



# MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au  
Term 3 Week 4. Mon, 27 August 2018

## WHAT'S COMING UP

Wed 29 Aug Fathers Day Stall  
Thurs 30 Aug Zone Athletics  
Fri 31 Aug Fathers Day Breakfast & Footy  
Colours Day 7:30-8:45  
3-14 Sept Swimming Program  
3 more Wednesdays for Yr 5/6 camp  
payments to be finalised—due 12 Sept  
Bookclub to be returned by  
Wed 12 Sept.

## PRINCIPAL'S COMMENTS

Dear Parents & Carers,

I look forward to seeing lots of families at the Father's Day Breakfast this Friday 7.30-8.45 am. Come along to celebrate our dads. I would like to thank the P&C and volunteer wrappers for organising the Father's Day Stall on Wednesday. There are lots of great gifts available.

On Friday students can wear footy colours. Footy Colours Day supports the 'Fight Cancer Foundation's' education program. The organisation works with major paediatric hospitals to keep kids with cancer engaged with their education. Dads and students can show their support by wearing footy colours and giving a gold coin donation. The children wear their footy colours all day.

The Tell Them from Me student survey is now available for students in years 4-6. Students will complete the survey online at school. Please let your classroom teacher know if you don't want your child to participate in the survey.

Best wishes  
Angela Towns  
Principal

## DATES TO REMEMBER

### Term 3

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

### Term 4

Mon-Wed 15-17 Oct: Stage 3 Canberra Excursion  
Tue 16 Oct: P&C Meeting 6:30pm  
Wed 17 Oct: Stage 2 (Years 3 & 4) Aust Walkabout Wildlife Park excursion  
Fri 19, 26 Oct, 2, 9 & 16 Nov: 2019 Kinder Orientation  
Sat 3 Nov: P&C School Fete  
Tue 20 Nov: P&C Meeting 6:30pm

## WASTE PROGRAM

### kNow Waste Program

Last Tuesday and Wednesday every class had a visit to the library for a waste workshop with Cleanaway - the Central Coast Waste Disposal company. Michelle (from Cleanaway) taught all our students about the quantities and types of waste we produce in

YEAR 6 CUPCAKE STALL

EVERY WEDNESDAY AT  
RECESS  
50C - \$1



Australia and the importance of using the correct bins for all our rubbish. She also emphasised the alternatives to putting lots of things in our red bins, so as to reduce the amount that goes to landfill, and also the benefits of buying products with less packaging - especially for Waste Free Wednesday! As a result of this and the 'War on Waste' TV series, we have a team of enthusiastic waste warriors who are planning on continuing our efforts to reduce our rubbish at MPPS. Their first initiative is to collect all drink containers in a crate at the canteen to deposit at a return and earn station - to raise funds to enable the canteen to purchase more environmentally friendly packaging.

## PUBLIC SPEAKING

### Public Speaking

On Thursday 16th August, our school hosted the northern zone of the CC Public Speaking Competition. We had 7 entries on the day, who all spoke extremely well and scored in the top band for every stage. Congratulations to our representatives - K - Sienna and Cooper, St 1 - Makenzie, St 2 - Isabella and Ruby, St 3 - Charlotte and Laura. (Unfortunately Kelsey was very sick on the day and was unable to compete). Despite being one of the smallest schools present, we had 4 students achieve Highly Commended, and were representing the area at the finals at Warnervale the following Thursday. They were Cooper, Sienna, Makenzie and Charlotte. A big thankyou to a very capable team of helpers and coaches (Elluka, Jayme-Lee, Summer and Ava) who made our day run very smoothly.

## BOOKWEEK COMPETITION

### Treasure Chest Competition

Ahoy there Sailors! I'm loving the treasure that is appearing in the Library to surprise me each morning..... There are still 3 weeks to be creative and be inspired by those already on show. See the guidelines in this newsletter for more details...

Captain Aaaaarr Balcomb



## ZONE ATHLETICS CARNIVAL

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.

## YEAR 6 NEWS

A message from Lake Munmorah High School for Year 6 students. The Targeted Sports Program Trials will take place in Week 8 this term.

Netball: Lake Munmorah High School Netball Courts - Monday, 10 September, 9am-1pm

Rugby League: Morrie Breen Oval, Kanwal - Tuesday, 11 September, 9am-1pm

Football: Doyalson RSL grounds - Friday, 14 September, 9am-1pm.

For any further info, please contact LMHS on 43581411

## Year 5/6 Camp

Parents, please note that the final day for payment for Canberra Excursion is **Wednesday, 12 Sept.** That is only **3 more Wednesdays**. Total cost of camp is \$325. Please have **all** payments to the front office by this date.

Thank you

## COUNSELLOR CORNER

Have you noticed how your breathing tends to speed up when you're stressed or worried about something? Your heart rate also goes up, your muscles are tensing, there's a tightness or even nausea in your tummy, a headache? This is a very normal reaction to situations which happen unexpectedly and may cause us to think worry thoughts and feel stressed. As your arousal level – your level of reaction to the worrying event or thoughts – increases; your breathing rate also increases. However, if your arousal level goes up too high, your level of performance – that is, your ability to perform tasks at your optimum level – decreases. It's no wonder that people who report feeling stressed and anxious can't perform their usual daily tasks to the best of their ability.

