

Central E-cho

Central Mangrove Public School

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Principal: Lorene Alexander

Upward We Strive

Week 2 Term 4 - October 22, 2010



Produce from our school vegetable garden. All students enjoyed a 'celery break' during Pinocchio rehearsal.

Welcome to Term 4. Our calendar is full with not a minute to spare. We are looking forward to a successful term of busy classrooms, assessments, student reports, performances and celebration of achievements.

We have had more success in winning the Gosford City Council Garden Comp - awarded Best Eco Friendly School Garden Primary thanks to our Green Day Working Bee and GA's efforts. Congratulations to everyone concerned. Our school grounds are a credit to your hard work. It was such a fun day and very rewarding to win the competition.

Our new Administration Block is open for business and staff have organised the new facilities with a place for everything and everything in its place! We're hopeful it will look as good at the end of the term. The library is awaiting some furniture to arrive before we start to move the books into place. As we want it to be perfect as our new library we will take most of the term preparing the shelves and library admin area ready for lessons to begin in 2011. Library lessons will continue to be conducted by Mrs Hughes in the classrooms until the end of term.

It's time for evaluation of our school to plan effectively for next year and accompanying this newsletter is a 'Satisfaction Survey' for parents to rate our school from one to ten in terms of how you would recommend this school to your friends. The survey also asks for your comments about Academic Performance, Teacher Expectations of Student Performance, Student Wellbeing, Extra-Curricular Programs, Communication, Administration, Parental Support, and other.

World Teachers Day is 29th October but our staff is treating themselves to a morning tea on Wed 27 October to celebrate their chosen career. Just a smile is all we really need and maybe a small thankyou. Believe me I know how hard they work and they're worth their weight in gold!

Calendar for Term 4

		Week 3
Oct 25	Monday	Kindy 2011 Orientation Program Week 3
Oct 27	Wednesday	After School Sport - Golf/Frisbee Games
Oct 29	Friday	Gym Sport Program Session 1
		After School Sport - Movement to Dance
		World Teacher's Day
		Week 4
Nov 1	Monday	Kindy 2011 Orientation Program Week 3
Nov 3	Wednesday	After School Sport
Nov 5	Friday	GYM sport program Session 2
		After School Sport - Book Mobile
		KMHS Sports Gala Day
		Week 5
Nov 8	Monday	Kindy 2011 Orientation Program Week 4
Nov 10	Wednesday	After School Sport
		GYM sport program Session 3
		NO After School Sport
Nov 11	Thursday	Pinocchio School Musical Evening Show
		Environment Day at Kulnura PS
		Week 6
Nov 15	Monday	Kindy 2011 Orientation Program Week 5
		Yr 5 & 6 Free NRL Clinic
		GCC Environmental Program Awards Day
Nov 17	Wednesday	After School Sport
		GYM sport program Session 4
Nov 18 - 19		After School Sport - Book Mobile
		Challenge Ranch Year 5 & 6
		Leadership/Transition Camp
		Week 7
Nov 22	Monday	Yr 5 & 6 Free NRL Clinic
Nov 24	Wednesday	After School Sport
		CARES - Bike Education Years 5 & 6
		GYM sport program Session 5
		After School Sport
		Week 8
Nov 29	Monday	Life Education Van Visit
		Yr 5 & 6 Free NRL Clinic
		After School Sport
Dec 1	Wednesday	Parent's Special Morning Tea
		GYM sport program Session 6
		SRC Welcome to Summer Ice Cream Day
		Combined Scripture
		After School Sport - Book Mobile
		Week 9
Dec 6	Monday	Yr 5 & 6 Free NRL Clinic
Dec 8	Wednesday	After School Sport
		Presentation Assembly
		Gym Sport Program Session 7
		After School Sport
Dec 9	Thursday	Year 6 Farewell Dinner
Dec 10	Friday	Report home
		Week 10 - Parent/Teacher interviews if required
Dec 13	Monday	Yr 5 & 6 Free NRL Clinic
Dec 15	Wednesday	Terrigal Beach Excursion - last day for students
Dec 16/17	Thursday/Friday	School Development Days - Staff only at school

Thank you to Mr Carraro and his colleagues who came along to our Fire Safety Day on the last day of term. Our students were treated to special presentations surrounding the fire trucks from Kulnura and Wamberal and learning in the classroom. This knowledge is so vital in preparing our children in case of an emergency.

