

Central E-cho

Central Mangrove Public School

Respect, Safety, Personal Best



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9 November 2018

TERM 4

WEEK 4

Principal's Message

Dear Parent/Carers

Kindergarten 2019 Transition

We are half way through our Kindergarten 2019 Transition sessions. The students have attended two sessions on a Thursday morning. During the Transition sessions the children have participated in a range of fun and educational activities similar to the activities that occur in a kindergarten classroom. They have been cutting, pasting singing, playing and making new friends in preparation for starting school. We look forward to spending more time with our youngest members.



Central Mangrove Public School Move-a-thon

Yes, we did move!!! Our Move-a-thon last week was a great success. Students were involved in a variety of activities including an obstacle course, cooking, games and movie-making. We thank you for your support with this school fundraising event. The funds raised go toward educational resources used throughout the year. The student who raises the most money will win a digital sports camera and there are a variety of other prizes for the \$10.00 draws. All cards and money are due back by Monday 12 November and the Prize Draw will be held at assembly on Friday 16 November.

CALENDAR DATES

WEEK 5 - TERM 4 2018

Mon 12 Nov	Athon money due
Tue 13 Nov	Kids Kitchen
Wed 14 Nov	Book Mobile
Thur 15 Nov	Kindy 2019 Transition Student Banking
Fri 16 Nov	Athon draw Assembly

WEEK 6 - TERM 4 2018

Tue 20 Nov	Kid's Kitchen
Thur 22 Nov	Kindy 2019 Transition Student Banking

WEEK 7 - TERM 4 2018

Tue 27 Nov	Kid's Kitchen Appreciation Afternoon Tea Christmas Service
Wed 28 Nov	Book Mobile
Thur 29 Nov	Student Banking
Fri 30 Nov	Assembly

Student Leadership Day

A group of Year 5 and 6 students attended an Environmental Leadership Day at the Forest of Tranquility with Mrs Gilmore. It was a great opportunity for them to learn about different ways they can make a positive impact on our environment both at school and home. I am sure they will use some of the ideas back here at school.

Respect Safety and Personal Best

At Central Mangrove Public School we regularly talk about our school values of respect, safety and personal best. This term we are also looking more closely at what bullying is and isn't and some strategies to be an up stander. Included in the newsletter are some of the key lesson ideas that have been addressed. You may like to discuss this further with your child. Additional information about bullying is on the school website.

Remembrance Day Service



The Armistice was when the war ended. On the 11th hour of the 11th day of the 11th month. This is why Remembrance Day is also called Armistice Day. This year, being the Centenary of Armistice 1918 we joined Peats Ridge Public School for our Remembrance Day event. Students were provided with the opportunity to listen to a special guest speaker from the Gosford RSL sub-branch. They also saw an enactment of a Catafalque Party. On Remembrance Day we spend time remembering the service men and women who have died in wars and conflicts and think of those who are stationed in war zones or peace keeping all around the world.



Remembrance Day



Congratulations Mrs Pugh

Mrs Pugh has received a World Teachers Day award. It was a pleasure to be part of the presentation dinner where Tim McCallum — Executive Director, School Performance, acknowledged the wonderful work that teachers do and presented the award to Mrs Pugh. Mrs Pugh has been recognised for being a great teacher who provides a variety of extra curricula activities that help to build confidence and connect students to their learning. A worthy recipient. Thank you for all you do Mrs Pugh.



Libby Cullen
Principal

From the Office

Year	Event	Payment Amount	Date Due
K — 6	Vol School Contribution	\$75.00	OVERDUE
K— 6	Move-A-Thon	Various	12.11.2018
K—6	Book Club Orders		28.11.2018
2— 6	Swim School	\$60.00	30.11.2018

What is bullying?

Bullying is when someone:

- keeps picking on you again and again and tries to make you feel bad
- says or does lots of mean things that upset you
- makes fun of you a lot
- tries to stop you from joining in or make others not like you
- keeps hurting you such as hitting or punching you.

Bullying is not OK. You have the right to feel safe.

Bullying feels awful. You feel like you can't stop it.

Bullying can happen in person or online. It might be something people can see or it might be hidden.

Sometimes you might have a fight or argument with someone. If it happens once, it is not bullying even though it can be upsetting. It is also not bullying if you sometimes fight with a friend and you can sort it out.

What can you do?

The High 5

What is the High 5?

1. Ignore
2. Talk Friendly
3. Walk Away
4. Talk Firmly
5. Report



**BYE
BYE
BULLYING**

Gymnastics

This term we have been developing our movement skills and exploring the different ways we can move our bodies. As part of the PDHPE syllabus requirements, students move through a series of activities which specifically target different parts of the body. Some of the things we have learned to do are pike leg lifts, motorbike jumps, egg rolls, planks, balancing, 2 footed jumps and used sliders to pull/push our bodies. The students have all enjoyed moving around the circuit and have all developed an awareness of their individual abilities.

