

Central E-cho

Central Mangrove Public School

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Principal: Lorene Alexander

Upward We Strive

Week 4 Term 2 – May 14 2010



Our ALF team in action at Moore Park, East Gosford on Thursday 6 May playing in the Paul Kelly Cup.

NAPLAN done. Our Year 3 & 5 students were primed and ready to complete their literacy and numeracy assessment this week. They are to be congratulated for their excellent attitude when the tests were conducted and they deserve the best results. We anticipate that the results will reflect all the hard work students do in class each day.

Welcome to our newest families. Brad Bentley has made a great start to his new school, meeting new friends and fitting in so comfortably. He has also been busy doing Yr 5 NAPLAN this week. Also Emma Yr 1, Chloe Yr 6 and Molly Yr3 Peisley began this week and they have made a smooth transition into our school, playing with new friends and learning their way around our enormous school environment. We wish their families a successful and rewarding association with our school community.

If you are concerned your child is not well enough to attend school, please keep him or her home as many bugs are so contagious and we don't have space to care for them during the day. There are quite a few runny noses lately and we're running out of tissues. We would appreciate donations of tissues as stocks are low already.

Winter is nearly here and our school can be quite cold especially in the mornings. Children need to wear warm clothes when playing in the playground. The classrooms are quite warm and teachers continually remind students to place their jumpers and jackets in their bags during class time. Unfortunately, sometimes children do not check names on clothing and hats, jackets and jumpers go missing. Please help out by checking your child's clothes to make sure they have the correct clothing.

Calendar – Term 2

May 11, 12 & 13		Naplan
May 11	Tuesday	AASCP - Rugby League Skills
May 12	Wednesday	AASCP - Tennis skills
May 13	Thursday	P&C 7pm at Country Club
May 14	Friday	Stewart House Day
May 18	Tuesday	AASCP - Rugby League Skills
May 19	Wednesday	AASCP - Tennis skills
		Book Mobile 2:30 - 3:30pm
May 21	Friday	BW Cross Country Wyoming
May 24	Monday	Girls Forum - KMHS Yrs 5&6
		Boys Forum - KMHS Yrs 5&6
May 25	Tuesday	ICAS Computer Competition
		AASCP - Rugby League Skills
May 26	Wednesday	AASCP - Tennis skills
June 1	Tuesday	SRC - Crazy Hair & Sock Day
June 2	Wednesday	Book Mobile 2:30 - 3:30pm
June 4	Cancelled:	Friendship Camp at Challenge Ranch
June 8	Tuesday	GSTS day Talented Yr4/5 KMHS
June 9	Wednesday	ICAS Science Competition
June 16	Wednesday	Book Mobile 2:30 - 3:30pm
June 22	Tuesday	ICAS Writing & Spelling Competition

As our enrolments have increased we will be entitled to form a new class next week. We are very fortunate to secure the services of Mrs Gallagher as the class teacher, until a permanent placement is provided. This may occur this year but will also depend upon our anticipated enrolments for 2011.

Our new classes will be:

K/1/2	Mrs Mackay
2/3	Mrs Gallagher
4/5	Mr Murcott
6	Mrs Alexander

We will use the library as the 2/3 classroom until the building program is completed. Library will be conducted in the classrooms and we will need to suspend library borrowing until further notice. We encourage all students to use the Gosford Library Book Mobile each second Wednesday to keep up a supply of books for home reading.



Have you seen our new changeable sign located at our front gate entry? Thank you to our 2009 P&C, SRC and Year 6 students for donating the funds needed to purchase this new sign. Thank you also to Mr Muscat (father of Alex in Year 2) for raising the height of our existing school sign in order to add the changeable sign box. This made the whole process a more financial option for the school.

Our new sports shed is nearly completed - once the roller door has been fitted we can move all our newly purchased sports equipment (including our new jumbo high jump mat) into this secure storage area.

A special thank you to Mr Muscat, from ON THE GO CONSTRUCTIONS PTY LTD (see notice in community notice section) for supplying and installing this great resource for the school.

STAFF DEVELOPMENT DAY

Friday July 2, (last day of Term 2) is a designated School Development Day for our school. Central Mangrove teachers will be participating in some professional learning at Kariong PS. This is the mathematical skills presentation by Brian Tickle that was postponed earlier this year. Teachers will return to school with a variety of new ideas and activities to include in their teaching programs.

ACTIVE AFTER SCHOOL SPORT- AASCP



We currently have vacancies in our Active After School Community Sport program on both Tuesdays (Rugby League) and Wednesdays (Tennis skills). If you wish your child/children to be involved, please contact the school ASAP.



