



# MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au  
Term 1 Week 4. Mon, 18 February 2019

## WHAT'S COMING UP

**Tues 19 February P&C Meeting 6:30pm**

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

**Mon 25 Feb: Meet the Teacher 3-4:30pm**

## PRINCIPAL'S COMMENTS

Dear Parents/Carers

Our 2019 Kindergarten have started their primary education and it has been great to see them settle into school routine so quickly. Our teachers have done a wonderful job ensuring the activities are engaging as the children learn new routines. We also have some of our senior students working with the classes to assist with their learning and ensure they have a familiar face if they are a little lost or anxious. It's amazing to think that when this year's Kindergarten hit year 12 in high school it will be 2031.

Students were placed into their 2019 classes last Wednesday. This year we have 10 mainstream classes. I've been around to classes and all have hit the ground running and are settled. It will no doubt be another fantastic year with high quality teaching and learning the focus for teachers and students.

Parents and Carers are invited to meet their child's class teacher for 2019 on Monday, 25 February. Classrooms will be open from 3pm to 4:30pm. This is an opportunity to meet the teacher, see the classroom and discuss with the teacher the classroom systems, structures and procedures. Please note, this is not the time to have a conversation about your individual child. If you need to do this, please make an appointment with the teacher at an alternative time. This is so the parents and carers can talk with the teacher and ensures the privacy of all children and their families.

On Thursday 21st February we are holding our annual swimming carnival for children 8 years and older at Swansea Pool. Department of Education guidelines state that students are not permitted to participate in unstructured water events including free swims, only structured lessons or races. There are still a number of children who have not yet brought their money or note in. Please do so as soon as possible. It is still a school day and students are required to attend school as per the Department of Education guidelines.

As you are no doubt aware the roads around the school can be quite busy and hectic during drop off and pick up time. If you do drive, please ensure the safety of our students and community are your priority. Always follow road rules, don't park illegally and be patient.

On Friday, you may have noticed an increase in teacher presence outside the school gate. This was due to several reports that have been made on the Central Coast of an unknown man in a silver car following/intimidating/observing students. Please remind your children of *Safe People Safe Places* (stranger danger). In particular being aware of their surroundings and the importance of walking in groups. For more information, please see the link below by the NSW police:

[https://www.police.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0004/364927/01english-crime-prevention-fact-sheet-children-safe.pdf](https://www.police.nsw.gov.au/__data/assets/pdf_file/0004/364927/01english-crime-prevention-fact-sheet-children-safe.pdf)

School banking is every Tuesday. Student bank books are to be placed in the basket in the front office before 9am. Thank you to the two Mannering Park Public School mums who volunteer their time

to help with the banking. Your time is very much appreciated. P&C meetings are held every 3<sup>rd</sup> Tuesday of the month in the staff room starting at 6pm. All parents and community members are welcome to attend.

Each Wednesday is 'Waste Free Wednesday' at Mannering Park Public School. It's very easy to participate, just fill your child's lunchbox with healthy, unpackaged food (no gladwrap either) so they can go into the draw for a prize. This is part of our commitment towards a cleaner and safer environment around our school.

### Communication

A few years ago, our communications methods were reviewed and streamlined to ensure information was easily accessible by everyone. Mannering Park Public School uses multiple platforms to communicate with the community.

School Website: <https://mannringpk-p.schools.nsw.gov.au/>  
Skoolbag for notices, newsletters, notes, updates and events

Android: <https://play.google.com/store/apps/details?id=com.skoolbag.singleapp>

Itunes: <https://itunes.apple.com/au/app/skoolbag/id1045358017>

Class Dojo: <https://www.classdojo.com>

Please contact your child's teacher if you are unable to access Class Dojo.

The school newsletter is digital and can be found on the school website and the skoolbag app. A limited number of printed copies are available in the front office.

We encourage everyone to download the skoolbag app to keep up to date with what is happening around the school. There are many great features including submitting a reason for a child's absence and the events calendar to keep you updated.

