Watch with interest what the child is doing using positive body language – facing child, nodding, smiling etc. Describe what they are doing – Example. "Your building a really big tower there".

Participate in play by copying and assisting (eg. handing materials to child or taking turns). Be careful not to begin structuring the activity yourself or taking over. Remember the child's activity is the centre of your attention.

Don't ask questions, give commands and resist the opportunity to teach your child or test their knowledge. This can be done in another time.

Additional resources:

http://raisingchildren.net.au/articles/staying_positive.html

Respectful relationships.

DATES TO REMEMBER

Term 3 2018

Tue 21 Aug: P&C Meeting 6:30pm
Wed 29 Aug: Father's Day Stall
Thurs 30 Aug: Wallarah Zone Athletics
Fri 31 Aug: Father's Day Breakfast & Footy Colours Day
Week 8 10-14 Sept: Bookweek competitions due
Wed 12 Sept: Final day for all 5/6 Camp payments
Mon-Fri 3-14 Sept: School Swimming Program Toukley Pool
Mon 17 Sept: Sydney North Athletics
Tue 18 Sept: P&C Meeting 6:30pm
Thurs 20 Sept: Gibalee Day
Fri 28 Sept: Last day Term 3

BOOKWEEK COMPETITION

Aaarrhhh me hearties..... this year's bookweek theme is 'Find your Treasure'. Please see the poster in this newsletter for information on how to participate and share your treasure! All treasure can be delivered to the library at any time.



COUNSELLOR CORNER

In speaking with children and adolescents, I am often hearing them describe sleep problems. We tend to take sleep for granted and assume it happens easily and naturally. However, research shows that good sleep is influenced by many factors; and people who are experiencing anxiety and depression are especially known to suffer sleep problems.

One of the best ways to improve sleep and your overall wellbeing, is to consider what works well and what doesn't. Things that are known to make sleep *worse* include: napping during the day, watching television in bed, using a device with a bright screen in the hour before bedtime (e.g. smartphone, tablet), drinking caffeine-based drinks (tea, coffee, cola, hot chocolate, cola, energy drinks), drinking alcohol; and eating a heavy meal less than 3 hours before bedtime. Hard to believe but many youngsters complain of poor sleep, yet they also admit to looking at their tablet or phone whilst lying in bed trying to sleep!

Research into sleep disorders has shown that what does improve sleep includes the following: regular exercise (3 X 30 mins per week), relaxation exercises such as progressive muscle relaxation and slow breathing exercise; and having a relaxing bedtime routine. This routine could be taking a bath or shower, reading a 'comfortable or light' story or article; and making sure your bed itself, your pillow, the temperature in the room and the noise level is all comfortable and conducive to good sleep.

Ruth Jenkins

Senior Psychologist, Education

8-13 YEARS ATHLETICS

On Friday, 27 July the school held its annual Athletics Carnival at Tom Barney oval. The weather was kind and a great day was had by all. During the carnival and prior to the carnival a number of school records were broken.

Girls

100m 9yrs - Addison Berry - 16:76
800m 12/13yrs - Aylah McCulloch - 3:14:29
Junior High Jump - Addison Berry - 1:09m
11yrs High Jump - Charlotte St Clare - 1:18m
Junior Long Jump - Addison Berry - 3:12m equalled record with Paige Deaves

Boys

800m 11yrs - Mason Goldie - 2:55:37

The Age Champions were as follows:

Junior Girls - Addison Berry Junior Boys - Tulsyn McCulloch
11yrs Girls - Charlotte St Clare 11yrs Boys - Rylan Coggan
12/13yrs Girls - Aylah McCulloch 12/13yrs Boys - Trey Oldfield
Winning House - Fullick

On Thursday, 30 August the Wallarah Zone Athletics Carnival will be held at Mingara. Our school will be sending 17 girls and 21 boys to represent. We wish them all the best.

Finally a big thank you to all the parents, families and friends who supported the children and the carnival on the day.

Also, a HUGE thank you to Claire and her team who did an outstanding job keeping everyone fed and hydrated on the day.
Andrew Rath

P&C NEWS

Father's Day Stall

Date: Wednesday, 29 August

Time: from 9:30am (students will visit the stall with their class)

Prices: gifts start from \$1— \$20

Students to bring their money in an envelope with name and amount on it to take to the stall.

