fun in the process.

Our students took their sessions with enthusiasm and had great rifles again today to run another football development day for most of our students. We were fortunate enough to have Adam Kwasnik come to school to do this.

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**Bike Racks**

The bike racks will soon be moved from under the trees beside the Bus Shelter to outside the wall between 3/4R and the Computer Room. The bikes will be under cover and the threat of falling branches will be eliminated.

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**Gymnastics**

The response has been terrific but very few have brought in any deposits or payments for this program which is run by a professional gymnastics coach, commencing Week 6 this term until Week 5 in Term 4. I urge all parents with children hoping to come to Mannering Park PS next year to take up this opportunity. If you have any questions please don’t hesitate to come in and ask. We have brochures in the office and further information in our newsletters and website.

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**PRINCIPAL’S COMMENTS**

**Open Day**

Next week is Education Week in all public schools and here at Mannering Park we would like to invite all our parents and carers to the school on Thursday for our Open Day. Normal classes will run for the morning session and we will hold an assembly in the Hall, commencing at 11.30am. At this assembly some of our students will be performing various items and showing off their talents. Following everyone is welcome to visit classrooms to see the wonderful things our students are doing this year and visitors are also welcome to take part in a ‘Treasure Hunt’ for the chance to win a $30 Gift Card. There will be a combined lunch for all students and visitors at 1.30pm where the Canteen will be open and a ‘Sausage Sizzle’ running. We would love to have your company on this day!

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**Woolworths Earn & Learn Promotion**

This initiative is on again and we urge all parents to please remember to collect the stickers for our school when they shop at Woolworths. The school also has a ‘bin’ outside ‘Woolies’ at Lake Munmorah and one also here at school.

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**Ready Set Go**

What a wonderful roll up we had to our first Ready, Set, Go Kindy Transition program last Thursday! There were sixteen smiling children on this first day. This great program runs every Thursday morning for two hours, from 9.30 to 11.30am, until the end of Term 4. I urge all parents with children hoping to come to Mannering Park PS next year to take up this opportunity. If you have any questions please don’t hesitate to come in and ask. We have brochures in the office and further information in our newsletters and website.

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**Gymnastics**

The response has been terrific but very few have brought in any deposits or payments for this program which is run by a professional gymnastics coach, commencing Week 6 this term until Week 5 in Term 4. The cost is only $25 per student. There is a Permission slip in this newsletter that all parents need to fill out and return to school. Without the Permission slip we may have to cancel which would be a real shame. Final payment will be required by Friday 7th August.

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**‘Eat it to Beat it’—Parent Information Session.**

All parents are most welcome to attend this great opportunity to be held in the Community Room on Friday, 7th August between 9.00am and 10.30am. Many parents who drop their children off to school in the mornings will find this time quite accommodating so please contact the office and please let us know whether you are able to participate. (See flyer in this newsletter).

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**Bike Racks**

The bike racks will soon be moved from under the trees beside the Bus Shelter to outside the wall between 3/4R and the Computer Room. The bikes will be under cover and the threat of falling branches will be eliminated.

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**Mariners Active Program**

We were fortunate enough to have Adam Kwasnik come to school again today to run another football development day for most of our students. Our students took their sessions with enthusiasm and had great fun in the process.

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**P&C Meeting**

Our P&C Meeting was held last night and two dates were decided on for next term - A **Working Bee** has been set down for Sunday 11th October and this year’s **School Fete** will take place on Saturday 31st October.

The next P&C meeting will be held on Tuesday 18th August in the Staff Room at 6.30pm. All parents are most welcome so please feel free to attend!

**Jeans for Genes**

Friday, 7 August is our SRC fundraiser for Jeans for Genes. Students can wear their denim clothing (jeans/jackets) on this day and donate a gold coin to raise funds for the Children’s Medical Research Institute.

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**Peter Mandroules**

Principal

**Dates to Remember Term 2**

**Term 3**

* Every Thurs: Horizons Kindy Transition - Term 3 & Term 4 9:30-11:30am
* Week 3: Mon 27 July-Fri 31 July: Education Week
* Wed 29 July: Fete meeting 9am
* Thurs 30 July: Open day for Education Week
* Fri 31 July: Primary School Athletics carnival, Power Station oval 8-12 year olds
* Fri 7 Aug: ‘Eat it to Beat it’ Parent session 9-10:30am
* Fri 7 Aug: Jeans for Genes day
* Fri 14 Aug: Infants School Athletics carnival, at school 5,6 and 7 year olds
* Week 6: Mon 17 Aug: Gymnastics program starts
* Tue 18 Aug: P&C Meeting 6:30pm
* Sat 22 Aug: Bunning BBQ Fundraiser—Morisset
* Mon 24 Aug-Fri 4 Sept: Intensive Swimming Scheme
* Wed 26 Aug: Hunter Primary Maths Competition
* Fri 28 Aug: Zone Athletics Carnival - Mingara
* Thurs 10 September: Gibbaly Day
* Wed 16 Sept: 2/3V, 3/4R & 4S Excursion Laycock St Theatre
* Wed 16 Sept: P&C Movie Night - Metro Lake Haven

