MANNERING PARK PUBLIC SCHOOL NEWSLETTER
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11 November, 2015

PRINCIPAL’S COMMENTS

Remembrance Day
We held our Annual Remembrance Day Ceremony today and to help mark this day we gave each student a beautiful medallion kindly presented to us by the Pelican RSL Club. These medallions mark the Centenary of Landings at Gallipoli. School children across the country were asked to donate a gold coin, if able, to help rebuild a dilapidated school in the village of Pozieres in France, where thousands of Australian troops died fighting in 1916. The project is being organised by the Camp Gallipoli Foundation, a not-for-profit organisation established to educate Australian children about particular moments during World War I. We are proud to report that our school has raised $62.90 towards this cause.

Grandparents Day
Our Grandparents Day is on Friday 20th November. All grandparents are most welcome to attend our assembly in the morning, from 9.15am, then visit classrooms to see what our great students have been doing, and, from there join us for morning tea in the Library.

Kindergarten Transition
Our after-school meeting on Thursday and meeting on Friday were well attended and we hope that all parents received all the information needed for next year. We are really looking forward to next year’s kinder group who seem really eager to commence.

Music Bus
On Wednesday 9th December we will have the Music Bus here for the day where our classes may go through and take part in demonstrations. You may have noticed the Music Bus here on the day of our Fete and the interest it generated was quite profound. At 8.30am on the 9th, parents are welcome to attend and David will explain how it all works. The students will attend at various times between 9.00 and 2.00. If this is appealing we can run a program next year where students are taught to play musical instruments once a week throughout the year. There are costs involved so if you are interested please make an effort to attend on this day. It is proving quite popular with many schools in Sydney and the Central Coast.

Peter Mandroules
Principal

Dates to Remember

Term 4

Tue 17 Nov: Yr 6 Ice Cream Day
Fri 20 Nov: Grandparents Day from 9:15am and morning tea
Mon 23 Nov-Wed 25 Nov: Year 5 & 6 Forster Camp
Wed 2 Dec: Assembly of Excellence
Wed 2 Dec: Year 6 Farewell
Fri 4 Dec: Year 6 Reports home
Thurs 10 Dec: Responsible Pet Program K-2 & Kindy Transition
Fri 11 Dec: K-5 Reports home
Wed 16 Dec: Poolside Picnic Years 3-5
Wed 16 Dec: K-2 Performance and Xmas Picnic Day
Wed 16 Dec: Last day of Term 4

Opal Bus Passes
Last week all Year 6 students and 4 Year 2 students going into Year 3 next year received a brochure on the new Opal card for their bus transport. Please go online and complete the application. Print, sign and date the application and return it to the front office for endorsement. We will then forward them all on to Transport NSW. Please return these applications as soon as possible. All other students who already have bus passes will be issued with their new Opal card at the beginning of 2016.

Book Club
Issue 8 Book Club orders went home this week. All orders need to be returned to the front office by Thursday, 26 November. Don’t forget you are also able to order online with LOOP, the online ordering system through Scholastic. Thanks to everyone that have ordered books through Scholastic this year. The school is able to receive many books for the library from the points they receive from your orders. This is the last book club for this year, so get in and get some great Xmas gifts!! If you do not want your children to see orders you have purchased just put a note with the order and they will be kept in the office for you to pick up. A huge thank you must go to Mrs Pryce who has been a great Book Club Coordinator, she has done all the work behind the scenes in getting your orders in, thanks Kim for all your hard work.

Manno Munch News
It is the middle of term and Manno Munch will be looking at scaling down in a couple of weeks. Thanks to Rhani, Jen, Anne, Kylie & Donna.

Year 5/6 Camp
Notes were sent home today for all year 5 & 6 students going to camp with details of what they need to bring etc. Please make sure you get these notes from your children.

Year 6 Fundraising Ice Cream Day
Year 6 will be holding an ice cream day next Tuesday, 17 November. Students can purchase one of the following at lunch: Ice Cream Cone $1
Ice Cream Spider $2
All funds raised go towards the Year 6 gift to the school and the Year 6 farewell.
Newsletter Item 16

Aim: To encourage parents to use positive 'you' messages when talking with their children to build their self-esteem.

