

Central E-cho

Central Mangrove Public School

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Upward We Strive

Principal: Lorene Alexander

Term 1 Week 8 - Friday 18 March 2011



Small School Science Day activities



Our students have been enjoying many lessons and this is evident in their faces in the photos above. Thanks to Mr Matthew, our school hosted the spectacular Science Day this week and were treated to lots of exciting hands-on learning experiences.

Next Monday, 21 March, we are looking forward to the P&C Harmony Day celebrations, thanks to Kylie Fletcher who has planned the activities. This day is where all Australians celebrate our cultural diversity. It's a time to reflect on where Australia has come from, also recognising the traditional owners of our land around Central Mangrove, the Darkinjung people. We already have many families involved who will be performing or setting up a display of information or activities for us to learn about their heritage. Teachers will also conduct activities to help our students learn and understand how Australians of different backgrounds live together and make our nation a better place.

We have many programs planned for the next three weeks to complete our first term of the year. Please read the newsletter carefully to keep up-to-date with all the activities. Our ANZAC Service is certainly one not to miss and we hope lots of community members are able to attend to see all our students participate. This day also includes our Easter Hat Parade which is a delight to see. Don't forget to send in donations for our Easter Raffle which our Yr 6 students will be drawing after the parade. Tickets will go on sale ASAP.

Students are already practising for our School Choir and Dance Group to perform later in the year. We are so fortunate to have

Calendar for Term 1

Week 9		
Mar 21	Monday	P&C Harmony Day; Kid's Kitchen; After School Sport - Basketball/Netball
22	Tuesday	Scripture; Library K - Yr 3
23	Wednesday	Keyboard Kids; Student Banking Day
		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; 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
		Easter Hat Parade - Easter Egg Raffle Drawn
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

teachers who work so hard to deliver the most rewarding learning programs.

This week I attended the Hunter Central Coast Principals' Conference in the Hunter Valley. It was a fantastic opportunity to learn about the latest in education innovation and listen to very impressive speakers from all over Australia. We were very proud to find out that our NSW Curriculum produces a high standard of student performance compared to world results. We perform highly after Shanghai, Hong Kong, Finland, Most encouraging is that we are placed well above the United Kingdom and USA.

Prof Stephen Dinham's session about 'How to get your school moving and improving' was the highlight for me. In order for all students to become successful learners, confident and creative individuals and

active and informed citizens schools need to focus on the development of the whole child as a person and a learner. The most important issues that schools need to address are **QUALITY TEACHING**, Effective Leadership and Professional Learning opportunities for teachers. Not particularly new concepts but a very inspiring presentation has me thinking very seriously about our future in planning for the best possible education for your children.

Lorene Alexander
Principal

Walla Rugby

On Tuesday 8th March 10 students from Years 3 and 4 attended the Australian Rugby Union Regional Schools Walla Rugby Tournament at Sohler Park, Ourimbah. Central Mangrove had been training hard for this event, but we had yet to take the field and actually play a game!

Our first opponents were the St John The Baptist School from Woy Woy. After a tentative start Central Mangrove held their own and were only narrowly defeated. Not a bad start for their first ever game.

In our second match we played Ourimbah Public School. Ourimbah got off to a great start and again we were narrowly defeated. Our team's confidence however improved tremendously as we began to run and pass the ball and support the ball carrier.

Our third match saw us come up against Wyong Christian Community School. Central Mangrove began passing the ball and played like they finished their second game. When the full-time whistle sounded Central had recorded their first Walla Rugby victory.

The last game saw a buoyant Central Mangrove take on Lisarow Public School. Once again we ran the ball out wide and had plenty of numbers in support. This resulted in our second win for the day. A great result for the students.

Special thanks must go to all the parents who gave up their time to transport the students to and from Ourimbah. Also a special mention and thank you to Mrs. Leonard who assisted and helped manage the team on the day.

Finally, well done to the ARU referees and staff that were in attendance and the sportsmanship and behaviour shown by all students throughout the event. They were a credit to themselves, their parents, and the school.

Gosford HS - 'Seussical' Whole School Excursion

Student permission note and payment is due by 22 March for our whole school excursion to Gosford High School on Tuesday 29 March to see their production of 'Seussical'. The cost of this excursion is \$9. Students need to wear full school uniform and bring their lunch and recess in a disposable bag clearly marked with their name and class.