**Term 4**

* Sun 11 Oct: Working Bee
* Sat 31 Oct: School Fete
* Mon 23 Nov-Wed 25 Nov: Year 5 & 6 Forster Camp

**Boys Soccer**

The boys soccer team finally got to play their second round game in the NSW PSSA Soccer Knockout. In the first round the boys had a bye. The game was played at Harry Moore Oval at Toukley against Kanwal.

The final score was Kanwal 5-MP 0. This was not a true indication of our boys’ effort. The score was 0-0 at half time and it was not until late in the game that Kanwal got on top. Well done to all the boys for their efforts and fantastic sportsmanship.

As usual a special thanks to all the parents who provided...
transport and support. Without your assistance we are unable to provide these opportunities to the students. See photo opposite.

Mr Rath

7 Aside Rugby League Team
Congratulations to the 7 aside team who played last Monday. They all put in an enormous effort and played to the best of their ability. The boys came third in the comp. Also, a special thanks to all the parents that assisted with transport.

Intensive Swimming Scheme - positions still available - get in quick!
The Intensive Swimming Scheme for Years 2, 3 and 4 (and non competent swimmers, in Years 5 & 6) held at Toukley Pool is on again from Monday, 24 August –Friday, 4 September.
If you would like your child to participate in this program please come in to the office and get a permission note, the program only allows 60 students to participate, so hurry and get your form returned.
You can opt to pay off in instalments if you wish or pay the whole amount. This needs to paid in full by Friday, 7 August. Keep in mind the cost of the program is for a 10 day intensive swimming program and you would find it very difficult to get lessons of equivalent value.

Gibalee Day 2015
Gibalee Day will be held on Thursday, 10 September. Our first organising meeting will be held this Wednesday, 29 July at 3:00pm in the Aboriginal room off the library. Parents and carers who are interested in assisting with Gibalee Day or would like to share their ideas are welcome to attend.
Regards
Aboriginal Education Committee

Manno Munch News
Our Pasta Cups have been a great success with a record number of orders.
Thank you to the volunteers this week.
Anybody out there that has some spare time and would like to help us out, please come in and have a chat and we can show you the ropes.
Sam

Fundraising News
Bunnings BBQ
When: Saturday, 22 August
Time: Any time you can spare from 9am-4pm. (Feel free to organise groups with your friends and let me know times that suit)
We generally try to have at least 2-3 people for each shift.
3-4 people may be needed for busy times from about 11-2. The more people we have the shorter the shifts.
Donations: another way of helping us is by donating items for the BBQ. Items may include: sausages, onions, napkins, ice, sauces or drinks.
Thank you
Jeannette
GYMNASIC LESSONS TERM 3/4

YES, I am interested in my child/ren having Gymnastic lessons in Term 3 and Term 4 and I understand it will be at a cost of $25 paid in full by Friday, 7 August.

Name ______________________________________
Signature ____________________________________
Child’s Name ___________________________________Class_____
Child’s Name ___________________________________Class_____
Child’s Name ___________________________________Class_____

Please find enclosed $25 being for 10 weeks Gymnastic lessons.

Office Use Only
Paid_______________Date__________Sig_______
Newsletter Item 2

Aim: To encourage parent participation in the Friendly Schools Program by providing strategies they can use at home to support the school’s efforts.

Parents’ role in Our Friendly School

Research has demonstrated that efforts to change attitudes and behaviour of students are more likely to be successful if parents are actively involved and feel a sense of shared ownership of the process.

What can parents do to support activities in the school to reduce bullying?

