



Central Mangrove Public School

1708 Wisemans Ferry Road, Central Mangrove 2250

Phone: 4373 1156 Fax: 4373 1051

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

Webmail: www.centmangro-p.schools.nsw.edu.au

Relieving Principal: *Neil Matthew*



Zorb Ball fun at the Years 5 & 6 Forster Camp

In Week 9, Year 4 will be participating in the Jenolan Caves/Blue Mountains Excursion and we hope they have a great time learning about the expansion of the Sydney settlement over the Blue Mountains.

One of the highlights will be the night activity which allows students to explore Jenolan Caves and then staying in the Jenolan Caves Lodge. Mrs Gallagher and Mr Baumann will be the accompanying teachers. A very big thank you to both teachers for providing this wonderful opportunity for our students.

Last week Years 5 and 6 ventured north to Forster and spent three days at the Active Education Camp. Mrs Kelett accompanied our students and once again a very big thank you to her and the other accompanying teachers for their care of the children. It is a big commitment for all our teachers to take time away from their families for the two and three day excursions which assist in increasing the learning opportunities for our students.

This year's Term 4 whole school performance will be 'The Lion King'. Students have begun rehearsing the songs and role auditions will be conducted shortly. The matinee and evening shows will be held on Wednesday 27 November so keep the date free in your diary.

Finally, Asthma week commences on Monday 2nd September and a focus of the week will be to encourage everyone to take control of their asthma and that being breathless doesn't have to be a normal part of life. It is also a timely reminder for all of us to ensure that our children's medical details are up to date and that the office has been notified.

If your child has an asthma plan please ensure that the school has an up-to-date copy so we can provide timely and appropriate treatment.

There are three things to remember this National Asthma Week:

1. **Three or more is poor.**

TERM 3 WEEK 7 - 26 AUGUST 2013

Week - 7	
Mon 26	5/6M Library; Kids Kitchen; AASCP
Tues 27	K/1/2S Library; Combined Scripture
Wed 28	2/3/4G Lib; Yr. 5/6 Maths Comp; AASCP; Garden Working Bee
Thurs 29	Kid's Kitchen; Student Banking; Father's Day Stall
Fri 30	Dance 2 Be Fit
Sept. Week - 8 Choral Festival - Asthma Week	
Mon 2	5/6M Library; Kids Kitchen; AASCP (Gosford City Bowling Club Excursion)
Tues 3	K/1/2S Library; Scripture
Wed 4	2/3/4G Lib; Choral Festival Performance at Mingara; Book Mobile; AASCP
Thurs 5	Kid's Kitchen; Student Banking
Fri 6	Dance 2 Be Fit
Week 9	
Mon 9	Syd. Nth Aths; 5/6M Library; Kids Kitchen; NO AASCP due to Camp; GCC Garden Comp Judging.
Tues 10	K/1/2S Library; Scripture; P&C 7pm @ MMM Club
Wed 11	Year 3 & 4 Jenolan Caves Camp; 2/3/4G Lib ; NO AASCP
Thurs 12	Kid's Kitchen; Student Banking; Kindy 2014 Info Session
Fri 13	Dance 2 Be Fit
Week 10	
Mon 16	5/6M Library; Kids Kitchen; AASCP; Yr. 4 Brave Hearts Day.
Tues 17	K/1/2S Library; Scripture; Aust. Citizen Day
Wed 18	2/3/4G Lib ; AASCP
Thurs 19	Surf Fun Day ;Mufti Day- Boardies Day + Special Lunch Order; Student Banking
Fri 20	Dance 2 Be Fit
Oct. Term 4 Week 1	
Mon 7	Queen's Birthday Holiday
Tues 8	K/1/2S Library; Scripture
Wed 9	2/3/4G Library;
Thurs 9	Kid's Kitchen; Student Banking; Kid's Kitchen
Fri 10	Sports Day

If you use your blue asthma puffer three times or more a week then your asthma may be poorly controlled and you should contact the Asthma Foundation or your local GP for help and advice.