Crime Prevention Talk

On Tuesday 22nd March all students will attend a Crime Prevention Talk which is presented by the Education Officer from Gosford Police station. Each session is age appropriate and will discuss emergency procedures and crime prevention. The content to be

covered is part of the Personal Development Key Learning Area. In the "Safe Living" strand, the students explore how their safety depends on the environment and the behaviour of themselves and others. It would be beneficial to discuss the visit with your family after Tuesday. A report of the visit will follow in the next newsletter. Sessions are as follows:

9.30am K/1
10.00am 2/3
10.30am 4/5/6

Stay Safe!
Jodie Gallagher

SRC Guessing Competition Winner

Winner: Charlotte Waterman

Prize: A MEGA Container of Lollies

Thank you to everyone for support this fundraising activity.

Profit made: \$85.60 WOW!!

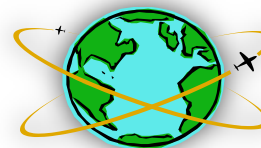


P&C HARMONY DAY Monday March 21

Tickets: \$2 per student for all activities-see attached RSV

Parents welcome to attend. Activities start at 9:30am

Around the World



Small Schools Science Day at CMPS



On Wednesday 16th March, Central Mangrove hosted Peats Ridge, Spencer, Somersby and Wyong Creek Public Schools for the 2011 Small Schools Science Day.

All students from Kindergarten through to Year 6 participated in a diverse range of scientific workshops that the teachers from all the schools had prepared.

Students also watched the Scienzaviva Science Show. This interactive science show included a variety of demonstrations and

hands-on activities designed to give students a fundamental understanding of the various branches of science.

Thank you to all the parents and teachers who made this day a success and such a memorable occasion for the students. Also, special thanks to everyone who assisted in the canteen and coped admirably under some extraordinary circumstances.

*A special thank you to the P&C
for providing our delicious hot lunch for this day.*

ANZAC SERVICE - Thursday 7 April

All families and friends are invited to join students and staff for our ANZAC Service on Thursday 7 April from 10:30 - 11:30am.



Flower donations for an ANZAC wreath from each class would be greatly appreciated. Please send flowers into school on Wednesday 6 April so that they are here ready for wreath making. **HELPERS ARE NEEDED** Wednesday afternoon to make the wreaths. Please indicate on the return slip if you are able to assist with this request.

We are also seeking **donations of freshly baked Anzac biscuits from our Year 5/6 students**. These will be served to our visitors and special guests for morning tea. Please indicate on attached RSVP if you can assist.

Program for the day:

10:30 - 11:30am Anzac Service
11:30am - 12:10pm Morning Tea
12:15pm: Easter Hat Parade & Easter Egg Raffle draw.

EASTER Hat Parade



An Easter Hat Parade under the COLA will follow our Anzac Day Service on Thursday 7 April. All parents and visitors are invited to this parade.

K - Year 6 students will need to make their hats at home and bring to them along to wear at the parade.

Families and visitors are also most welcome to join us for morning tea before the parade. Tea/Coffee will be served from Kid's Kitchen by our supportive P&C volunteers.

Year 6 Easter Egg Raffle

Donations of Easter Eggs for our Year 6 Easter Egg Raffle would be most welcome.

Throughout the year our Year 6 students organise various fundraising activities in order to raise funds to purchase a farewell gift to the school.

Over the past years monies raised by these fundraising activities have purchased the wooden seat under the covered walkway, a pump to pump up new balls, the large clock at the COLA and an aerial view framed photograph of the school, just to mention a few.

Tickets will be 50 cents each OR 3 for \$1. The prizes will be drawn after the Easter Hat Parade. Books of raffle tickets will be sent home next week.



Young Leaders Forum and Workshops

On Friday 11th March Central Mangrove's four school leaders, Tyler, Billy, Alicia and Fergus attended the Student Leadership Forum held in the Wyong Shire Council Building. This forum was a fantastic opportunity for the students to meet and interact with some notable local and national identities.

Students were introduced to the Mayor of Wyong, Doug Eaton and listened to a variety of personalities. Dick Smith (businessman, explorer, Human Rights advocate and philanthropist) spoke to the students of his experiences. Michael Brosowski who founded the Blue Dragon Children's Foundation charity based in Vietnam to help children escape the [poverty cycle](#) through education and improved living conditions also spoke of his endeavours. Students also were given the opportunity to ask questions of and listen to Newcastle's NBN weather man, Gavin Morris.

