PRINCIPAL’S COMMENTS
I always take great delight in going around to classrooms to see some of the amazing work our students produce. Their efforts, from Kindergarten right through to Year 6, have pleased their teachers both in and out of the rooms. Data shows that our students are continually improving their results in Numeracy and Literacy, our sporting, academic and cultural representatives strive hard to compete at all levels with other schools and I take great pride in ‘bragging’ about how good our school is to other Principals. Visitors to our school always tell me how impressed they are with Mannering Park!

Open Day
Tomorrow is our school’s Open Day for Education Week and we would like to invite all our parents, friends and carers to the school. 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 this 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 see you here!

Athletics Carnival
Mr Rath has organised our Primary Athletics carnival for this Friday and it would be great to see as many parents, friends and carers there to support our students on the day. The Canteen will be open at the Carnival but parents are reminded that the Canteen will not be open at school for the Infants on Friday.

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 has a bin in our office area as well as a ‘bin’ outside ‘Woolies’ at Lake Munmorah.

Gymnastics
Please remember to bring in permission notes and payments for this program as it is only a few weeks from commencement. It is run by a professional gymnastics coach from Week 6 this term until Week 5 in Term 4. The cost is only $25 per student. There is another Permission slip in this newsletter so please complete this and send it back to school as soon as possible. Without your commitment in the form of notes and payments (even just a deposit) we may have to cancel which would be a real shame. Final payment will be required by Friday 7th August.

‘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).

Bike Racks
The bike racks have now be moved from under the trees beside the Bus Shelter to a safer area outside the wall between 3/4R and the Computer Room. They are now under cover and the threat of falling branches will be eliminated.

Working Bee has been set down for Sunday 11th October and this year’s School Fete will take place on Saturday 31st October.

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
Thurs 30 July: Open day for Education Week
Fri 31 July: Primary School Athletics carnival, Power Station oval 8-12 year olds
Thurs 6 Aug: Uniting Church Choral Presentation
Fri 7 Aug: CWA Choral Presentation
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
Thurs 20 Aug: Bookweek character parade / Author visit
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: Gibalee 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

Book Club
All book club orders whether through the office or online are due tomorrow, Thursday, 30 July.

Sport Polo Shirts
As we are having our Athletics carnival this Friday and the infants on Friday 14 August, this is a good opportunity for you to have students in their house colour polo shirts. They are available from the front office for the small price of $7.

Intensive Swimming Scheme/Swim Survival Skills
The Intensive Swimming Scheme for Years 2-6 held at Toukley Pool is on again from Monday, 24 August – Friday, 4 September.

This is not just for non swimmers, it also is a great scheme for swimming survival skills for all students in Years 2-6. 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.**

**Library News**

Bookweek is coming!!!!

***August, 20***

Will be our book character parade. Everyone is encouraged to dress up as a book character.

On this day, we will also be entertained by a local author who will share her experience as a writer and lover of books, in stage groups.

The theme for bookweek this year is ’Books light up our World’.

All classes are enjoying the reading of the shortlisted books and give them their own vote, so we can see whether we agree with the judges….

**Garden Mulch**

We have an over supply of mulch at the school at the moment. If you are interested in getting some mulch for your garden, please arrange to bring up a trailer during school hours. Please call the office first to arrange a suitable time.

**Manno Munch News**

PLEASE NOTE: THERE WILL BE NO CANTEEN OPERATING AT SCHOOL ON FRIDAY DUE TO THE PRIMARY ATHLETICS CARNIVAL AT THE POWER STATION OVAL. We desperately need volunteers also for the carnival, if you can help even for short time come in and see us up there.

Friday we will be up at the Athletics carnival. Please see separate form for ordering lunch. All infants students (5, 6 & 7 year olds) will have to organise their own lunch, drinks and recess on this day.

Thursday is Open Day for the parents. Please come and visit, we will be having a sausage sizzle for lunch so that you can eat with your children.

Volunteers are always welcome and a BIG thank you to Caroline, Claire, Tracey, Jen, Rhani and Kylie and all those that came in to lend a hand this week.

**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

**GYMNASTIC 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________
Bunning BBQ Fundraiser

All money raised goes directly to Manning Park Public School.

Date: Saturday 22 August 2015
Where: Bunnings Warehouse – Cnr Mayfair Close, Morisset
Times: Approx 1-2hrs to help out between 9am – 4pm

What do we need help with?
1. Volunteers to cook the sausages on the BBQ, prepare the sausage sandwiches/rolls
2. Volunteers to sell the food & drink to customers

Donations
We will provide everything you need to prepare and sell the food, but we also appreciate any donations including:
- Sausages, onion, sauces, drinks, bread, gloves

If you can help – please
1. Leave a message at the office
2. Let us know your preferred time

The money raised goes directly towards our school resources.

We appreciate any help you can give.
Thank you

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Cancer Council NSW
The simplest way
to improve the health of your family and save money

Come to our
FREE Fruit & Veg Sense Workshop

Date: Friday 7th August 2015
Time: 9:00am until 10:30am
Venue: Manning 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@nswcc.org.au
visiting www.cancercouncil.org.au/eatittobeatit/register
or phoning (02) 4923 0704

Eat It To Beat It
Newsletter Item 3

Aim: To inform parents of the definition of a bullying incident and strategies for helping their children if they are being bullied at school.

