

Central E-cho

Central Mangrove Public School



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Principal: Lorene Alexander

Upward We Strive

Week 10- October 2 2009



Welcome to our school.

This week is the last week for our pre-service student, Mr Randall and we wish him much happiness and success in the teaching profession as he leaps into action next term at Peats Ridge PS. 5/6A

have enjoyed many lessons planned and implemented by Mr Randall and thank him for his hard work both in the classroom and for many whole school events.

This week has also welcomed Miss Seve to 5/6A classroom as she embarks on her internship over six weeks at our school. There are many valuable experiences planned for us in term four.

Our Talent Quest was such a buzz as many students performed for our delight, entertaining us for the whole afternoon on Thursday. Congratulations to all the participants and those who won.

Results were:

- Ist Prize Solo act: Irene Kyriacou – singing
2nd Prize Solo act: Fergus Cruickshank – playing guitar & Abi Rickards - singing
1st Prize Group act: Alica & Stephanie – duo singing
2nd Prize Group act: Alexandria, Laila, Thalia & Daniella - dancing

ALICE in Wonderland is already becoming serious as we prepare students for their parts. Costumes are being organised and we'll inform you of details at the beginning of next term. Our first newsletter next term will be published in the first week.

Both Sue Cruickshank and Robyn Hamilton have been extremely busy preparing props for the performance and the teachers are very grateful for their contribution and talents to help out.

We hope that everyone enjoys the holiday break and wish for a happy and safe holiday period with all students taking a well earned rest ready for a big term four. Teachers will be meeting over the holidays to plan teaching programs and be keen to start the first Monday of the term. Please note that the first day WILL NOT be a School Development Day and ALL students will be required to attend on the MONDAY.

Hopefully students will be learning their spelling and gaining sponsorship for the SPELL-A-THON in week 2.

Calendar – Term 4 Weeks 1 - 2

Term 4

Week 1

Monday 19 October

Students & Staff return to school
Yr K - 6

Week 2

Monday 26 October

AASCP - Fitness made Fun 3:30-4:30pm

Wednesday 28 October

AASCP - Team Sports 3:30 - 4:30pm

Special Events for Term 4 to mark in your diary.....

Friday 30 Oct

Spellathon

Friday 6 Nov

Environment Day at Kulnura PS
\$3 per student

Tuesday 10 Nov

Alice Matinee for visiting Schools

Wednesday 11 Nov

Alice in Wonderland - 7pm

Thursday 19 Nov

10am Enviro Show - no cost

Thurs & Fri 26/27 Nov

6:30pm Inter-relate Presentation
Yr 5 & 6 Leadership/Transition Camp
At Challenge Ranch - \$40 per student

Tuesday 1 Dec

2010 Student Leaders Elections

Wednesday 2 Dec

CARES - Bike Education Yrs 5&6

Thursday 3 Dec

Yr 6 Transition Day @ HKHS

Wednesday 9 Dec

Presentation Day 10am

Thursday 10 Dec

Combined Scripture

Friday 11 Dec

Year 6 Farewell Dinner

Tuesday 15 Dec

Reports home

Wednesday 16 Dec

Helpers Morning Tea 11:30am

Thurs. 17 & Fri. 18 Dec

Whole School Terrigal Beach Surf

Day Excursion - Last Day of Term

Staff Development Day - all staff
attending DET organised activities

POSITIVE PARENTING TIPS FOR RESILIENT CHILDREN

Link behaviour with outcomes: Annoying the family dog to the point where she snaps is an obvious link. Sometimes the lessons kids should learn need some explaining. So be prepared to reinforce life's lesson if they don't get it. E.g. 'The reason your friends don't go to the football with you is that you keeping annoying them....'. Keep explaining. Sometimes the lessons take a while to sink in so you need to be patient and also keep explaining. It may seem like nagging but there is often no other way. Allowing children to absorb life's lessons is a tough ask for some parents. But for some children and some situations, it's the only option available.



For school security over the holidays phone: 1300 880 021



ALL WEDNESDAYS ARE WASTE FREE LUNCH DAYS!!!!



This program will continue in Term 4. It is pleasing to see most families are supporting us in reducing the amount of rubbish we send to landfill.

ACTIVE AFTER SCHOOL SPORT

Our Term 4 Active After School Sport program will commence on 26 October (Week 2 of Term 4) from 3:30 - 4:30pm.

- Mondays: Fitness made fun
- Wednesdays: Team sports



If you wish your child to participate in this program, please return the attached RSVP to the school ASAP.