***NB - Change of session time:

This week our Tennis sessions on Wednesday afternoons run from 3:15 - 4:15pm. This will allow our Tennis coach to meet other coaching commitments. We ask all families to collect their child at 4:15pm on this day. Tuesday's group remains as a 4:30pm finish time.

This week we have attached an information sheet about AASP. Please take some time to read this information and contact the school if you can be involved in this excellent after school sport program.

We have been advised of the following by DET:

"Parents and caregivers please note, in the absence of negligence on the part of its staff, the NSW DET does not pay any compensation to or medical expenses for students who are injured during school sporting, activities, PE lessons or other school activities. Parents and caregivers are advised to assess the level and extent of their child's involvement in the Active After School Community Program when deciding whether additional insurance cover, above that provided by Medicare, is required. Private health insurance and personal accident insurance cover are available from health and general insurance providers."

News from DET Webpage

School-age play and learning

Playing games together helps school-age children learn about fair play, self-control, right and wrong, and getting on with others. It encourages and enhances your child's development.

After a day at school, though, playtime is really just about having fun! Although TV can help your child rest and relax, current recommendations are to limit TV and computer to 1 hour a day.

Ideas for after-school fun:

- Dancing to music - Learning a musical instrument
- Board games
- Reading illustrated books
- Visiting the library
- Gardening
- Helping with dinner
- Playing an organised sport with a local team
- Visiting the local playground

For more information, visit:

www.raisingchildren.net.au/play_learning/school_age_play_learning.html

Helping your child with numeracy

Children develop numeracy skills when they use mathematical ideas in their everyday situations. You can help your child start to understand these concepts by looking for opportunities where your child can:

- sort, organise and count collections of things like clothes, toys, books, shells, rocks and birthday candles
- choose from a variety of materials of different shapes and sizes to use for play and solving problems
- be involved in making plans and designing their own constructions like cubby houses, robots and sand castles.
- More tips at:
http://raisingchildren.net.au/articles/numeracy_early_years_dest.html/context/246

Attachments included this week are:

- Active After School Community Programs Information
- Term 2 Planner

LANDCARE GRANT REPORT



Belinda Page, Store Manager of Coles Tuggerah visited our school on Tuesday 4 May to present students of our Garden Club with





packets of seeds of vegetables and herbs and a plaque to support our Coles/Landcare Think Green - Eat Green grant. Belinda had a fun morning and was very impressed with school vegetable garden.

Thank you to Mr Clarke, Mr Murcott and students of the Garden Club who have all worked so hard to install our new galvanised garden planter boxes. Planting of seedlings will happen shortly.

Students presented Mr Clarke with a Coles gift voucher as a thank you for all the volunteer hours he has worked in our vegetable garden and for his continued support and assistance with the Garden Club students.



ENVIRONMENTAL TIP

'THINK GREEN - EAT GREEN'



Where does your food come from? How many miles does your food have to travel before it hits your dinner plate?

Not so long ago, for most of humanity, the majority of our food came from areas we could walk to or at least from within our own countries. These days, our food is increasingly from many thousands of miles away.

It's amazing that we can enjoy many foods out of season and at relatively low cost; but the price paid in terms of environmental damage can be very high.

The environmental impact is mainly related to freight and shipping - more trucks, more planes, more ships, more consumption of oil and more greenhouse gas emissions. Also, food imported from some countries may have been grown in very unsustainable ways. For example, rainforests may have been cleared, toxic effluent released into the environment from processing and inappropriate use of pesticides and herbicides applied to crops.

The food mile problem is an increasing one in the western world. In a report from the UK Department for the Environment, Food and Rural Affairs, it was stated that food miles increased by 15% cent between 1992 and 2002. 95% of fruit and 50% of the vegetables in the UK are imported.

According to a report on the Australian Conservation Foundation web site, the energy used to import food often outweighs the energy value of the food itself. The ACF states that it takes around 1,000 kilojoules of energy to ship 170 kilojoules worth of strawberries from Chile to the United States. The food for an average meal for a North American has travelled well over a thousand miles and possibly many times higher if the meal contains

out of season fruits or vegetables. It's simply not a sustainable approach to our diets.

Take a look in your cupboard and freezer and you may be surprised as to how many food items you think are locally grown aren't sourced from within your own country.

CROSS COUNTRY REPORT



We had a great day even though the sun wasn't shining. The children were all ready to race.

