

# Central E-cho

## Central Mangrove Public School



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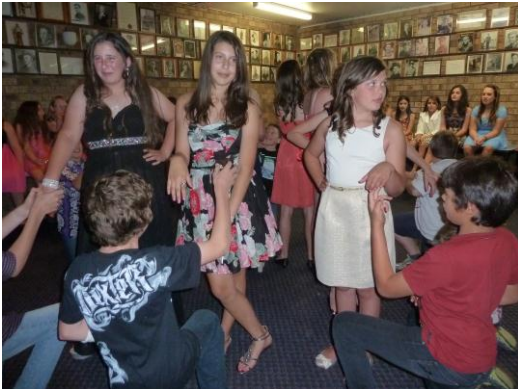


*Upward We Strive*

Principal: Lorene Alexander

Term 4- Week 10 - Friday 14 December, 2012

### Welcome to our school.....



Last night Year 5/6 students attended the Year 6 Farewell and it was such an exciting evening filled with food, fun, laughter, dancing and games.

Everybody really enjoyed themselves thanks to:

- the generous support from our P&C in providing decorations and helping to pay for the dinner and drinks;
- Jacqueline Sidiropoulos who made the amazing and delicious cake;
- the teachers who provided the supervision and entertainment; and
- Yr 5 who made the fun certificates for Year 6 students.

Best wishes to Mrs Mackay and Mrs Hughes who will be leaving our school at the end of this year. Words can't express our appreciation for their contribution to our school and the education of so many students over the years. Our school prides itself on many achievements thanks to their talents and professional work ethic to provide the best in quality education. We will certainly miss them in 2013 and wish them all the very best for their future pathways.

Teachers will be involved in training at the end of this term at our School Development Day (SDD) to focus on Literacy and Numeracy Continuums. There are 8 comprehensive clusters or phases of skills covered from Kindergarten to Year 6. We will also be studying the content of the new Australian Curriculum and completing activities to increase quality of education practice for our school.

Our school will host local schools at the SDD for 1<sup>st</sup> day of Term 1 2013. Teachers will be participating in an Online Training Australia Course: Understanding Dyslexia and Significant Difficulties in Reading which is being conducted by our regional consultant, Heather Sippel.

Congratulations to Kariang Mountains HS for their successful debating competition with Gosford HS. Both teams won and we are very proud that our local high school was so effective in their

debating skills against the selective high school. Quality education at its finest.

Congratulations also to Jake Arnott who won the Waste Free Lunch Prize for the SRC competition to recognise students who were environmentally aware and waste free at lunch times.

### CONGRATULATIONS TO OUR YEAR 6 SCHOOL LEADERS 2013

School Captain: Abi Rickards  
Vice-Captain: Laila King  
School Leader: Alexandra Sidiropoulos  
School Leader: Tahlia Vassilopoulos

Already we are looking forward to next year and all the excitement a new school year brings. Have a wonderfully happy and safe holiday and enjoy loads of relaxing family time over the festive season.

Lorene Alexander Principal





Our Mrs Mackay Community Picnic was such beautiful time to remember all the reasons why we will miss Mrs Mackay so much! Mrs Stapleton presented her with a special gift from the P&C and there wasn't a dry eye. Hence the sunglasses!!

Calendar for Term 4		
Week 11		
17	Monday	Presentation Day Kid's Kitchen last day open
18	Tuesday	SRC Busking Day
19	Wednesday	Surf Day @ Terrigal Beach - last day for students
20	Thursday	School Development Day - Staff only
21	Friday	School Development Day - Staff only
<b>School Development Days</b> Term 4    Thurs 20 & Fri 21 Dec (last 2 days of term 4)		

### 2013 Important Dates:

- Monday 28 January: Public Holiday
- Tuesday 29 January: Staff return to school
- Wednesday 30 January: Year 1 to year 6 students return to school
- Friday February 1: Kindergarten students start school
- Monday 4 February (2<sup>nd</sup> week of term): Kid's Kitchen Opens
- Wednesday February 6: Book Mobile Van returns
- Wednesday 6 February: P&C MEETING @ 3:15pm
- Monday 4 February (2<sup>nd</sup> week of term): Kid's Kitchen Opens
- Wednesday 13 March: P&C AGM @ 3:13pm.
- Wednesday 13 March: P&C AGM @ 3:13pm.

