

Central E-cho

Central Mangrove Public School

1708 Wisemans Ferry Road, Central Mangrove

Telephone: 4373 1156 Fax: 4373 1051

Email: centmangro-p.school@det.nsw.edu.au

<http://www.centmangro-p.schools.nsw.edu.au>



Upward We Strive

Principal: Lorene Alexander

Term 1 Week 4 - Friday 18 February 2011



Some super tennis stars in the making! K/1M in action during their first tennis/ball skills game last week.

Welcome to our school.....

Our school times are: 9:10am - 3:05pm

Teachers are officially on duty at 8:45am and students can arrive at this time. Please note that students are not supervised before 8:45am.

Punctuality and attendance is most important and these are important skills for children to learn. In the event of a late arrival parents or carers are expected to report to the office to complete a partial absence slip. This is also required if your child needs to leave the school early or is absent for a period within the school day. e.g. a medical appointment

DET Attendance policy states:

Regular attendance at school is essential if students are to maximise their potential. Schools, in partnership with parents, are responsible for promoting the regular attendance of students.

While parents are legally responsible for the regular attendance of their children, school staff, as a part of their duty of care, monitors part or whole day absences.

Parents are also responsible for explaining the absences of their children from school **promptly within seven days** as well as taking measures to resolve attendance issues involving their children.

4AH CLASSROOM HELPERS

Students and teachers in 4AH would appreciate the support of any classroom helpers who may be able to come in on a regular basis to work with some students in literacy or numeracy.

Please complete the Return Slip if you are available

Calendar for Term 1

Week 5		
Feb 21	Monday	Kid's Kitchen
		After School Sport - Basketball/Netball
22	Tuesday	Scripture; Library K - Yr 3
		Keyboard Kids; Student Banking Day
23	Wednesday	Kid's Kitchen; Library Yr 4 - 6
		After School Sport - Fitness circuit
		Book Mobile 2:30 - 3:30pm
24	Thursday	P&C Family Disco
25	Friday	Tennis - Sport Day

Week 6		
Feb 28	Monday	Kid's Kitchen
		After School Sport - Basketball/Netball
Mar 1	Tuesday	Small School Swim Carnival; Scripture;
		Library K - Yr 3
		Keyboard Kids; Student Banking Day
2	Wednesday	P&C 'Try a Little Kindness' Day
		Kid's Kitchen; Library Yr 4 - 6
		After School Sport - Fitness circuit
4	Friday	Tennis - Sport Day; Clean Up School Day

Week 7		
Mar 7	Monday	BWPSSA Swim Carnival; Kid's Kitchen
		After School Sport - Basketball/Netball
8	Tuesday	Scripture; Library K - Yr 3
		Keyboard Kids; Student Banking Day
9	Wednesday	Kid's Kitchen; Library Yr 4 - 6
		After School Sport - Fitness circuit
		Book Mobile 2:30 - 3:30pm
11	Friday	Tennis - Sport Day

Week 8		
Mar 14	Monday	Kid's Kitchen
		After School Sport - Basketball/Netball
15	Tuesday	Scripture; Library K - Yr 3
		Keyboard Kids; Student Banking Day
16	Wednesday	Kid's Kitchen; Small Schools Science Day
		After School Sport - Fitness circuit
18	Friday	Tennis - Sport Day

Week 9		
Mar 21	Monday	Kid's Kitchen; Harmony Day
		After School Sport - Basketball/Netball
22	Tuesday	Scripture; Library K - Yr 3
		Keyboard Kids; Student Banking Day
23	Wednesday	Kid's Kitchen; Library Yr 4 - 6
		After School Sport - Fitness circuit
		Book Mobile 2:30 - 3:30pm

Week 10		
Mar 28	Monday	Young Leader's Day Excursion
		Kid's Kitchen
29	Tuesday	Gosford HS - Musical Whole School Excursion
		Scripture; Library K - Yr 3
		Keyboard Kids; Student Banking Day
30	Wednesday	Games-a-thon Day
		Kid's Kitchen; Library Yr 4 - 6

Week 11		
April 4	Monday	Kid's Kitchen
		After School Sport - Basketball/Netball
5	Tuesday	Scripture; Library K - Yr 3
		Keyboard Kids; Student Banking Day
6	Wednesday	Kid's Kitchen; Library Yr 4 - 6
		Book Mobile 2:30 - 3:30pm
7	Thursday	ANZAC Service - Families welcome to attend
8	Friday	Last day of Term 1 - Shared Lunch

TERM DATES

2011	
Term 1	Friday 28 January - Friday 8 April
Term 2	Tuesday 26 April - Friday 1 July
Term 3	Monday 18 July - Friday 23 September
Term 4	Monday 10 October - Tuesday 20 December
2012	
Term 1	Friday 27 January - Thursday 5 April
Term 2	Monday 23 April - Friday 29 June
Term 3	Monday 16 July - 21 September
Term 4	Monday 8 October - Friday 21 December

Family Information Sheet

It is imperative we have updated information in case of illness or an emergency situation. We urgently need ALL Family Information Sheets returned to the school by Friday 25 February. Extra forms are available from the school office OR download one from www.centmangro-p.schools.nsw.edu.au

Fees/Workbooks & Worksheets

Thank you to the families who have so promptly paid for their child's workbooks and tennis/balls skills program. Please note that students will not receive workbooks until they have been purchased. All payments can be made by cash, cheque or credit card. Credit card payments can be made either in person, by mail or by phone.