What is bullying?

Bullying is when these things happen again and again to someone:

- Being ignored, left out on purpose, or not allowed to join in;
- Being made afraid of getting hurt;
- Being hit, kicked or pushed around;
- Being made fun of and teased in a mean and hurtful way; or
- Having lies or nasty stories told about them to make other kids not like them.

It is hard for the child being bullied to stop these things from happening again and again.

What can I do if I think my children are being bullied at school?

- Try to talk with your children about what is going on;
- Listen to their concerns and believe them;
- Be aware of your own response and react in a calm and helpful manner;
- Talk with your children’s teachers and calmly discuss the situation and some possible strategies; and
- Encourage your children to ask for help if they are being bullied, e.g. talk about who they could talk to at school, and how to ask for help.

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Nutrition Snippet

The simplest way

...to make a healthy dessert.

APPLE + PEACH PIE
Perfect on a chilly winter’s evening...a healthy treat!

Ingredients
2 medium apples, peeled and chopped -- 800g canned peaches in juice, drained -- 6 sheets filo pastry -- spray oil -- 1 teaspoon sugar

Method
Preheat oven to 200°C -- Place apples in a microwave and oven proof dish and cover with a plate or cling film with holes in it. Microwave on HIGH (100%) for 1 minute. Carefully remove the plate or cling-film as the steam will be hot -- Add peaches to the oven-proof dish. Scrunch a sheet of filo pastry and arrange on top of the dish. Repeat with the rest of the filo sheets until the whole top of the dish is covered -- Lightly spray the pastry with oil, and sprinkle with sugar -- Bake for 25 minutes, until the pastry is golden and crispy -- TIP: this recipe works for any fresh, frozen or canned fruit.

For more information visit www.eattitoobeatit.com.au or join us at facebook.com/eattitoobeatit
Fed Up
WITH CHILDREN’S BEHAVIOUR

Can food really affect my child’s behaviour?

‘we would still be living with an unhappy, difficult child’

Difficulty falling asleep, frequent night waking

Asthma, itchy skin rashes, migraine

Depression, unexplained tiredness, difficulty concentrating

Arguments, ODD, tantrums

Bedwetting, sneaky poos, sticky poos

Hidden & new food additives, what’s wrong with fruit

‘you touched our lives in an incredible way’

You gave us the chance to see what a beautiful little boy we have been blessed with’

Former teacher and psychology graduate, author of the famous Fed Up series, Australian of the Year finalist in 2009, Sue Dengate became interested in food intolerance after recognising the effect of foods on her own children. In the past 25 years, Sue has spoken to tens of thousands of parents in Australia, the USA and the UK. www.fedup.com.au.

$15!

WEDNESDAY 12TH AUGUST
5:30-7:30PM
Wyong School Community Centre, Cutler Dr
limited free child care available (must register)
Book & pay online at www.ccsacc.com/whats-on

CAMP AUSTRALIA MANNERING PARK

OSHC OPEN DAY!

Thursday 30th July
12:30pm - 2:30pm

Are you in need or interested in Before or After School Care for your child?

Would you like to see our fun and exciting program we offer?

Would you like to see our wonderful room and all the fun experiences the children have been involved in?

Here, at Camp Australia, ‘We make kids smile.’

I would like to invite all families at Mannering Park Public School to come along to have a look at our wonderful OSHC Room (6 Block) between 12:30pm - 2:30pm this Thursday 30th July.

I will be there to also answer any questions you may have about the service we offer and/or how to register for care.

Jennifer – OSHC Coordinator

visit www.campaustalia.com.au

GREAT FUN

Outdoor games and sports
Ath & Crafts
Playing with friends
Great Educators
Food and Cooking
Indoor Activities
MPPS presents......

A Night at the Movies!

Date: Wednesday 16 September 2015
Time: 6pm for 6.30pm start
Where: Metro Cinemas, Lake Haven
Movie: PIXELS
Tickets: $10

Buy your tickets at the school office before the night

“When aliens misinterpret video feeds of classic arcade games as a declaration of war, they attack the Earth in the form of the video games.”

Starring Adam Sandler, Kevin James, Michelle Monaghan

Prizes to win & cake stalls on the night.

This is a MPPS Fundraising event.

PaTCH - Parents as Teachers & Classroom Helpers

Do you want to help in your child’s classroom?
Are you interested in learning how to be a great classroom helper?
In terms 3 and 4 Mannering Park Public School is running a program called PaTCH (Parents as teachers/classroom helpers). This course will teach you how to support students in their learning of literacy and numeracy and at the same time keep in touch with what’s happening in our school. So if you have a couple of hours spare each week, or are already helping in the classroom and would like to further your understanding of how children learn, we would love for you to join us.
There will be an afternoon tea for interested participants on Tuesday 18th August from 2.15pm in the Hub.
For more information please speak with Belynda Gruden (Instructional Leader).