### 2013 Kindergarten Starting Day

Our 2013 Kindergarten starting day is Friday 1 February.

All kindergarten children need to complete a Best Start Kindergarten Assessment before this starting day. Families of our kindergarten students have been sent a letter with their child's

assessment date and time. Please contact the school ASAP if you have any questions regarding this assessment.

The Best Start Kindergarten Assessment is the beginning of an on-going assessment and monitoring process that all Kindergarten Teachers implement throughout the year. It assesses the 7 aspects of literacy and 3 aspects of numeracy. This process helps the teacher build on the student's current knowledge and experiences and assists in the development for a quality teaching and learning program that supports the students to achieve Kindergarten syllabus outcomes.

### Student Requirements for 2013

#### Kindergarten and Year 1

- 4 x solid glue sticks (one for each term)
- Sturdy reading pouch for home reading
- Tissues (box for classroom)
- Headphones
- Library bag
- No pencil case
- NO** textas

#### Year 2 and Year 3

- Eraser
- Ruler 30cm (solid/timber)
- 4 s solid glue sticks (one for each term)
- Coloured pencils
- Lead pencils x 6
- Pencil case
- Sharpener
- Tissues (box for classroom)
- 1 x highlighter
- Headphones
- Plastic envelope folder for homework
- Library bag
- NO** textas

#### Year 4, 5 and 6

- Eraser
- Ruler 30cm (solid/timber)
- 4 solid glue sticks (one for each term)
- Coloured pencils
- Lead pencils x 6
- Pencil case
- Sharpener
- Tissues (box for classroom)
- Textas
- Red, blue and black ballpoint pens
- Highlighters
- Headphones
- Plastic envelope folder for homework
- Library Bag

#### Office

- Spare school clothing for emergency use e.g. Spare CLEAN undies and socks for younger children. Shorts and tops in all sizes.

**ALL BELONGINGS MUST BE CLEARLY LABELLED WITH YOUR CHILD'S NAME.**

Equipment will need to be replaced each term  
Headphones can be purchased at the school office for \$14 each  
- these are essential item for classroom programs.

## REMINDERS



### SRC BUSKING DAY



On Tuesday 18 December the SRC students have organised a Busking Day as their last fundraiser for 2012. Cost is \$1 entry. We will also be selling icy poles on this day for 50cents each.



### Uniform Shop

2013 Opening dates are:

- Wednesday 30 January (1<sup>st</sup> day Term 1 Yr1-6)
- Thursday 31 January
- Monday 4 February



### Kid's Kitchen for 2013

Next Monday, 17 December is the last Kid's Kitchen day for 2012.

Kid's Kitchen will re-open Week 2 of Term 1, February 4, 2013. A new lunch order menu will be sent home Week 1 Term 1.

### Payment of accounts

As our last security bank collecting day for bank deposits will be Thursday 20 December, we ask that all outstanding payments be forwarded to the school before this date.

Payments can be made by Direct Debit. Please contact the school office for the school's bank account and BSB details if you wish to use the payment option. Otherwise, credit card payments can be made in person, by mail or by phone.

### Awards Presentation Day

Our Awards Presentation Day on Monday 17 December starting at 10:30am. We look forward to seeing you at the special event.

CMPS is a proud SunSmart School



## IN THE SPOT LIGHT



### Gold Excursion

Students who achieved gold level on their True Blue Award Certificate attended a sports activity day at the Central Coast Youth Club. The activities included wheelchair basketball, basketball, floor ball, indoor soccer, tower ball, Newcombe Ball, trampoline, double mini tramp and foam pit. They also received a delicious sausage sandwich and ice block. A great day was had by all.

Thank you to Anna Arnott who helped out on the day.

### School Swimming Scheme

Aquatic activities play a significant role in the lifestyle of many Australians. It is therefore essential that students are aware of the importance of water safety and are equipped with the necessary skills of safety and survival.

The School Swimming Scheme is a learn- to -swim program that develops water confidence and provides students with basic skills in water safety and survival. Students in Years 2 to 6 were given the opportunity to attend daily lessons of 45 minutes over 10 consecutive school days at Gosford Swimming Pool.

### Kariong Mountain High School Orientation Day by Stephanie - Yr 5/6M

On December 5 some students attended Kariong Mountains High School to have a taste of the school and have some lessons. We had some Year 8/9 students from Kariong Mountains to take a group and to show us where all the classrooms are located. But before that we had to get a finger scan for the roll to mark us off.