2. Most people with poorly controlled asthma don't have to put up with it.

Gone are the days when people with asthma had to rely on reliever medication all the time. Now we have medication that will prevent asthma flaring up in the first place.

3. Preventer medications have been around for decades, but many people aren't taking them.

Up to 75% of those who are prescribed preventers are not taking them. This means your asthma will not be as well controlled as possible. Your airways can become permanently damaged and cause serious breathing problems for the rest of your life.

Source: (Asthma Australia)

<http://www.asthmaaustralia.org.au/>

Be sure to read our Father's Day Stall reminder later in the newsletter as we urgently need donations for the stall.

Neil Matthew – Relieving Principal

Reminders Term 3 & 4



- Years 3 & 4 Jenolan Caves Camp full payment due 30 August
- Healthy Lunch Box Parent Information Session – Thursday 12 September @ 9:30am followed by 2014 Kindergarten Parent Information Sessions @ 10:30am
- Country Fair – Saturday 19 October

Lost Property Box

Our uniform lost property box is currently overflowing with lost jumpers (and a few hats). All these items DO NOT have any visible owner's name and therefore we have been unable to return them to their rightful owner.

If your child has mislaid something they must check at the office as we may have it safely stored in our lost property box.

Please ensure all your child's personal items that come to school are clearly marked with the name. All unclaimed unmarked items will be placed in the second hand uniform box at the end of each term.



COMING EVENTS

Whole School Garden Working Bee on 28/8/13



CMPS has again this year entered the Gosford



City Council Garden

Competition. Judging for this event will take place the first week of September.

We invite parents and friends to work with staff and students in order to prepare our school grounds for this judging. We have organised a whole school garden working bee for

Wednesday 28 August from 2:00 to 3:00pm. Don't forget your gardening gloves and hat.

After School Sport - AASCP News



There will be NO After School Sport Week 9 (9 & 11 September) – due to years 3 & 4 Jenolan Caves Camp.

On the Monday session of Week 8 (2 September) students involved in Monday's AASCP will travel by bus to Gosford City Bowling Club for a visit and a try of barefoot lawn bowls. The bus will leave the school at 3:00pm and return by 5pm. Students will be given a healthy afternoon tea before leaving the school. This is a free activity for the students involved with the Monday afternoon AASCP program. Parents and family members are welcome to attend the session but will need to provide their own transport to and from the bowling club.

2014 Kindergarten Enrolment



If you have a pre-school child or know of a pre-school child who will be enrolling at CMPS in our 2014 Kindergarten class, please return the attached Expression of Interest Slip to the school office ASAP. Or alternately phone the school office on ☎ 4373 1156.

2014 Kindergarten families are invited to attend a Healthy Lunch Box Session on Thursday 12 September @ 9:30am followed by the Kindergarten Information Session @ 10:30am.

Uniform Shop

Uniform order forms available from the school office. The Uniform Shop is open from 8:45 – 9:15am on the following days:



- Monday 2 September
- Monday 16 September



FATHERS DAY STALL Thursday 29 August

We need your help - Please send your child with a gift to donate. Try to send a gift you yourself would like to receive. Remember for this to be a success we need donations to ensure all the children have the chance to make a purchase. Gifts can be purchased for \$2 or \$5 on Thursday 29th August.



P&C MEETING

Tuesday 10 Sept

at 7pm

Mangrove Mountain Memorial
Golf Club
All welcome!

Surf Fun Safe Program Visit - 19/09/13



On Thursday 19 September a member from the Central Coast Surf Life Saving will visit our school to present their Surf Fun Safe Program to our students. This is in preparation of our Surf Fun Day at the end of Term 4.

Mufti Day - Year 6 Fundraiser - 19/09/13

Each year our year 6 students organise various events to allow them to raise money to purchase a farewell gift for the school before they move onto their chosen high school.