If you have difficulty in making these payments, arrangements can be easily made. Please phone to organise a meeting with Mrs Alexander to work out a suitable payment plan or find out how to access our Student Assistance Funds to alleviate these expenses.

Small School Swimming Carnival

This is being held on Tuesday March 1 at Gosford Pool. Mrs Mackay gave all eligible students a permission note earlier this week. Please return these ASAP so arrangements can be finalised.

Information Handbook request form

Our updated 2011 handbook is now available on our school website: www.centmangro-p.schools.nsw.edu.au. A hard copy can be sent home with your child if requested. Please refer to attached order form.

Commonwealth Bank Visit

Two ladies came to our school today and one was dressed up as Prue who is a Dollarmite. They came to our school to talk to us about saving our money. Everytime you save you get a token and ten tokens gives you a prize.

Isaac 2/35

Book Mobile

The Gosford City Library Book Mobile Van will be stationed in our school car park for all community users from 2:30 - 3:30pm on the dates shown on the school calendar on page 1 of this newsletter. New membership applications forms are available from the school office.

Volunteering at school

All volunteers at CMPS working with children during school programs and activities e.g. Kid's Kitchen, reading in the classroom, driving children for excursions or assisting with sporting activities etc. must as part of the Department of Education and Training's policy, annually complete a prohibited employment /working with children check declaration.

At CMPS we also ask all volunteers to complete a Volunteers Agreements and a Driver's Declaration form (if driving students to and from excursion activities). Copies of these forms are attached with this week's newsletter.

School Clean Up Day

Schools Clean Up Day will be held on Friday 4 March 2011. This national event enables our schools to take action for their local environment and school community. It also provides an exciting opportunity for students and teachers to participate in a nation-wide environmental movement that contributes to a cleaner, safer, more attractive Australian environment.

Ian Kiernan AO, Founder and Chairman of Clean Up Australia, said that the thousands of individuals who take part in Clean Up Australia Day together have a huge impact. "Clean Up Australia represents the single largest community participation event in the country. In 2010 almost 900 NSW schools took part in Schools Clean Up Day, and across Australia a total of 2163 schools helped to improve the quality of our unique natural environment.

"The rubbish collected was sorted and then disposed of responsibly or recycled. This means that waste is prevented from reaching our waterways and oceans, where it can harm our precious wildlife. The recycling of materials reduces our demand on natural resources and our greenhouse gas emissions."

First thing Friday morning our classes will be given a special area to remove all rubbish including sticks and branches that spoil our environment. Parent, families and friends are most welcome to help out with this activity.

2011 Climate Clever Energy Savers Program.

This year our school has again been chosen to participate in the Climate Clever Energy Savers program. The program is an exciting project in which students research, plan and design ways to reduce energy costs in the school. Outstanding projects may be eligible for regional funding and implementation.

Stage 3 students will participate throughout Terms 2 and 3 in a variety of projects designed to enhance and strengthen their understanding of the issues surrounding sustainability and the environment.

Further information is available from the NSW Department of Education and Training's Curriculum Support webpage at: http://www.curriculumsupport.education.nsw.gov.au/env_ed/program/s/savers/ccesdetails.htm

Schools celebrate 100 years of International Women's Day.

International Women's Day is celebrated on 8 March each year. It is a day to celebrate the contribution women have made across the world to their communities and the progress that has been made for equality. It is a time to raise awareness about the unjust treatment that many women and children are still facing around the world and in Australia.

International Women's Day was first declared in 1910 with the first event held in 1911. Widespread increased activity is anticipated globally on 8 March 2011, honouring 100 years of International Women's Day.

Recognition of International Women's Day supports the implementation of the [Boys' and Girls' Education Strategy](#) in schools, particularly the promotion of respectful relationships. There are many opportunities within the school curriculum to engage students in conversations about the significance of International Women's Day.

Attachments this week

- Prohibited employment/working with children declaration
- Volunteer's Agreement
- Driver's Declaration Form
- P&C Family Disco Invitation
- Harmony Day Information/Invitation

Our new school bell and clock



Thank you 2010 SRC and Year 6 students!

