



# MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au  
Term 1 Week 10. Mon 1 April, 2019

## WHAT'S COMING UP

CARES Excursion Year 5&6 Wed 3 April  
Assembly of Recognition Wed 10 April 9am  
ANZAC Service Thurs 11 April 10:30am  
Grandparents Day Fri 12 April 10am  
Easter Hat Parade K-2 Fri 12 April 12 noon  
Last Day Term 1 Friday, 12 April  
ANZAC Service Doyalson (see notes)  
First Day Term 2 for students Tuesday 30 April  
MPPS Cross Country Fri 3 May

## PRINCIPAL'S COMMENTS

Dear Parents/Carers

### Attendance

Last week I met with our Home School Liaison Officer (HSLO) to go through our class rolls and ensure children are attending school regularly and on time. Traditionally our attendance rates at Mannering Park Public School have been very good, however it is important to note that good school attendance leads to improved results and underpins the value of education. If students miss as little as 8 days a term, by the end of year 6 they have missed a whole school year. Thank you to all of our parents and carers for your support in ensuring your child attends school regularly. On occasion children may need to be absent from school. Justified reasons may include being sick or having an infectious disease, having an unavoidable medical appointment, exceptional or urgent family circumstances (eg attending a family funeral). Following an absence from school you must ensure that within 7 days you provide the school with an explanation for the absence. The principal has the authority to request further documentation (i.e. medical certificate) or to reject the reason provided for absence. The Department of Education has updated their policy and procedure in granting exemptions from school which means travel during school terms will not be granted exemption. Families are encouraged to travel during school holidays as any leave for travel will be recorded as unjustified and will contribute to your child's absences for the year.

### Home Reading

Every child from Kindergarten through to year 6 should read books at home each week. It is vital that as students are learning to read and refining their reading and comprehension skills, they have suitable and appropriate texts; appropriate texts will enhance sight word recognition, fluency and ensure children are confident and successful when reading. When children are much more independent with their reading, books should suit personal interests, include complex sentence structure and language, and challenge students to infer and evaluate the content.

### Sport in Term 2

Mannering Park Public School has been successful in gaining a grant to run the Sports in Schools Program in Term 2. All students Kindergarten to Year 6 will participate in a gymnastic program each Thursday run by trained gymnastics coaches. These lessons will align with the Personal Development, Health and Physical Activity Syllabus and will form part of your child's semester 1 school report. The program will be running from weeks 2-9 and will require every student to wear their sports uniform each Thursday during Term 2.

### Payments and cut off dates

From time to time, money can be due to certain things within the school such as excursions, incursions or camps. We endeavour to send home notes in a timely manner with the details to allow families time to pay. If payments are late, it can mean that we can be late paying the people providing us services. It is important that families pay by the due date as outlined on these notes to ensure

we can complete the necessary paperwork at our end. If you are unable to pay by the due date, please contact me to discuss alternative arrangements. These conversations are highly confidential. Payments made after the due date listed on the notes will no longer be accepted.

Due to unforeseen circumstances at Zone level, we have had to change the date of our Cross Country carnival. Please make note of the new dates.

Apologies for any inconvenience caused.

School Cross Country Carnival - Friday 3rd May

Back up school date (if rained out) - Tuesday 7th May

Zone Cross Country - Friday 10th May

As this is the last newsletter for Term 1, I would like to say how proud I am of everything our students have achieved. There have been students who have excelled in many areas, not just the academic fields and I am so lucky to witness this every single day. I would also like to thank our wonderful teachers and support staff for their hard work in creating a caring and supportive environment. I am excited to celebrate Grandparents Day and the Easter Hat Parade on the last day and hope that everyone has a safe and enjoyable break. See you in Term 2.

