

Central E-cho

Central Mangrove Public School

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Principal: Lorene Alexander

Upward We Strive

Week 6 Term 2 - May 28 2010



Kariong Mountain's Learning Community Girls Forum message:

'BE STRONG BE YOU' proudly worn by Sarah, Amelia & Irene.

We are 100% PUBLIC Education and PROUD. This week we are celebrating Public Education and we are very proud of our achievements and programs that we are able to offer students. Public Education is growing better as schools take on challenges, dare to dream and work to make them a reality. Teachers at our school have the capacity to not only take students out of their comfort zones but transform those dreams into practical outcomes through hard work, lots of effort and action. We have a clear vision and school plan that takes into account values and innovative ideas to make the necessary changes to educate our students for the future.

Central Mangrove PS delivers quality education to inspire students to succeed and participate in a democratic and sustainable society. It fosters high expectations and the total development of each student in a safe, caring and happy learning environment. The school places a strong focus on core values to enhance student achievement and wellbeing. By providing challenging and engaging learning experiences students are able to reach their full potential becoming life-long and resilient learners.

Our Year 5 and 6 students participated in programs this week at Kariong Mountains High School.

Both courses were invaluable to the personal development of students. The focus was Leadership for the boys and they engaged in activities about self identity to recognize strengths and weaknesses, qualities of leadership, influence and peer pressure. They attended workshops about communications skills, goal setting, decision making and personal excellence.

The girls forum - Be Strong Be You equipped girls with skills and understandings related to issues girls confront on a daily basis. Guest speaker Lisa Cox was amazing in sharing her personal history about body image, the media and thinking positively. The workshops equipped them with skills to strengthen their self-esteem, body image, friendship skills and techniques to cope with worry and stress.

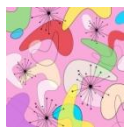
Calendar - Term 2		
June 1	Tuesday	SRC - Crazy Hair & Sock Day After School Sport
June 2	Wednesday	Book Mobile 2:30 - 3:30pm After School Sport
June 4	Friday	Reconciliation Assembly
June 8	Tuesday	GSTS day Talented Yr4/5 KMHS After School Sport
June 9	Wednesday	ICAS Science Competition After School Sport
June 14	Monday	PUBLIC HOLIDAY
June 15	Tuesday	After School Sport
June 16	Wednesday	Book Mobile 2:30 - 3:30pm After School Sport - last session
June 17	Thursday	Sydney Cross Country
June 18	Friday	Inflataball Soccer Day K - Yr 6 Reports home
June 21	Monday	Caring for Country
June 22	Tuesday	ICAS Writing & Spelling Competition
June 29	Tuesday	SRC Fun Day K - Yr 6
June 30	Wednesday	Book Mobile
July 2	Friday	Staff Development Day

Our students came back to school feeling energised with invaluable information to help their transition into teenage and high school years to be smooth and successful.

Behaviour Concerns

Parents need to understand that if they have concerns about the behaviour of another student then they need to make a phone call or an appointment to see the principal or a teacher. It is very distressing to hear that parents are approaching other parents about a child's behaviour, without the facts being verified first. The story that goes home may not always be the whole story with a biased viewed distorting the facts. Every family should feel comfortable that teachers do not discriminate against any student and every student is entitled to a fair go and opportunity to learn without fear of harassment.

National Reconciliation Week



Each year National Reconciliation Week (NRW) celebrates the rich culture and history of the First Australians. Reconciliation involves building mutually respectful relationships between Indigenous and other Australians that allow us to work together to solve problems and generate success that is in everyone's best interests.

The theme for National Reconciliation Week 2010 is Reconciliation: Let's see it through! NRW 2010 will highlight that a decade after the historic bridge walks it's fair to say the future for reconciliation has never looked brighter. And while there's still a way to go, respect, trust and the knowledge to turn good intentions into effective actions pave the way forward



On Friday 4 June our students will be participating in activities such as Aboriginal plays, storytelling and mural painting.

ACTIVE AFTER SCHOOL SPORT- AASCP

We are seeking parents, club coaches, community members or volunteers who may be interested in attending a training course and becoming involved with the AASC program. Prior coaching experience is not necessary, just a love and passion for delivering sport and other structured physical activities to children.

This program provides great benefits, such as:

- It's free
- You can help more children in your community to get active
- Opportunities to promote your local club or sport
- Gain a nationally recognised coaching certificate
- Access to AASC Online - a secure website with loads of resources and information.
- Professional development.

Upcoming courses dates and locations:

- June 10 & 17 at Blue Haven PS from 3:30 - 7:30pm
- June 23 & 24 at Chertsey PS from 4:30 - 8:30pm
- July 5 (school holidays) at Wyong Netball Club 8am-4:30pm.

To register or for further information contact:

Felicity James on ☎ 0437 700 330 Felicity.James@ausport.gov.au

NEWS FROM DET WEBPAGE

❖ Helping your child with shapes and objects

What can you do at home?

- Use boxes and containers of different sizes to play "stacking" games.
- Ask your child to help you put away the groceries and talk about which things will stack easily.

- Make biscuits using cookie cutters or make pretend biscuits from modelling dough. Talk about the shape of each biscuit.

