

Central E-cho

Central Mangrove Public School

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Principal: Lorene Alexander

Upward We Strive

Week 10 Term 3 - September 24 2010

Salad is definitely on the menu at CMPS - Garden Club members were kept busy last week picking their crop of lettuce. The snow peas should be ready for Term 4.



Finally Spring weather has arrived and our students will need to wear their summer uniform in Term 4. Hopefully, students won't need jumpers and jackets for too much longer. Please check your child's wardrobe as our lost property bin in the office has grown considerably. Labels are so important so that we can return lost property ASAP.

NAPLAN results were sent home last week to our Year 3 and 5 students. Already teachers have been analysing the data to prepare teaching programs for next term. Again our numeracy results were excellent, grammar and punctuation showed an improvement and year 3 writing was a very pleasing result overall.

Our busy term has come to swift end and already we are focussed on next term, beginning with **swimming school** on the very first day of the term, i.e. MONDAY. Please have your child's swimming gear ready for the first day as we don't want anyone missing out on the assessment day to be placed in their appropriate swimming group.

Kindergarten Orientation began on Wednesday and it was lovely to meet the new and old parents who were treated to an informative session. Guest speakers included Greg Callaway, our district Home School Liaison Officer, who spoke about school attendance. Ingrid Scott and Nair Herford, told us about the Scripture Courses available. Mrs Mackay told us about curriculum and class organisation. Mrs Alexander spoke about our School Rules and how they are linked to values and how they are taught to our students. New parents were introduced to our School Website and encourage to use it to access school information including our Newsletter.

YEAR 6 T-SHIRTS will be available at the beginning of next term. Students will only need to pay \$10 for the T-Shirt as our P&C will subsidise the payment. Thank you so much as our students are looking forward to wearing them on sport days.

Wishing everyone a happy & safe holiday!
Lorene Alexander



Calendar

Some important date for your Term 4 Planner

October

- 4 Public Holiday
- 11 School Resumes for students & staff
- 11 - 22 Swim School for students in Year 2 - 6
- 18 Kindy 2011 Orientation Program starts
- Term 4 After School Sport golf program starts
- 20 Term 4 After School Sport dance program starts
- 23 Country Fair
- 25 Kindy 2011 Orientation Program Week 2

29 World Teacher's Day

November

- 1 Kindy 2011 Orientation Program Week 3
- 8 Kindy 2011 Orientation Program Week 4
- 10 Pinocchio School Musical Evening Performance
- 11 Environment Day at Kulnura PS
- 15 Kindy 2011 Orientation Program Week 5
- 18 - 19 Challenge Ranch Year 5 & 6 Leadership/Transition Camp
- 24 CARES - Bike Education program for Year 5 & 6
- 29 Life Education Van Visit

December

- 1 Helpers' Special Morning Tea
- SRC Welcome to Summer Ice Cream Day
- Combined Scripture
- 3 Games-a-thon Fundraising Event
- 8 Presentation Assembly
- 9 Year 6 Farewell Dinner
- 15 Terrigal Beach Excursion - last day for students
- 16 - 17 School Development Days - Staff only at school

For security concerns over the school holidays - ☎
1300 880 021

Swimming Program

Don't forget our Term 4 Swim School Program starts Monday October 11 - first day of the term.

Students will leave our school at 11:30 am and return to school by 1.45 pm. Recess will be held first during the day at 11.15 am and lunch will be held when the students return to school.

Students will need to:

- Come to school dressed with their swimmers under their school uniform
- Wear regular school shoes and change into thongs etc. to wear to the pool
- Wear a large towel, hat, sunscreen and top (to keep warm if weather is cool) to and from the pool
- Bring a bag for their wet swimmers and towel, we ask that they don't use plastic shopping bags as these break easily, the school recycling blue bag is ideal.
- Change back into school uniform/shoes (**don't forget undies!**) when they return to school

Coles for Sports for Schools Program



Our collection box has already started to fill up. Thank you to all the families who have supported this activity and have already started sending in their Coles/Bi-Lo Supermarket vouchers. Vouchers can be collected from any Coles/Bi-Lo supermarkets during **Thursday 2 September to Sunday 31 October** and can be redeemed for new sports equipment.

