



# MANNERING PARK PUBLIC SCHOOL NEWSLETTER

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Term 2 Week 4. Mon 20 May, 2019

## WHAT'S COMING UP

Tomorrow night, Tue 21 May P&C AGM

11-14 June Year 3-6 Speech Project week

Don't forget Gymnastics every Thursday  
K-2 students to wear sports uniform on this day  
and 3-6 can wear their sports uniform Thursday  
and/or Friday for sport

### PRINCIPAL'S COMMENTS

Dear Parents/Carers,

#### School Vision

Mannering Park Public School is committed to ensuring every student is known, valued and cared for. Staff collaborate using research and data to underpin policy and practice. Ensuring every student is engaged and challenged to learn and value the school expectations: Responsible Learners and Respectful Relationships. Parent and Community contributions support successful learning for all students.

A big thank you to the parents who came along to 'Cuppa and Cake with Mrs King'. Your feedback, suggestions and dedication are invaluable.

#### NAPLAN

Well done to all students in years 3 and 5 who sat the NAPLAN assessments last week. NAPLAN assesses skills in literacy and numeracy that are developed over time through the curriculum. It is made up of tests in four domains of reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. Results are used by the school to review teaching and learning programs and individual student needs, however the test is only one aspect of our school's assessment and reporting process.

Generally, they are marked by computers and results are returned to schools later in the year. Unfortunately, they don't tell us about the values our children exhibit, whether the children have a passion for something like the arts or sport, are creative, can work well with others and collaborate, are good with technology, whether they are helpful and show empathy, are caring and thoughtful or most importantly that they continually try to improve on their personal best. The one thing they don't tell us is how unique and special each one of our children really is.

#### Staff

At the end of term 1, we said farewell to Sara Balfour (Miss B) who took a permanent support position at another school. We wish her all the best in her new role. We warmly welcome Kendall Hockley each Monday, Tuesday and Wednesday and Laureen Hannan will return to MPPS on Thursday and Friday each week. These staff members will work in classrooms to support teachers and students.

#### School Policy on Refunds for Excursions and Other Student Funded Activities

Each year teachers plan a number of excursions, guest speakers and various activities which enhance the educational programs being offered in classrooms. These activities usually have a cost associated with them. Occasionally children are disappointed when they are unable to participate in the activity because they are sick on the day, or late to catch the bus etc. In such cases parents often request a refund of the fees that have been paid. In making a decision regarding a refund one issue has to be considered: Has the school already spent money for the student to participate in the activity? If the school has already had to pay for the activity then a refund cannot be given. Often, particularly in the case of larger excursions, venues and accommodation providers charge us on the numbers

we provide in advance of the actual excursion. These venues hire staff, buy food, provide bedding etc based on those numbers therefore the costs still exist even if a student does not attend. With bus companies we are still charged for a booked seat even if it is not used. Therefore, it is our policy that when a student is unable to attend an activity, due to a legitimate reason, the school will retain money paid in students 'bucket' less funds already committed or spent. Unfortunately our system does not allow for cash refunds.

#### Attendance

A reminder that school starts at 9:00am sharp and finishes at 2:55pm. Teachers are on duty in the playground from 8:30am. I have noticed a few children walking in 5 or 10 minutes late, especially over the last 2 weeks. It is very important that your child is here before 9:00am as the morning introduction is important for students to maximise their learning.

Parents, carers and visitors are reminded that the grounds are supervised from 8:30am. Please ensure when dropping your child/ren off in the morning that they must go to the COLA area.

We are trialling sending emails to families on the day your child is absent and appreciate your feedback.

#### Mother's Day

Thank you to all of our P and C and community members who were able to assist with the running of the Mother's Day stall over the last couple of weeks. There was an outstanding array of gifts for students to choose from and the joy on the children's face when they've picked something special for mum is priceless. I hope all of our mothers, grandmothers and female carers had a great day on Sunday. Thank you to everyone who came to our Mother's Day breakfast. A big thank you to all teachers and staff who assisted in making the day successful.

#### Anti-racism

Racism has damaging effects on individuals, school communities and society. Schools play a critical role in developing understandings of racism, responding to incidents of racism and preparing students for responsible and effective citizenship in Australian society.

Each school has a trained Anti-Racism Contact Officer (ARCO) to facilitate the complaints handling process and promote anti-racism education in the school.

Members of the school community can make a complaint about racism, including students, parents, staff members and members of the school's wider community. Complaints of racism within the school community should be directed to the school's Anti-Racism Contact Officer (ARCO).