Remember a free healthy afternoon tea is served from 3:10 - 3:30pm each session day.

SPORT FOR TERM 4

A gentle reminder that our Sport Day for Term 4 will be



WEDNESDAYS. Students are required to wear their sports uniform on this day as all students will be participating in a PDHPE Gymnastic program. Cost of this program is \$3 per week per student (\$24 for the whole program). Please

forward the attached permission note and payment to school ASAP.

Thank you to all the families who have so quickly responded to this request and have already forwarded their child's permission note with payment to the school.

SPELL-A-THON FUNDRAISER



Sponsor sheets were sent home early with our last newsletter. Please help support our school by encouraging as many sponsors as possible. Spelling test day is Friday 30 October. All funds raised will be used to purchase literacy resources.

ENVIRONMENTAL TIP -



Have you seen our 'leaving small footprints' display at our school. Check out the footprints in and around our school grounds. Our students have been busy promoting lots of energy, water and waste reductions ideas as part of Gosford City Council's Environmental Education program.

THANK YOU



Thank you to the 7 families and all our staff members who contributed to our 'secret baby gift basket' for Mrs Barrington. Your support was very much appreciated. We will present this gift to Mrs Barrington during the holidays.

SRC HEALTHY FRUIT OPTION



We urgently need a helper to assist our SRC senior students with making fruit kebabs on Fridays during term 4. Please return the attached RSVP if you are available at this time.

***Please note: Fruit kebabs must be ordered. Only the frozen oranges and grapes are available without an order.

ALICE IN WONDERLAND

Tickets are available for purchase for our evening performance of 'Alice in Wonderland'. Cost \$5 per child (not attend our school - all pre-schoolers have free entry) & \$10 per Adult. BYO chair. Raffle tickets will be coming home next term with a major prize of a boy's or girl's bike. Tickets coming home Week 1 Term 4.

CHANGE IN BUS TIMES

Dear Parent / Student

As you may be aware, CityRail is launching a new rail timetable on Sunday 11th October 2009. To ensure connections between bus and rail services are maintained, it will be necessary for Busways to alter our timetables. In some instances, this may only be a trip moving a few minutes - in other cases, significant time movements will result. Unfortunately, due to the integrated nature of our network, time changes will also flow into some school trips. Please note however, there will generally be no changes to any routes - only changes to arrival and departure times.

Commencing Monday 19th October 2009 there will be a change to the departure time of afternoon Route 34 from Kariong Primary, Somersby Primary & Central Mangrove Primary School.

Route 34 will now operate 3 minutes later & depart from Kariong Primary at 2.39pm, Somersby Primary at 2.59pm & Central Mangrove Primary School at 3.14pm. There are no changes to the route.

If you require further information, please contact Busways Kincumber Depot on 43682277 or visit our website at www.busways.com.au
BUSWAYS KINCUMBER PTY LTD - 14 September 2009

DAYLIGHT SAVING STARTS

Don't forget summer time daylight saving commences over the October long weekend when from 2am, Sunday 4 October 2009, clocks are put forward one hour.

FUN HOLIDAY IDEAS

With the weather warming up, it's time to get outdoors with the kids and be active together. There are a host of ideas at the Healthy Kids website: www.healthykids.nsw.gov.au/topics/2101.html ranging from simple games you can play in your backyard, to cycle paths, walking tracks, sports organisations and tips to keep your child safe while at play. Make the most of the school holidays!

ENVIRONMENT DAY: K - YR 6 STUDENTS

On Friday November 6 all students will be travelling by bus to Kulnura Public School to participate in our annual Small Schools Environment Day. Please return the attached permission note and payment slip to school by Monday 2 November. Bus transport cost is \$3 per student.

FIRE TRUCK VISIT - FIRE SAFETY DAY

There were plenty of volunteers willing to assist with the fire hose drills.



Sitting in the fire truck & wearing the fireman's uniform were also popular activities.



We wish to thank Mr Rob Carraro from Mangrove Mountain Volunteer Fire Brigade for bringing the fire truck and equipment to our school and speaking to our students about fire safety.



We had a fire safety talk. At first group talked about fire safety and the other group helped with rolling hoses and had a look around the fire truck. They had to try and get the hoses together but they found it hard. We had to use special little spanners. Everyone learnt that you always have to have a safe spot to go to if there is a fire. You should have a tool that will put out fires. Everyone should be prepared.