Thank you also, to Mrs Brookes and Rohan who so carefully removed most of the 'Mother of Millions' weeds from our rock garden near the car park, yet again.

Thank you also, to our dedicated P&C members who attended our meeting for this term in our new school library. It was a pleasure to be part of such an enthusiastic group of parents who are working so well together to support our school. There were many areas discussed including the introduction of Ethics Education in 2011, a uniform report, financial report, plans for this term for fundraising, reports about the success of our Kids Kitchen and how it's providing healthy fresh food for our children and events for the end of the year. Mrs Kostalas announced that the new Kindergarten Uniforms are ready for pick-up next Wednesday. Look out for the minutes to that meeting in the next newsletter.

Thank you, to all those parents who responded so quickly about the Country Fair. It was great to have so many helping parents and students who will perform in the morning. Special thanks also to Mrs Mackay who volunteered to represent our school preparing our students for their performances. Have a great time at the Country Fair this Saturday.

It's wonderful to know that so many parents really care about our children and our school environment.

Lorene Alexander

Swimming Program



Swim School began with a very cool splash! Luckily the pool was heated but due to the cold breeze a jumper was needed for the return trip back to school.

The bus ride to the pool was spent singing the 'Telephone Song' and a

game of 'Sleeping Tigers' was well deserved on the ride back to school.

It was great to see improvement in swimming skills and water safety knowledge each day of the program. As the program has now concluded, we request all outstanding monies please be paid as soon as possible.

Kindergarten Orientation Program

'Special K' as Mrs Mackay has named our newest Kindergarten students for 2011 are having the best introduction to school life. Please see the attached sheet for some great photographs.

SRC News- Bandanna Day

Next week SRC students will be selling Bandannas for at a cost of \$4 each. Friday 29 October is CanTeen's annual fundraising and awareness day which supports, develops and empowers young

people living with cancer. Students can wear their Bandannas on Friday.

Stage 3 (Yrs 5&6) Sports Skill Day at KMHS

All year 5 and 6 students will be participating in a Sports Skill Day at Kariong Mountains High School on Friday 5 November. Students are required to wear sports uniform on this day. A permission note with more information will be coming home early next week.

We will need to organise private car transport to and from school for this excursion. Please mark this date in your planner and return the attached reply slip if you will be able to assist with transport.

Gymnastic Sport Program



Our sports day for term 4 will be WEDNESDAYS.

ALL students will be participating in a Gymnastic Program presented by Sports for Life Newcastle team. This 6-week program costs \$24 per student (\$4 per student per session).

The important building blocks for movement and sport will be developed and refined in this gymnastic program. Sessions are skill based utilising modern and safe equipment and taught by professional gymnastics coaches ensuring all students just have Fun. This program provides skill assessment for Student Reports in PH/H/PE - Gymnastics.



Sport for Life Australia /Sport for Life Group Pty Ltd is the franchisor of one of Australia's largest network of primary school sport providers.

Please return the attached Permission note and payment slip to your child's teacher ASAP as our first gymnastic session starts Wednesday 27 October.

Coles for Sports for Schools Program

With only 1 week remaining of the awards program we urgently need a volunteer to assist with counting our vouchers. If you are able to help please contact the school office to arrange a suitable time.



to all families who have helped filled our collection box with so many entries. Once counted, we will be able to determine what sports equipment will be coming to CMPS.

Pinocchio Musical Performance

Our 2010 Musical Performance is 'Pinocchio'. All students are busy perfecting their singing and dance routines and rehearsing their parts in the play.

The evening performance is on Wednesday 10 November at 7pm.

Tickets are now available for sale from the school office or return the attached order form to your child's teacher.

Cost of tickets are: \$12 per adult and \$6 per school aged children. Pre-schoolers and children of CMPS are not required to purchase tickets.

Environment Day at Kulnura PS

On Thursday 11 November **all students** will be travelling by bus to Kulnura PS for a whole day of environment activities for Environment Day. Cost is \$3 to cover the bus fare. Please forward payment and attached permission note to your child's teacher by Tuesday 9 November.

Lunch order forms and more details in our next newsletter.

