



MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au
Term 1 Week 8. Tue, 19 March 2019

WHAT'S COMING UP

P&C MEETING TONIGHT— TUE 19 MAR

HARMONY DAY THURS 21 MAR

CWA Cooking items at school Wed 27 Mar

Sydney North Swimming Thur 28 Mar

PRINCIPAL'S COMMENTS

Dear Parents/Carers

At Mannering Park Public School we are striving to create a safe and supportive school community for everyone. You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

Parents know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child.

If your child talks to you about bullying:

1. Listen calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. Reassure your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. Visit www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. Contact the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the Principal. Contact the school immediately if you have a concern about your child's safety.
6. Check in regularly with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying. Thanks for your support to make Mannering Park Public School a great school for everyone.

Voluntary resources

Thank you to all those parents who have brought in their voluntary contributions for this year. The resources help us to continue to support your child with tools to support quality teaching and learning programs throughout the year. Thank you for your ongoing support in this.

Parking

There have been a number of parents parking across driveways during afternoon pick up times. We understand that parking is limited at the end of the day however, parking across driveways is not only unsafe, it is also illegal. Please keep driveways clear for the safety of everyone and to allow access of vehicles in and out of the school grounds.

Sporting News

The Zone Swimming Carnival was held last Wednesday at Mingara. Congratulations to all students who represented our school. A big thank you to Ms St Clare and Mr Rath who went along and cheered, time kept, supported and celebrated the achievements of each child.

Parents and Citizens Association

The P&C Meeting will be held tonight from 6:30pm. There will be no sub committee meeting at 6:00pm. All are welcome to attend.

School Photos

We had a very successful day with school photos. All students were complimented on their listening and organisation skills by the photographers. And they all looked fabulous in their uniforms. I look forward to seeing the photos and the children's smiling faces when they arrive.

Thank you!

A big thank you goes out to Shane Peters for being an active participant of our school community in a variety of ways. We appreciate everything you do for our school. Also, A big thank you to Mr Rath for giving up his time to spread the wood chips around the school. We are lucky to have you!

Communication

At Mannering Park Public School we have many ways in which to communicate with parents and the community. Information is located on the school website, in our school newsletter, the skoolbag app and on the LED noticeboard. Class teachers also communicate through Class DOJO and phone calls when necessary. While every effort is made to respond to communication received throughout the day, and even on weekends, please remember that teachers also have family commitments and obligations outside of school as well, and are not always available to respond to messages and meet 'quickly in the mornings or afternoons'. We will endeavour to respond within a suitable time period and if necessary, please contact the office to make an appointment with your classroom teacher.

SRC report

Congratulations to the following students for being elected as SRC class representatives for Semester 1, 2019.

KB	Jack Gibson
K/1VM	Anastasia Burton Collins
1S	Rikki Banno
1/2B	Kai Wilson

2F Isabelle Reddie
3S Payton Gibson
3/4Y Emerald Martin
4/5M Elliane Reynolds
5/6H Summer O'Meley
5/6S Addison Berry

The school principal will meet with the SRC twice each term to discuss aspects of school management including student welfare, curriculum matters, the school environment, and related financial issues.

At the first meeting for 2019, the SRC noticed that some students are being left out of games in the playground. We encourage everyone at Mannering Park Public School to include everyone. If you see someone on their own, please help them so that everyone feels included, safe and welcome at our school. Anyone who feels left out or alone can seek support from your SRC class representative or SRC Leaders.

Last year Mrs King posed the question:
'What would make our school better?'

Mrs King and the helping Principal surveyed all students and the results of that survey indicated that students were after better and more bubblers around the school. Over the year, the SRC will work as a team to raise funds to update these and possibly add some more across the school. More information about this project will come at the end of the term!

We are so excited!

Leanne King
Relieving Principal

DATES TO REMEMBER

Term 1 2019

Tues 19 Mar: P&C Meeting 6:30pm
Thurs 21 Mar: Harmony Day
Wed 27 Mar: CWA Cooking Competition 8:30am in Hall
Thurs 28 Mar: Sydney North Swimming Carnival
Mon-Fri 8-12 April: Scholastic Book Fair
Wed: 10 Apr: Term 1 Assembly of Excellence
Thurs 11 Apr: ANZAC Ceremony 10:30am All welcome
Fri: 12 Apr: Easter Hat Parade
Fri 12 Apr: Grandparents Day
Fri 12 Apr: Last day Term 1

Term 2

Mon 29 Apr: SDD Staff only return
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: MPPS Cross Country
Fri 17 May: Walk Safely to school day
Tue 21 May: P&C Meeting 6:30pm
Fri 24 May: Zone Cross Country
Tue 18 June: P&C Meeting 6:30pm
Mon-Fri 1-5 July: NAIDOC Week

SPORTING NEWS

We would like to congratulate Caiden Da Silva and Tulsyn McCulloch for making the Wallarah Zone Rugby League Under 11's team and also Jack Pettitt and Rylan Coggan making the Open team.

Tulsyn has now been picked to play in a team for the Wallarah Zone.

Well done boys and good luck!

Congratulations also to Charlotte St Clare for making it through to Sydney North for swimming being held on Thursday, 28 March. Good luck Charlotte!