The ARCO is the central point of contact for complaints of racism. They record complaints and resolution methods, and maintain all data in line with the policy guidelines.

The ARCO for Mannering Park Public School is:

#### Mrs Nicole Stevenson

Racism. No way! promotes anti-racism education programs, strategies and resources which are appropriate for use in Australian schools.

<https://www.racismnoway.com.au/>

## **P and C AGM**

Please see the invitation in this newsletter for the P and C Annual General meeting on Tuesday 21 May at 6pm.

## **Donations required**

Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth. Play also offers an ideal opportunity for parents to engage fully with their children. Despite the benefits derived from play for both children and parents, time for free play has been markedly reduced for some children. There are a variety of factors that have reduced play, including a hurried lifestyle, changes in family structure, and increased attention to academics and enrichment activities at the expense of recess or free child-centered play.

Loose parts and playground accessories are designed to enhance the motor, physical, cognitive, and social skill development in children. As their minds and creativity are at work, they'll be inspired to construct and build environments.

Loose parts are natural or synthetic found, bought, or upcycled materials that children can move, manipulate, control, and change within their play. Alluring and captivating, they capture children's curiosity, give free reign to their imagination, and motivate learning.

Loose parts spark children's creativity and innovation.

We ask if you could please donate any of the following items to help us create our loose parts play program:

- String
- Rocks
- Treated wood
- Logs
- Old computer parts
- Tubs
- Buckets
- Baskets
- Pipes
- Crates
- Pots and pans
- Garden Pots
- Pallets
- Old blankets and sheets

Donations can be sent to the front office.

## **Thank you!**

A shout out to Kirsty Mutu for organising a generous donation of soil to the school for the veggie garden. Also thank you to the parents and community members who came along to help weed before the big delivery.

Also, a big thanks to Mr Osborn for working with his class and the environmental team to educate our students about sustainability and connection to the land.

Leanne King

Relieving Principal

## **DATES TO REMEMBER**

### **Term 2**

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

**11-14 June:** 3-6 Speech Project week

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

**Fri 21 June:** Sydney North Cross Country

**Wed 26 June:** Forensic Science Incursion Stage 2 & 3

**Thurs 27 June:** MPPS Athletics Carnival 8-13 year olds

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

**Wed 3 July:** Reports home to parents

**Fri 5 July:** Last day Term 2

### **Term 3**

**Mon 22 July:** Staff return for Development Day

**Tue 23 July:** Students return for Term 3

**Fri 26 July:** Stage 2 Excursion - years 3 & 4

## **COUNSELLOR CORNER**

The more I look and read about resilience in children, the more amazed I am with just how important it is in assisting children with managing on a daily basis. This week's Counsellor Corner continues to look at resilience and how we can nurture resilience in our children in our own home.

### **Focus on managing emotions (By Beyond Blue Website)**

Being resilient is not always about feeling better or having fewer emotional reactions. It's about managing and responding to emotions in a healthy and positive way. You and other adults in your child's life play a role in helping children express, respond to and manage emotions. It's important to remember the following:

- \* Improving children's resilience is not about helping them feel less. It's about helping children to manage their feelings in a healthy way.

- \* Children with a sensitive temperament can be just as resilient as any other child.

- \* Children respond to 'difficult events' in different ways and may need different types of support. Siblings experiencing the same difficult event (e.g. a natural disaster) may respond differently. For example, one child might avoid talking about a one-off adverse event (e.g. a natural disaster) and act as if it hasn't affected them at all. While another may become very anxious about specific situations such as going to school or separating from a parent or carer following the natural disaster. Ways you can help:

- \* [Acknowledge when your child is distressed](#)

When your child is distressed, acknowledge their experiences and feelings in the moment. For example, "I can see you're sad", and "It's OK to cry". It's important for children of all ages to learn how to identify their emotions and reactions to different situations.

- \* [Help your child regulate emotions](#)

**Pre-school aged kids (1-5 year olds)** - Help your child put words to how they're feeling. For example, for children who are developing language say, "You're smiling - you must be happy!" Help your child put words to how others are feeling as well - this will help them develop empathy, and help them understand those feelings in themselves.

**Primary school aged kids (6-12 year olds)** - Help your child to recognise and regulate their emotions by developing healthy thinking habits. Help your child respond to, and manage their emotions, such as through positive self-talk, self-compassion, a sense of optimism and a positive attitude. If your child's self-talk is negative - for example, "I'm going to die of embarrassment speaking in front of my class", help them reframe their self-talk to something like, "Public speaking isn't my favourite thing, but I'll be able to cope".

