



MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au
Term 1 Week 2. Mon, 4 February 2019

WHAT'S COMING UP

Wed 13 Feb: Leader's Induction Assembly
9:30am

Tues 19 February P&C Meeting 6:30pm

Thurs 21 Feb: MPPS Swimming Carnival
Swansea Pool for 8-13Year olds

PRINCIPAL'S COMMENTS

Dear Parents/Carers

Welcome back to 2019! Week 1 started off well and we are pleased to welcome back many families and extend our warm wishes to the new families who have joined us. Our new Kindergarten students look very smart and grown up in their school uniforms. We wish them all the best on their educational journey. We welcome Teagan Pilgrim, our new Learning and Support teacher each Tue, Wed and Thurs. A reminder that Kindergarten will finish at 2:45pm for the remainder of this week (week 2). Please let the Kindergarten teachers know if there is a change to their pick up routine.

As we prepare to form our classes for 2019, it is a timely reminder that classes are formed based on the educational needs of each individual student and the best learning environment to allow them to thrive. All of the teachers at Mannering Park Public School work hard to create well balanced classes that support the needs of all of their students. Therefore, requests regarding class placements cannot always be guaranteed and I reiterate that classes will be formed taking into consideration the academic, social, and emotional needs of your child.

I encourage everyone to download the Skoobag app to keep up to date with information and events happening throughout the year. Events will be added to the calendar as they come light. Newsletters are available via this app and on the website with only a small number of paper copies available in the front office. This forms part of our mission to create a greener more sustainable school environment.

School attendance is mandatory during the hours of school operation (9am – 2:55pm). If your child is sick or away, please notify the school via either a note to the teacher, phone call to the front office or via the Skoobag app within 2 days of your child's absence. If after 7 days, no reason has been received by the school, the absence remains 'unjustified'. If your child is late to school or leaving early, please go to the front office. All absences are recorded on student reports.

We have two important events coming up in the near future. First, the Leader's Induction assembly will be held in the school hall on Wednesday 13 February from 9:30am. During this assembly, all school leaders and house captains will be inducted into their role and formally presented with their badges. All families are welcome to attend this special event. Secondly, the annual swimming carnival for 8 year olds and older will be held at Swansea pool on Thursday 21 February. School attendance is mandatory and all students 8 year olds and older are expected to attend. Any students who do not attend the swimming carnival will remain back at school. Students capable swimming 50m are encouraged to participate in these events. For students who are not yet able to swim 50m and **if time permits**, they may participate in a 25m race in a stroke of their choice.

Ribbons will be presented at a special assembly for the fastest times in the following events:

50m Freestyle - 8-13 year olds

50m Butterfly - Junior (8-10 y/o), 11 y/o, Senior (12-13 y/o)

50m Backstroke - Junior (8-10 y/o), 11 y/o, Senior (12-13 y/o)

50m Breaststroke - Junior (8-10y/o), 11y/o, Senior (12-13y/o)

100m Freestyle - Junior (8-10y/o) & Senior (11-13y/o)

200m Individual medley - Junior (8-10y/o) & Senior (11-13y/o)

Please note that there may be more than one heat in some events so a place in an event does not guarantee a ribbon.

Leanne King
Relieving Principal

DATES TO REMEMBER

Term 1 2019

Wed 13 Feb: Leader's Induction Assembly 9:30am

Tues 19 Feb: P&C Meeting 6:30pm

Thurs 21 Feb: MPPS Swimming Carnival - Swansea Pool

Tues 19 Mar: P&C Meeting 6:30pm

Mon-Fri 8-12 April: Scholastic Book Fair

GENERAL PERMISSION NOTES

This afternoon your child would have received a green General Permission note. Can you please fill this form out and return to the front office as soon as possible so that all your details can be updated on our computer system.

SWIMMING NOTES

Also the Swimming Carnival note went out today for all 8-13 year olds.

Please have this form and money returned to the front office by Wednesday, 13 February. If you need another note please find it on our website or the Skoobag app.

COUNSELLOR CORNER

Welcome back everyone to another wonderful school year!

