



MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au
Term 3 Week 10. Mon, 24 September 2018

WHAT'S COMING UP

Wed 26 Assembly of Excellence 9:00am in Hall

Fri 28 Fight for a Farmer mufti day

Friday 28 Last day of Term 3

Monday 15 October First day of Term 4

Mon-Wed 15-17 Year 5/6 Canberra Excursion

Tue 16 Oct P&C Meeting Community Room 6:30pm

Wed 17 Oct Year 3 & 4 excursion Walkabout Park

Fri 19 Oct Kinder 2019 Orientation

PRINCIPAL'S COMMENTS

Dear Parents & Carers,

Thank you to all staff, students and parents for a successful term of learning at Mannering Park PS. Principal's Postcards will be sent out at the end of each term. Students are nominated by their teacher. The recipients of these awards follow the school PBL expectations of Responsible learners; Respectful relationships.

As responsible citizens Aussies help out when they can. Australians are well known across the globe for their Aussie mateship. On Friday students can share in the tradition of Aussie mateship by donating to the *Fight for a Farmer* fundraiser. Students can dress as a farmer for a gold donation and meal deals are available at the canteen.

I would like to acknowledge the Kindergartens' outstanding good manners and good listening at the Hunter Zoo last Tuesday. It was lots of fun and the teachers did an amazing job at coordinating the day. I look forward to joining the Stage 3 students on the Canberra Camp next term, first day back 15 October.

Have a safe and happy holiday.

Best wishes

Angela Towns

Principal

DATES TO REMEMBER

Term 3

Wed 26 Sept: Assembly of Excellence 9:00am in hall

Fri 28 Sept: Fight for a Farmer mufti day, gold coin donation

Fri 28 Sept: Last day Term 3

Term 4

Mon 15 Oct: First day back for 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

Tue 30 Oct: Year 1 & 2 Excursion Wannabees Family Playtown

Sat 3 Nov: P&C School Fete

Tue 20 Nov: P&C Meeting 6:30pm

Wed 12 Dec: Presentation Day in hall 9:00am

Wed 12 Dec: Year 6 Farewell

Thurs-Fri 13-14 Dec: Year 6 to LMHS

Tues 18 Dec: 3-6 Poolside Picnic Swansea Pool

Wed 19 Dec: Last day Term 4 for all students K-6

IMPORTANT BUS NEWS

On Wednesday, September 26 some Busways drivers who are members of the Transport Workers Union (TWU) are taking protected action over ongoing negotiations for a new enterprise agreement.

Some drivers may stop work between 6am and 9am and between 3pm and 6pm on Wednesday.

It is difficult to predict what impact the action will have on bus services but to best manage any uncertainty, Busways will operate their Saturday bus timetable on Wednesday.

There will be no school buses in operation.

We apologise for any inconvenience this may cause and want to guarantee students' safety above all else. This decision has been made to remove any uncertainty. We appreciate your understanding while these negotiations are ongoing.

We would like to assure the school community that Busways is working to resolve this situation as soon as possible through mediation with Fair Work Australia.

If you have any questions please get in touch with us, either at this email address: infoline@busways.com.au or by calling the customer service team on (02) 9497 1870.

SPORT NEWS

Sydney North Athletics

Last Monday, 17 Sept the Sydney North Regional Athletics Carnival was held at Homebush.

Our school had Trey Oldfield represent Wallarah Zone in the 12 yrs boys 100m. Trey ran a great race for 4th in his opening heat.

It is always a great achievement for our students to represent at Regional level. **Congratulations** Trey and I hope you enjoyed the opportunity to run in the big smoke.

Mr Rath

COUNSELLOR CORNER

The spring school holidays are fast approaching and while this is great news for most of us, some children find the change to the routine of going to school stressful and difficult. Not having a regular schedule of activities and tasks to do and, instead, having lots of time to "fill" can be quite daunting. Some children and young people have lots to do in their spare time; holiday trips and social events to look forward to; while sadly, some may be left feeling bored, isolated and lonely. Some children may even be unsupervised for a period of time and this can leave them vulnerable. For this reason, it's important to plan ahead so that everyone on holidays has something to look forward to and things to keep them occupied. Parent support is so important at this time.

Encourage your child to stay connected with friends and family as social relationships are important to your child's general wellbeing. Occasional time spent alone, learning to amuse oneself, is healthy for everyone; but friends can provide fun opportunities and personal support. Encouraging physical activity is also key to health and wellbeing. If your child is feeling down or finding things are difficult, physical activity can help relieve stress and frustration, improve mood and provide a

good distraction from negative thoughts. Having a few 'special events' planned - like going to a movie, bowling or skating or a day on the beach – can provide an opportunity for everyone to have fun and relax together.