Leanne King

Relieving Principal

## DATES TO REMEMBER

### Term 1 2019

**Wed 3 April:** Year 5 & 6 CARES Excursion

**Mon-Fri 8-12 April:** Scholastic Book Fair

**Wed: 10 Apr:** Term 1 Assembly of Recognition

**Thurs 11 Apr:** ANZAC Ceremony 10:30am All welcome

**Fri: 12 Apr:** Grandparents Day

**Fri 12 Apr:** Easter Hat Parade

**Fri 12 Apr:** Last day Term 1

**Thurs 25 Apr:** ANZAC day march - Doyalson RSL (see notes)

### Term 2

**Mon 29 Apr:** SDD Staff only return

**Fri 3 May:** MPPS Cross Country

**Tue 30 Apr:** Students return for Term 2

**Wed 8 May:** Mother's Day stall

**Thurs 9 May:** Mother's Day breakfast 7:45am

**Fri 10 May:** Zone Cross Country

**Fri 17 May:** Walk Safely to school day

**Tue 21 May:** P&C AGM 6:00pm

**Fri 24 May:** Zone Cross Country

**Tue 18 June:** P&C Meeting 6:30pm

**Mon-Fri 1-5 July:** NAIDOC Week

## COUNSELLOR CORNER

Last time I wrote about resilience and this week I wanted to write a little more about how we can develop resilient children.

There are some very simple things that you can do in your own home to develop resilience in your own child.



**How can I build resilience in my child?** Beyond Blue's latest research found that there are five areas that offer the best chance for building resilience in children.

As a parent, carer, or significant adult, you can help to develop essential skills, habits and attitudes for building resilience at home by helping your child to:

- \* build good relationships with others including adults and peers
- \* build their independence
- \* learn to identify, express and manage their emotions
- \* build their confidence by taking on personal challenges

It's important to remember that the strategies we recommend:

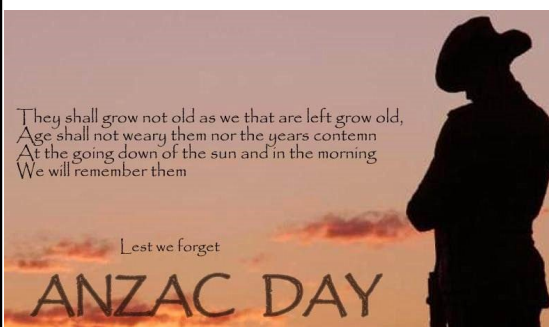
- \* are suitable for everyday use with children aged 0–12 years
- \* have been tailored for pre-school aged children (1–5 years) and primary school aged children (6–12 years)
- \* should be prioritised in a way that best meets your child's needs. If your child is currently experiencing stress, challenges or hardships in life which are affecting their wellbeing, additional [professional support](#) may be necessary

These are very general ideas, so stay tuned and we will look more closely at how do we build good relationships with others, including adults and peers next Term.

#### ANZAC SERVICES

Next week, Thursday 11 April, our school will hold our ANZAC ceremony. It will begin at 10:30am in the hall. All Welcome.

If students would like to march on ANZAC day they are welcome to join us at the Doyalson RSL on Thursday 25 April. Please meet at the Return & Earn Recycle Station located in the northern car park of Doyalson RSL at 8:00am. The march will begin at 8:30am for a 9:00am service at the RSL where our school will lay a wreath during this service. Students need to wear their school uniform.



Proudly supported by East Gosford, Ettalong, Kincumber, Lisarow and Wyong Community Bank® branches

**Bendigo Bank**

**CENTRAL COAST Century Challenge CYCLE RIDE**

**28th April 2019**  
**Mount Penang Parklands**

Have fun, enjoy some exercise and fresh air whilst supporting Coast Shelter and other local charities.

Take the challenge and register online as an individual or team!

Cycling challenges for...

- Children
- Beginners (20k)
- Intermediate (50k)
- Elite riders (100k)

**Rotary**  
Club of Erina  
Club of Gosford North

SEA hit101.3, 107.7 FM 2GO, BIKEMORX, Champion Chiropractic Centre, priceline pharmacy, eastcoast, Doyle, PRESTIGE, KwikFit, e1c, KIDS OF GOSFORD

[www.centurychallenge.com.au](http://www.centurychallenge.com.au)

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**Bendigo Bank**

**CENTRAL COAST Century Challenge CYCLE RIDE**

**Kids Cycle Challenge**

9.00am ★ 28th April 2019 ★ Mount Penang Gardens

- ★ Fun Activities
- ★ Jumping Castle
- ★ Children's Loop Ride
- ★ Obstacle Course Ride
- ★ Great prizes!

