



MANNERING PARK PUBLIC SCHOOL NEWSLETTER

www.mannringpk-p.schools@det.nsw.edu.au
Term 3 Week 10. Monday 23 September, 2019

WHAT'S COMING UP

Wed 25 Sept Assembly of Recognition
Thurs 26 Sept Bilby Bash
Fri 27 Sept last day Term 3
Mon 14 Oct Day 1 Term 4
Tues 15 Oct P&C Meeting 6:30pm
Fri 18 Oct 2020 Kindy Orientation

PRINCIPAL'S COMMENTS

Dear Parents/Carers,

What an amazing term of learning it has been for all students at Mannering Park Public School. I am always pleased to watch every child grow and flourish. There have been so many events, incursions, excursions and activities that have enhanced our student's educational experiences. I thank every staff member, family member and student for their participation and excellence over term 3. As the holidays approach, I refer to the article in this newsletter 'Helping your child avoid being cyberbullied'. Research has shown a peak in cyberbullying over school holidays. This article provides some strategies and tips to avoid cyberbullying and ways to support children if they are being cyberbullied. Take a stand together!

<http://takeastandtogether.gov.au/>

The Partners in Learning Parent Feedback Survey - This term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement. Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements. The survey is conducted entirely online. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be accessible until Friday 25th October. Participating in the survey is entirely voluntary, however, your responses are very much appreciated. The survey can be accessed via the following link:

<http://nsw.tellthemfromme.com/624ti>

Take a screen shot of the completed survey screen and send to your classroom teacher via Class Dojo for your chance to go in the draw to win Kmart Vouchers.

1st Prize: \$50 Kmart Voucher

2nd Prize : \$30 Kmart Voucher

3rd Prize \$20 Kmart Voucher

Raffle will be drawn at the final Assembly of Recognition in Term 4.

Kindergarten 2020 - Parents and carers of students starting school next year are urged to complete the enrolment process as a priority so that important student transition and school planning can occur. In addition to the playgroups currently being held, students starting school next year will be invited to attend the formal transition program commencing next term.

Bilby Bash - Each year, Aboriginal students from local schools, get together to celebrate Aboriginal culture with the local community. The students thoroughly enjoy the day and participate in a number of cultural activities, which include art, music, craft, Dreamtime stories, drama, bush tucker and many more highly engaging topics. Each school also has the opportunity to perform an item. Our students are looking forward to participating in this event.

R U OK? – Thursday 12 September was R U OK? day. Below is some information off their website which may help you or someone you know. Or you can go to the website <https://www.ruok.org.au>

Got a nagging feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. By starting a conversation and commenting on the changes you've noticed, you could help that family member, student, friend or workmate open up. If they say they are not ok, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask. Before you can look out for others, you need to look out for yourself. And that's ok. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.

Have Your Say on Before and After School Care

The NSW Government is committed to providing before and after school care to all students of public primary schools in New South Wales. As part of the reform, a parent web form has been established by Service NSW that will enable parents to tell the department about their specific care needs and to stay up to date with any new developments.

The information provided by parents will help the Department of Education to understand your needs, give them insights into where there are gaps in service delivery and help to ensure the extra places are delivered where they are required. Have your say today at <https://www.service.nsw.gov.au/basc>

Safe Hands and Feet - Some of our students are forgetting that it is not ok to use their hands and feet to communicate or express their feelings. The children must always use their words or gestures, if they cannot communicate their needs and wants verbally. We have been discussing the need for safe hands and feet at school and it would be great if our families could talk to their children about this. If you are unsure how to approach this, our students love role playing different scenarios and practising how to use their words and keep their hands and feet safe.

Helping your child avoid being cyberbullied by Martine Oglethorpe

Cyberbullying of children and teenagers is one of the greatest fears facing parents today. The thought of their child being subjected to heinous words, threats to their physical safety, as well as their social and emotional wellbeing, is something no parent wants their child to experience.

Most of the bullying behaviours we now see are happening from behind a keyboard, playing out in social media feeds and gaming chat rooms. It is little wonder parents feel overwhelmed and out of their depth, especially when for most, online is an

environment that is relatively unfamiliar.

So what can we do to help our kids avoid these types of behaviours, as well as give them the skills to deal with cyberbullying behaviours should they be exposed?

☐ Remind them of all of the things they have control over:

While it may not feel like it, we have a lot of control over what happens online. We can determine who we talk to, what we ignore, what we share, how we comment, who we follow, who we block or hide from our feeds. All of that helps us determine who is allowed to play a role in our online experiences and ultimately what behaviours we accept on our feeds

☐ Give your child time away from the screens: Everyone needs a break from screens. We want to encourage regular times when a child doesn't need to be tethered to their device. Building a wider community away from the screens helps a child or teen build their sense of self-worth. Keeping devices away from the dinner table also gives them a break from being socially switched on and allows them to connect with family without a device. Removing devices at night helps their active brains to switch off, and prepare for sleep.

☐ Role play possible responses: Discuss with your child whether they should respond to bullying or nasty online comments, If they do, then consider how they could respond. Consider the statements or types of people they ignore, block or report.