National Threatened Species Day



On Tuesday 7 September, National Threatened Species Day, the school leaders and I attended Waterfall Springs, Kulnura for the official launch of their

program to save the Brush Tailed Rock Wallaby. After the official speeches, we were introduced to 2 young yellow footed wallabies that have been hand raised. We were then taken on a tour of some of the facilities and man-made enclosures that house the older wallabies.

Our school leaders were excellent representatives of CMPS and will report on some aspects of the visit to the newsletter and the SRC. The sanctuary is an asset to our community and I hope that we are able to have more involvement in the future.

Jodie Gallagher - SRC Coordinator

Creative Writing/Drama Workshop at Kariong Mountains High School



On Wednesday 8 September the following year 4 & 5 students represented our school at a Creative Writing and Drama Gifted and Talented workshop organised by Kariong Mountains High School:

Tyler, Grahame, Charlotte, Annabel, Alicia, Stephanie, Georgia and Elena.

SRC HOT, HOT DOG DAY.

The SRC were ecstatic with the support their end of winter Hot, Hot Dog Day received. Thank you to our two Master Chefs, Nicole Poetsch and Joy Arnott. The hot dogs and hot chocolate were delicious! We even had some visitors inspecting the new BER building purchasing a freshly made Hot Dog for their lunch. The day was a great success with a total of \$111 profit.

Raw Art

A creative hands-on sculpting session for each grade. Our Raw Art teacher, Candice, guided each group step by step to the final products which look amazing! Yr K/1/2/ sculpted Flippin' Fish, Yr 3/4 formed MadHeads and Yr 5/6 recreated Picasso Faces.

We used terracotta clay which is currently air drying before we paint and/or coat with PVA glue. Clear a space on your display shelf for these masterpieces as they will be returned after they are sure to be awarded with prizes & positive remarks.



AFL Sport Program

Our Term 3 AFL sport program finished this week. All students enjoyed this activity and we thank the AFL professional team for their input during this program. Below are some action shots of students Toby, Emmaya and Jake A from K/1/2 in action on the field last week. We ask that any outstanding payments for this program please be forwarded to the school as soon as possible.



Donation Thank You



Thank you to Brian Clark from Redpath Green houses for the donation of hoops to use in our raised garden beds. These will ensure our plants will have shade during the hotter months.



We wish to also acknowledge a \$50 donation received from Marie Andrews MP to support our end of year presentation day ceremony. We thank her for her annual generous support in this area.

MAJOR RAFFLE - REQUEST FOR PRIZES

Thank you to the following business who have so kindly donation goods and/or services for prizes in our major raffle:

- 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 - 2 for 1 gift vouchers
- Westy's Place 2 x \$25 gift vouchers

All donations are most welcome. If required, the school can supply a request letter for parents to obtain prizes of goods and services from their workplaces.

Fruit and Vegetable Month

GO FOR 2 & 5@:

Are fruit and vegetables really too expensive?

Many parents often say that they don't buy more fruit and veg because of the cost. While the prices may sometimes seem high, fruit and vegetables are almost always cheaper per kilogram than highly processed snack foods, especially if they are in season.

Look at the table below and compare the prices (per kilogram) to see which is really better value for money.