Leanne King  
Relieving Principal

## DATES TO REMEMBER

### Term 1 2019

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

**Wed 20 Feb:** Debating workshop

**Thurs 21 Feb:** MPPS Swimming Carnival - Swansea Pool

**Mon 25 Feb:** Meet the Teacher

**Wed 6 Mar:** Zone Swimming Carnival

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

**Thurs 29 Mar:** Sydney North Swimming Carnival

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

### Term 2

**Fri 10 May:** MPPS Cross Country

**Tue 21 May:** P&C Meeting 6:30pm

**Fri 24 May:** Zone Cross Country

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

## COUNSELLOR CORNER

This week I noticed my younger son becoming more tired as the weeks of school have progressed. He has been a little more fragile than normal and would become much more frustrated with obstacles presented to him. I realised we really hadn't switched back into our school routine, but were still very much operating in holiday mode-watching movies on TV, swimming at the lake or fishing and not getting home until close to dark. All the things that are wonderfully fun, but make our children tired. It is with this in mind that I write about the importance of sleep.

Getting the right amount of good sleep can give you more energy, improve concentration, help you better deal with stress and, you guessed it, keep a healthy headspace. Good sleep can even make you less likely to crave unhealthy snacks

Sleep is important for children's learning and behaviour. Sleep helps to restore physical and mental health and keep our memory and immune system on track. Sleep also helps children's brains grow. Primary school-aged children need between 10 and 11 hours of sleep per night.

### Some tips from the Experts-Sleep Health Foundation

1. Go to bed at the same time every night, preferably before 9pm
2. Have an age-appropriate nap schedule (not so much for school aged students)
3. Establish a consistent bedtime routine
4. Make your child's bedroom sleep conducive – cool, dark, and quiet
5. Encourage your child to fall asleep independently
6. Avoid bright light at bedtime and during the night and increase light exposure in the morning
7. Avoid heavy meals and vigorous exercise close to bedtime
8. Keep all electronics, including televisions, computers, and mobile phones, out of the bedroom and limit the use of electronics before bedtime
9. Avoid caffeine, including many fizzy drinks, coffee, and teas
10. Keep a regular daily schedule, including consistent mealtimes

I certainly encourage you all to continue to enjoy the wonderful place we live and the amazing lifestyle it offers, but just remember that starting school can be a tiring time for our children, as they invest energy in participating in the wonder of learning. A good sleep will keep them in good stead. Don't forget adults benefit from a good night sleep too.

Sweet dreams!

## MANNO MUNCH NEWS

Just a reminder to not use plastic bags for lunch or recess orders, paper bags only please. Paper bags are available at the canteen and cost 10c. Reusable lunch bags are available from the canteen for \$8.

Thank you

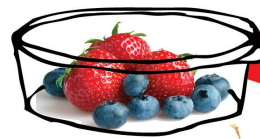
Jo

Canteen Manager

# Responsible learners.

## Crunch & Sip

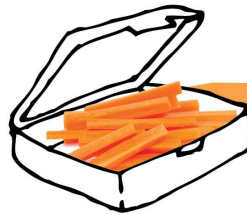
What is handy in your fridge...



berries



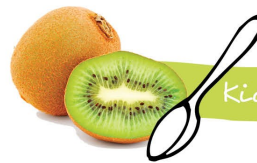
handful of grapes



Carrot sticks



Orange wedges



Kiwi Fruit + spoon



Broccoli trees



Capsicum slices



Health  
Central Coast  
Local Health District



Health  
Central Coast  
Local Health District

# Respectful relationships.



**Tacoma**  
physie club



**FUN-FITNESS-FRIENDSHIP**

ALL AGES WELCOME



**FIRST LESSON FREE FOR NEW MEMBERS**  
AFFORDABLE LESSON FEES



Active Kids and Creative Kids  
Provider



Classes held at  
Tuggerah Community Hall and  
Watanobbi Community Centre



FOR MORE INFORMATION  
PLEASE CALL

KERRY  
0410625567  
OR



Find us on  
Facebook

NO EXPENSIVE  
COSTUMES OR  
DANCE SHOES



Join  
the

**WARRIORS**



**Register now to play rugby league in 2019**

- ☐ Have fun with your mates and stay active playing Rugby League
- ☐ Open to Boys (5 - 14yrs) and Girls (5 - 12yrs)
- ☐ Catering for kids of all sizes and skill levels
- ☐ Registration fee of \$63\* including shorts and socks
- ☐ Trial games commence Sunday 24th February
- ☐ CCDJRL competition starts Saturday 6th April

**Go to: [northernlakeswarriors.com.au](http://northernlakeswarriors.com.au) and select 'SIGN UP NOW'**

\*After NSW Government Active Kids Rebate of \$100 per school aged child subject to eligibility