We then went to a little spot and learnt how to understand the timetable. We now know where the class rooms are. We had a break and had our lunch.

After the lunch break we had mini taster lessons. When I first heard "taster lessons" I thought we could taste some food. But I was wrong. It meant we had mini lessons and know what we are doing in the year head.

We had the first taster lesson. Mine was maths. We had made a vessel and we found out the volume of the vessel. Our volume was 460ml. My second lesson was careers and for the third lesson we had sport.

Finally, we had the last break. That break was for recess or whatever the KMHS students called it. After the last break we went into the gymnasium to get a little talk about when we will start there and to send us out to get our free iceblock.

So we finally went home and all together I loved it. But I think I'll get lost within the first week.

**TEACHER'S AWARDS:**

**Term 4 Week 9**



4/5M	Daniella	Enthusiastic participation and consistent effort in school work
	Kallie-May	Improved attitude and effort and a more mature approach to learning
	Jessie	Consistent effort and mature attitude in all areas of learning
	Alex	Always displaying a courteous and hardworking attitude in all areas
5/6M	Corey	Consistent effort in all lessons
	Laila	Always producing a high quality of work
	Nicole	Consistent effort in English
	Bianca	Positive contribution to lessons

**PRINCIPAL'S AWARDS:**

**Term 4 Week 9**



4/5M	Michaela	Beautifully presented and informative research on iguanas
	Katie	Outstanding effort in creative and artistic projects, and initiative in researching iguanas
5/6M	Mitchell	Excellent narrative writing
	Shawn	Fantastic effort in maths

**News from the DEC Website**

**Hundreds of holiday activities**

There's no time to be bored these school holidays when you have Go Play's list of family and budget-friendly activities at your fingertips. Take a look at the calendar of events, or download the free Go Play app for ideas in an instant.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/school-holidays-5-things-to-do>

**2013 homework planner**

Kids and families run more smoothly when there's a plan - so print out School A to Z's 2013 homework and study calendar, which includes key dates and school holidays.

Find out more <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/2013-homework-planner>

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**Helping your child choose right from wrong**

In a fascinating podcast broadcaster James O'Loughlin talks to

Dr Simon Longstaff from the St James Ethics Centre about how to raise ethically aware kids. Ideas discussed include getting involved with your child's school, providing some well-defined boundaries, knowing how to talk to your child and being a role model at home.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong>.

**Community Notice**

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 DEC or NSW Government



**Mountain Christmas Carols at the Community Hall, Mangrove Mountain**

on Christmas Eve, Monday 24

December starting at 7pm.

It's all free - so share the spirit and join us!

**This holiday season is full of environmental activities**

**Sea Kids**

Gosford City Council's Environmental Education Section is running the Sea Kids day. This day is full of marine education and fun. All activities are aimed for 3-12 year olds.

When: 17th January

Where: Ocean Beach Surf Club

From: 10am - 2pm

Further Enquiries call Anni Griffiths on 4325 8222 or email

[greenliving@gosford.nsw.gov.au](mailto:greenliving@gosford.nsw.gov.au)

**Central Coast Marine Discovery Centre (CCMDC)**

The CCMDC has loads of entertainment for the Kids and the Adults this holiday. You can enter shark craft competitions; see the new Long Jetty walk and the new aquarium exhibits or experience what a dive on the HMAS Adelaide would be like. For more information on displays and opening times call the CCMDC on 4349 4756 or visit

[www.ccmdc.org.au](http://www.ccmdc.org.au)

**Rock pool Rambles January 2013**

This January why not take your children to the Rock pool Rambles for a fun and educational day learning about our marine life in rock pools. The Ocean & Coastal Care Initiative have organised in conjunction with Gosford and Wyong Council this wonderful event.

For information please call Janice on 0410 314 888

### COSS Family Nature Club

Gosford Regional Art Gallery is holding free holiday activities for children. See the reception desk at the Art Gallery to pick up your Treasure Hunt Worksheet and see if you can find 10 Native animal treasures. There are also colouring in and drawing competitions with great prizes to be won. In addition, you can also grab a copy of the COSS Family Nature Club Books and Posters.

Open every day except Public Holidays.

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### NSW Sport & Recreation - School Holiday Activities

Looking for fun activities for the school holidays? Why not try one of the many programs run by NSW Sport & Recreation.