Despite your best efforts, if your child is still struggling and needing help, you can seek professional support from your GP or a range of services such as:

headspace.org.au OR reachout.com

Kids Helpline: 1800 55 1800

Lifeline: 13 11 14 or Parentline: 1300 301 300

Ruth Jenkins
Senior Psychologist, Education

KINDERGARTEN ZOO EXCURSION

Kindergarten had a wonderful excursion visiting the Hunter Valley Zoo. They got to learn lots of interesting facts and got to feed and touch some animals. I was most impressed with the students behaviour and manners on the day, especially to the staff at the zoo. Thank you to all of our volunteers who came and helped.

Your help was much appreciated.



CYBERSAFETY

Cybersafety isn't like teaching your child to ride a bike. It's not a skill that you had when you were younger and that you can pass on to your child. It's an area where things are changing so much, so quickly, that as a parent you need constant reiteration and updating and strategies to protect our children.

Parental involvement is highly important both in monitoring their children's online interactions and relationships and in communications activities when it comes to preventing and addressing cyberbullying. The strategies that parents currently undertake, or are encouraged to undertake, to prevent cyberbullying include:

- Monitoring your child's online interactions
- Communicating with your child
- Abide by laws
- Identify and respond to cyberbullying allegations
- Encourage limited screen time

For more information please see the following links:

<https://aifs.gov.au/cfca/publications/parental-involvement-preventing-and-responding-cyberbu/how-parents-can-help-prevent-and>

<http://takeastandtogether.gov.au/>

MANNO MUNCH NEWS

Thank you to everyone that has been helping out in the canteen over the last few weeks.

Our new Canteen manager, Jo, will be starting in Term 4, so pop in and introduce yourself to her.

P&C NEWS

Fete News

Only 5 weeks till our annual fete. Lots of work is happening behind the scenes to organize a fun day for everyone. If you can help out in anyway with the organization or on the day please let us know, it is shaping up to be another great day.

Unlimited ride wristbands are now on sale.....**only \$15** if you buy before fete day. Please place money in an envelope with your child's name and amount and leave at the front office or see the Canteen ladies.



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



OCCI Central Coast, FREE HOLIDAY ACTIVITIES – OCTOBER 2018

Come and explore rock pools at Terrigal Haven, Nora Head and Toowoan Bay with OCCI's expert guides and learn about the fascinating creatures that live there. There is a maximum of 25 people per walk so **bookings are essential**.

Most suited to ages 5 years to adult.

All children need to be accompanied by an adult. All participants are required to wear closed in shoes for protection.

Dates:

Monday, 8.10.18 Terrigal Haven, 1.30pm

Tuesday, 9.10.18 Toowoan Bay, 2.15pm

Wednesday, 10.10.18 Nora Head, 3pm

Thursday, 11.10.18 Terrigal Haven, 3.45pm

To book, please phone or text Linda on **0404 450 429**

You will need to leave: **Your name and telephone number, preferably mobile**

Children's name and ages

Date and walk location

Source of information



Sponsored by Central Coast Council

Responsible learners.

Respectful relationships.

**Have a safe and happy
holiday everyone, see
you all back for a busy
Term 4.**



MPP's TREASURE CHEST PHOTOS





NSW GOVERNMENT Health Central Coast Local Health District



WEDNESDAY 10TH OCTOBER 2018
10AM -1PM

Who's in your Neighbourhood?

FREE school holiday fun for everyone at Lake Haven Recreation Centre, Lake Haven. Jumping Castles, Craft Activities, RYSS Bus, Music, Games, Information, Sausage Sizzle and more!

Bring your family and your friends!



Major Sponsor



5TH ANNUAL

MPPS FETE

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

Proudly Supported by
Central Coast Council

EMAIL: MANNERINGPARKPUBLICSCHOOL@PANDCAFFILIATE.ORG.AU

NSW Department of Primary Industries

GONE FISHING DAY

14TH OCT 2018 DAY

7.30 AM - 3.00 PM
7.30 AM - 3.00 PM

The Entrance North

TERILBAH RESERVE

9am - 3pm

Free hire to fish workhouse, casting party, free picnic table with lowest fishing limit, making the choice by local experts, lunch table, loads of fish available and lots more to share.

MORE INFO
www.dpi.nsw.gov.au
(02) 4424 7420
golfishing.nsw@dpi.nsw.gov.au



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.

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
Licenced Facilitator
0416 234 850
mypeacefuluniverse.org

CLASS LOCATIONS

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

Logos for Facebook, YouTube, Instagram, Visa, Mastercard, PayPal, Apple Pay, and Google Pay.