☐ Regularly check the privacy settings: Every app, game and social network has a settings button that enables you to determine how positive an experience your child can have on that platform and how much control they have. Visit these settings regularly to look at the options available

While nothing is guaranteed particularly when it comes to the online world, we can certainly be taking steps to help our kids. We can give them skills, encourage positive behaviours and thinking that allow them to minimise their exposure to the bullying behaviours of others.

If your child is being cyberbullied you can also access the reporting tool at www.esafety.gov.au

Leanne King
Relieving Principal

DATES TO REMEMBER

Term 3

Tue 24-Fri 27 Sept: GAT Camp

Wed 25 Sept: Assembly of Recognition

Thurs 26 Sept: Bilby Bash

Fri 27 Sept: Last day Term 3

Term 4

Mon 14 Oct: First day back Term 4 staff & students

Tue 15 Oct: P&C Meeting

Wed 16 Oct: Sydney North Athletics

Fri 18, 25 Oct, 1, 8 & 15 Nov: 2020 Kindy Orientation

Mon 28– Wed 30 Oct: Years 5 & 6 Camp to Forster

Fri 1 Nov: Halloween disco

Fri 15 Nov: Parents of 2020 Kindy information session

Mon 18 & Tue 19 Nov: Planetarium incursion

Tue 3 Dec: LMHS Orientation day

Mon 16 Dec: Assembly of Recognition

: Year 6 Farewell

Tue 17 Dec: 3-6 Poolside Picnic

Wed 18 Dec: Last day for students 2019

YEAR 6 NEWS

The Year 6 Farewell has been scheduled for Monday 16th December from 5.00 - 8.30pm. This event is held in the school hall. It is traditionally organised by the Stage 3 staff and a band of helpful and willing parents from our Year 6 parents.

We welcome any support or assistance you are able to give us and know that this event could not run without you. The event is usually funded by the students' yearly fundraising efforts and generous donations.

We will be having our first Year 6 Farewell meeting next term in Week 1 on Wednesday 16th October at 3pm in 4/5M room. If you are able to attend this meeting and contribute, that would be great.

We understand parents work and have other commitments. If you are unable to come to the meeting but you are able to assist in some way, please complete the helper note that came home on Friday and return to the office as soon as possible.

We value any contribution you are willing and able to make.

FRUIT & VEG MONTH 2019

Our school has registered for Fruit & Veg Month 2019.

The theme for this year is **'The Adventures of Captain Fruit N Veg!'** It's all about linking eating fruit and vegetables with good times, superheroes, superpowers and adventures!

Fruit & Veg Month 2019 runs for the last 4 weeks of Term 3, Monday 2nd to Friday 27th September.

As part of Fruit & Veg Month, students will be involved in various classroom and school based activities which encourage them to eat more fruit and vegetables.





THERE IS SOMETHING FOR EVERYONE AT THE SYDNEY ROOSTERS HOLIDAY CAMPS THIS OCTOBER!

Join Sydney Roosters Player Ambassadors for the Footy Fever in the Central Coast.
The Footy Fever camp is a jam-packed day full of fun footy activities for kids aged 5 – 12.
With rugby league and team games, and a visit from Rocky the Rooster this is a MUST for any Junior Rooster out there these Holidays!

REGISTER 9:30AM **10AM - 2PM** **THURSDAY 3 OCTOBER**
★ 5 - 12 YEARS **CENTRAL COAST STADIUM, GOSFORD** **ONLY \$60**



FOR JUST \$60, THE ROOSTERS FOOTY FEVER CAMP INCLUDES:

- ★ 4 hours of rugby league and activities
- ★ Sydney Roosters Showbag
- ★ Appearance by Sydney Roosters Player Ambassadors
- ★ Appearance by Rocky the Rooster



JUNIOR CAMP MEMBERSHIP

ONLY \$20 EXTRA

- ★ General Admission access to two
(2) Sydney Roosters SCG home games
- ★ 2020 Sydney Roosters **Junior Pack**
(3 – 9-year old's) including a flat brim cap, Rocky plush keyring, sticker sheet, height chart or **Youth Pack** (10 – 15-year old's) including a flat brim cap, football, drink bottle and keyring
- ★ Digital birthday message from the Sydney Roosters
- ★ 10% off Official Sydney Roosters Merchandise



TO BOOK OR MORE INFO VISIT
WWW.ROOSTERS.COM.AU/COMMUNITY



Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.



A School Zone is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



School Bus lights – buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



A No Parking Zone means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF / PICK UP BUT YOU MUST

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

Kids look to you to keep them safe - please park legally in school zones
HEAVY FINES and DEMERIT POINTS APPLY



A Bus Zone means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



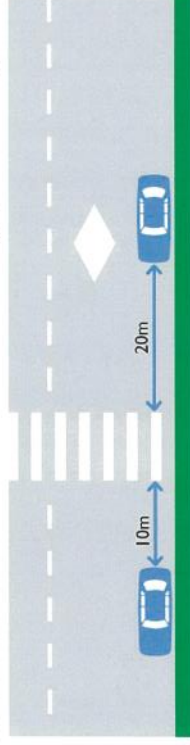
A No Stopping Zone means no stopping at any time.