AFL, CARES, Conoe/Kayaking, Circus Stuff, Kids' Multi Sports, Saddleclub, Sailing, Surf Life Saving, Surfing, Stand Up Paddle, Tennis, Trampolineing.

For more information or to book phone 13 13 02 or visit:

[www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)

### Kids in the Park

Kids in the Park, Sydney's biggest school holiday program returns this summer from 22 December - 28 January with over 50 activities to keep the kids active, outdoors and entertained. A range of activities are free or under \$20, making it affordable to discover Sydney's most exciting playground these holidays, including:

- |                               |                                    |
|-------------------------------|------------------------------------|
| AFL Clinics - FREE            | Sports, Sing & Dancing Star - FREE |
| All Day Vacation Care         | Swimming Lessons                   |
| Circus Skills and Trapeze     | Tennis Camp                        |
| Gymnastics - Mini Gym         | Trampoline & Other Fun Stuff       |
| Lodge Residential & Day Camps | Tramp to Ramp @ Monster            |
| Rugby League Clinic - FREE    | Writing Workshops....and lots more |

Full details at [www.kidsinthepark.com.au](http://www.kidsinthepark.com.au) or 02 9714 7888.

### Rotary Club Christmas Trees

Saturday 15<sup>th</sup> and Sunday 16<sup>th</sup> December

Beautiful thick US style Christmas Trees grown in Victoria cut fresh. **6 Sales Locations:**

- Wyong Leagues Club, Kanwal
- Fagans Park, Point Claire
- West Gosford Race Course, Gosford
- Ourimbah, Walmsley Road/Pacific Highway
- Rotary Park, Terrigal Drive
- Avoca, Hzalett Park (Sunday 9<sup>th</sup> only)

**All proceeds go to funding respite for the Grandparents Raising Grandchildren Program**

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### St John Ambulance Junior First Aid Course

Do you want your child to learn a Life saving skill during the holidays? Book them into a St John Ambulance Junior First Aid for ages 11 years - 14 Years.

Monday & Tuesday 21<sup>st</sup> & 22<sup>nd</sup> January

9am - 1pm each day

Costs \$50

For information contact 4324 6047

**Ages 11years - 14 Years**

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### Birthday Parties at Central Coast Youth Centre

Book you next sporting birthday party with us!

Parties available for children 6 years and over for 1/5 hours of sports including trampolines, foam pit, indoor soccer and hockey plus wheelchair basketball. Finish off the party with ½ hour in the party room to enjoy your cake. The party room includes full kitchen with oven, microwave and fridge. You supply all your own food.

Phone: 43 282288 for more information.

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*Students from 4/5M used recycled waste items to produce artwork for the Coles/Landcare 'Wastebuster' Grant.*



### 'Tis the Season of Meltdowns

As the end of the school year rapidly approaches, calendars and to-do lists get jam-packed and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren't usual for them such as being teary and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they might have a 'meltdown'. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activation of the child's 'fight or flight' response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (rushing around with too many things on the to-do list) and other changes can create a "perfect storm" for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair.

The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

#### Tune in to early warning signs in your children. What do these signs look like?

Resistance to, or disengaging from, an activity or routine.

Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, stuttering, grimacing etc.

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can have a positive impact. An example of this could be "I can see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?"

It may also be helpful to manage your child's environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a busy day.

#### If prevention fails, there are ways to manage a meltdown to minimise its impact:-

Once your child is having a meltdown, the time for reasoning has passed. He or she is overwhelmed emotionally and will not be able to think rationally.

It is imperative that you, as the parent, stay calm. If you feel you are losing control, enlist another adult to help you or take time out yourself if you are at home.

Ensure your child is safe whilst having a meltdown. Move a young child away from roads, sharp objects etc.

If you are out and about and the meltdown doesn't subside quickly, it's often better to go straight home.

Don't interfere with your child's meltdown in terms of making suggestions or ordering your child to stop. Wait until the storm begins to subside before offering comfort.

Once your child is calmer, offer simple suggestions such as a cuddle, a quiet story together or a DVD.

Only engage in problem solving the issues that led to the meltdown once your child is completely calm. It may even be the next day before you can help your child find a solution to their angst.

Parent Line NSW is a State Government funded free professional telephone counselling service that is available 24 hours a day 7 days a week. Call our Parenting Counsellors to talk through any issue related to raising your child 1300 1300 52.