Next week will look at talking to your child about preparing for events and helping them to realise that difficult times are apart of life, but as with all our children we always hope that they don't have too many difficult times to navigate. Until next news letter

Rowena Shore

Senior Psychologist, Education

## LMHS NEWS

A message from Lake Munmorah High School -

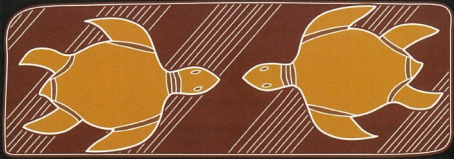
The Enrichment class entry test is being held at Lake Munmorah HS on Wed 5th June with a make up test the following Wed 12th June.

The test takes two hours and will start at 8.30am and finish at 11.00am

Parents are responsible for getting the students to and from the school.

Any further questions - please contact Leanne Stephens at LMHS

## ABORIGINAL STUDENT NEWS



**Maliga**

Maliga (meaning 'shine' in Darkinjung language) 2019 Indigenous Arts and Culture Showcase is an exhibition of artworks by young Indigenous people aged 3 to 18, that reflects their identity and cultural connection to the Central Coast and country.

*The Entrance Gallery, Battley Avenue, The Entrance*

Exhibition launch - Monday 27 May  
10am to 12pm

Maliga 2019 Exhibition -  
Tuesday 28 May until Friday 7 June 2019  
Tuesday - Friday: 10am - 4pm

Image: Based on an original painting by Veronica Binge

Our 3-6 Aboriginal students have been working hard on our entry into the Maliga Art Showcase. Please find attached an invite to the event if you would like to go with your children to view their work as well as other wonderful work from the region.

## VEGE GARDEN

A HUGE thank you to a very kind gentleman who donated the soil for our vegetable garden. Our staff and students greatly appreciate your kind donation.

Also a thank you to the volunteer parents that donated their time to weed the garden in preparation for the new soil. You all worked very hard in getting the area ready.



# YOU'RE INVITED

to  
Manning Park Public School's  
P and C Annual General Meeting

*Who:* All parents, community members and teachers

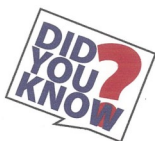
*When:* Tuesday 21 May at 6pm

*Where:* Staff Room

*Why:* To work together to support the school in areas that benefit our students and to elect members into P&C roles and Executive Committee positions.

*Lucky door prize to be won!*





## Trivia Night

When ----- Saturday 15 June 2019

Where ----- Mannering Park Community Centre

Time----- 7pm Sharp

Organize your table now, only \$10 per head - tables of 6 to 10

\$100 prize for the winning team

Contact Bruce Wall 0450265451 or Joe Lavin 0415138337

to secure your table now. Be quick limited tables available.

Please bring your own drink and nibbles'



## Artsfest Kids presents

July School Holiday Fun  
8-11 July

### ART CLASSES FOR KIDS!

\$5 per child per class  
For ages 5 and up

Monday – Acrylic painting (ages 9+) and air dry clay (ages 5+)  
Tuesday and Wednesday  
Watercolour (9+) and mixed media (5+)  
Thursday – clay  
\*recommended ages

Quality materials  
Qualified and experienced teachers

Mini Art show and prizes Thursday 5pm-7pm

Lakes Anglican Church  
274 Wallarah Rd, Kanwal  
10am-12noon each day

Parents can drop and go or stay and enjoy  
our coffee shop and op shop  
**Bookings essential**, pay on the day  
Contact us on:  
4393 1333  
f Lakes Artsfest  
Email – lakesartsfest@gmail.com

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## Fruit or fruit juice?

SHOW YOUR CHILDREN HOW MANY ORANGES IT TAKES TO MAKE A ONE CUP OF JUICE.

- Squeeze 3 - 4 oranges when they are in season.
- Look at the fibre and pith that is thrown away.
- When we eat an orange, we eat all this, and it fills us up.
- When we drink juice, there is no fibre to fill us up - that is why it is easy and quick to drink so much juice.
- It is better to eat the whole fruit.



Could you eat 4 oranges at once?



4 oranges = 1 juice

Respectful relationships.

Responsible learners.



## Can't get your child to drink water?

- Don't buy soft drinks, cordials etc
- Provide water in a refillable drink bottle
- Keep a jug of water in the fridge
- Have water on the table at mealtimes
- Drink water yourself
- Explain that soft drinks are for special times not everyday



with meals



refillable



SPECIAL OCCASIONS



in the fridge