**Prizes for best-dressed super hero!**

The Kids Challenge allows junior riders a safe cycling environment to challenge themselves and have some fun! The ride is open to cyclists aged between 4 and 12 years.

**Rotary**  
Club of Erina  
Club of Gosford North

Supported by Way Way  
priceline pharmacy

[www.centurychallenge.com.au](http://www.centurychallenge.com.au)



### Easter Raffle

We would appreciate any donations you can give that may go towards our Easter Raffle prizes.  
Examples of donations include: chocolates, easter toys and books, gift bags, wrapping, baskets, boxes.  
Please leave your donations at the office. We will be wrapping the prizes in the Community Room on Wednesday, 10 April. You are more than welcome to help out if your are free.  
Raffle tickets have been handed out. Please return all tickets (sold and unsold) by Thursday, 11 April.  
The raffle will be drawn on Friday, 12 April.  
Tickets will be sold during Grandparents day activities



### Mother's Day Stall

I know it's only March, but I just wanted to let you know we will have a Mother's Day stall next term on Wednesday, 8 May.  
We would appreciate any items you can donate to the stall.  
Please leave all donations at the office.  
Students will visit the stall with their classes.  
You are also welcome if you would like to help out with setting up and/or running the stall on the day. We appreciate any help you can give us.

Please see flyers opposite.  
Thank you  
Jeannette



**HAPPY EASTER  
TO YOU ALL,  
HAVE A SAFE  
HOLIDAY  
BREAK AND SEE  
YOU ALL BACK  
FOR A BUSY  
TERM 2.**



Manning Park Public School



### Easter Raffle 2019

Dear parents, families and carers,  
The P&C are organising our Easter Raffle fundraiser for 2019.

#### Donating items for the Easter Raffle

Please help us by donating a small item to be used as part of our Easter Raffle prizes.

#### Suggestions include:

- Easter Eggs, Easter cups, treats or anything you think might be appropriate as an Easter prize.
- Any small or medium baskets, plain or Easter Gift bags for wrapping the prizes

#### Easter Raffle Prize items:

- Please leave your Easter Raffle Prize items at the office

Raffle Tickets: \$1 each

- Please return sold tickets & money to the office by **Thursday 11 April 2019**
- Please also return unsold tickets.



**Easter Raffle Draw: Friday 12 April 2019**

*Thank you*



Manning Park Public School

### Mother's Day Stall Fundraiser

**Date: Wednesday 8 May 2019**

**Time: 9.30am - 1pm**

**(Students will visit the stall with their class)**

**Where: Community Room (MPPS OOSH room)**

Looking for a gift for someone special  
for Mother's day?

Gifts, cards, gift bags from \$1.00



#### Gifts include:

- Succulents
- Photo Frames
- Shower gel & body lotion gift packs
- Candles
- Soaps, cosmetics
- Pens, notebooks, address books
- Bookmarks, key rings
- Magnets & charms
- Mugs
- Trinket boxes, windchimes
- Mouse pads
- Gifts for grandparents
- Bath crystals
- Lamps
- Garden tools and ornaments



The money raised is will go towards our school resources



*Happy Mother's Day*



# HARMONY WEEK

everyone BELONGS #harmonyweek

# HARMONY WEEK

everyone BELONGS #harmonyweek

## Get on and Rock! At Your School!

**BOOK NOW!**

**The Music Bus brings music education and fun to your school.**

The Music Bus is the teacher, instruments, curriculum and classroom (the bus), all in one complete package! And... it's now rocking at your school.

Tuition in Keyboard, Ukulele, Singing, Drums, Guitar and Rock Band.

Only \$16 per week (Drums \$18).

The Music Bus offers modern and rock-style courses, using well-known songs backing tracks, games, awards and much more to truly engage with students.

Limited space available, so be sure not to miss out!

**THE MUSIC BUS**

"It's so great being at school. They're learning something new each week and the rapport the teacher has with the kids is wonderful." Sarah, Parent, NSW.