Last year the SRC and Year 6 students organised many fun activities to raise money for the purchase and installation of an electric bell and large clock.

These have now been installed at the COLA and now no one has a reason for being late for class.

This year the SRC would like to raise money for the purchase and installation of permanent circular seating around a tree in front of the new administration/library building. This would be our new 'Fairy Garden'.

Our first fundraiser for this plan purchase is 'Guess how many lollies in the jar' competition.

We ask all families to consider a donation of a bag of mixed lollies by next Wednesday so the SRC can have the guessing competition ready for the P&C Family Disco night.

Report from SRC Meeting 16/02/11



Student Leaders Roles and Responsibilities for 2011

Student	Role	Responsibilities
Billy Mackay	Communications & Technology	Assists with Information Technology, newsletters and waste collection programs
Alicia Kostalas	Education	Coordinates and presents student merit awards and circulates information on educational matters.
Fergus Cruickshank	Environment	Assists with the implementation of environmental programs including energy audits, solar energy and Reduce, Reuse, Recycle
Mikaylee Papas	Gardens	Organises gardens, distributes information and coordinates produce sales
Brad Bentley	Library	Assists librarian, organises and informs students about upcoming activities such as Book Mobile
Gabrielle Pennie	Recreation	Organises sports equipment and assists with weekly sports events
Tyler Story	Sports	Assists with the organisation of sporting events and daily fitness programs
Byron Connery	Student Representative Council and Fundraising	SRC coordinator and reports on student activities and fundraising
Bilal King	Transport	Organises bus lines and assists and monitors student safety

News Tips from the DET webpage

Wednesday 2 March is P&C Day

'Try a little Kindness' is a day for our school community to officially recognise and celebrate the contribution made by our local P&C association.

Hot weather

Remind your child to protect themselves from sun and heat exposure while at school by:

- reducing their exposure to the sun, wherever possible
- wearing broad-brimmed hats in the playground to protect the face, neck and ears
- playing in shaded areas, particularly during peak UVR times
- drinking plenty of water
- using 30+ broad-spectrum, water-resistant sunscreen

Environment: Australians throw away 3.3 million tonnes of food every year - up to a quarter of the country's food supplies, mainly because we purchase too much. Consider planning your meals and only buy what you need.

Primary school: Selective high schools placement test - 17 March
The selective high schools test is held annually for Year 6 students wishing to enter a selective government high school. For key dates, online applications and more information for parents, see:

www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index.php

Reminder: If your child has any allergy, medical condition or special needs, talk to your child's teacher as soon as possible.

Reading with children is fun and one of the best ways to help prepare them for school.

Tip: Try not to let television intrude on reading time - set aside some uninterrupted time to read with your child.

Communicate confidence

According to a successful captain of a current Australian Rules football team he doesn't so much inspire or motivate his team-mates, he **communicates confidence in them**.

That's what great parents do. They **communicate confidence** in their kids. They find ways to get across to their kids that they believe they can perform & succeed, deal with life's challenges and do things on their own.

This is timely as there's been a lot of debate recently about whether it's genetics or environment that determines kids' confidence levels.

Confidence trait is genetic, to a point. The Australian Temperament Study demonstrated that shy kids don't change that much, but they do in fact, learn to socialise and function well among others. They are the quieter kids who take their time warming up in social situations. Many adults are like that!

But there's no avoiding it - **the family environment does shape how a child reacts to challenges, and how they tackle new tasks and do difficult things.**

The best way to bring out the best in kids is by providing a psychologically safe environment where mistakes aren't thrown in kids' faces. Kids thrive in environments where parents don't freak out because they drop things, mess things up or don't get 10 out of 10 in every test. **Kids are more likely to stretch themselves when adults don't have huge stakes in their outcome!**

It's important to shape an environment that has high yet **realistic expectations**, that is **nurturing** of children's talents & interests and that's rich in **love, time** and supportive of kids' **goals**.

The words in **bold** contain the keys to shaping an environment that'll help you raise brave (confident) kids. But there's one important aspect missing!

You need to **model** confident, brave behaviour. US psychologist Martin Seligman in his research over fifteen years ago informed of us of what we all know!

That is, **kids are natural copycats!**

He found that children have a natural tendency to copy their primary parents' explanatory style. That is, they tended to approach problems and challenges with similar self-talk and mindsets as the parent they spend most time around, or a parent they admire most!

You want your kids to be brave, courageous & confident? Then, **you go first!**

Seligman also found that kids could **change** their explanatory styles by being exposed to adults with confident mindsets. Nothing is set in stone!

Parents, rather than teachers, **hold the key here** because kids spend far more time at home than at school, and the relationship obviously is long-term rather than rotational as happens at schools.