Donations: We appreciate donations of gifts to sell at the stall. Please leave donations at the office.

Volunteers: We need volunteers to help run the stall. Please leave a message for me at the office if you are able to help, for any amount of time.

Movie Night

See flyer further in newsletter



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

Year 6 Farewell Fundraising



Dear Parent/Caregiver,

We are getting a late start on fundraising for the Year 6 Farewell this year. To help raise money to cover the costs involved for the farewell and gift to the school, Year 6 will be holding a cake stall every **WEDNESDAY** during Term 3.

Attached is a roster allocating each student a week to bring in cakes/cupcakes/muffins/biscuits to sell at the stall. The cake stalls will begin in Week 3. Could you please assist your child, if possible, by ensuring they have a contribution to make towards the stall in their week.

Please remember that all products must be **completely nut free** and some gluten free options would be appreciated.

If you have any questions, please do not hesitate to speak to one of the Year 6 teachers.

Thank you,

Week	Date	Students
3	8/8/18	Ashton, Emma, Kye, Austin
4	15/8/18	Cian, Kya, Keilee, Rixon, Trey
5	22/8/18	Levi, Jack G, Brad, Zoe, Mia-Alise
6	29/8/18	Jordan, Aimee, Reece, Lucas
7	5/9/18	Chernise, Hunter, Shaun, Lucy
8	12/9/18	Aylah, Lillien, Isaak, Lucy, Brayden T
9	19/9/18	Jai, Katelyn, Jack H, Fleur,

EVERY MINUTE COUNTS ...

If you miss just	that equals	which is	From Kinder to Yr 12
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ an hour a day	½ a day of learning each week	4 weeks a year	Nearly 1½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks a year or nearly a term	Over 2½ years of learning



Be on time..each day every day

Competition – What's your Treasure?

'Find your Treasure!' is the Bookweek theme for 2018

Prizes to be WON!!

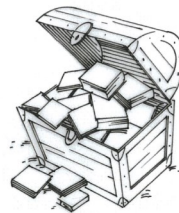
Open to all young adventurers (students).....

What to do

1. Create a 3D treasure chest
2. Think of your favourite story or stories
3. Create a way to display the titles and author's name of your favourite books. Use any materials you like. (shoe boxes are useful!)
4. Put your name and grade on your treasure chest somewhere



© Can Stock Photo - csp500020



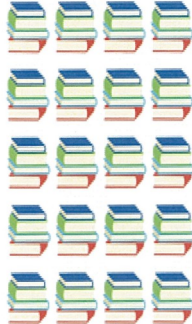





Let your Imagination run wild!!

The best treasure chest in each grade will receive some treasure!

The fine print

- Judging will be done by a rambunctious crew
- Projects are due in week 8
- Any queries to Captain Balcomb (in the SS Library)

READ 20 Minutes A Day!

Student A Reads	Student B Reads	Student C Reads
20 minutes a day	5 minutes a day	1 minute a day
3,600 minutes per school year	900 minutes per school year	180 minutes per school year
1,800,000 words per year	282,000 words per year	8,000 words per year
		
		

If they start reading for 20 minutes per night in Kindergarten, by the end of 6th grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 school days, and Student C will have read for 3 school days.

- ★ Outdoor games and sports
- ★ Arts & Crafts
- ★ Playing with Hands
- ★ Great Educators
- ★ Food and Cooking
- ★ Indoor Activities



We've been cooking up a storm in OSHC

At Camp Australia, all our OSHC programs follow the Healthy Eating Program.

We make sure that the children who attend our programs eat healthy and delicious meals and snacks that are in line with the Australian Dietary Guidelines.

To help you and your family stay healthy, we thought we'd share one of our most popular savoury dip from our very own Healthy Eating Cookbook.

Mexican Bean and Corn Dip

This quick and easy dip can be varied by adding cheese and/or diced fresh tomato on top.