More ideas in a variety of languages at:

www.curriculumsupport.education.nsw.gov.au/primary/mathematics/numeracy/parents/helping_shapes.htm

❖ Helping your child with writing

Ask your child to tell you about events which did not involve you, e.g. a friend's birthday party. This helps them work out what a listener needs to know and prepares them for writing.

More tips at www.schools.nsw.edu.au/schoolparents

❖ NAIDOC Week celebrations between the 4th and 11th of July.

NAIDOC is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the significant contributions of Indigenous Australians. Find out more at: www.naidoc.org.au

❖ Internet safety tip

Remind your child to keep information such as their name, address, phone number, school and even your credit card number to themselves. When signing up to a chat room, they should use a screen name that is a nickname and not easy to work out. The same goes for choosing passwords - don't make them easy to figure out. If your child is going to put photos on the Internet, ensure they don't show them wearing their school uniform - this can be enough to identify your child's school. Also ensure that any photos are not the type that would attract unwanted attention from strangers.

More great advice at www.schools.nsw.edu.au/click

INFLATABALL SOCCER DAY - 18 JUNE

On Friday 18 June all students in Kindergarten to Year 6 will be involved in an Inflataball program. This is a great way for students to combine physical fitness and fun in a fast paced soccer games day using inflatable goals and fields. Cost of this day is normally \$5 per student but thanks to the support of our P&C, we are only charging each student \$2.50. Please return the attached permission note and payment by 16 June.

ENVIRONMENTAL TIP

'THINK GREEN - EAT GREEN'

Did you know?



Australians are the second highest waste producers in the world.



We throw away 3.3 million tonnes of food a year - the equivalent of a quarter of the nation's food supply.

What can you do?

Shop smartly - avoid unnecessary packaging and buy only what you need.

More great tips at www.livingthing.net.au



Gifted & Talented Program for High School Students

This program gives the exceptional high school students the opportunity to get a head start on their university study. Classes for Semester 2 will be held at Gosford High School from 2:00 - 6:00pm on Tuesday afternoons during school terms. Expression of Interest forms available from Gosford High School or www.newcastle.edu.au/giftedandtalented/centralcoast are due at Gosford High School by June 7 2010.

FUNDRAISING - ENTERTAINMENT

The new 2010 - 2011 Entertainment Book is 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!

BWPSSA CROSS COUNTRY REPORT

As of printing of the newsletter, I hadn't received the official results for the cross country. However, according to the results on Friday the Small schools came 4th which is our best ever result.

Congratulations to the children from the small schools. All the children were very competitive, well behaved and were great representatives for the small schools. Morgan Bright from Kulnura is continuing on to the region. She placed 1st in her age division. Well done Morgan. Results for our school are as follows:

Age Group	Name	Placing
Boys 8/9 years	Ryan C	71 st
Girls 8/9 years	Alexandra	absent
Boys 10 years	Corey	80
	Aiden	52
	Oliver	60
Girls 10 years	Stephanie	31
Boys 11 years	Billy	55
Girls 11 years	Alicia	23
	Taylor	82
	Mikaylee	absent
Boys 12/13 years	Nicholas	19
	Connor	47
	Isaac	absent
Girls 12/13 years	Sarah B	46
	Amelia	61
	Ciara	100+

Melissa Mackay

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.

CENTRAL COAST CATS CAMP 2010

A Central Coast GAT (Gifted and Talented) Camp is be offered to interest students from 20 - 24 September at Point Wolstoncroft Sport and Recreational Centre, Gwandalan. This camp aims to:

Provide specific extension activities for selected students within the context of a social and recreational educational program

Provide an opportunity for 'like-minded' children to interact educationally and socially.

Facilitate the on-going process of identification of Gifted and Talented children on the Central Coast for future activities.

Electives are being offered in the following areas:

- Drama
- Visual Arts
- English (writing, journalism, public speaking, debating etc.)

More information and enrolment forms are available from Mrs Alexander.

WELCOME TO THE 8TH EDITION

SCHOOL parents
Helping mums and dads with school life

In this edition you will find:

- How to recognise if your child is gifted
- Matt Moran's secrets to lip-smacking lunches
- Andy Griffiths top tips on creative writing
- Teen angst experts on supporting your daughter to say no to peer pressure
- Top reading and number games to help your young learner succeed at school

Find out more

www.schools.nsw.edu.au/schoolparents

P&C NEWS**Kid's Kitchen Roster:**

Week 7: 31 May Monday: Nicole	Wed. 2 June Deb/Karen
Week 8: 7 June Monday: Angela	Wed. 9 June Lynette/Kylie
Week 9: 14 June Public Holiday	Wed. 16 June Karen/Jacqui

Kid's Kitchen Survey:

Please complete the canteen survey on the back page and return to your child's teacher by end of 11 June.

Attachments included this week are:

- Wilhem Quartet Crossroads Tour pamphlet



GARDEN CLUB SPONSORSHIP



Now our school vegetable/herb garden has been revamped with our new galvanized planter boxes (thanks to our Landcare/Coles grant). We are looking for further sponsorship in order to replace

the old tractor/car tyres currently used to form beds for our strawberries and herbs plants.