On Thursday 19 September they have organised a Mufti Day with the theme 'Boardies Day'. Students are asked to come to school in boardies on this day and pay a gold coin donation for this privilege. Please remember to be Sun Smart:

- All t/shirts & tops must have shoulders covered
- Sensible shoes (no bare toes).
- Hat



A special lunch menu is also being organised for this day. An order form will be sent home soon.



In the Spot Light

5 & 6 Science Day @ KMHS - 14 August



On Wednesday 14 August all Year 5 and 6 students from the Small Mountain Schools travelled by bus to Kariang Mountains High School to participate in a day of Science activities as part of National Science Week.

The theme this year was 'A century of Australian Science' linking in to the centenary of Canberra.

Continuing the tradition started in its first year, the Science Faculty at Kariang Mountains High School hosted this Science Enrichment Day and invited all year 5 & 6 students in the Kariang Mountains Learning Community to attend and take part in activities encapsulating the theme of a century of Australian Science.

The activities focus on:

Sir Howard Florey - Pioneered investigations into Moulds and fungus – This activity looked at yeast under a microscope and introduced students to this important piece of scientific equipment.

Dr Elizabeth Blackburn - Pioneered work on telomeres relating to chromosomes and DNA - Students extracted DNA from split peas

Andy Thomas - Astronaut and Engineer who has been involved with several space shuttle missions and worked on the International Space Station - Students explored Newton's third law and saw demonstrations of various rockets including a real rocket shooting up 60 metres.

Sir Douglas Mawson - Geologist and Explorer discovered mineral Davidite and actively explored the Antarctic. Students investigated rocks and minerals and saw what happens when marble is exposed to acid.

CSIRO and Australian Universities - The CSIRO has been at the forefront of developments in electronics and robotics - Students learnt a little about electronics and made a piece of electronic jewellery to take home.

The sessions were taught by year 11 students studying Physics, Chemistry and Biology and each group of 5-6 students were chaperoned by volunteer students from years 7-10.

Maths-athon

Thank you to the 20 families who have deposited their child's/children's sponsorship money for this event. To date we have received \$793 to use to assist with the purchase of new mathematics equipment and resources.

Each returned sponsor card will receive a ticket in the draw and additional tickets for every \$10 raised.

Our prize draw will take place on our Boardies Mufti day, Thursday 19 September.

Jodie Gallagher

Busways Talk

On Friday 16th of August Andrew from Busways came to our school to talk to all the students about bus safety and being responsible and sensible on the bus. He told us lots of true bus stories about students acting inappropriately and the consequences of misbehaving on public transport.

He also showed students how to behave correctly on a bus that he had brought with him from Busways. At the end of the talk he gave all the students a complementary library bag, stickers, an information booklet, activity book and a certificate. It was a very informative session

Claudia Yr. 6

Years 5 & 6 Forster Camp

The Stage 3 Forster Outdoor Education Camp was the best three days ever (so far). We did a variety of activities such as Zorb Balls; like big hamster wheel which we ran around in on the pool, water slides; which left us a little chilly afterwards, a giant swing, archery, raft building, go-carts and other fun activities too numerous to mention.

The meals were delicious catering for all tastes from the lactose intolerant through to the vegetarian meals. Our accommodation was rustic and our cabin was extremely fortunate to have the luxury of carpet on the floor. We all had a great night's sleep after three days of excitement.

The instructors were really nice and fun and Riggs had an uncanny likeness to Capt. Jack Sparrow. Thank you to all the teachers, especially Mrs Kelett, who looked after us so well.

Mikayla Yr.6

Scripture News



Operation Christmas Child

This week at school your child will be shown a DVD of Operation Christmas Child.

Operation Christmas Child is an opportunity for our school to send a shoe box full of gifts to children in need all over the world. Through the power of a simple gift we can give to children caught in the midst of war, famine, natural disaster and extreme poverty, and show them that they have not been forgotten at Christmas.

A flyer with a list of what is needed will be sent home and over the next 6 weeks donations will be greatly appreciated towards this exciting venture.