Gosford City Council School Environment Program Awards

Year 6, 5 & 4 students have been chosen to perform their Think Green - Eat Green items at this year's Presentation of Awards Ceremony at Laycock Street Theatre on Monday 15 November. Congratulations to the following who will also be presented with awards for their outstanding projects:

Lachlan C, Georgia S, Graham S, Rohan B, Fergus C, Nicholas G and Jayden D.

Parents are also most welcome to attend on this day.

We need to organise private car transport to and from the awards ceremony. As the program runs from 9:30am to 12noon we will need to leave school by 8:45 am. If you are able to assist please indicate on the attached permission note. Permission note must be **returned by Thursday 28 October** as we need to RSVP the Council's invitation to attend by Friday 29 October.

MAJOR RAFFLE - REQUEST FOR PRIZES

What a fantastic response from families and local business for our request for donations for our major fundraising raffle. We thank the following for their most generous donations:

- Marion Grove Nursery Plants to the value of \$200
- Big Flower Nursery 3 x \$10 gift vouchers
- The Fresh Edge (Edge Family) \$40 fruit/vegetable box
- Mangrove Produce & Hardware Steam Iron & Sandwich maker.
- Coles West Gosford \$50 gift voucher
- The Entrance Cinema 10 x 2 for 1 gift vouchers
- Westy's Place 2 x \$25 gift vouchers
- Central Coast Skips (Barnes Family) \$280 gift voucher
- Mangrove Mount. Memorial Club 4 Complimentary Golf vouchers
- Glenworth Valley Adventures (organized by Rickard Family) \$140 gift voucher
- Bunnings West Gosford Worm farm & \$20 gift voucher for live worms
- Narara Valley Nursery \$30 gift voucher
- Approximately \$1000 worth of prizes in total!

Raffle tickets are being printed and should be coming home with our next newsletter. Prizes will be drawn at Presentation Day Ceremony on 8 December.

GATS Enrichment Day at Gosford High School

Interested Year 5 students have been invited to attend a GATS (Gifted & Talented Students) Enrichment Day at Gosford High School on Thursday 2 December.

Students attending will be involved in a rotation of activities encompassing Food Technology/Science & Agriculture, Maths/Magic and Photography. These workshops will be organised

along the lines of a normal Gosford High School Timetabled day and will give students a taste of high school routine.

Nominations close Friday 29 October. Please return the attached RSVP if you are interested in having your Year 5 child attend this day.

Family First Aid Course

Parents are invited to participate in a Family First Aid Course at our school during school hours. This 6-hours course will be run by St John Ambulance trainer at a cost of \$85 per person. Please return the attached expression of interest slip to the school office if you wish to participate.

Year 5 & 6 Leadership/Transition Camp at Challenge Ranch



On November 18 & 19 Year 5 & 6 students from all the Small Mountains schools will be participating in a Leadership and Transition Camp at Challenge Ranch. The cost of this camp will be \$45.

Mrs Alexander will be co-ordinating the Year 5 Leadership Program and Mrs Young (Somersby PS) will co-ordinate the Year 6 Transition Program. This is a day camp only. Parents are asked to drop off and collect students each day from the camp. More information & permission note can be found on note given today to all year 5 & 6 students.

Young Leaders Day 2011

Expressions of Interest are sought for our 2011 Year 6 students to attend The National Young Leaders Day at the Sydney Entertainment Centre, Darling Harbour on Monday 28 March 2011. Tickets are selling fast and we need numbers to confirm our booking. Please return the attached form with a \$10 deposit to your child's teacher by 1 November. Cost for the day (if booked early) is \$42 per student and \$20 per adult. Parents are most welcome to attend.

News from the Uniform Shop

Summer Dresses in larger sizes have now arrived. Kindergarten uniform orders are now ready to collect from the Uniform Shop on Wednesday morning from 9:00 - 9:30am or alternative arrangements can be made by ☎ the school office on 43731156.

Expressions of interest: Year 7 entry into selective high schools in 2012

Selective high schools are one strategy used by the Department of Education and Training to cater for the learning needs of gifted and talented students.

If you would like your child to go to a selective high school in Year 7 in 2012, you will need to apply soon. Applications must be submitted to CMPS by 19 November.