Less Healthy Choice	\$/kg*	Healthier Choice	\$/kg*
Savoury biscuit shapes 200g	\$15.45	Watermelon	\$1.95
Crisps 50g	\$28.80	Pears	\$3.99
Puffed cereal bars 6x20g	\$39.80	Oranges	\$2.95
Muesli Bars 6x30g	\$23.25	Bananas	\$3.99
Cheese & biscuit snack 6x22g	\$31.00	Fruit tubs 4x120g	\$7.28
Chocolate bar snack size 12 x 22g	\$19.70	Canned fruit (large can)	\$3.98
Rolled-up fruit bar 8x15g	\$40.00	Dried apricots 200g	\$10.30
Assorted cream biscuits 500g	\$12.58	Carrots	\$1.29
Chocolate cream biscuits 200g	\$16.25	Canned corn	\$4.52

News from the DET Webpage

Quick snack idea

Celery sticks with cream cheese

- A celery stick, cut into 10cm lengths
- Cream cheese

Spread the cream cheese in the curve of the celery and pack it into your child's lunchbox.

More recipes at

www.schools.nsw.edu.au/news/ezone/yr2009/issue02/lunchbox/celery.php

Family first aid

St John Ambulance Australia has designed a new first aid course especially for parents.

Parents will learn the following life saving skills:

- resuscitation
- control of bleeding
- management of shock
- wound management
- burns
- bites and stings
- acute illnesses
- poisoning
- fracture and sprains.

Visit www.stjohn.org.au for more information.

Attachments this week

- Term 4 Kid's Kitchen Menu

Beach Smart Talk



Our whole school enjoyed the Lifesaving sessions run by Lyn, from Gosford Council Lifesavers Association, last week learning about surf safety, the meaning of the different coloured flags, how to identify a rip, and how to look out for hazardous creatures in the surf. We are already looking forward

to our excursion on the last day of the school year when we go to Terrigal Beach.

Small School Soccer Knock-Out

Last Thursday September 16 our school participated in what was the 3rd round of competition. This was after a bye in the first round and a forfeit in the second round. Our opponent for this 3rd round clash was Annondale Public School which is slightly south of Dural. With the help of some of our fantastic parents the team was taken to Blood Tree Oval and the grounds, facilities, referee and linesman were prepared by one of our students parents, we also received a giant box load of mountain grown oranges, enough to share with our opposition and bring back to school which was well liked among the players.

Unfortunately the skill shown in our preparation and organisation amongst the team was not reflected in the score line at the end of the game, Central Mangrove dominated the most part of the game but was unlucky on many occasions not to find the back of the net, Annangrove were a good team with a great goal keeper. Man of the match went to our goal keeper; Connor Story played magnificently and continued to defend a barrage of Annangrove attacks on goal in the last 20 minutes. The final score finished at 5 - 0. However, the students from Central Mangrove tried their best and had a great day. The players, spectators and supporters made this day an absolutely fantastic one; I was very proud of the team and their efforts and congratulate them all once again.

Thank you everyone for the effort and support,
Carl Derbyshire - Teacher/Team Manager

5-a-Side Soccer Report

On Tuesday September 23 Stage 2 (years 3 & 4) students and 3 year 6 students from our school travelled to Plum Park Lisarow, to participate in a 5 A-Side soccer competition against other schools across the Central Coast.

This was a fun day encouraging participation where scores were not recorded and all teams played multiple games. Central Mangrove supplied 3 teams, a team of boys, a team of girls and a mixed team. All of our team experienced the fun and enjoyment of participating in soccer, some of which had never played at all before or only played at school sometimes.

All of our teams won some of their games with the girls remaining undefeated. During the day there was a goal scoring competition and a juggling competition, Alexandra from 2/3 G won the goal scoring in the girls section and the boys winner for the goal scoring

competition was Corey from 4/5 D. Every student participated and had an absolute fantastic time.

None of this would have been possible if not for the excellent support from the parents of some of the children that donated their time to take the children to and from the game, the parents also enjoyed the day and our school was well represented with outstanding behaviour and great sportsmanship. I was very proud to be part of this day and would like to thank players and the parents for their efforts.

