



# MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au  
Term 3 Week 8. Mon, 10 September 2018

## WHAT'S COMING UP

3-14 Sept Swimming Program

**Wednesday 12 Sept** - last day for Yr 5/6 camp payments

Bookclub to be returned by **Wed 12 Sept.**

**Tues 18 Sept** Kindy Hunter Valley Zoo Excursion

**Tues 18 Sept** P&C Meeting 6:30pm

**Thurs 20** Gibalee Day

## PRINCIPAL'S COMMENTS

Dear Parents & Carers,

Father's Day Breakfast warmed our hearts and tummies. Thank you to the staff and volunteers that ran the BBQ. Thank you to the P&C for running the Father's Day Stall. It was a morning to remember. Footy colours day raised \$246.95, thank you families for your donations. This is a proud example of how the school community can come together to support each other and others in need. Well done Mannering Park PS!

Do you know a family needing some help accessing community support services? Please let friends and family know about the Family Referral Service at school. Lisa can support families with issues such as housing, referral to outside agencies, health, domestic violence, NDIS, drug and alcohol etc. This is a fabulous initiative and a great resource for our community. Contact Mrs. King the Learning and Support Coordinator at the office for more information. This is a confidential service.

I would like to acknowledge the dedication of our SAS Staff. The office is the heart of our school. The support teachers make a difference in the lives of the students' every day. I would like to personally thank Cheryl, Lorna, Renée, Katherine, Amber, Leanne N, Abby and Sara on behalf of the Mannering Park school community. Last Thursday teaching staff provided a yummy morning tea and the P&C provide a small gift of appreciation. Thank you all.



Best wishes  
Angela Towns  
Principal

## DATES TO REMEMBER

### Term 3

**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

**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

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

**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

**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

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

YEAR 6 CUPCAKE STALL  
ONLY  
2 MORE WEDNESDAYS  
AT LUNCH/RECESS  
50C - \$1



## BOOKWEEK COMPETITION

### Treasure Chest Competition

Ahoy there me Hearties! Our treasure island is full of stupendous stories and tantalising tales in treasure chests large and small .....If yours is still coming, it needs to appear this week! Winners will be announced on Friday of Week 9, when even more treasure will be shared by our hearty crew of sailors (staff). So get swimming in a sea of stories, or walk the plank to an ocean of books.....aaaargh!

Captain Aaaarr Balcomb



## 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.

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 this **Wednesday, 12 Sept.** Total cost of camp is \$325. Please have **all** payments to the front office by this date. The students will not get the next note regarding gear they need to take etc until **all payments have been made.**

We have to have our final numbers on Wednesday so the Bus and the Motel will secure our booking, otherwise they will offer this to another school that is waiting.

Thank you

### COUNSELLOR CORNER

School counsellors are known to work closely with children and young people who are themselves experiencing problems in their lives. These may be related to learning at school, behavior and emotional difficulties or more serious mental health problems. But did you know that many children and adolescents are struggling because they are coping with a family member who has mental illness? It may be the case that mum or dad have a diagnosed illness and are unable to work or are disabled in some other way. It may be that a sibling or another relative is unwell. Such a situation is difficult for children to understand and to live with day-to-day; and it's important that we don't underestimate the impact of this situation on our children and young people. During the upcoming October school holidays, a program will be running specifically to help children who are dealing with a family member experiencing a mental health problem. Known as the "SMILES" program, it is for 8 – 12-year olds and will be run over 3 days (Tuesday 9<sup>th</sup> – Thursday 11<sup>th</sup> Oct) at the Erina Trust Hall in Karalta Rd. Using fun, interactive and fully supervised activities, children will learn more about how to cope with their loved one's mental illness and, most importantly, look after themselves and take care of their own wellbeing. For more information about this wonderful program contact Ph: 4304 787

Ruth Jenkins  
Senior Psychologist, Education

### MANNO MUNCH NEWS

A big thank you to everyone that has helped in the canteen these past weeks - Kirsty, Emma, Jarna, Tammy, Kristie, Vicky, Lonelle and Lisa. From next week, Tuesday 18 we will have our new canteen manager starting, her name is Jo Clifford. Jo is looking forward to meeting all the children and their parents. We are looking for volunteers to help in the canteen so that we can reopen 5 days next term. If you have a spare hour or two once a week or even once a month please let us know.

### P&C NEWS

#### Fete News

Only 7 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.

#### 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. Please send in your money in an envelope to the front office with how many adult and children tickets you require and the tickets will be sent home to you. This fundraiser is on next Thursday so get your money in soon so you don't miss out.



### Fathers Day Stall Fundraiser

I would like to thank everyone for all your help for our Father's Day Stall.

Thank you to our school community who donated so many gifts and bags and other things we needed for the stall.

All the donation were lovely and much appreciated.

A big thank you to .....

