

# Central E-cho

## Central Mangrove Public School

Respect, Safety, Personal Best

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8 November 2019

TERM 4

WEEK 4

### 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-a-thon 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.

#### CALENDAR DATES

##### WEEK 5 - TERM 4 2019

Mon 11 Nov	Library Remembrance Day Ceremony Yr 6 –7 Transition
Tue 12 Nov	<b>Kid's Kitchen</b> Grandparents Day
Wed 13 Nov	<b>Book Mobile</b>
Thur 14 Nov	<b>Student Banking</b> Kindy 2020 Transition 9:30 — 11.00am

##### WEEK 6 - TERM 4 2019

Mon 18 Nov	Library Athon Money Due
Tue 19 Nov	<b>Kid's Kitchen</b>
Wed 20 Nov	Student Nomination Leadership
Thur 21 Nov	<b>Student Banking</b> 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 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> 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 **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**



## 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

## PRINCIPAL AWARD TERM 4 WEEK 3

### CM1

Charnell	Being a happy and kind friend
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### CM2

Connor	Always being sun safe in the playground
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### CM3

Alex	Always being positive, kind and helpful
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## Reminder From the Office

Year	Event	Amount	Date Due
5—6	Stage 3 Camp - Final Payment	Balance	<b>OVERDUE</b>
K—6	FEOI Form		<b>15/11/2019</b>
2—6	Swim School Program	\$43.00	<b>22/11/2019</b>

## 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/centrilmangroveprimary/>



# Office



RESPECT	<p>Wait your turn</p> <p>Talk quietly</p>
SAFETY	<p>Take one buddy</p>
PERSONAL BEST	<p>Follow instructions</p>



# Handball



RESPECT	<p>Wait your turn</p>
SAFETY	<p>Stay in my space</p>
PERSONAL BEST	<p>Cooperate with others</p> <p>Play fairly</p>



## Enrol now for Kindergarten 2020



~ Kindergarten Transition begins in October 2019 ~



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.

**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



Sessions will be held CM1 Classroom

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## 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	



## 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



## JUNIOR AFL FOOTBALL

REGISTRATIONS now open for 2020

Head to PLAY.AFL to Register for one of the clubs Below-



### Central Coast AFL

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