**Register  
now!**



**Northern Lakes Power**

Andrew Taggart • 0419 247 616  
[contact@northernlakespower.org.au](mailto:contact@northernlakespower.org.au)  
[www.northernlakespower.org.au](http://www.northernlakespower.org.au)



Sign up for junior footy **play.afl**



**DOYALSON-WYEE SOCCER CLUB**  
THE DOYLO WOLVES!

**Doyalson Wyee Soccer Clubs  
Looking for Players**

Players are wanted in the following age groups;  
Under 5s, Under 7s, U8s & U 9s  
U13s, Woman's 16's & 18's

**If you have any questions, please call our Registrar  
Karen Morris on 0410045981.**

Doyalson Wyee Soccer Club would like to welcome  
back all returning players and we welcome NEW  
players to the club.

There will be a Meet and Greet on  
Saturday 23<sup>rd</sup> February  
10am – 11.00am

**Youth Hall at Doyalson Wyee RSL**

**Last chance for new players to be fitted for their training  
strip.**

We will also have available playing shorts and Socks and all  
other merchandise.




**JOIN OUR  
DANCE FAMILY**




**Jazz  
Hip Hop  
Musical Theatre  
Contemporary  
Toddlers  
Lyrical  
Cheer**

**ZDA**




zoe's Dance Academy

**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


**CLASSES  
START  
FROM  
\$7.00**



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



**ZDA**



zoe's Dance Academy

**CALL NOW  
0412989960**

**J&B DANCE**

**ENROL NOW FOR 2019!**

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

<p><b>Monday</b> 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><b>Tuesday</b> 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><b>SAVE UP TO \$200!</b> <b>WITH YOUR CREATIVE &amp; ACTIVE KIDS VOUCHER</b></p>	<p><b>Thursday</b> 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](http://www.jbdance.com.au) / [jessie@jbdance.com.au](mailto:jessie@jbdance.com.au)



### \$100 VOUCHER FOR CHILDREN'S SPORT AND FITNESS FEES

Parents in NSW can again claim \$100 towards extra-curricular sport and other physical activity fees in 2019 thanks to the NSW Government's Active Kids program. This program provides a \$100 voucher for parents to put towards sporting fees and registration costs for each school-aged child in NSW.

Families can use the voucher for registration and membership costs, as well as fees for activities such as swimming and dance. The annual voucher will not be means tested because the NSW Government wants every child from every family to get active and involved in community sport and fitness.

The health of our children is a priority for the NSW Government, and it is hoped that this makes a difference in enabling you to enrol your child in the sport or physical activity of your choice.

More details about the program and how to download your voucher is available at [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids) or by phoning Service NSW on 13 77 88.



Life Skills  
Creative Time  
New Experiences  
Construction & Manipulative Play  
Outdoor Play Time  
Homework & Quiet Time

To book, visit  
[www.campaustralia.com.au](http://www.campaustralia.com.au)  
or call 1300 105 343

### Meet Our OSHC Team

The Educators managing the Outside School Hours Care at Mannering Park Public School are passionate and make sure they always provide a wide range of activities that engage all children each and every day at before and after school care.

They thoroughly enjoy what they do and take their roles very seriously. Crystal is one such member of our team. Crystal has been working with Camp Australia for 4 years

She is an experienced and qualified Educator with expertise in working with children in OSHC. As part of Crystal's role as an Coordinator with Camp Australia, she has completed compulsory training in Active Supervision (VSHAPE), Child Protection and Camp Australia policies and procedures to ensure the service is safe and engaging for all children in their care.

Between the hours of <6.30 – 8.30 am and 3-6.30 pm>, Crystal can be seen chatting with the children who attend OSHC. Her favorite activity is thing – like taking cooking lessons with the children, losing to the kids at board games, discussing the children's' days and seeing children laugh and have fun

If you haven't met Crystal, please feel free to pop in and visit our before or after school care program.

### Register and Book Now

To register and book your child in our program, visit [www.campaustralia.com.au](http://www.campaustralia.com.au) and use the school finder on our homepage to search for Mannering Park Public School To secure your child's spot, we always recommend making your bookings in advance.

We look forward to seeing you and your family soon!  
From the Team at Camp Australia

Safety • Meaningful • Innovative • Leadership • Education  
*we make kids smile*