From this year, all applications should be made online through an Internet connection. A limited number of application packages will be provided through the school shortly for those parents who do not have Internet access.

The website where you will find all the necessary information, including the list of selective high schools and the application portal is: www.schools.nsw.edu.au/shsplacement
Parents will be able to apply online between 25 October and 22 November 2010.

All students applying for Year 7 selective high school entry will be required to take the Selective High School Placement Test on the morning of 17 March 2011. The test will be held in a test centre to be advised individually to all applicants by 3 March 2011. Parents will be responsible for transporting their own children to and from the test centres.

Please complete the form below and return it to the school by next Friday 29 October. If you would like to discuss the appropriateness of selective high school placement for your child please call and make an appointment with Mrs Alexander.

News Tips from the DET webpage

Tough teeth

Protect your child's teeth by encouraging them to eat well:

- Enjoy a wide variety of nutritious foods
- Enjoy healthy snacks
- Avoid snacking on sugary and sticky foods and sweets between meals
- Milk-based foods help protect your teeth
- Chew sugar-free gum to help protect your teeth.

Looking for a dental health clinic? The NSW Centre for Oral Health Strategy recommends calling (02) 8821 4300 during business hours and quoting your suburb. From there, parents will be given the contact details for their local oral health service.

Sun safety - five ways to be SunSmart this summer

The Cancer Council recommends these five ways to protect against sun damage when the SunSmart UV alert is 3 or above:

- Seek shade
- Wear protective clothing that covers your arms and legs and body
- Wear a broad-brimmed hat that shades your face and neck
- Wear wrap-around sunglasses
- Apply SPF30+ broad spectrum water-resistant sunscreen every two hours.
- Find out more at www.cancercouncil.com.au/

SPAM - How to avoid spam (junk mail in your inbox):

- Keep your email address private. Only give out your email address to people and groups that you know and trust.
- Don't reply to any emails if you don't know who they are from.
- Source: www.cybersmartkids.gov.au

Practical tips for kids dealing with an online bully:

- Tell the bully in simple terms to leave you alone. Tell them not to contact you again. Log off immediately and stay offline for at least 24 hours.
- Do not reply to any future mail from the bully. Do not reply to taunts, emails or gossip written about you. By ignoring taunts,

you take the power away from the harasser and refuse to play their game. You are now in charge.

- Never give your password or logon details to anyone, even your best friends. It's really easy for someone to log on to your Facebook, Bebo or MySpace site and post any kind of rubbish if they know your password.
- Stay out of chat rooms where you don't feel comfortable.
- Keep all harassing emails (and any replies you've made) as evidence.
- If you feel you are in physical danger or if the bully has made physical threats against you, tell your parents immediately and they can decide if it's appropriate to contact authorities. For more great tips on staying safe online, see www.schools.nsw.edu.au/click

Attachments this week

- P&C Tea Towel Fundraiser Order Form
- Challenge Ranch Leadership/Transition Camp for Year 5 & 6 students only.

Community Notices

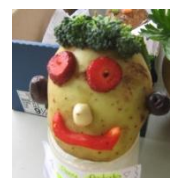
The Central Echo contains, at times, paid advertisements. The publication of such advertisements does not imply endorsement of any products or services by the School, the NSW DET or NSW Government.

Mountain Community Children's Centre
New enrolment welcome
2829 Wisemans Ferry Road
Mangrove Mountain
Contact: Louisa Foxford (Director) on ☎ 43741239 or
mountainchildren@bigpond.com

INVITATION

St Barnabas Church Yarramalong - 125th Anniversary Celebration Sunday 21 November 2010

All are invited to attend the celebration of the 125th anniversary of St Barnabas church on Sunday 21 November 2010.
The Ecumenical Service will start at 2pm at the church and afterwards there will be a Garden party at Cedar Park, 952 Yarramalong Road Yarramalong from 3.30pm to 6pm.
Period Costume – Victorian dress (minimum requirements gloves, hat or parasol). Entry by donation and guests please bring a plate.
Enquiries Mary Kelly 4356 1321 or Cynthia Tomkins 4356 1586



Our Decorated Potato Head Competition produced some very colourful and creative potato people.

RETURN SLIPS

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- ☐ I do not have Internet access and would like to receive a printed copy of the application package

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Signature of parent/carer _____ Date: _____