This year sees some changes to Mannering Park Public School's counselling team. Ruth Jenkins retired at the end of last year, after many dedicated years of service to the Department of Education. We certainly wish her every happiness, as she sets forth into the next chapter of her life.

So, I would like to take the opportunity to introduce myself and the new counselling Team at Mannering Park Public School. Gypirra Dunbar is our new counsellor who will be at Mannering Park on Thursday's and every second Wednesday and I am still getting to know a little about her myself, so keep an eye out in the next newsletter for a more detailed introduction.

My name is Rowena Shore and I will be Relieving in the Senior Psychologist Education position for Term 1. I am very excited to be working at Mannering Park. I have worked on the Central Coast as a school counsellor for many years and spent last year

relieving in the Singleton area.

Last Wednesday, the importance of routine became extremely clear to me. I forgot my lunch on the first day at a new school! I tell you all this, as I hope it can be a reminder to you all (especially me), that developing a routine is an important approach to supporting the start of a new year.

The more organised you are the easier your first back-to-school mornings will be, so take the time to plan your morning routine in advance. This may include figuring out what time you need to get up, what you'll prepare for breakfast and laying out some outfits the night before.

Lunches are also best prepared the night before, and you can even get the kids involved by asking them what they'd like to eat and see if they'd like to help you chop vegetables, prepare sandwiches and organise the kitchen once you're finished. It's important for kids to have breakfast every day, so allow extra time to ensure this happens. What they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fibre, and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.

So take it from me organisation can really set you and your children up for a much better start to the school day. I hope you and your children all have a positive start to the school year. Now time to go and eat my lunch!

Rowena Shore

Rel Senior Psychologist, Education

UNIFORM SHOP

The MPPS Uniform shop operates from the Community Room every Tuesday morning 8:30-9:00 and Thursday afternoon 2:30-3:00pm

SCHOOL BANKING

School banking will resume tomorrow. If your child has a Commonwealth Bank school bank book please get them to hand it in to the front office every Tuesday morning for processing. Their bank books will be returned to them in the afternoon to take home.

MANNO MUNCH NEWS

Welcome back for Term 1. I hope everyone received their new canteen menu last Friday, if not it is included in this newsletter. It is also available on the Skoolbag App and on MPPS website. We are still in need of volunteers, please call in and see me anytime.

Regards

Jo

Canteen Manager



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Build a better relationship with your child in a supportive friendly group environment

FREE

Commencing Wednesday 13 February 2019
(during Terms 1 & 2 of school term)

At Northern Lakes Neighbourhood Centre
1 Colongra Bay Road, Colongra Bay

Come along at 12 noon, bring your lunch and join with other participants and the facilitators

From 12.30pm to 2.30pm - Incredible Years group work

- ♦ Promoting self-esteem, cooperation, competence, creativity and problem solving
- ♦ Bringing out the best in your child
- ♦ Motivating children to do the right thing
- ♦ Establishing effective routines/rules and setting limits
- ♦ Decreasing annoying misbehaviour
- ♦ Discipline strategies
- ♦ Natural and Logical Consequences

Facilitator Meet and Greet Days to answer any of your queries

Thursday 31 January 2019:

9:00 am - Gwandalan Public School

2.30 pm - Mannering Park Public School

Thursday 7 February 2019:

2.30 pm - Lake Munmorah Public School

For further information contact Vickie Robson on 4305 6200 or vrobson@uniting.org

Uniting Communities For Children **The Incredible Years** Parents, teachers, and children making a difference

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NOW!!**

**MANNERING PARK
COMMUNITY HALL**
Enrolment Day
31ST JANUARY
3:30 - 5:30pm


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J&B DANCE

ENROL NOW FOR 2019!

Classes Held at Lake Munmorah Hall
Classes from \$6 * Try your First Week FREE!