**BUS ROCK**

**CREATIVE KIDS**  
REGISTERED PROVIDER  
Claim your \$100 voucher here

**Did you know...?**  
**You can Apply to Receive \$100 Towards your child's Fees in 2019**

Simply use your Creative Kids voucher for lessons at The Music Bus

1. Apply for your Creative Kids Voucher: Visit Service NSW at [www.service.nsw.gov.au](http://www.service.nsw.gov.au). This benefit is available to all families with school aged children in NSW.
2. Redeem your Voucher at The Music Bus: Once you have received your voucher contact The Music Bus on 1300 168 742 or email [creativekids@themusicbus.com.au](mailto:creativekids@themusicbus.com.au)

**BOOK NOW - Phone 1300 168 742 or visit [www.themusicbus.com.au](http://www.themusicbus.com.au)**

## This counts

Adults call it a "workout"  
Kids just call it "playing".  
So change your idea about what it means to be 'active' and join them for some fun.

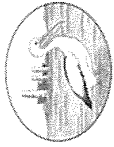
[www.healthpromotion.com.au](http://www.healthpromotion.com.au)

NSW Health  
Central Coast Local Health District

Responsible learners.

Respectful relationships.





# 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
Chicken, cheese, lettuce, croutons, Caesar dressing	
Ham Caesar salad	\$5.00
Ham, cheese, lettuce, croutons, Caesar dressing	

## 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	\$1.00
Blackcurrant		
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

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



PROUDLY SUPPORTED BY CENTRAL COAST COUNCIL



25 APRIL 2019

SERVICES AND MARCHES WILL BE  
HELD AT EACH LOCATION

• DAVISTOWN • DOYALSON • EMPIRE BAY • GOSFORD • OURIMBAH  
• TERRIGAL • THE ENTRANCE • TOUKLEY • WOY WOY • WYONG

Our Services and March will be held at:

Doyalson-Wyee RSL

Dawn Service: 0530hrs at Cenotaph

Main March: Form Up - 0800hrs, Step off - 0830hrs,  
Service - 0900hrs

Central  
Coast  
Council

# J&B DANCE

## ENROL NOW FOR 2019!

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

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

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

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

**SAVE UP TO \$200!**  
**WITH YOUR CREATIVE & ACTIVE KIDS VOUCHER**

0401473 457 / [www.jbdance.com.au](http://www.jbdance.com.au) / [jessie@jbdance.com.au](mailto:jessie@jbdance.com.au)

JOIN OUR  
DANCE FAMILY



Jazz  
Hip Hop  
Musical Theatre  
Contemporary  
Toddlers  
Lyrical  
Cheer

# ZDA

zoe's dance academy



**CONTACT US  
NOW!!**

**MANNERING PARK  
COMMUNITY HALL**

**Enrolment Day**

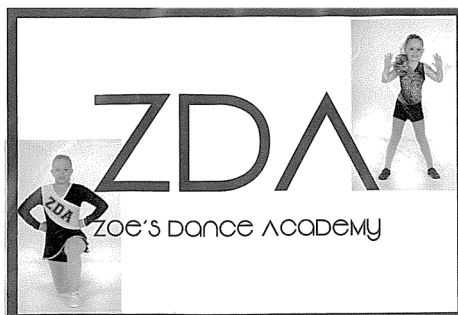
**31ST JANUARY**

**3:30 - 5:30pm**

**FAMILY  
AND  
INDIVIDUAL  
DISCOUNTS**

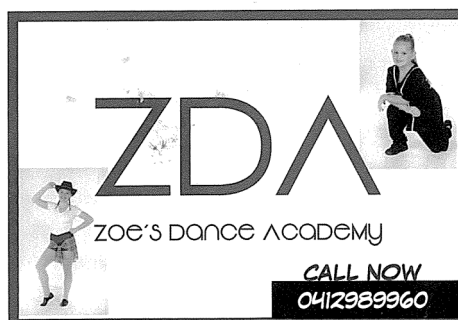
**0412989960**

**[xzo.haze@gmail.com](mailto:xzo.haze@gmail.com)**



**CLASSES  
START  
FROM  
\$7.00**

**LEARN  
TO DANCE  
& HAVE  
FUN AT  
THE SAME  
TIME**



**CALL NOW  
0412989960**