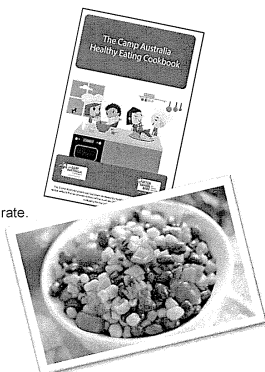
It can also be served hot or cold.

You'll need:

- 2 tin of beans (use salt reduced baked beans or kidney beans)
- 1 tins corn
- 1 jar of salsa
- ½ grated cheese
- 5-6 medium cherry tomatoes diced or 1 tin of tomatoes

Method:

1. Refrigerate the cheese provided for 5 mins so that it is easier to grate.
2. Drain excess sauce off beans and corn but do not rinse.
3. Mix salsa and beans together.
4. Place grated cheese and tomato on top.
5. Serve a teaspoon of cold dip with crackers and/or vegetables.
7. Ready to eat. Enjoy!



Come Along And See What We Are Cooking Up!

Feel free to drop by and meet our team and see the program in action. Come along and see what healthy meals and snacks are being made and enjoyed in every session.

Program Details

To find out more about our program, view fees and to register visit www.campaustralia.com.au

We look forward to seeing you and your family soon.

visit www.campaustralia.com.au

we make kids smile

SMILES PROGRAM

Simplifying Mental Illness *plus* Life Enhancement Skills



A School Holiday program for **8-12 year olds**, who have a family member experiencing a mental health problem (Specifically schizophrenia, bipolar disorder, depression or anxiety)

When: 3 day Programme - Tuesday 9th, Wednesday 10th and Thursday 11th October 2018
9am - 3pm daily

Where: Erina Trust Hall, Karalta Road Erina.

The SMILES Program is designed to achieve:

- ♥ Increased ability to cope effectively
- ♥ A new freedom for self expression
- ♥ Development of creativity
- ♥ Reduction in feelings of isolation
- ♥ Increase in self-esteem
- ♥ and much more!

This is achieved through:

- ♥ Education about mental illness
- ♥ Artwork & music
- ♥ Peer support
- ♥ Interactive exercises
- ♥ Relaxation exercises
- ♥ Problem solving

This all takes place in a fun-filled, supportive and caring atmosphere.

Internationally recognised as best practice by the American Journal of Orthopsychiatry (Accepted Apr 2003, published Jul 2004).

Co-facilitated by:
Parramatta Mission Family & Carer Mental Health Program with
Mary Cesca, COPMI Health Education Officer

Contact for further information & to register:

Mary Cesca or Ruth Phelan COPMI, NSW Health

Ph: (02) 43047878



Health
Central Coast
Local Health District



Lead by example... and prepare a healthy meal



Health
Central Coast
Local Health District

Choose water ...
Refill your bottle
with tap water



Health
Central Coast
Local Health District



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

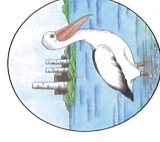
5TH ANNUAL

WPTF

FACE PAINTING, JUMPING
CASTLES,
FOOD VANS, STALLS,
ENTERTAINMENT, PRIZES,
CAKE STALL, RAFFLES

**SATURDAY
NOVEMBER 3 2018
10AM - 3PM**
MANNERING PARK PUBLIC
SCHOOL, VALES RD, MANNERING
PARK

e-MAIL: MANNERINGPARKPUBLICSCHOOL@PANDCAFFILIATE.ORG.AU
PosterMyWall.com



MANNERING PARK PUBLIC SCHOOL P&C ASSOCIATION

PO Box 7286
Manning Park 2259
Tel: 43591184
Fax: 43591667
ABN 81 968 974 224
manningparkpublicschool@pandcaffiliate.org.au

Manning Park Public School P & C – Canteen Manager

Manning Park Public School P & C operate the school canteen 5 days per week throughout the NSW school term.

Position Criteria

- Trained, experienced canteen supervisor, or willingness to undergo training at TAFE.
- Capacity to work flexible hours to cater for school needs – 20 hours per week.
- Commitment to the school community, including the maintenance of confidentiality
- Excellent interpersonal skills with the ability to increase and maintain volunteer numbers to assist in the canteen throughout the year.
- Demonstrated capacity to order goods and manage the overall organization of a canteen.
- Regular liaison with the Canteen Convenor and P & C President and adherence to job description.

