Central E-cho

Central Mangrove Public School

Respect, Safety, Personal Best

8 November 2019

Principal's Message

Dear Parent/Carers

Kindergarten 2019 Transition



We are half way through our Kindergarten 2020 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, drawing, writing, singing, playing and making new friend in preparation for starting school. We look forward to spending more time with our youngest members.

Central Mangrove Public School Challenge-athon and Grandparents' Day

Our Challenge-a-thon today was a great success. Students and our visitors were involved in a variety of Science, Technology, Engineering and Mathematics (STEM) activities including Oz-o-bots Race, Design Challenge, movie-making and Volcano exploration.

We loved working with our Grandparents and special visitors and sharing our ideas with them. 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 Morf Board and there are a variety of other prizes for the \$10.00 draws. All cards and money are due back by Monday 11 November and the Prize Draw will be held at assembly on Friday 15 November.

Athletics

Congratulations to our relay team, Logan, Lachlan, Emmiline and Max for competing at the State Athletics Carnival on Thursday. We are very proud of your achievements.



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TERM 4

commangro p.schoc

WEEK 4

CALENDAR DATES

WEEK 5 - TERM 4 2019

Mon 11 Nov	Library Remembrance Day Ceremony Yr 6 –7 Transition		
Tue 12 Nov	Kid's Kitchen Grandparents Day		
Wed 13 Nov	Book Mobile		
Thur 14 Nov	Student Banking Kindy 2020 Transition 9:30 — 11.00am		
WEEK 6 - TERM 4 2019			
Mon 18 Nov	Library Athon Money Due		
Tue 19 Nov	Kid's Kitchen		
Wed 20 Nov	Student Nomination Leadership		
Thur 21 Nov	Student Banking Kindy 2020 Transition 9:30 — 11.00am		
Fri 22 Nov	Athon Prize Draw		
UPCOMING DATES			
Tues 26 Nov	Appreciation Afternoon tea		
Wed 27 Nov	Student Nomination Leadership		
Mon 2 Dec	Book Club Due		

Hats

Students are encouraged to wear a hat when in the playground. Our aim of achieving 100% of student's wearing a hat was achieved last week and the students were rewarded with an ice block. Let's keep up being Sun Safe. School hats are on sale at the front office for \$10.00 each day.

Respect, Safety and Personal Best

At Central Mangrove PS we regularly talk about our school values of Respect, Safety and Personal Best. This term we are reviewing what bullying is and isn't, our High 5 strategies and some strategies to be an up stander. We will also be learning about resilience and strategies to help build resilience. Resilience is the ability to 'bounce back from adversity' in order to lead a healthy and fulfilling life. Being resilient involves seeking new experiences and opportunities and taking safe risks. The skills and attitudes that develop resilience and wellbeing also promote academic success, better mental and physical health, and more socially responsible lifestyles. Related helpful hints and talking points will be sent home throughout the term for you to also have these conversations with your child.

Remembrance Day Service

The Armistice was when the war ended. On the 11th hour of the 11 day of the 11th month. This is why Remembrance Day is also called Armistice Day.

Our school Remembrance Day Service will be held this Monday at 11am if you would like to join us.



Libby Cullen **Principal**

What is bullying?

Bullying is when someone:

- Keeps picking on you <u>again</u> and <u>again</u> and tries to make you feel bad
- Says or does lots of mean things that upset you
- Makes fun of you <u>a lot</u>
- 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

TEACHER AWARDS TERM 4 WEEK 3

CM1				
Brock	Using interesting vocabulary in his writing			
Indy-Lee	Always working hard during reading groups			
Kadence	Showing persistence during all activities			
	CM2			
Kieryn	Outstanding improvements in her writing			
Maximus	Working hard in maths lessons			
Makayla	Always displaying PBL values			
	CM3			
Mattius	Teaching a great technology lesson using teamwork games			
Lachlan	Teaching a great sport lesson using teamwork games			
Logan	Teaching a great sport lesson using teamwork games			
PRINCIPA	L AWARD TERM 4 WEEK 3			
	CM1			
Charnell	Being a happy and kind friend			
CM2				
Connor	Always being sun safe in the playground			
	CM3			
Alex	Always being positive, kind and helpful			
Reminder From the Office				
Year	Event Amount Date Due			
	ge 3 Camp - Balance OVERDUE al Payment			
K—6 FEC	DI Form 15/11/2019			
/h	im School \$43.00 22/11/2019 gram			

DEMONSTRATING THE VALUES IN A LOCATION: OFFICE AND HANDBALL

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Library News

Our **Star Readers** for Term 3, 2019, are **Connor** Senior award and **Relena**, Junior award. **Star Readers** are students who borrow books consistently from week to week, all term. The **Star Reader** program is a **Scholastic Education** initiative, encouraging children to read. Congratulations and well done to both our winners!!