There are plenty of ways you can **communicate confidence**. Here are 3 ideas to start you thinking:

1. **Challenge kids with real responsibilities:** Give them a challenging task or a job to do with an awesome responsibility.
2. **Describe their successes:** If they've done something brave (i.e. given a talk at school despite the fact they were nervous) then throw a little spotlight on how they did it. Giving this type of self-knowledge is one of the keys to effective parenting!
3. **Encourage more, praise less:** Your comments that focus more on the processes of doing, than the results of what they do will help your kids feel brave and take more risks.

Yes, genetics plays its part but the psychological environment that you shape is also significant in raising confident children.

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.

Register Now! Clubs affiliated with Gosford Netball Association are currently looking for 7, 8, 9 year olds who would like to join the Netta Competition this season. The Netta Comp is a modified game to allow girls to learn the game of netball. Games are at Adcock Park, West Gosford on Saturday mornings starting in April. Players in other age groups are also needed. Check out our web-site www.gosford.netball.asn.au or contact Leanne on 0424 198 352 for more information.

Scholastic Children's Book Sale

Up to 90% off - prices from as low as \$1.00

Special - Pack a box for \$40

Wednesday 23 - Friday 25 February from 9:00am - 5:30pm at Scholastic Book Fairs Warehouse, Gate 3, Building 2, 76 - 80 Railway Crescent, Lisarow. Phone: 1800 024 840 for more information

KARIONG WANDERERS JUNIOR RUGBY



Kariong Wanderers Junior Rugby registrations still OPEN for new players

Under 7's - non contact

FEES beginning at \$ 40

For information please contact Craig Parker - 0431 195 009 or Scott Phillips - 0418 261 037

Awards and Certificates

TEACHER'S AWARDS: Term 1 Week 2 		
K/1M	Caitlin	Demonstrating excellent leadership skills
	Bellana	Setting a good example in class
	Teagan	Excellent answers to questions in class
	Charlee	Working well in reading groups
2/3S	Harry	Fantastic work in numeracy
	Christopher	Fantastic effort in all areas
	Ramani	Great results in Literacy
4A/H	Declan H	Interpretation of our National Anthem
	Matthew	Interpretation of our National Anthem
	Brock	Quick maths skills
5/6M	Annabel	Being a diligent & conscientious worker
	Oliver	For his contribution to all class activities
	Byron	Always doing his best work
PRINCIPAL'S AWARDS: Term 1 Week 2 		
K/1M	Johny	Great sentence writing
	Nicholas	Great sentence writing
5/6M	Stephanie	An excellent holiday recount
	Charlotte	A fabulously constructed surrealist artwork

RETURN SLIPS

K - 6 TENNIS/BALL SKILLS Permission Note & Payment Slip

I give permission for my child:

Child's Name: _____ Class: _____

Child's Name: _____ Class: _____

Child's Name: _____ Class: _____

To participate in the 8-week Tennis/Ball Skills Program.

Cost: \$24 for full program OR \$3 per week- Enclosed \$ _____

Signed: _____ Date: _____

~~~~~

## CLASSROOM HELPERS FOR 4A/H

☐ Reading: 10:45 - 11:30am

M T W T F (please circle suitable day)

☐ Maths: 13:30 - 1:40pm

M T W T F (please circle suitable day)

Parent's name: \_\_\_\_\_

## KID'S KITCHEN HELPERS

Yes, I am available to assist in the Canteen.

Name: \_\_\_\_\_

Phone No: \_\_\_\_\_

Please tick ✓ your preference in boxes below:

Day

Monday ☐Wednesday ☐Weekly ☐Fortnightly ☐☐ Other: \_\_\_\_\_

~~~~~

HANDBOOK REQUEST

I request a printed copy of the 2011 School Handbook.

Family Name: _____ Eldest Child's class: _____

~~~~~

## WORKBOOKS/WORK SHEETS &amp; SCHOOL LEVY PAYMENTS

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Enclosed is \$ \_\_\_\_\_ to cover cost of the following:

School Levy - \$ 40 per student (limit \$80) ☐Year K - 6 Handwriting workbook \$14 each ☐Year 3 -6 Mentals workbook \$11 each ☐Maths/English /Mathletics worksheets \$20 @ ☐Headphones @ \$14 each ☐

~~~~~

PAYMENT OPTIONS

If you wish to pay by cash or cheque please send it in an envelope to your child's teacher

If you wish to pay by credit card (FOR AMOUNTS \$10.00 AND OVER ONLY) please fill in the following information and it in an envelope to your child's teacher.

Credit card payment can also be made by phone

Student's Name: _____ Class: _____

Payment for: _____ Amount: _____

☐ Visa ☐ MasterCard Expiry Date/.....

Card No: _____

Cardholder's Name: _____

Signed: _____ Date: _____

Office Use Only: Authorisation No: _____ Receipt No: _____