\*the volunteers who organised and wrapped the gifts

\*Carol, Emma, Janelle, Jenny, Kristy, Leanne, Lisa, Nikki and Tammy for running stall. You were all amazing and made it a lovely day

\*Keira, Aylah, Bradley, Cian and Zoe for helping with the stall

\*Miss Towns, Lorna, Cheryl, Abbie and all the teachers for your support and making the time to bring the students to the stall.

A huge thank you to the many families and students who supported us by buying gifts at the stall. You all had such lovely manners and were very thoughtful as you tried to find 'just the right gift' for the special person in your life.

You all raised \$721 for our school.

We hope that you all had a lovely Father's Day weekend.

### 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)**

Responsible learners.

Respectful relationships.



## Competition – What's your Treasure?

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

### Prizes to be WON!!

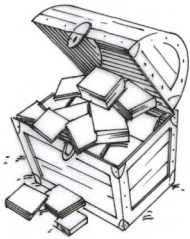
Open to all young adventurers (students).....

#### 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 - csp5002820



### 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)

## 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
8	12/9/18	Aylah, Lillien, Isaak, Lucy, Brayden T
9	19/9/18	Jai, Katelyn, Jack H, Fleur,



## 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

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

EMAIL: MANNERINGPARKPUBLICSCHOOL@PANDCAFFILIATE.ORG.AU  
 PosterMyWall.com





Healthy • Active • Happy • Kids



TO REGISTER: FREE CALL  
1800 780 900

SMS 0409 745 645 for a call back  
Register online at [www.go4fun.com.au](http://www.go4fun.com.au)  
Visit our Facebook page!  
[www.facebook.com/go4funprogram/](https://www.facebook.com/go4funprogram/)

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Visit our Facebook page!  
[www.facebook.com/go4funprogram/](https://www.facebook.com/go4funprogram/)



NSW Ministry of Health  
72 Miller St, North Sydney, 2060  
Tel (02) 9281 9000  
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

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December 2016 (SRH) (CPH) 150501

FREE

Fun program for kids to become fitter, healthier and happier



MAKE HEALTHY NORMAL

betterhealth company

NSW Health

## Are you ready to Go4Fun?

Go4Fun® is a healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their families. Programs run during school term and are led by trained, qualified health professionals.

Learn tips for a healthier life – all for FREE!

### TESTIMONIALS



"My daughter Karlin did this program last term and I would recommend it to everyone. It has really changed her life. All I can say is, I am so thankful to the Go4Fun program. It really is an excellent program for the kids and us parents."

– Chrissy Kelleff, Go4Fun mum



"I love, love, love (x1,000) this program."

– Go4Fun child

### WHAT HAPPENS ON THE GO4FUN PROGRAM?

The program consists of 10 sessions, delivered once a week for 2 hours. Highlights include:

- Fun games and activities for children.
- Interactive discussions to support your family to make healthier lifestyle choices.
- Practical demonstrations, games and tips on healthy foods, label reading and portion sizes – including a supermarket tour!

### WHO CAN JOIN GO4FUN?

- Children aged 7 to 13 years who are above a healthy weight
- A parent or carer must be available to attend each session

### NOT SURE IF YOUR CHILD IS ABOVE A HEALTHY WEIGHT?

- Speak to your healthcare provider to check if your child's weight status.
- Alternatively, you can call 1800 780 900 to see if your child is above a healthy weight.

### WHY JOIN GO4FUN?

- Get expert advice on healthy eating
- Get active playing fun games
- Make new friends
- Build confidence
- Make changes as a family
- Support on goal setting to achieve change
- All for FREE!



Choose plain milk to drink - to protect your child's teeth



Health  
Central Coast  
Local Health District



Wanted: pre-loved Formal Dresses

Australians helping Australians

City supporting NSW Country

Donations appreciated by  
10 September 2018

## DUST OFF YOUR FROCK DROUGHT RELIEF

### Formal dresses needed

Every girl deserves to celebrate the completion of thirteen years of public education with an amazing Year 12 formal dress. The current drought situation in rural NSW makes it very difficult for many families to realise this dream.

If you have a formal dress in good condition please consider donating it and we will ensure that it is delivered to a deserving recipient.

Please give your dresses to your local school and we will collect and coordinate the distribution.



### NSW DEPARTMENT OF EDUCATION

Steve Harris  
Director, Educational Leadership

Ph: 4088-3551

10 Coral Crescent  
Gateshead West, 2290



## 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
- 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](http://www.mypeacefuluniverse.org)



Mindfulness and Meditation Classes for Children, Parents and Families

VERONICA WILDING

Licensed Facilitator  
0416 234 850

[mypeacefuluniverse.org](http://mypeacefuluniverse.org)



SCHOOL  
HOLIDAY FUN!

# MEGA CREATURES

29 SEPTEMBER - 14 OCTOBER 2018

FEATURING **NEW** BABY DINOSAURS,  
DRAGONS AND THRILLING RIDES.