By Aidan 3/4S

On Friday 25 September we had a visit from the Fire Brigade. They told us how long some hoses are and that you need to have a fire blanket in case of a fire. We all should also all have an escape plant to get out in case of a fire. A fire is made of heat, oxygen and fuel.

By Stephanie 3/4S



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P&C NEWS

Second hand Uniforms: Currently we have a numerous polo shirts, pants, shorts and summer dresses for sale at \$5 each. The uniform shop is open each Wednesday from 8:45am.

COUNTRY FAIR HELPERS: We are in need of volunteer helpers to assist our fruit juice stall at the Country Fair on 24 October. Please see attached RSVP and return to school 1st day term 4.



Community News:

Kariong Community Care present an evening with Dr John Irvine - Understanding your Teenager on Tuesday 6 October at Kariong PS from 7:30pm - Cost \$10 per person including supper. Tickets on sale at the door. Phone: 43721394 Kathleen for information.

=====Check out this **new website for Parents:**

www.parentline.org.au or Phone: 1300130052

This is a Catholic Care Parent Line providing free counseling service for parents of children - 18 years across NSW 24/7.

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Share Your Thoughts on Parenting

Share your thoughts and ideas about parenting and programs to support parents, as part of a project conducted by the Parenting and Family Support Clinic (PFSC) at the University of Queensland.. The study is available online at: <https://exp.psy.uq.edu.au/engagement>.

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Children's Festival of Fun!

Sunday 20th September, 2009

Mitchell Drive, Kariong, 2250

Time: 10am - 4pm

Entry: \$10 per family (2 Adults, 2 Children) Additional Children \$2 each Individual tickets: \$5 Adult, \$2.00 Child -

For more information, full details and to book on-line visit www.wiggleandgigglemusic.com.au OR call Christina Jones on 02 4340 5880

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Holiday Fun for Kids - NSW Sport & Recreation

- Athletic Skill Development at Mingara - cost \$45
- BMX is Back - Terrigal - cost \$30
- Canoe/kayaking at Avoca Lagoon - cost \$33
- Circus Stuff at Tuggerah - cost \$40
- Drama - theatre sport at Wyoming - cost \$27
- Trampoline - Niagara Park - cost \$30
- Horse riding, Kid's Multi Sports, Self defence, Surf Life Saving & Tennis are other activities available.

Booking essential: Phone: 131302 OR 43623184 check out website: www.dsr.nsw.gov.au

DIP, DIP, DIP DAY SCHOOL HOLIDAY FUN AT MT PENANG GARDENS - 6TH & 13TH OCTOBER 2009

Book now for your session: 10:30 am or 1:30 pm

Phone Roland on 4340 1002.

Email: fdc@lands.nsw.gov.au - www.mpp.nsw.gov.au

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KIDS ADVENTURE PASSPORT

Visit over 70 museums, galleries and other cultural institutions around NSW and primary school kids get in for free, with a Kids Adventure Passport. Available at participating institutions, the passport offers the holder free entry on weekends, public holidays and school holidays. The passport expires on 27 January 2010, so get busy these holidays.

For more details go to:
www.arts.nsw.gov.au/KidsAdventurePassport.aspx

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KIDS DISCO

**Mangrove Mountain
Country Club Friday**

Friday 16 October from 5pm to 8pm.

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AWARDS AND CERTIFICATES

PRINCIPAL'S AWARDS: Term 3 Week 8 & 9		
Class	Student	Presented for
K/2M	Ryan	Fantastic dinosaur diarama
1/2K	PJ	Area art work
	Alyssa	Leaving a smaller footprint message
	Aaron	Animal description
	Alyssa	Animal description
5/6A	Naomi	Outstanding improvement in class work
TEACHER'S AWARDS: Term 3 Weeks 8 & 9		
Olivia	Excellent behaviour & learning attitude	
Sarah K	Always doing her best	
Lachlan Z	Excellent effort in reading	
Sarah B	Improved work ethic	
Aaron	Always greeting people politely	
Abi	Lovely manners always	
Hannah A	Making a good effort to be attentive in class	
Jessie	A great learning attitude	
Jake M	Showing great progress in his multiplication facts	
Billy	Demonstrating great mathematical skills in solving difficult problems	
Andrew	Improved attitude towards all class activities	
Blake K	Consistent improvement in class work	
Bus Awards		
Chris Jack	Being a good example for the younger children on the bus	

KARIONG MOUNTAINS HIGH SCHOOL NEWS

I have been a teacher for over 25 years and have had an interesting and varied career teaching across NSW from the far south west of the state to the Southern Highlands, Sydney and the Central Coast. The experiences at each location have added to my store of knowledge and assisted me when working with the diverse needs of students and communities.