BOOK CLUB

Please have all orders back to the office by Thursday, 21 March, or all LOOP orders completed by this date as well.

COUNSELLOR CORNER

Resilience is the word that jumps to mind this week. My son had a fairly drastic loss at soccer, but instead of focussing on the loss, he was able to identify some really positive actions and set some realistic goals for the next time. I actually saw resilience in action. I realised how beneficial it can be to develop resilience in our children.

Building resilience in children- tips from the Experts-Beyond Blue web Page

Resilience ... it's a familiar word, isn't it? But what does it really mean?

When we talk about resilience, we're talking about a child's ability to cope with ups and downs, and bounce back from the challenges they experience during childhood – for example moving home, changing schools, studying for an exam or dealing with the death of a loved one. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood. Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events.

So where does resilience come from?

Resilience is shaped partly by the individual characteristics we are born with (our genes, temperament and personality) and partly by the environment we grow up in — our family, community and the broader society. While there are some things we can't change, such as our biological makeup, there are many things we can change.

One way of explaining the concept of resilience is to imagine a plane encountering turbulence mid-flight. The turbulence, or poor weather, represents adversity. Different planes will respond to poor weather conditions in different ways, in the same way different children respond to the same adversity in different ways.

The ability of the plane to get through the poor weather and reach its destination depends on:

the pilot (the child)

the co-pilot (the child's family, friends, teachers and health professionals)

the type of plane (the child's individual characteristics such as age and temperament)

the equipment available to the pilot, co-pilots and ground crew

the severity and duration of the poor weather.

We can all help children become more resilient and the good news is, you don't have to do it alone. You can ask other adults such as carers and grandparents to help. Building children's resilience is everyone's business, and it's never too early or too late to get started. Hopefully you now have a better understanding about what resilience is and in the next newsletter I will look at some things we can do to help build resilience in our children. Happy Week 8.

Rowena Shore

Easter Raffle

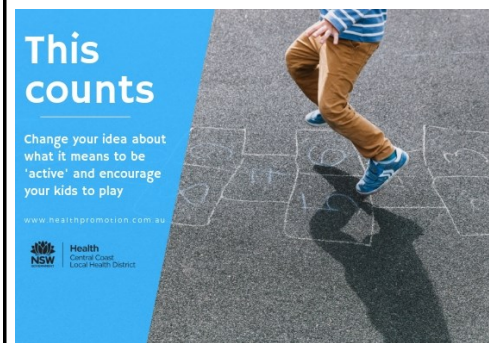
We would appreciate any donations you can give that may go towards our Easter Raffle prizes. Examples of donations include: chocolates, easter toys and books, gift bags, wrapping, baskets, boxes. Please leave your donations at the office. We will be wrapping the prizes in the Community Room on Wednesday, 10 April. You are more than welcome to help out if your are free. Raffle tickets will be handed out this week. 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



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

- Raffle tickets will be handed out next week.
- 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

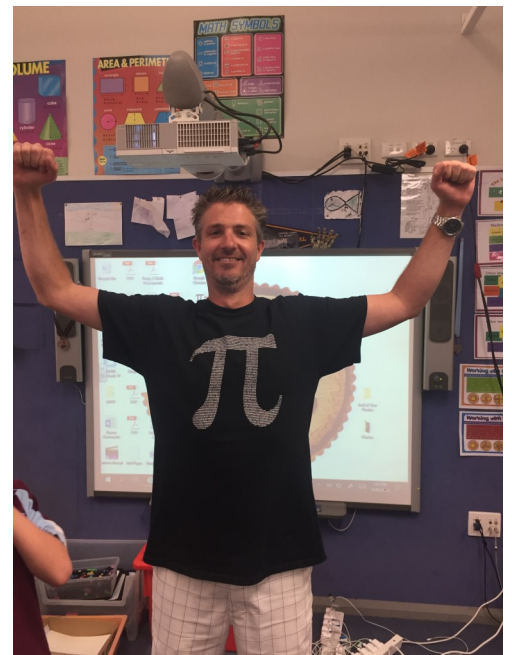


The money raised is will go towards our school resources



Happy Mother's Day

π DAY



Last Thursday the students of Mannering Park P.S celebrated international Pi Day! Pi day is celebrated in many countries on the 14th March (3.14). The day was filled with bad math jokes, party pies and the students making the Pi symbol on the oval.

Mr Shepherd

Responsible learners.

Respectful relationships.

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



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 / 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

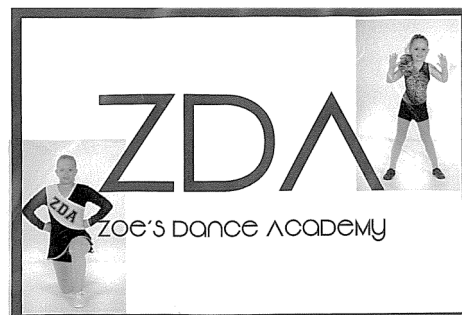
31ST JANUARY

3:30 - 5:30pm

**FAMILY
AND
INDIVIDUAL
DISCOUNTS**

0412989960

zxo.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**