In the afternoon, students participated in a variety of workshops including song writing and environmental activities. A big thank you to Mrs Kostalas, who transported, accompanied and assisted the students throughout the day.

GAMES-A-THON

All students will be participating in a series of games on **Wednesday 30th March 2011**. It is a **Games-a-thon**.

We are raising money for classroom reading resources and ask that your child be sponsored to participate in 4 different games on the Games-a-thon Day. The games will occur between lunch and recess and will include modified soccer, cricket, netball and volleyball.

Your child will have already received a purple Games-a-thon Sponsor Card.

Your child is required to:

- Obtain as many sponsors as possible through family/friend contacts;
- Bring their Sponsor Card back to school on Monday 28th March;
- Have their card stamped as they play each game on the day;
- Take their Sponsor Cards back home to collect the sponsorship money depending on how many games they participated in,
If they were sponsored for \$1 per game and played all 4 games they should collect \$4 from that sponsor, if they only played 3 games then they will collect \$3 from that sponsor; and
- Return their card and money to school by Wednesday 4th May.

All students who participate will go onto the prize draw.

For each \$10 raised students will obtain another ticket in the prize draw.

The student who raises the most money will receive a prize.

The prize draw will be held on Friday 13th May 2011.

Library News

Thank you to all of the wonderful parents who volunteered to help with covering new books for the library. Many are on the display rack already and are ready for borrowing. Covering books is not difficult



but can be very time consuming if the task is not shared. Another lot of books will be ready shortly.

Remember to check out the Premiers Reading Challenge website. Most students have logged on at school and know how to enter books they have read. I will be sending home a list of books they have borrowed since the beginning of the year to help you.

Happy Reading
Jodie Gallagher

Volunteers needed - can you help?

We need volunteers to assist with installation of our new aluminium seating next to the new Administration/Library Building. This seating will be used as our winter lunch area and provide an extra outdoor learning space of all students to use. Installation will involve digging post holes and cementing the frames of the seating into place. If you are able to assist please contact the school office on ☎ 4373 1156.

Small Schools Cross Country - Term 2 Friday 2 May

Please find attached a lunch order form for our Small Schools Cross Country being held early Term 2. RSVP for orders if April 1.

Earth Hour

From its debut in one city in one country in 2007 - Sydney, Australia - when 2.2 million individuals turned their lights off to take a stand against climate change, Earth Hour has become a truly global movement, embracing 128 countries and territories in 2010. On March 26, hundreds of millions of global citizens, from one hundred different countries, will unite in the action of lights out. Will you be one of them?

Earth Hour is a call to action to every individual, every business and every community. It starts with a flick of the switch at **8:30pm Saturday March 26**, in a collective display of commitment to protect the one thing that unites us all - the planet.

Shared lunch - 8 April - Last day of Term 1

On the last day of this term, Friday 8 April, all students will enjoy a class shared lunch. Notes will be sent home closer to the date for parents to prepare the shared lunch menu for this day. Please provide enough food for only the small group your child is in as we don't want too much waste on the day. Please provide healthy choices and not include soft drink. Due to limited space and time we cannot place food in the refrigerator or heat meals up - all food will need to be sent to your child's classroom. This WILL NOT be a mufti day.

Active After School Sport Program

Planning is now underway for our Term 2 Active After School Community Program. After School Sport for Term 2 will be:

- Mondays: Tennis Skills
- Wednesdays: Softball/Baseball Skills

Please return the attached permission note if your child/children wish to participate in this after school activity. There is no cost involved with sessions running from 3:30 - 4:30pm on each day. A healthy fruit afternoon tea is provided before the sport session begins.



****All Term 1 Monday session participants should have received a special invitation for a mini-basketball gala afternoon involving AASCP students from CMPS and Peats Ridge PS for Monday 28 March from 3:30 - 4:30pm. Parents are most welcome to come along and support the children involved with the activity. Gosford Basketball Association will attend this event and present show bags to all the children involved. More information is available from the school office.

PLAY FOR LIFE.....JOIN A SPORTING CLUB

News Tips from the DET webpage

Term 1 finishes on Friday 8 April. Students return for Term 2 on Thursday 28 April.

Helping your child with speech writing

Spend some time listening to your child's speech. Try to avoid cooking at the same time as they need to practise looking at faces when they talk and give feedback on how they present and time them with a stopwatch so that they can pace their speech to reach the correct time.