The children who participated in the Cross Country events ran extremely well with a lot of them performing better than ever before.

Congratulations to the following place getters:

8/9 years Boys	Ryan 6 th	8/9 yrs Girls	Alexandra 6 th
10 years Boys	Cory 3 rd Aiden 5 th Oliver 6 th	10 yrs Girls	Stephanie 3 rd
11 years Boys	Billy 2 nd	11 years Girls	Alicia 2 nd Taylor 6 th
12 years boys	Nicholas 2 nd Connor 5 th Isaac 6 th	12 years girls	Sarah 3 rd Amelia 4 th Ciara 5 th

All of these children will be continuing on to the Brisbane Water Cross Country on 21st May 2010 and we wish them luck.

The K/1 children had a great time participating in their novelty activities even in the rain and showed how friendly and welcoming our students can be.

A big thank you to all parents who helped out on the day not only with the various sporting activities but also with the yummy recess and lunch that we all enjoyed.

Thank you to all the children who helped set up and pack up all the equipment that we needed.

Melissa Mackay

REMINDERS:

- RSVP for years 5 & 6 Leadership Day Forum at Kariang Mountains High School on 24 May - please return to your child's teacher by Thursday 20 May.

KEYBOARD KIDS

Learn the Piano through Keyboard Kids at Central Mangrove P.S. Students learn:

- How to play the piano
 - Read music and learn great songs
 - Have fun learning a new musical skill in a group of friends.
- The lessons are: 45 minute group lessons at a cost of only \$10 per lesson. Teacher: Mrs Julia Kostalas - an experienced and registered teacher with the AMEB. BYO Keyboards - some keyboards available. Contact the school office for bookings OR phone Julia on 43137230.



LOST UNIFORM ITEMS

We ask parents to ensure all their child's belongs are clearly marked with their name. This makes returning lost items to the correct owners a simple process. Each day we have a number of unlabelled jumpers/jackets found in the playground.

WINTER UNIFORM ORDERS

Pre-ordered winter uniforms are now available. Please forward payment and order will be sent home OR pick up from the Uniform Shop on Wednesday mornings from 9:00 - 9:30am.

FUNDRAISING - ENTERTAINMENT



The new 2010 - 2011

Entertainment Books are now available from the school office @ \$60 each. This Entertainment Book features the best in dining, hotel accommodation, theatre, sports and much more.....all with 25% to 50% off or two-for-one offers. All offers are valid until June 2011. See attached RSVP order form to purchase your book now!

SRC FUNDRAISER - CRAZY HAIR/SOCK DAY



Our SRS students have organised a mufti day for Tuesday, June 1.



The theme is: Crazy Sock and or Crazy Hair Day.

A gold coin donation for the privilege of wearing fun clothes instead of school uniform will support this fundraising event.

No sleeveless tops or midriff showing. Please be conscious of sun safety making sure shoulders are covered and shoes are sensible and safe to wear, limiting stubbed toes and blisters.

AFL REPORT

Our Aussie Rules Senior Boys Team played in an AFL Gala Day held at East Gosford last Thursday. They played 3 games in total, narrowly missing out on a win.

The boys played really well; they tackled, kicked, marked, ran and scored some fantastic goals. Although the teams they played were from much bigger schools and had ALF teams playing for many years, the boys were definitely not intimidated and played with confidence.

The team has enjoyed training and playing Aussie Rules. Thank you to our drivers and supporters, Mrs Sullens, Mrs and Mr Kerslake, Mr Connery, Mr Cruickshank, Mr Craig and Mrs Hughes.

Darren Murcott - Team Coach and Manager.



AWARDS AND CERTIFICATES

TEACHER'S AWARDS: Term 2 Week 2



K/1/2	Michaela	Great effort in maths
	Toby	Excellent improvement in all areas
	Caitlin	Excellent manners and friendly attitude
3/4	Jake	A hard working member of the Garden Club
	Alexandra	A superb speller
	Thomas	An excellent reading helper for his younger class members
	Alanah	A good speller and neat worker, welcome to our class
4/5/6	Ahmad	Thoughtful computer research of Global Villages
	Sarah	Great work solving problems in mathematics about prime numbers
	Billy Mackay	Pleasing attitude learning about place value in mathematics

Bronze Awards



09/04/10:
Alexandra, Brock, Ellena, Rohan, Nicole, Mitchell, Charlie, Declan K and Ryan.

23/04/10: Georgia

30/04/10: Shawn

COMMUNITY NOTICES

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