Contract will be for the remainder of the 2018 school year, with the potential for contract renewal for the 2019 school year.

To apply for this position please submit an application outlining how you meet all the criteria. Please include a current resume including contact details for references.

Please forward applications to
manningparkpublicschool@pandcaffiliate.org.au with the subject line – canteen manager position or deliver to the school administration office.

Applications close 3:00pm Monday 20th August 2018

Infants Athletics Carnival Results

5 Years Girls	5 Years Boys
Shot Putt	
1 st Jessica Brown	1 st Kauri Mutu
2 nd	2 nd Jett Phillips-Fotheringham
3 rd	3 rd Tane Mutu
Long Jump	
1 st Jessica Brown	1 st Jett Phillips-Fotheringham
2 nd	2 nd Kauri Mutu
3 rd	3 rd Tane Mutu
High Jump	
1 st Jessica Brown	1 st William Lions
2 nd	2 nd Tane Mutu
3 rd	3 rd
50m Final	
1 st Jessica Brown	1 st Jett Phillips-Fotheringham
2 nd	2 nd William Lions
3 rd	3 rd Tane Mutu

6 Years Girls	6 Years Boys
Shot Putt	
1 st Islay Black	1 st Xavier Morgan
2 nd Arianna Ikin	2 nd Jermaine Da Silva
3 rd Indigo Woodcroft	3 rd Aidan Carrick
Long Jump	
1 st Alirah O'Kane	1 st Jermaine Da Silva
2 nd Karma Steele	2 nd Blaire Parsons
3 rd Ruby Slade	3 rd Ezekiel Asmus
High Jump	
1 st Makenzie Nightingale	1 st Ezekiel Asmus
2 nd Alirah O'Kane	= 2 nd Aidan Carrick
3 rd	= 2 nd Cooper Sinclair-Wadham
50m Final	
1 st Miah Cini	1 st Jermaine Da Silva
2 nd Islay Black	2 nd Ezekiel Asmus
3 rd Alirah O'Kane	3 rd Andrew Hedge

7 Years Girls	7 Years Boys
Shot Putt	
1 st Nevaeh Ranapia	1 st Nathaniel Heath-Wallace
2 nd Brianna Xuereb	2 nd Hugh Williams
3 rd Chelsea Cahill	3 rd Dios Rhoades
Long Jump	
1 st Chelsea Cahill	1 st T-Jay Adnum
2 nd Jaeda Crothers	2 nd Dios Rhoades
3 rd Malayah Merz	3 rd Hugh Williams
High Jump	
1 st Chelsea Cahill	1 st Nathaniel Heath-Wallace
2 nd Mia Fiorelli	2 nd Nixon Berry
3 rd Felicity Parker	3 rd Hugh Williams
50m Final	
1 st Imogen Ballard	1 st Nathaniel Heath-Wallace
2 nd Zara Fenech	2 nd T-Jay Adnum
3 rd Mia Fiorelli	3 rd Hugh Williams

Thank you

To all the parents and family members who came out to support our infants during their athletics carnival.

We had a fantastic day!

Congratulations



To all the students who participated. We are proud of what you achieved and your respectful and responsible behaviour on the day!

House Relays

5/6 Years Girls

- 1st Spencer - Karma Steele, Alirah O'Kane, Emily Wicks, Makenzie Nightingale
 2nd Vales - Rihanna Brown, Islay Black, Suzie Davies, Sienna Cocks
 3rd Fullick - Indigo Woodcroft, Danika Simpson, Miah Cini, Jessica Brown

5/6 Years Boys

- 1st Fullick - Ezekiel Asmus, Elio Barnes, Tane Mutu, Kauri Mutu
 2nd Spencer - Jermaine Da Silva, Andrew Hedge, Fynn Dudley, Hunter DeVoogd
 = 3rd Vales - Mikel Fenech, Jaiden Wilson, Xavier Morgan, Cohen Freeman
 = 3rd Wynn - Jett Phillips-Fotheringham, Cooper Sinclair, William Lions, Aidan Carrick