Rebecca Pugh



From the Students

Leadership Day

On 29 October the 4 Year 6 leaders with 4 Year 5 students went to a rain forest to learn about rubbish and plastic. When we first got there we got our name tags and were split into groups, Year 5,6 were with some from our school. The groups were Chelsea and Jazlee, Catherine and Agam, Emma and Giovanna, Alex and Jemil. After we got our name tags we had lunch then we went to our first activity. Chelsea and Jazlee's first activity was plastic fantastic. They said they had to sit for a long time. At plastic fantastic we learnt about plastic and what it does to our planet and how we can reduce it. Catharine and Agam first activity was learning about what rubbish should go in each bin. It was very helpful learning about what rubbish goes in each bin. Emma and Giovanna's first activity was roll-playing they learnt about how plastic spoons are made and how it is better to use wooden spoon instead. Alex and Jemil's first activity was bush walking they learnt about how rubbish wrecks the environment.

Everyone thought it was lots of fun and they had a great time and they would like to go again.

By Chelsea-Leigh and Jazlee



Move-a-thon

On Friday, we had the Move-A-Thon. It was exciting and fun. We did an obstacle course, Oz-Tag, movie making and pizza cooking.

We made rainbow pizza. We made it with veggies, pineapple and cheese. It was deliciously awesome when we tasted it.

We had so much fun making movies about exercise, strength and being healthy. We learned how to add music to our movies and we were learning how to type titles.

While we were on the obstacle course, we did a high jump and we learned how to dribble a soccer ball. We were challenged to run fast and stay healthy.

Our favourite part was when we were making pizza and we got to eat some delicious pizza. Overall it was a tremendously awesome day (and boiling hot)!

By Kadence, Brock and Lilly CM1



Remembrance Day — CM1

We went to remembrance Day at Peats Ridge Public School. We saw soldiers and when we saw them it was starting to rain. When we got to the School we got poppies which are flowers and we got blueberry and chocolate chip muffins. When we got to the Remembrance Day we got rosemary and the soldiers marched around. It was fun and the soldiers had guns. We got to play in the playground and we saw lots of people.

By Lolha

We caught the bus from our School to Peats Ridge Public School. Soldiers were there and had real guns and knives. They did a special march and a cool 1 minutes silence thing. After that we had morning tea. I had a strawberry ice block and 3 whole muffins. Then we played on the play equipment. I went on the flying fox. I noticed my best friends from Pre School Kade and Noir. We played armies and also saw my friend Abbie. Next we went under cover and said good bye. Then caught the bus to School. It was pouring rain.

By Ronnie

Toady we caught a bus to Peats Ridge Public School. We saw the soldiers marching and it was fun. We had some people during speeches about a Dad and a Doctor. We got to play in the playground. We played friendly and one of our kids were leaving so we gave him hip, hip hooray! The soldiers had guns but they weren't going to fire them. We liked it, we were wearing poppies. We liked playing in the playground. We were wearing rosemary. We had morning tea. We also had for morning tea choc chip muffins, blackberry muffins and banana muffins. The two schools were there and the two schools had so much fun. I liked the speeches because I like listening to it. We went on the bus to go back to Central Mangrove Public School. It was fun and wet. It was raining and there was a thunderstorm. We had a great day.

By Lilly



Enrol now for Kindergarten 2019



~Kindergarten Transition begins in November 2018~



Engaging



School Readiness



Orientation

At Central Mangrove Public School, our Transition Program is all about the students being ready and feeling comfortable in preparation for our school.

Transition reduces feelings of anxiety for both parents and children through familiarising your child with their new school.

Transition Days

Thursday

1, 8, 15, 22 November 2018

9:30 am — 11:00 am

During the Transition sessions, your child will participate in a range of fun and educational activities similar to the activities that occur in a Kindergarten classroom.

- Rotation groups
- Independent activities
- School tours
- Classroom visits



Sessions will be held CM1 Classroom

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School Values—Week 4

Personal Best

Expectations

Being the best you can be

What it looks like

- Set goals
- Giving something your best shot
- Reflect and improve
- Look for feedback

School Values—Week 5

Personal Best

Expectations

Be resilient

What it looks like

- Bounce back and ask for help
- Be optimistic; make the best out of a situation
- Stay calm under pressure
- Learn from mistakes

SUMMER MENU

KIDS KITCHEN

EVERY TUESDAY, LUNCH TIME

PLEASE REQUEST YOU LUNCH ORDER ON A BROWN PAPER BAG INCLUDING CHILDS NAME AND CLASS AND HAND IN TO THE KIDS KITCHEN TUESDAY MORNINGS

NEW SUMMER MENU PRICE LIST BELOW

MENU

Food

Salad Wrap

Ham or tuna, mayo and lettuce, tomato, cucumber, beetroot and cheese **\$5.00**

Salad Bowl

Ham or tuna, mayo and lettuce, tomato, cucumber, beetroot and cheese **\$4.50**

Crumbed Chicken and Corn Roll

\$2.00

Noodle Cup

\$1.00

Drinks

Chocolate, Strawberry or Banana Milk **\$2.00**

Paradise Punch Popper **\$1.50**

FAMILY FUN DAY

AUSTRALIAN SPIRIT

HONOURING OUR RETURNED SERVICE MEN & WOMEN OF THE CENTRAL COAST



Saturday, November 10, 2018

The Entertainment Grounds, Gosford

10AM-4PM GOLD COIN DONATION ENTRY



food & music

live entertainment

horse & dog demonstrations

re-enactments & jousting

defence force vehicles

emergency services vehicles

art exhibitions

Veteran Services

CONTACTS: For any information or enquiries please contact: Event Manager, Leasha Craig 0405 339 407; Administration Assistant, Revon Bethard 0401 605 420; Assistant Coordinator, Karen Bhoonfield 0225 361 185.