Thanks

Nai & Jim

Scripture Religious Education

News from the DEC webpage:

Benefits of under-scheduling your child

With the very best of intentions, when you're rushing to fit in soccer training, swimming and music lessons, it can be hard to keep hold of the magic stare-into-space, muck-about moments in children's lives.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/benefits-of-underscheduling-your-child>

Staying private on Facebook

Do you know how to untag photos and keep your Facebook page private? Read this and share with your kids.


Find out more: <http://www.smh.com.au/digital-life/consumer-security/how-to-stay-private-on-facebook-20130730-2qvn1.html>

Reading to your child in your home language

Parents who have a language background other than English and who read to their children in their native tongue are giving them a valuable gift.

Find out more:


<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/how-shopping-can-help-your-child-to-read/reading-to-your-child-in-your-home-language>



Nutrition Snippet

The simplest way

to create healthier Afternoon Snacks




Choose these simple, tasty afternoon snacks for your family. It's easier to make simple swaps to healthier options – that are usually cheaper, too!

Snacks	Healthier
Full-fat ice cream	Low-fat frozen yoghurt with fresh fruit pieces
Tin/tub of fruit in syrup	Tin/tub of fruit in natural juice
Flavoured milk	Low-fat fruit smoothie- try berries, banana or melon
Chocolate Muffin	Carrot, Zucchini + Date Cake

Visit our website below to find the recipe for the delicious Carrot, Zucchini and Date Cake!

For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Better Homes and Gardens LIVE

20-22 SEPT 2013
Sydney Showground
Sydney Olympic Park



CELEBRATING SYDNEY'S BIGGEST HOME AND GARDEN EVENT

Workshops
Inspiring Ideas
Live Stage Shows
Sensational Shopping
Over 250 Exhibitors

KIDS UNDER 16 ENTER FOR FREE!

JOIN US FOR A GREAT DAY OUT

SCHOOLS EARLY BIRD TICKET OFFER

Buy a ticket for just \$13! (saving you 35% off the door price!)

Book your tickets now at www.bhglive.com.au/schools



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Parenting Tip

Do you have a definition of misbehaviour for children or young people?

Here's a handy definition that will help make sure you're consistent and reasonable.

In any situation involving kids ask yourself this question:

*"What does this **situation** reasonably demand of my child at his or her age and stage of development, and their **ability** to respond appropriately?"*

If you take an important phone call while minding a four year old, then it's probably **reasonable that you be left in peace for five minutes or so.**

If your child is ten, then I think 30 minutes maybe reasonable. **You adjust your expectations according to age and a child's ability.**

If Mr or Miss. 4 year-old won't give you the peace you need to talk on the phone for a few minutes, then that is **misbehaviour.**

Same if Mr. or Miss. 10 continually whines at you every 2 minutes with tales of woe or other forms of interruption. That is misbehaviour as the situation **reasonably requires that you have some peace to complete your conversation.**

The same principle applies to the dinner table.

Reasonable social conventions require that children eat and take part in conversation when at the dinner table. Okay Mr. 4 will behave very differently than Mr. 14, but the basic

expectations of **eat and share conversation** are the same; they just take place at different levels.

Fighting and squabbling don't fit the bill, as the situation doesn't require those behaviours.

An effective **consequence** then is to take their meal away when their behaviour (fighting, yelling or whatever) indicates to you that they are not hungry.

Behaviour outside the normal social demands of a situation is misbehaviour, and can be treated accordingly. **Behavioural consequences are a parent's best friend when kids behave outside the norms of a situations' social requirements.**

Looking at the normal requirements of any situation and adjusting those requirements to suit your kids' ages and abilities is a great guide to use to teach kids to be social and fit into the different groups and situations they find themselves in. That's developing that all-important sense of **OTHER** in your child.

When kids ask "the" questions . . .

**Interrelate
has the
answers!**



Interrelate's high quality sexuality and relationship education program is coming to your school! With more than 85 years' experience in this field, Interrelate has a reputation for providing excellence in sexuality and relationship education. Today over 35,000 students and family members participate in Interrelate school and family programs each year.