7 Years Girls

- 1st Spencer - Imogen Ballard, Brianna Xuereb, Chelsea Cahill, Kiara Gardiner
 2nd Vales - Zara Fenech, Nevaeh Ranapia, Mia Fiorelli, Charlee Davies
 3rd Wynn - Jaeda Crothers, Felicity Parker, Ruby Rider, Piper Martin

7 Years Boys

- 1st Vales - Hugh Williams, T-Jay Adnum, Lachlan Arnold, Mikel Fenech
 2nd Fullick - Dexter O'Brien, Dios Rhoades, Nixon Berry, Rylan Partridge
 3rd Wynn - Nathaniel Heath-Wallace, Kai Wilson, Jarred Baxter, Caleb Giffin

Coastal Valleys Girl Guides

Girl Guides have lots of FUN! We camp, cook, craft, play games, earn badges and learn skills for life.

Girl Guides meet in a suburb near you!

For more information: please contact
 Sandra Herbert on 0418 160 402 or
herbshaven@bigpond.com
 or go to www.girlguides-nswact.org.au



**GIRL GUIDES
 AUSTRALIA
 NSW & ACT**

PLAY CRICKET 2018-19

REGISTRATIONS OPEN NOW!!!

JUNIOR BLASTERS

AGES 5-7 / FRIDAY 4.30PM - 5.30PM

- Learn new skills including catching, throwing and teamwork
- Make new friends or organise a group to learn together
- Wear the colours of your favourite Big Bash heroes in a personalised t-shirt
- All equipment supplied, parents join in the fun

SIGN UP NOW TO GET YOUR JUNIOR BLASTERS PACK!
Includes t-shirt with your name on it and booklet but in your choice of Big Bash team colour, ball & bat, personalised bat sticker sheet & progression tracker.

MASTER BLASTERS

AGES 7-10 / FRIDAY 4.30PM - 5PM

- For kids with basic cricket skills
- Every kid gets a chance to bat, bowl and field
- Wear the colours of your favourite Big Bash heroes in your choice of coloured player cap
- Make new friends or organise a group to play together
- All equipment supplied, parents join the fun

SIGN UP NOW TO GET YOUR MASTER BLASTERS PACK!
Includes player cap in your choice of Big Bash team colour & progression tracker.

WOOLWORTHS CRICKET BLAST IS A FUN AND FAST PROGRAM FOR KIDS OF ALL ABILITIES TO LEARN THE SKILLS AND PLAY AUSTRALIA'S FAVOURITE SPORT.

PROUDLY PRESENTED BY

JUNIOR CRICKET

AGES 8-15 | SATURDAY MORNINGS 8AM TILL 11AM

- More action and better skill development
- Everyone gets a go
- Girls only leagues available

ALL JUNIOR REGISTRATIONS ONLINE
www.northernpowercc.nsw.cricket.com.au
 FOR ANY ENQUIRES CALL DI HEATH on 0412 440 633



Manning Park Public School

MPPS presents.....



A Night at the Movies!



Date: Thursday 20 September 2018
Time: 6.30pm – Movie starts
(*Cake Stall from 6pm*)
Where: Metro Cinemas, Lake Haven
Movie: **Small Foot**
Tickets: \$12 – Children and Adults

Adult Supervision required for all children

Buy your tickets at the school
office

Bring your family and
friends!



This is a MPPS Fundraising event.

All money raised goes towards resources for our school and students



Manning Park Public School

Father's Day Stall Fundraiser

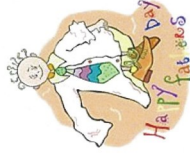
Date: Wednesday 29 August 2018
Time: 9.30am - 1pm
(*Students will visit the stall with their class*)
Where: Community Room (MPPS OOSH room)



Looking for a Father's Day gift?

We have gifts for fathers, grandfathers,
uncles & friends

Cards & gifts from \$1 - \$20



Our range of gifts includes;

- Photo Frames
- Drink Bottles
- Toiletries
- Pens, notebooks
- Puzzles
- Key rings, torches
- Car care products
- Wine Bags
- Wristbands

All money raised will go towards resources for our school.

Happy Father's Day