One of the smartest things you can do to manage your stress is to be aware of your breathing and try to keep it to a calm, high-performance level. Research into stress levels and breathing rate shows that most adults take about 12 breaths per minute; and much more when under stress. Children's breath rate is generally faster – around 12–20 breaths per minute depending on age and size. Stop, take a minute, and count the number of breaths you take... During the day, do this again and notice what your rate is. If feeling a little stressed, try to stop and notice your breathing rate; then focus on having it return to your usual 'resting' rate. Many people use apps to assist with breathing rate. Used during each day, they can be a gentle reminder to stop, take a minute to slow the breath rate; and return to baseline. There are many such apps available, including "Breathe Zone". As your breathing slows to a healthy rate, your arousal level decreases. Gradually, you feel calmer, safer and better... and your ability to perform tasks in a healthy state of mind returns.

Ruth Jenkins

Senior Psychologist, Education

## P&C NEWS

**Father's Day Stall** - (flyer further in newsletter)

Date: Wednesday, 29 August

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

Prices: gifts start from \$1— \$20

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.

**Please bring a bag or your library bag to carry your gifts home.**



**Movie Night** - (flyer further in newsletter for full details)

We are having a Movie Night fundraiser to see **SMALL FOOT** at Metro Cinemas, Lake Haven on Thursday, 20 September.

## 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.

**Attention all Parents/Carers:**

Below are the instructions for the Skoolbag App to be downloaded onto your phone or ipad. All notes - excursions, notices etc will be downloaded onto this app for you to fill out and return to school. In the near future, we will not be sending paper notes home at all and everything will be done electronically. So once you return your note you can also pay electronically as well. If you have any trouble with this please come to the front office and we will endeavour to help you out.

# Stay informed with the SkoolBag App

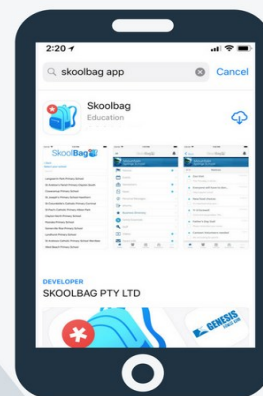


The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and **all** school communications.

# 1

## Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store



# 2

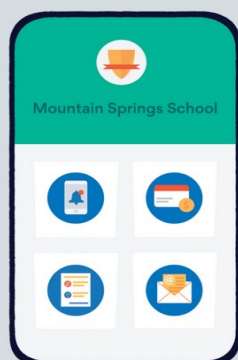
## Create an account

Sign up in seconds with your email address

# 3

## Add your school

Search for your school and add your subscription groups



SkoolBag



## 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,

Year 6 Teachers

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,

## Competition – What's your Treasure?

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

### Prizes to be WON!!

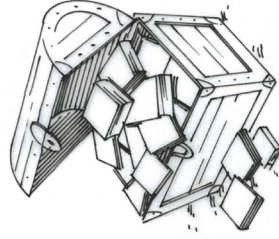
Open to all young adventurers (students).....



© Can Stock Photo - csp500020

### 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



### 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)



Central Coast

Join us at [walk.jdrf.org.au](http://walk.jdrf.org.au)  
#JDRFOneWalk

# WALK FOR A WORLD WITHOUT TYPE 1 DIABETES

Sunday 23rd September - from 10am  
Davistown Waterfront

## Davistown to Kincumber

### 6km Walk

**11am start**  
at Davistown Ferry Wharf, 6km waterfront pathway walk to Kincumber and return.  
Arrive by ferry, bus or car to Davistown waterfront.  
Dogs permitted along the walk route, pram and wheelchair friendly

Join us at Davistown waterfront before and after the walk for a BBQ, tea/coffee and snacks, face painting & Market stalls in the Progress Hall + loads more fun!

**Register Today!**  
Family & Friends Welcome!  
For more information:  
Margaret Sheridan - 0416 013 388  
[margaretsher@gmail.com](mailto:margaretsher@gmail.com)  
OR  
Helene Quirk - 0412 347 310  
[helene76@live.com.au](mailto:helene76@live.com.au)



## 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**  
Licenced Facilitator  
0416 234 850  
[mypeacefuluniverse.org](http://mypeacefuluniverse.org)





Mannering Park Public School

MPPS presents.....

## A Night at the Movies!



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



**Adult Supervision required for all children**

Order your tickets at the office  
(Please bring your money in an envelope with  
your name and number of children and adult  
tickets you want to buy)

Bring your family and  
friends!

This is a P&C School Fundraising event.  
All money raised goes towards resources for our school and students



Mannering 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:** School Hall



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
- BBQ tools
- Games

Please bring your  
library bag to  
carry your gift  
home.

All money raised will go towards resources for our school.

Happy Father's Day