Many parents find it hard to discuss or answer questions relating to sexuality education . . . We know how to 'help break the ice'. Interrelate programs are interactive, family focused and presented in the context of caring relationships. Our fully trained and experienced educators, who adhere to a strict code of ethics, conduct the program.

Session 1: "Where Did I Come From?"

1 hour – Years 3, 4, 5 & 6

In this session children are eager to learn more about how their bodies work and the differences between males and females. This session extends their understanding of conception, fertilisation, foetal development and the birth process.

Session 2: "Preparing for Puberty"

1 hour – Years 5 & 6

This session helps to prepare children and parents/caregivers for the physical, social and emotional changes associated with puberty. Changing emotions and relationships with families and peers are addressed. Information is also presented on menstruation and wet dreams.

You and your child will benefit from the information presented in this program.

**Interrelate SCHOOL SERVICES
presents
A SPECIAL EVENING
PROGRAM**

**FAMILY ADMISSION COST: 1 session \$25
per family • 2 sessions \$30 per family
(cost to the school, inclusive of GST, is
\$27.50 and \$33 respectively)**

**Where: CENTRAL MANGROVE PS
When: Wednesday, 13th November,
Time: 6:00 pm SHARP ("Where Did I Come
From?") 7:15 pm ("Preparing for Puberty")**

**Please Note: Speciality books are
available for purchase on the night.**



Woy Woy Peninsula Little Athletics

REGISTRATION DAYS

Saturday 14 & 21 September 2013
Between 10am -2pm at Woy Woy South Public School
Entry at Waterloo Ave
FEES

- 1 Child = \$110
- 2 Children = \$200
- 3 Children \$260
- 4 Children = \$320

First competition night is Friday, 11 October 2013 at 6pm
For more information visit our website www.woywoyplac.org
or contact;
Registrar: Lynda Gillespie 0428 980 764 or
Secretary: Kylie Brown 0433 117 280 or
President: Helen Rousell 0415 810 981
Email: woywoylittleathletics@gmail.com

Woyong Musical Theatre Company

Presents

Alice in Wonderland

Friday 20th to Saturday 28th September

Tickets on sale now

Phone 1300 366 470

Or visit: www.wmtc.com.au

*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*

TEACHERS AWARD TERM 3 WEEK 4



Class	Name	Award
K/1/2S	Claire	Making a fantastic effort during writing tasks
	Matthew	Always working independently
	Josie	Outstanding effort in all subject areas
	Zander	Beginning all tasks on time and with enthusiasm
2/3/4G	Ramani	Quality book in all areas
	Jake	Enthusiastic Learner
	Kai	For using excellent strategies when reading
	Abbey	Thinking mathematically
5/6M	Molly	Always doing her best
	Abi	Always working hard
	Michaela	Fantastic effort in all areas

PRINCIPAL'S AWARD TERM 3 WEEK 4



Class	Name	For
2/3/4G	Chris M	Spelling Book
	Thomas W	Invention Explanation
SILVER AWARD		
K/1/2S	02/08/13	Charlee, Josie, Elias, Drew & Emma

Help us win 1 Of 3 \$5000 School Grants

To be in with a chance to WIN, visit books4schols.com.au and follow the simple steps to register our school in the \$5000 grant giveaway draw. Anyone with a relationship to our school can enter: students, parents, teachers, grandparents etc. The more registrations your school receives the more chances we have in winning this great prize. Plus the school with the most registrations will win a massive pallet of stationery products worth \$2700.

Competition closes 30/08/13 so enter now!



**CENTRAL MANGROVE
PUBLIC SCHOOL
P&C GENERAL MEETING**

**7pm, Tuesday 23
July 2013**

ATTENDANCE: Trudy Gray, Lynette Callaghan,
Alison Palmer, Sarah Barr, Deb
Chu, Neil Matthew

APOLOGIES: Kylie Fletcher, Anna Arnott,
Lynley Woolley (*available by
phone*)

Previous minutes of meeting held 14 May 2013, read by
President, Deb Chu.