Carl Derbyshire

Community Notices

The Dinosaur Show

Date: Tuesday 28 September

Time: From 11am

Place: Kulnura Hall

Cost: Entry: \$5 each - Maximum \$15 per family

An adventure for children aged 2 – 8 years

Enquiries: ☎ Sue Douglas on 43761350 or mountainconnect.org.au



NSW Sport & Recreation Holiday fun for kids!

Booking essential: ☎ 13 13 02 or visit www.csr.nsw.gov.au

September/October holiday activities include:

Athletics skills development; CARES bicycle safety; Canoe/Kayaking; Circus stuff; Drama - theatre sports; Horseriding; Kid's multi-sports; Tennis Gosford (3-day program); Sailing (3-day program), Surf Life Saving; Tennis Wyong (3-day program) and Trampoline.

Mt Penang Gardens..... Dip, Dip Dip Days

28 September & 5 October

Booking essential - discover beetles, bugs and butterflies.

Cost: \$5 per child - \$7.50 per adult or \$20 family pass.

☎ 4340 1002 or visit: www.mpp.nsw.gov.au



CSIRO Holiday Science Fun for Central Coast

children aged 7 – 12 years on Thursday 7 October ☎ 94908677 or visit: www.csiro.au/nsw-holidays

PCYC Umina Beach - School Holiday Activities

- Wednesday, Thursday & Friday: Craft Creations for children aged 5+ years - Cost \$5
- Tuesdays 1:30 - 2:30pm: Indoor Archery for children aged 7+ years - Cost \$5
- Daily for children aged 5+ years: Indoor Scoot & Skate 10:30am - 3:30pm - Cost \$10 includes hotdog & drink lunch.

- **Bookings recommended ☎ 4344 7851 - closed 4 October**

Kids Cooking and More... School Holiday Activities at Erina Fair

- Monday 27 & Tuesday 28: Lazy Town Fun & Fitness in the Hive at 11am, 12pm & 1pm
- Wednesday 29 & Thursday 29: Fun Food Factory for Kids at Centre Court at 11am, 12pm and 1pm.
- Friday 30: Fresh for Kids Mask making & Colouring near Kmart at 11am, 12pm and 1pm.
- Saturday 1 & Sunday 2 October: Lazy Town Show in Centre Court at 11am & 1pm.

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Magic Moments at the Fair

Photographic Competition

Saturday 23rd October 2010

Every year the committee for the Mangrove Mountain & Districts Country Fair likes to introduce a new initiative. One of the initiatives for the 2010 Fair is a photographic competition to be held on the day titled Magic Moments at the Fair.

We are asking everyone who comes along to bring their digital camera to capture the feel of fair day. All people have to do is select their best two images. Once they have done this, they simply go and visit the Computer Centre Building next to the hall where they can get their two images downloaded and printed at no cost. Participants must ensure they have their photos downloaded prior to 1.30 pm and their name and contact number on the back on their print.

All photos to be printed by 1.30pm and must have contact details on the reverse. The winner will be announced at 3pm on the afternoon of the Fair.

The photos/prints will be displayed in the hall from 1.30 pm onwards. This is where they will be judged and a prize will be awarded to the winner.

It is a prerequisite of the competition that all digital images entered will be kept by the Fair Committee as archive material for the 2010 Mangrove Mountain & Districts Country Fair.

The Mangrove Mountain Country Fair has been running every year since 1963 as a community fundraiser when locals needed to find funding for the bush nurse - a very valuable source of comfort for Mountain families. Although the bush nurse has long gone, this popular event has continued as fundraiser for local community groups. For more information please contact Poppe on 4374 1927