I trained as a Science teacher with majors in chemistry and physics and was a foundation student of the University of NSW's first biotechnology course. Over the years I have taught the range of science and mathematics courses and developed one of the state's first forensics science units for middle years' students. We teach our students to value lifelong learning and I have demonstrated that in my own professional career by completing a Masters in Science (Chemistry), a Masters in Education and current completion of a Doctorate in Education.

Other experiences in my career include teaching graduate students chemistry at university, being a member and chairperson of Board of Studies examination committees, marking HSC Science and facilitating on line learning courses for school leaders.

My teaching experiences on the Central Coast include Head Teacher Science at Henry Kendall HS and foundation deputy principal at Wadalba CS. From there I journeyed to Sydney to take up a position as principal of Alexandria Park CS where I have worked for the last four years and now I am embarking on the next exciting phase of my career as foundation principal of Kariong Mountains HS.

I have lived on the Central Coast for 15 years and am deeply committed to providing the best education for our students that can be had. I am a strong advocate of public education and the values that it instils in our youth and with the advent of Kariong Mountains and its bioscience focus I also look forward to developing and leading the way forward in community partnership that is meeting the needs of our twenty first century society.

Personal

I am the proud parent of three girls and grandmother to two. My children went to our local schools and have all gone on to pursue varied careers. I prefer to walk then drive and take advantage of living close to the coast and National Park. For sport, I swim, play tennis, attempt golf and practise yoga. However, for down time there is nothing quite like curling up with a good book and losing yourself in the world of imagination. I am excited about working back in the local community and getting to know more Kariong and Mountains families as a result.

High School P&C

The KMHS P & C Association has been very active over the last few weeks and are pleased to announce the School Uniform has been decided on and after many meetings held by the Uniform Sub Committee as well as engaging the community to have some ownership we now have a Unique and Smart set of uniforms for both boys and girls. Over the coming weeks all parents and students will be receiving price lists and order forms so we can start placing the orders with our new supplier "We're Sportswear"

We're Sportswear were given the contract to run the Uniform shop and be the supplier of the school uniforms. This decision was not made lightly and we are very confident they will provide everyone a great service. More details will be released about the uniform shop opening times etc as we move forward.

The Canteen subcommittee is also having meetings and we will shortly announce which direction the Canteen will be run etc. The Fund raising committee is also looking at some options re raising funds and we hope to announce an Entertainment Night very shortly.

The next General Meeting will be held at Kariong Public School on the 28th September at 8.00 PM and we encourage new members to come along.

Many thanks to the staff at KPS for the great support they give us its much appreciated.

I have also managed to secure a meeting with Busways Management for early October too discuss the possibility of getting a designated bus for the Mountains students. I'm calling on all parents' in the Mountains areas to get involved in this campaign, as we know what can be achieved when you have dedicated community action groups so please just don't sit back and wait for it to happen. Please contact me for more information.

Glenn.hambleton@airbrake.com.au

Or telephone (04) 88228665

There is a lot of great stuff going on and I personally would like to thank my committee for the great work done so far, well done team.

Glenn Hambleton

President

Kariong Mountains High School P & C Association

"Unity- Knowledge- Respect"

Competition Winners

Another great announcement we can make is we did the draw for the Logo and Creed competition for the lap top and iPod at the KPS school assembly. Mr. Doug Hart President of the Kariong Progress Association drew the winner for the new lap top and the lucky student was:

- Dillon Gerasimou who is an YR7 student at HKHS and he will be going to the new high school as a YR8 student in 2010.

Congratulations Dillon we trust you will be doing all your homework on time next year on the new lap top. Thanks to Domayne at West Gosford as they have agreed to lift the value of the laptop to \$1200 from \$850 as well as issuing each entrant a \$25 voucher to get digital photo prints done.

Mr Jeff Vilensky kindly donated the iPod on behalf of his family for the school creed part of the competition and this was won by:

- Romie Donovan aged 12,

Congratulations Romie and many thanks to the Vilensky Family. The school logo is in final design stages and will be released very shortly, the new School motto is

- "Unity- Knowledge- Respect"

which covers the community, education and values.

CHECK OUT THE NEW KARIONG MOUNTAINS LOGO AND CREST BELOW:



Editor - Norm Carle KMHS Committee