Amendmendment to previous minutes noted that it was
the girls grey shorts, not boys, which were selling well.

CORRESPONDENCE IN:

- Commonwealth Bank Statement – Att. Rosa Erbeni
- Cheque from Wyong Creek Public School - \$12 for Cross Country Lunch Orders
- Delicious Brands Tax Invoice – \$389.71
- LWReid Catalogue – Volume 13, Issue 4
- P&C Journal – Term 2, 2013 Vol 65 No.2 (3 copies)
- Canteen – Term 2, 2013 – Issue 74
- Westpac Bank Statement May 2013
- Premium Pizza Invoice (28/5) – Given to Lynette
- LWReid Catalogue – Volume 13, Issue 5
- Westpac - Letter RE: Deposit Discrepancy (12 June 13)
- Email sent 13/6, printed 14/6 by Robyn RE: Great Western Sydney District Council of Parents and Citizens

Correspondence read by Secretary Trudy Gray.

BUSINESS ARISING:

The Grandparents Day is to be postponed to the next meeting, to be held in Term 4.

TREASURER'S REPORT:

Balance as at the end of May is \$3'392.

This does not include the June banking.

Lynette to change signatories of the account with the use of the AGM minutes.

UNIFORMS:

- Deb Chu and Lynette Woolley will review all uniform prices.
- Direct Deposit via electronic banking is now available as a payment option for parents purchasing uniforms. BSB and Account details to be shown on order forms

CANTEEN REPORT:

- Nothing to raise due to Kylie Fletcher's absence.

PRINCIPAL'S REPORT:

- P&C 2013 Annual Report submitted
- Mangrove Mountain & Districts Country Fair is celebrating 50 years. Would like details of CMPS involvement over last 50 years documented.

- Kindy Orientation Day – Thursday 12 September nominated as suggested date, with P&C to provide morning tea and a presentation.
- Spellodrome/Mathletics – The price for these seems to have increased and it was discussed that we consider changing to a different type of program. Will continue to use for another year while looking at possible options. Suggestion made that Country Fair donation funding could be put towards the cost for this.
- Education Week Open Day – Thursday 1 August – student/parent lunch 11-11.40am. Tea & coffee to be served in the canteen for visiting families 10.30am – 12noon. Alison volunteered to bake something for morning tea.
- This term has seen 5 new enrolments, while 3 students have left.

GENERAL BUSINESS:

- Jodie Gallagher has suggested Henry Kendall Cottage as an excursion venue for the future.
- Jenolan Caves excursion has now opened up to Year 3's

Next meeting: Tuesday 10 September, 7pm at Mangrove Mountain Golf Club.

Meeting closed at 8.30pm

**EXCITING MUSICAL HAPPENINGS ON THE
MOUNTAIN 2013**

Our musical competition will be held in the Mangrove Mountain Hall on Saturday the 12th October 2013. Our annual competition gets bigger and more exciting every year! This year we were successful in our 2013 Community and Cultural Developments Grant Program application. We have new opportunities for our performers this year. To enhance the musical and presentation skills of our young Eisteddfod performers we are conducting a Performance Workshop prior to the start of our Eisteddfod at 1pm. The Eisteddfod will then commence at 2pm.

Every participant will be awarded a certificate and the winners of each section will be given the chance to perform in our Showcase Concert at the Mangrove Mountain and Districts Country Fair and be presented with prize money/vouchers.

The sections for the Eisteddfod are: Primary School Age and Secondary School Age sections in:

Strings : Wind : Keyboard/piano : Vocal : Mature Age open instrumental : SCHOOL Ensembles and Choirs

All competitors must either live (or have grandparent origins), OR attend school OR learn/ed from music teachers on the Mountain. The Eisteddfod on the Mountain is working in partnership with the Mountain District Association Inc and the

Mangrove Mountain and Districts Country Fair For all interested young musicians and the young at heart and schools please contact Michelle Urquhart on 0405357849 or 4374 1180 or email me at urquhart4strings@gmail.com