Make sure they practise:

- saying the ends of words clearly
- using a variety of pitch and pace when speaking
- looking at the audience while speaking
- glancing at their speech cards, not reading every word. (Young students who are not fluent readers may have picture clues to help them remember each part of their speech.)

More tips at:

www.schools.nsw.edu.au/news/ezine/yr2009/issue04/public.php

Tips for parenting tweens:

Tweens are aged from 9-14 years. They are in the middle years — no longer children and not yet teenagers but somewhere between, hence the term 'tweens' or 'tweenagers'.

During these years there is a rush of hormones, peers become more important and tweens become more independent.

Simple things you can do for your tween:

- Eat meals together - there is a lot of evidence that shows this is powerfully protective for kids in modelling good behaviour and giving them a sense of belonging.
- Know what kids are up to with their friends and online.
- Encourage activities outside of school run by trusted adults.
- Keep the connection with school and attend significant events.
- Provide clear and consistent ground rules for behaviour.
- Undertake a parenting program or read books on parenting this age group.

Attachments this week

- After School Sport Term 2 Enrolment Form - RSVP 1 April
- Cross Country Day Lunch Order Form - RSVP 1 April.



P&C NEWS

- **Mother's Day Stall** - Wednesday 4 May - All donations most welcome.
- **Winter Uniform Orders** - due Wednesday 30 March
- Helpers needed for Kid's Kitchen on Anzac Service Day morning tea - see RSVP attached.

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.

Gosford City Regional Show

30 April – 1 May 2011

Kid's Produce Section for children 18 years and under.

All entries to be labelled with Name, School, Age & Category
Category include: Fruit, Vegetables, Eggs, Herbs and Flowers.
Enquiries: Alison ☎ 43622449 or Jennifer ☎ 43741051
All entries to be at Gosford Showground on Friday 29 April.

THE FRESH EDGE

Quality Fruit & Veg Direct from the Markets
Servicing the Mountain Area and Central Coast

The fresher, cheaper, more convenient way to shop!

Mixed boxes of seasonal fresh fruit & vegetables

Pick up from Central Mangrove or delivered to your door (have a look on our website for delivery prices)

Mention this advertisement to receive 1 doz. **free** eggs with your first order

Visit: www.thefreshedge.com.au OR

Contact Alison on 0404051497

Place your order now!

\$28 small box \$44 medium box \$60 large box



The Go4Fun Program



Health
Central Coast
Local Health Network

FREE fun program for kids to become fitter, healthier and happier!



Do you have children 7 to 13 years old? Are you worried about them being **overweight**?

Call Central Coast Local Health Network (CCLHN)

4394 7974

Awards and Certificates

TEACHER'S AWARDS: Term 1 Week 6



K/1M	Phoebe	Always doing her best
	Drew	Excellent answers to questions in class
	Daniel	First Kindy to logon to computers unassisted
	Josie	Great effort in sounds work
2/3S	Sarah K	Fantastic bookwork
	Alyssa	Consistent work in all areas
	Jake	Great reading and comprehension skills
	Katie	Quick and accurate addition and subtraction
4A/H	Kallie-May	100% in Maths Mentals
	Matthew	Improved independence
	Michayla	Doing her best in reading groups
5/6M	Georgia	Asking great questions in Maths
	Aidan	Moving up a level in Reading
	Byron	For sharing ideas and asking questions especially in Maths
Library	Thomas C	Conscientious Library Assistant
	Charlie W	Thorough verbal book review
	Zander	Selecting an interesting book to borrow
	Jake	Showing great interest in books

PRINCIPAL'S AWARDS: Term 1 Week 4



K/1M	Abbey C	Great writing about tennis
	Caitlin	Excellent handwriting
2/3S	Abby	Maths work
	Toby	Writing
4A/H	Ryan	Grammar Book
	Shawn	Spelling Book
5/6M	Gabrielle	Excellent bookwork in Maths
	Kiara	Excellent bookwork in Maths

The Central Coast Multicultural Community invites you to:
World Village Harmony Day 2011 at Gosford Kibble Park on Saturday 19 March from 10am - 3pm

- Live music, singing and dancing
- Arts and crafts
- Food from around the world
- Market stalls and more.....
- A free event for everyone

For more information check out: www.harmonyday.com.au