Positive ‘YOU’ messages

Children have a wonderful curiosity about life. A child’s mind is full of questions. Perhaps the most important of these are:
- Who am I?
- What kind of person am I?
- Where do I fit in?

Children’s sense of identity is affected by statements which begin with the words, ‘you are’, especially if they come from people who are significant in their lives. We call these ‘you’ messages. The message may be positive “You are a terrific kid” or negative “You are so naughty”.

As important people in our children’s lives we need to remember to use positive ‘you’ messages. Even if your child has done something wrong, a positive ‘you’ message can be used. For example “You always treat me with respect, but I won’t allow you to speak to me like that. I need you to do as I have asked”.

Remember children need to build self-esteem to help them create positive relationships in their lives.

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Nutrition Snippet

The simplest way

...to pack the five food groups!

Follow our easy guide to pack the healthiest lunch box that features the five food groups – and don’t forget a bottle of water!

**Fruit**: It’s high in fibre, vitamins and minerals. Serve fruit in fun ways: try fruit kebabs or fruit in small containers, and remember, kids are more likely to eat it if it’s cut up into small pieces.

**Vegies**: Pack carrot and celery sticks with hummus or salsa, or even a vegie slice

**Breads + cereals**: Try wholemeal bread, wraps and pita, or rice and pasta leftovers.

**Reduced-fat dairy**: A slice of cheese, yoghurts and custards are all great lunch box items.

**Lean protein**: cooked chicken, tuna, egg, roast meat, or legumes such as red kidney beans and chickpeas.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
Thanks for checking out our two and half day Live it Now event!

Live it Now is a two and a half Day 'Life-Changing' event in Sydney that reveals how to break through the day-to-day mediocrity and create the life you want NOW.

Are you looking for more from your life? A better career, improved finances, taking your business to the next level, more satisfying relationships, emotional balance, a healthier body, more spiritual time for yourself... If the answer is YES (maybe all of the above) and you want it 'NOW' then reserve your seat at our upcoming LIVE IT NOW 2.5 day event.

This is your opportunity to work with experts in all areas of your life at this not-to-be-missed 2.5 day event.

CAUTION: This is not your ordinary sit down, be bored and take notes event. This is hands-on. Be prepared to be inspired and motivated to make big changes. If you’re a fan of Tony Robbins then you’ll absolutely love this.

Our upcoming workshops for 2015 are
15th - 16th of August and
14th - 15th of November

They will be held at our events room St Leonards at:
Level 1, 1 Atchison St
St Leonards NSW 2065

Call 1800 552168

Have you prepared your Will?

Take control of your future for only $50

Local solicitors will be on hand to prepare a simple Will or change your existing Will for a cost of $50 (per Will).

8am to 6pm
Thursday 19 November
The Salvation Army
15-23 Holy Street, Wyong

All money raised will go directly to helping The Salvation Army Oasis Youth Centre Wyong facilitate local work in the community.

Contact The Salvation Army today to make an appointment on 4929 5273.
UnitingCare Burnside

Invites you to a Teddy Bears' Picnic

Date: Saturday, 28 November 2015
Time: 10am—2pm
Where: 1 Colongra Bay Rd, Lake Munmorah

Many services will be present on the day—come have a fun-filled time.

Sporting Activities, Jo Jo Balloon Clown, BBQ and Wiggle and Giggle something for everyone to enjoy.

Bring your Teddy, picnic rug and enjoy the festivities.

Colouring competition will be judged on the day. You must be present to claim your prize.

SANTA IS ON HIS WAY
JOIN US FOR SANTA'S PARADE
ALL WE SEE IS JOY

14th November, 10am to 1pm

Led by the master toy maker, Santa will arrive in his sleigh accompanied by all his favourite friends including Elmo. There will also be lots of other FREE activities as well as Christmas carols!

Go to westfield.com.au/tuggerah for more information.

Westfield TUGGERAH
IN CENTRE, ONLINE, MOBILE.