- Talk regularly with your children about bullying;
- Encourage your children to ‘ask for help’ if they are being bullied at school;
- If your children are fighting at home, help them discuss their problem and come to a mutual solution to the problem;
- Encourage your children to be assertive by helping them practise speaking in a firm but friendly way, making eye contact, looking calm and smiling and feeling good about themselves;
- Encourage your children to play with other children at school, at home and in the neighbourhood; and
- Help your children improve their self-esteem by discussing the things they are good at, encouraging your children to ‘have-a-go’ at new activities, and encouraging your children to develop their own independence by allowing them to care for their belongings or manage their pocket money.
Come to our FREE Fruit & Veg Sense Workshop

Date: Friday 7th August 2015
Time: 9:00am until 10:30am
Venue: Mannering Park Public School

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This free workshop run by Cancer Council NSW will show you how you can easily:

- Save time and money making healthy meals
- Learn clever ways to entice fussy eaters
- Get a free recipe book simply by attending

Don’t miss out – registration is essential. To book your place please register no later than 31/07/2015 by:

emailing eatittobeatit@nswc.c.org.au
visiting www.cancercouncil.org.au/eatittobeatit/register
or phoning (02) 4923 0704

...to make a healthy curry

Chickpea + Vegie curry
1 teaspoon canola oil
1 onion, chopped
3 cloves garlic, finely chopped
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon curry powder
400g can chickpeas, drained and rinsed
½ zucchini, chopped
3 carrots, chopped
1 cup frozen green beans
400g can tomatoes (no-added-salt)
165g can reduced-fat coconut milk
4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve

Method
Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes -- Add the rest of the ingredients and simmer with the lid off for 15-20 minutes -- Serve with rice

Variation: you can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
After School Care provides a safe environment for children to explore and play

About the program
After School Care promotes a healthy and active lifestyle, encourages friendships and supports children to develop new skills – all while having fun.

Mannering Park Public School has partnered with Camp Australia, the leading provider of Before and After School Care in Australia. This high quality program embraces the school’s values and builds on your child's educational experiences and individual interests.

The program combines active games with planned and unplanned play, quiet time, homework time and a healthy snack. Every day is an adventure led by enthusiastic Camp Australia staff who are on a mission to bring smiles to kid's faces. As trained Educators, we know lots of different ways to help your child get the most out of their day and feel good about themselves.

<table>
<thead>
<tr>
<th>Program</th>
<th>Times</th>
<th>Full fee</th>
<th>Out of Pocket*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Care</td>
<td>6:30 AM - 8:30 AM</td>
<td>$16.45</td>
<td>$4.83 to $8.23</td>
</tr>
<tr>
<td>After Care</td>
<td>2:55 PM - 6:30 PM</td>
<td>$24.50</td>
<td>$6.31 to $12.25</td>
</tr>
</tbody>
</table>

The information outlined above covers the most common program times and fees. For a full listing of all program details and fees for the service, please visit our website. We have over 300 Holiday Clubs. Please use the Holiday Club Finder on our website to find the most convenient service for you.

Next step
visit www.campaustralia.com.au and enter your school name in the school finder.

Welcome
Let us help you find your school...
Enter your school name below to begin.

Notes on fees and out of pocket:
1. Almost all Australian residents are eligible for some form of government rebate.
2. The Child Care Benefit (CCB) is income tested and scaled, resulting in a reduction of between 50% and 80% of session fees.
3. The Child Care Rebate (CCR) is not income tested and is available to almost all Australian families. It provides a rebate of 50% of fees owing after the CCB has been calculated and considered.
4. So that the CCB and CCR can be automatically applied to your account, you will need to provide your Department of Human Services Customer Reference Numbers (CRNs) during the registration process. These can be obtained from the Family Assistance Office on 13 61 81.
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

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On the Tuesday Night, we hold a follow-up evening from 6:30pm - 9pm. During this session we introduce you to some basic NLP techniques and begin understanding the unconscious mind. We also show you how to fix any relationship and have the opportunity for 1-1 question time with our Presenters.

We run Live it Now to support a children’s charity Bear Cottage and it is only $47 to come along for the weekend. This cost covers your catering as we supply you with morning tea and a beautiful lunch over the Saturday and Sunday.

On the Sunday afternoon, after you have seen how much incredible value you got out of the weekend, we just ask for a voluntary donation to Bear Cottage (all donations over $2 are Tax deductible).

This powerful, multi-speaker event was created by Matt Catling. Matt has worked with close to 50,000 people nationwide, is the creator of the Rapid Change Technology system, has grown multi-million dollar companies, raised 100’s of 1000’s of dollars for charity and has founded his own Institute, most of which he was able to achieve before he hit age 30.

Please find below the booking details for Live It Now Sydney. You can either book through our online link, or transfer the funds for then catering to our event company's bank account, whichever is most convenient.

To book your ticket, please choose from one of the following options:

Speak to a booking agent
Simply call me directly on my number below or free call 1800 552 168.

Eventbrite

You can also check out our website at www.liveitnow.com.au and like us on Facebook for the latest updates.

If you have any further questions or would like to book you can call our team on 1800 552 168.

Kind Regards,

Support Team
Your Future Now
support@yourfuturenow.com.au