Awards and Certificates

TEACHER'S AWARDS: Term 3 Weeks 8 & 10



K/1/2	Sophie	Excellent spelling and reading skills
	Christopher	Fantastic effort in all areas
	Jake	Great answers in maths
	Alyssa	Always presenting her best work
	Sophie	For being an excellent buddy during Kinder Orientation Day
	Alyssa	For always doing her best
	Alex	Excellent results in maths
	Lachlan C	Great reading
2/3	Jessie	Staying on task and being eager to work
	Aaron	Taking time to present work neatly
	Shawn	Always producing quality work
	Ryan	Exciting, descriptive journal writing
	Harry	Improved handwriting & presentation of work
	Alexandra	Consistent high standard of work
	Isaac	Thinking carefully when calculating in maths
4/5	Mikaylee	Fantastic work in her journal
	Grahame	Great effort in his class speech on Magicians
	Tyler	Completing all work at a consistently high standard
	Bilal	Continually providing great work in his journal
	Corey	Consistent, improved effort in class
	Oliver	Excellent work ethic in Maths, never give up attitude
	Thomas	Fantastic effort & sportsmanship in 5 A-Side-Soccer
	Billy	Always working hard in class
6	Amelia Blake Sarah Nicholas	For the excellent way she/he represented our school at the Waterfall Springs Wildlife Sanctuary save a Brush-tailed Rock-wallaby launch.
	Callan	Enthusiasm at AFL
	Jayden	Help in the school gardens
	Sarah	Attitude to all school work
Bus Award		
	Annabel and Ahmad	For always sitting quietly on the bus and setting a great example to other students
Bronze Award:		
8/9/10	Matthew M	24/09/10 Kiara
10/9/10	Grahame, Thomas	
Silver Award:		
10/9/10	Billy, Jake M, Stephanie, Annabel, Rohan, Aidan, Corey, Ellena, Mikaylee, Jake A, Ramani, Lachlan C & Alex M	
17/09/10	Kallie	
24/09/10	Fergus, Tyler, Mitchell, Nicole, Georgia, Byron, Bilal, Thomas C, Alicia	

Principal's Award - Term 3 Weeks 8 & 10

K/1/2	Lachlan C	Great Artwork
	Jake A	Great Artwork
	Lachlan C	Great Artwork
	Caitlin	Fantastic Artwork
	Thomas W	Fantastic Artwork
2/3	Matthew	Clever Kits Writing
6	Nicholas	Project on Green Miles

RETURN SLIPS

SWIMMING SCHEME PROGRAM

I give permission for my child/ren to participate in the swimming scheme at Gosford pool from 11th October to 22nd October travelling by bus. **Cost of program is \$72 per student (this includes bus travel and pool entry fee).**

Child's Name: _____:Class: _____

Child's Name: _____:Class: _____

Child's Name: _____:Class: _____

Parent/Carer Signature: _____ Date: _____



I enclose payment of \$_____ per child for the full 2 week program.

Signed: _____

✂✂✂-----

HEADPHONES

I wish to purchase a set of headphones for my child@ a cost of \$12 each. I have enclosed payment of \$_____

Name: _____ Class: _____

✂✂✂-----

YEAR 6 T-SHIRTS

I wish to purchase a year 6 T-Shirt for my child:

Child's name: _____

I have enclosed \$10 to cover costs ☐

✂✂✂-----

Canteen Menu

Canteen Menu

Term 4

Menu Available Monday, Wednesday

Sandwiches (White or Wholemeal, Toasted or Fresh)

Vegemite

Cheese

Cheese and Vegemite

Tuna & Cheese Toasty

Baked Beans

Baked Beans & Cheese Toasty

Corn Cups

Noodle Cups (Chicken or Beef)

Sushi Roll

* California Roll – Seafood stick & Snow Pea

* Tuna Roll – Tuna, pumpkin, Sweet corn & Onion

MONDAY SPECIAL HOT LUNCH

➤ Chicken Wedges - with salad

WEDNESDAY SPECIAL HOT LUNCH

~~\$1.50~~ Cheesy Pizza - with Tomato Sauce

\$2.50 base

~~\$2.60~~ Ham & Cheese Pizza - with

\$3.00 Tomato Sauce base

~~\$3.00~~ Ham, Cheese & Pineapple Pizza -

\$3.00 with Tomato Sauce base

\$2.00

\$2.50

\$2.50