## MINUTES FROM CENTRAL MANGROVE PS P&C 28/11/12

**ATTENDANCE:** Karen Stapleton, Lynley Woolley, Lorene Alexander, Deb Chu, Lynette Callaghan (phone), Kylie Fletcher (phone).

**APOLOGIES:** Anna Arnott

**PREVIOUS MINUTES** read by Karen S, seconded by Deb C, accepted by Lynley W

### CORRESPONDENCE:

- LW Reid Newsletter, vol 12 issues 11, 12, 13 & 14.
- Unisite Outdoor Furniture brochure
- 2013 'Living' Fundraisers
- Healthy Kids Assoc newsletter 22/10/12, scholarship information for covering cost of attending Healthy Kids Expo 19/3/12
- P&C Federation tax invoice 8/11/12
- LW Reid information letter 22/11/12
- P&C Journal Term 4 2012 vol 64 no 4
- Various fundraisers
- Canteen Term 4 journal
- Canteen Price busters catalogue and Host catering supplies catalogue Dec 2012
- 2 emails from Lynley Woolley re uniforms

### CORRESPONDENCE OUT

Phone call by Deb Chu to Matt Spruce in the NSW department of Transport regarding school bus service. Awaiting response

### BUSINESS ARISING

\*Proposed development plan by school neighbours. Lorene A rang GCC and was advised that the plan has been rejected by Council.

\*Karen S will purchase 25 book awards and 1 Rebel Sport award for Presentation Day

\*Kylie Fletcher has organized balloons and lolly bags for the year 6 farewell dinner, and has confirmed that Jacqui will make the cake.

\*Kylie Fletcher and CMPS located a 2<sup>nd</sup> hand stage that was available free from another school. The only cost was the transport and frame building materials. The great frame was constructed by Andrew, G.A.

### UNIFORMS

The backpack lolly guessing competition went well, all costs covered. Huge thank you to Lynley Woolley for organizing it all!

Uniform shorts option for girls. Deb Chu brought in some examples from Jenny Gee. A survey of parents will be conducted re the shorts option. Lynley W and Deb C to organise the information and survey for the school newsletter. Lorene A to provide a photograph of a student wearing the shorts. The shorts will be on display in the office until the end of term. The shorts will also be available as a sport option in royal blue.

Library bags - have over 70! Need to consider offering them at reduced price.

### CANTEEN

Lunch will be at 12 during the swimming weeks.

End of year canteen cleanup will be on Monday 17/12/12 after lunch and Presentations. Helpers welcomed!

TREASURER'S REPORT pending

### PRINCIPAL'S REPORT

- A request that helpers in Kids Kitchen put all recyclables in the bins near the office, and return the foam fruit boxes to the office.
- Awards for presentation Day organised.
- Request for a school backpack flyer with an order form for the newsletter.
- Maintenance: Advised that the COLA will need resurfacing. The school will apply for 50:50 funding from the government and use the school trust account to save.
- Loan Register; Any equipment borrowed from the school must be signed in and out of the loan register.
- 17 Year 6 presents from the P&C, possibly a special pen? Lynette C will organise. Melissa Mackay has finished the Year 6 CD.
- Thank you for all the support for the school concert and matinee, especially to Kylie Fletcher who put in a huge effort with organising the lolly shop, Kids Kitchen and the matinee morning tea for the visitors.
- P&C AGM confirmed for the 2nd Wednesday of March 2013. The first P&C meeting of term one 2013 will be on the 2nd Wednesday of the term.
- The demountable classroom (2/3 AH) will be removed. This will leave a shortage of storage space for sport equipment.

### NEW BUSINESS

- Thank you and farewell to Mrs Mackay, an inspiring and magnificent teacher! You will be missed! Good luck at your new school, Kanwal PS. They will truly benefit from having you on their staff!
- Thank you to all the helpers in Kids Kitchen at the concert, and for the matinee morning tea.
- And thank you to the teachers, staff and students for another wonderful concert!
- Karen Stapleton received a thank you from parents from the local preschool for a 'superb concert', apparently they were very impressed!

**NEXT P&C MEETING** will be on the Wednesday in the second week of term one 2013. The AGM will be on the 2<sup>nd</sup> Wednesday of March 2013.

Meeting closed 4.35 pm