Come and see all of your favourite creepy crawlies, dragons and roaring dinosaurs, including our giant T-Rex, Stegosaurus, Triceratops, Spinosaurus and more! This event is truly MEGA, with our mega creatures and our amazing rides such as the Ferris Wheel, Swing Chair, Carousel and Super Slide joining forces to ensure a big day out!

For details visit [hvg.com.au](http://hvg.com.au)

Meet some of the thrilling creatures you'll encounter!



Also purchase an all day fun pass and enjoy...



And for Mum and Dad, see the fresh Spring foliage as the gardens awaken from their Winter slumber.



HUNTER  
VALLEY  
GARDENS

For details visit [hvg.com.au](http://hvg.com.au)  
02 4998 4000 - Broke Rd, Pokolbin  
#HunterValleyGardens

Admission charges apply. Program subject to change. Some activities may not occur in adverse weather conditions and for operational maintenance. Terms and conditions of entry apply. Swing Chair and Super Slide are 110cm-120cm high. Ferris wheel and carousel may have additional restrictions. \*Prices are per day.



## BIKES AND SCOOTERS Riding to school



We support and encourage students to ride their bikes to school as it is a healthy and environmentally conscious choice.

**For the remainder of the term we will be trialling scooters,** please note that:

- children under 10 years of age **DO NOT** ride bicycles and scooters to and from school unless accompanied by an adult. Students in Years 4, 5 and 6 are the only students permitted to ride to school unaccompanied by an adult (over 10 years of age)/
- Students must have a signed permission note that has been returned to the office.
- Children must correctly wear a helmet at all times when in control of a bicycle or scooter.
- All RMS road rules concerning bicycles and scooters are to be followed. This includes the pedestrian's right of way on footpaths. The bell should be used as a warning when approaching pedestrians.
- Bicycles and scooters ridden to school must be in good, safe working order and bicycles must be fitted with a bell.
- Entry and exit points to Mannering Park Public School for bicycles and scooters are via the Crossing gate that exits out onto Vales Road.
- Everyone must dismount before entering the school grounds and walk their bicycles or scooter whilst inside the school fences.
- Students must not share or let other students ride their bike or scooter.
- Bicycles and scooters are to be stored in the bicycle rack area near the back of Mr Rath & Miss White's classrooms. Bicycles or scooters may be locked with a chain and padlocked (supplied by the owner). Bicycles, scooters and helmets are brought and stored on site at the owner's risk.
- Parents will support our safe living education program by instructing their children in the rules of road safety and maintaining their child's bicycle/scooter as a matter of routine.
- Students who do not adhere to Mannering Park Public School Bicycle and Scooter Procedure will be managed in accordance with our Student Code of Conduct. Consequences may include planning room and students not being allowed to bring their bike and/or scooter onto the school grounds for a period of time.



BOOKINGS NOW OPEN FOR

# INSIDE OUT

SPRING INTO HOLIDAYS

Fresh school holiday activities.

Cooking with Jamie Oliver's Learn Your Fruit and Veg, make a kite, plant a greenhouse, decorate yoga mats, and build a Lego masterpiece. Something for every child. BOOK NOW.

NSW Lake Munmorah Public School

Carters Road LAKE MUNMORAH NSW 2259

0447 068 788 (06:45 -18:00)

Monday, 01 October

No Program

Monday, 08 October

**You're The Star**

Today we'll be celebrating everyone's secret talents - no matter what they are!

Full Fee: \$50.76

Tuesday, 02 October

**Sports Sensation**

Make sure you've tightened your laces as we'll be getting active in a day where everyone's a sports superstar.

Full Fee: \$50.76

Tuesday, 09 October

**Remarkable Reptiles at The ...**

We're off on a wild adventure where we'll get to make lots of new animal friends.

Note: Please arrive by 8:45am.

Full Fee: \$88.80

Wednesday, 03 October

**Build-A-Farm**

Build your very own LEGO-compatible farms from your choice of two special kits.

Full Fee: \$67.26

Wednesday, 10 October

**Zen Kids**

Take relaxation to a whole new level when we design our very own yoga mats and make calming wind chimes.

Full Fee: \$66.76

Thursday, 04 October

**Creative Sensation**

Today we'll be making sensational arts and crafts. What will you make?

Full Fee: \$50.76

Thursday, 11 October

**Mad Science**

Pop on your lab coat because we're getting scientific with some crazy experiments.

Full Fee: \$50.76

Friday, 05 October

**My Green Garden**

Grow your very own vegetable garden with a greenhouse that you have built yourself.

Full Fee: \$67.26

Friday, 12 October

**Kite-Tastic**

Catch the breeze when you build, decorate and fly your very own working kite.

Full Fee: \$66.26



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](http://campaustralia.com.au/holidayclubs)