<p>Monday 4:00 PM - 5-12 Yrs Jazz 5:00 PM - 5-12 Yrs Hip Hop 5:30 PM - 5-12 Yrs Acrobatics 6:00 PM - 5-12 Yrs Contemporary 6:30 PM - 5-12 Yrs Ballet 7:00 PM - 5-12 Yrs Tap</p>	<p>Tuesday 3:30 PM - Jelly Beans Ballet 4:00 PM - Jelly Beans Jazz 4:30 PM - 5-9 Yrs Jazz 5:30 PM - 5-9 Yrs Hip Hop 6:00 PM - 5-9 Yrs Contemporary</p>
<p>SAVE UP TO \$200! WITH YOUR CREATIVE & ACTIVE KIDS VOUCHER</p>	<p>Thursday 4:00 PM - 10-15 Yrs Jazz 5:00 PM - 10-15 Yrs Hip Hop 6:00 PM - 10-15 Yrs Contemporary 6:30 PM - 10-15 Yrs Acrobatics</p>

0401473 457 / www.jbdance.com.au / jessie@jbdance.com.au



Manno Munch Canteen Menu T1 2019

Lunch orders to be in by 9am.
Daily recess specials \$1.00

Hot Food

Large lean pie	\$3.20
Sausage roll (lean)	\$3.00
Hot dog with sauce	\$3.00
6 x chicken breast nuggets	\$4.00
6 x chicken breast nuggets Gluten free	\$4.00
Homemade nachos with beef and cheese	\$4.00
Homemade beef burrito with tomato, lettuce and cheese	\$4.50
Chargrilled chicken burger with lettuce and mayo	\$4.50
Cheese burger with lean meat, cheese and sauce	\$3.50
Mac and Cheese	\$4.00
Garlic bread	\$1.00
Corn cobs	50c

Wraps

Chargrilled chicken with lettuce and mayo	\$4.50
Ham and salad	\$4.50
Egg and lettuce	\$4.00
Chicken and salad	\$5.00
Salad- lettuce, tomato, cucumber, beetroot, carrot and mayo	\$4.00

Salads Boxes

Salad- lettuce, tomato, cucumber, beetroot, carrot mayo	\$4.00
Ham and salad	\$4.50
Egg and salad	\$4.00
Chicken and salad	\$5.00
Hawaiian salad	\$4.50
Ham pineapple cheese lettuce	
Chicken Caesar salad	\$6.00
Caesar salad	\$5.00

Toasties

Cheese	\$2.00
Ham and cheese	\$3.00
Ham, cheese and tomato	\$3.50

Sandwiches

Jam or Vegemite	\$1.50
Cheese	\$2.00
Ham, cheese and tomato	\$3.50
Egg and lettuce	\$3.00

Extras

Sauce – tomato, BBQ, mayo	50c
Sour cream	50c
Cheese	50c
Egg	50c
Paper Bags	10c
Fork	10c
Spoon	10c
Reusable enviro lunch bags	\$8.00

Drinks

Flavoured milk (330ml)	Chocolate, Strawberry	\$2.00
Up and Go		\$2.00
Vanilla, Strawberry, Chocolate		
Water (600ml)		\$1.00
Juice popper	Tropical, Apple, Orange, Apple Blackcurrant	\$1.00
Slushies	Sour Apple, Tropical, Watermelon, Grape, Raspberry	\$2.00
Hot Milo (Term 2 and 3 only)		\$1.20
Chill J Passio, Watermelon, Raspberry, Grape		\$2.00

Snacks

Cheese and bacon roll	\$1.50
Vegemite scroll	\$1.50
Sea salt chips	\$1.50
Popcorn	50c
Fruit	From 50c
Fresh fruit cups	\$1.00
Mini pancakes – (3)	50c
Jelly cups	Sml 30c Lg 50c
Frozen yoghurt mango +watermelon strawberry vanilla bean	\$2.00
Juicies Tropical , Wildberry	\$1.00
Vanilla ice-cream cup	\$1.00
Weis bars mango passionfruit Strawberry +milk Chocolate + milk	\$2.00
Custard cup	80c
TNT Ice blue Raspberry	70c
Frozen OJ	Mini 20c Baby 10c Lge 50c