If your family would like to sponsor the purchase of a new small galvanized planter box for these plants please forward your donation with the attached RSVP.

Families who donate to purchase these new planter boxes will have their name placed on a sponsorship board located in our garden.

AWARDS AND CERTIFICATES

TEACHER'S AWARDS: Term 2 Week 4



K/1/2	Lachlan Z	More settled in class
	Lachlan C	Excellent spelling results
	Alex	Mature attitude to work
	Dylan	Excellent Spelling Results
3/4	Declan H	Completing all Maths tasks
	Mitchell	Good work in his spelling book
	Georgia	Good talking and listening skills in science
	Sarah B	Good work in reading group
4/5/6	Fergus	100% Mathematics Numeration Assessment
	Tyler	100% Mathematics Numeration Assessment
	Andrew	Excellent improvement in work habits especially in spelling
	Brad	Welcome to our school and displaying excellent manners
	Chloe	Welcome to our school, displaying excellent manners and writing so neatly and carefully.

PRINCIPAL'S AWARDS: Term 2 Week 4



K/1/2	Hannah	Great handwriting
	Katie	Great handwriting
4/5/6	Andrew	Spelling Unit 12 - neat, complete and correct
	Billy	Spelling Unit 12 - neat, complete and correct

Bronze Awards

03/05/10:



Katie, Jessie, Michaela, Abby, Sarah K, Thomas, Ramani, Jake A, Alyssa and Toby

Bus Awards:

Nicholas and Harry

For: Always sitting down and being quiet.



COMMUNITY NOTICES

Junior 1 Day Course in Grooming, Deportment & Self Confidence

This one day course for children aged 6 - 10 years is held in a fun and positive learning atmosphere. It is the perfect introduction to develop confidence, manners & presentation skills.

Cost \$95 each for 1 student or \$60 each for two or more students. Dates: Saturday 5 June at Ourimbah.

Contact Donna on ☎ 4304 5723 or visit: www.polishedbydonna.com.

Macquarie Visions 27 May - 20 June

Macquarie Street in Sydney's CBD will come to life after dark with colourful, and electrifying light projections the whole family can enjoy as part of Vivid Sydney Festival of Light, Music and Ideas, including the spectacular lighting of the Sydney Opera House Sails. Times: 6pm to midnight Cost: Free. Visit the following for info:

www.macquarievisions.com.au or www.vididsydney.com

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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.

NAISDA DANCE COLLEGE presents

Through Our Skins - a collection of student works

July 1 & 2 from 6:30pm at Building 25, The Avenue, Mt

Penang Parklands Kariang. Gold coin donation

Phone: 1800 117 116 or 43403100 for bookings.

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RETURN SLIPS

GARDEN CLUB SPONSORSHIP

Our family would like to provide the following sponsorship for the new galvanised planter boxes for installation into the school vegetable/herb garden.

Family Name: _____

Amount donated: _____

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2010 - 2011 ENTERTAINMENT BOOK ORDER FORM



Family Name: _____

Number of books required @ \$60 each: _____

Total payment enclosed: _____

✂✂✂-----

ICAS PERMISSION NOTE AND PAYMENT FORM

Subject	Cost	Payment By	Exam Date	✓exam chosen
English	\$6.60	25 June	3 August	
Mathematics	\$6.60	30 June	17 August	

Student's name: _____ Class: _____

Amount enclosed: \$ _____

✂✂✂-----

YEAR 4 - 6 ACADEMY OF SPORT CAMP PAYMENT

We ask all families with outstanding Camp payments to please forward full or part payments as soon as possible.

Student's Name: _____

Amount paid: \$ _____

K - Yr 6 INFLATABALL SOCCER DAY - 18 JUNE

I give permission for my child/children to participate in the Inflataball Soccer Day on 18 June. I have enclosed payment of \$2.50 per child.

Child's Name: _____ Class: _____

Child's Name: _____ Class: _____

Child's Name: _____ Class: _____

Amount enclosed: \$ _____

Signed: _____ Date: _____

Central Mangrove Public School Canteen Survey

These are some items we would like to place on the canteen menu.

Can you please tick the items you would like to have for lunch at the canteen?

If you have other suggestions please write in the blank boxes. The most popular items will be used over the next 3 terms.

Chicken burger	Spaghetti Bolognese
Vegie burger	Pasta with Tomato Based Sauce
Beef Burger	Pizza
Nachos	Potato Bake
Fried Rice	Sushi
Hokkien Noodles	Shepherd's Pie
Singapore Noodles	Spinach and Ricotta Cannelloni
Lasagne	Ravioli in Tomato Based Sauce
Macaroni and Cheese Sauce	Chicken Wedges/Salad
Soup – Chicken Noodle	Soup – Tomato
Cheesy Rice Balls in Tomato Based Sauce	Tuna and Cheese Toasted Sandwich
Baked Bean Toasted Sandwich	Toasted Cheese Sandwich
Toasted Cheese and Ham Sandwich	Corn Cup
Stuffed Hot Potatoes	Fish Bites and Potato Wedges
Cheese Sticks	