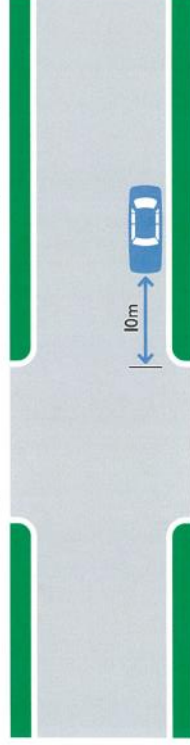
Other times when you must not stop

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

- ❑ Double parked (that is in the road alongside a car that is parked)
- ❑ Across a driveway or footpath
- ❑ On a median strip or traffic island
- ❑ On footpaths and nature strips
- ❑ On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



❑ Within an intersection
Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



❑ In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
At least one metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



❑ Within three metres of any double centre lines
Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.



THE ART HOUSE PRESENTS



A LISTIES AND CRITICAL STAGES TOURING PRODUCTION

ROFLSHALBOWCO

(ROLLING ON THE FLOOR LAUGHING SO HARD A LITTLE BIT OF WEE COMES OUT)

MONDAY 28 OCTOBER 6PM
TUESDAY 29 OCTOBER 10AM

Gratuitous, ridiculous, hilarious, joyous and possibly hazardous, Rich and Matt are The Listies, Australia's maestros of kiddult comedy, a multi-award winning duo who win over everyone who comes to see them with their insane, interactive, illogical and irreverent escapades.

BOOKINGS

02 4335 1485

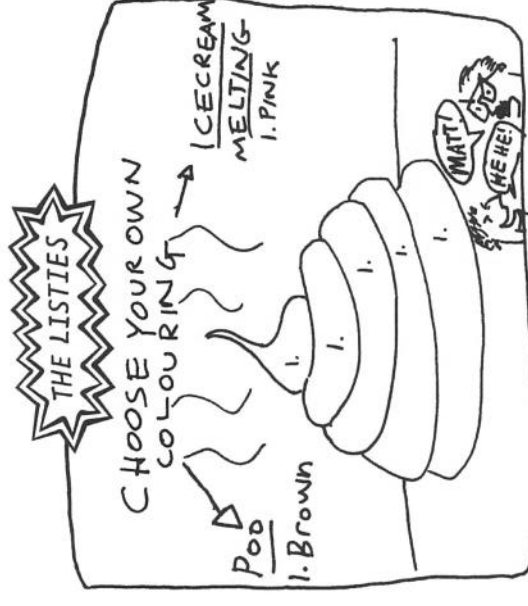
www.thearthousewyong.com.au

19-21 Margaret Street, Wyong

THE ART HOUSE

ROFLSHALBOWCO

COLOURING-IN COMPETITION



Colour in the picture & return to us at The Art House (in person, by email or Facebook) by Monday 14 Oct for your chance to win 1 of 2 prize packs including book & cds, tickets & signed poster.

Visit the foyer & see your artwork displayed.

Name: _____ Age: _____
Parent/ Guardian's Name: _____
Contact Phone: _____

Email to info@thearthousewyong.com.au



Australia
Government
for the Arts

THE ART HOUSE



OCCI Central Coast, FREE HOLIDAY ACTIVITIES – SEPT/OCT 2019

Come and explore rock pools at Terrigal Haven, Nora Head and Toowoona Bay with OCCI's expert guides and learn about the fascinating creatures that live there. There is a maximum of 25 people per walk **so bookings are essential**.

Most suited to ages 5 years to adult. All children need to be accompanied by an adult. All participants are required to wear closed in shoes for protection.

DATES:

Sunday 29.9.19 **RPW Toowoona Bay**, 1.30pm

Monday 30.9.19 **RPW Terrigal Haven**, 2.15pm

Tuesday 1.10.19 **RPW Norah Head**, 3.15pm

Tuesday 2.10.19 **RPW Terrigal Haven**, 3.15pm

***OCCI 20th Birthday walk: Sunday 27.10.19, RPW Terrigal Haven 1.30pm* All invited.**



To book, please phone or text Linda on **0404 450 429**

You will need to leave:

Your name and telephone number, preferably mobile

Children's names and ages

Date and walk location

Source of information

Sponsored by Central Coast Council



CINEBUZZ TICKETS FROM \$12*

eventcinemas.com.au

*Online booking fees and surcharges apply. Not valid for Gold Class or special events. For full T&C's visit website. Only valid at Tuggerah.

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- Bank Reconciliations
- BAS preparation & lodgement
- Financial Reports / Compliance
- Business Training
- On site or off site
- Reasonable rates - Fully Insured
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This counts

Ball sports are always fun and help develop coordination skills.

www.healthpromotion.com.au

NSW Health Central Coast Local Health District

This counts

Change your idea about what it means to be 'active' and encourage your kids to play

www.healthpromotion.com.au

NSW Health Central Coast Local Health District