A big thank you to the Marsh and Loveday families, who have donated some wonderful books to the library. These beautiful books will be a valued addition to our library catalogue and classroom resources.



Our sincere thanks to Teagan

Arnott and her family for their very kind donation of books. Amongst the donation are a number of



books from both the *Goosebumps* series and the *Pony Pals* series. There are also some great non-fiction books from the *Bugs, Bugs*, *Bugs*!! series, which will be very popular.

Reminder notices for overdue books will be sent home this term. It might be time to look for books! Often they end up on a book shelf at home with all the other well-loved books!

PRC Certificates to participating students will be presented to students during **Celebrate Reading!**

Term 4. Read away! Kerri Jones Teacher Librarian



Congratulations Mrs Pugh

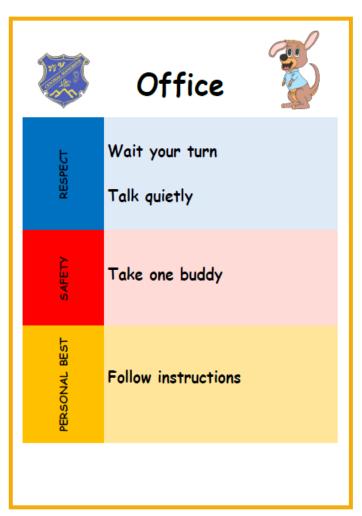
Mrs Pugh has completed and graduated the Path to Leadership training. She has

worked hard throughout the year to complete this professional learning and it has had positive impact on our school. Well Done Mrs Pugh.





https://www.facebook.com/centralmangroveprimary/





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Enrol now for Kindergarten 2020

~ Kindergarten Transition begins in October 2019 ~



Engaging





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.

Information Session Thursday 5 September 2019 9:30 — 10:30am
Transition Days Thursday
31 October, 7, 14, 21 November 2019 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





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Young, Black & Ready for School

For children starting school in 2020 at the following schools:

Avoca PS, Brisbania PS, Central Mangrove PS, Central Coast Adventist, Chertsey PS, Copacabana PS, Erina Heights PS, Glenvale, Gosford PS, Gosford East PS, Holgate PS, Holy Cross, Kariong PS, Kincumber PS, Kulnura PS, Lisarow PS, Narara PS, Niagara Park PS, Ourimbah PS, Peats Ridge PS, Point Clare PS, Pretty Beach PS, Somersby PS, Terrigal PS, Valley View PS, Woodport PS, Wyoming PS Wednesday 11th December 2019

11am - 1pm

The Erina Room

Erina Library at The Hive Erina Fair

Register your interest with:

Tracey Burraston

Tracey.burraston2@det.nsw.edu.au

- Health & Transition Information for your child starting school
- Free School pack for kids & Parent pack full of helpful information
- Enjoy a great lunch and lots of fun activities







KID'S KITCHEN MENU STARTING 17 SEPTEMBER 2019

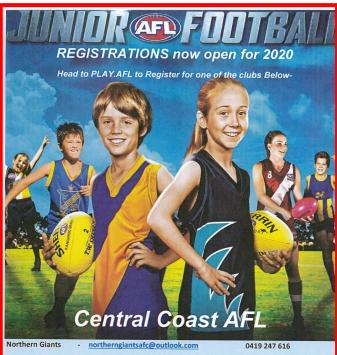
KIDS KITCHEN

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	
Sausage Roll with sauce	\$3.00
Chicken Nuggets - 6	\$3.00
OR	\$0.60 each
Hamburger	\$4.00
Meat Pattie, Lettuce, Tomato, Sauce	
EXTRAS	\$0.50 each
Cheese, Vegetarian Pattie	
Drinks	
Chocolate or Strawberry Milk	\$2.00
Glee Sparkling Fruit Juice	\$2.00
Blackcurrant	
Tropical	



Northern Giants -	northerngiantsafc@outlook.com	0419 247 616	
Wyong Lakes Magpies-	- juniorops@wyonglakesafc.com.au -	0404 257 702	
Killarney Vale Bombers	- Juniors@kvbombers.com	0428 593 585	
Bateau Bay Blues	- playafl@theblues.org.au	0407 294 085	
Niagara Park Ourimbah	Dockers -npdockers@gmail.com	0414 324 313	
Terrigal Avoca Panthers	-info@panthersjunior.org.au	0434 395 187	
Saratoga Hawks	-Registrar@sarahawks.org.au	0439 377 837	
Peninsula Swans	- psjafl@gmail.com	0433 784 711	
Gosford Tigers	- tigers@gosfordafl.com.au	0423 408 808	

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