



# Central E-cho



Central Mangrove Public School

Respect — Safety — Personal Best

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8 September 2022

TERM 3

WEEK 8

## Principal's Message

Only two weeks to go until the end of term. We still have so much to enjoy and achieve.

### Parent Teacher Meetings Tuesday 13 September

You are invited to make a time to meet with your child's class teacher to discuss their strengths, areas for improvement and any concerns. Booking forms went home last week. Please take the opportunity to connect and celebrate your child's achievements.

### Swimming and Water Safety

We are very excited to be able to offer swimming and water safety lessons to our students in years 2-6 in week 10. We secured funding to cover the cost of transport and entry. The lessons are offered through the Department of Education.



### Check in Assessment

During the next 3 weeks year 6 students will participate in the Check-in assessment and years 3-5 will participate in Check-in-assessment early next term. The Check-in assessment is a NSW Department of Education online literacy and numeracy assessment available to support schools to assess and monitor student learning. The assessment can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs. All students complete a reading assessment and numeracy assessment. Year 6 will also complete a writing task. Students are asked to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment.

## CALENDAR DATES

### WEEK 9 - TERM 3 2022

Mon 12 Sept Sydney North Athletics

Tues 13 Sept Parent Teacher Meetings

Wed 14 Sept Breakfast Club

Thur 15 Sept Breakfast Club

Fri 16 Sept Breakfast Club

### WEEK 10 - TERM 3 2022

Mon 19 Sept Breakfast Club  
Swimming Water and Safety Program

Tues 20 Sept Breakfast Club  
Swimming Water and Safety Program

Wed 21 Sept Swimming Water and Safety Program  
Central Coast Public Speaking  
Competition  
Arts Alive

Thur 22 Sept Breakfast Club  
Swimming Water and Safety Program  
Arts Alive

Fri 23 Sept Breakfast Club  
Swimming Water and Safety Program

### Arts Alive

We are very proud of Melvin and Lilly who will be attending the Arts Alive Workshops in week 10. These workshops are for high potential and talented learners to be involved in challenging and stimulating educational environment. The sessions will focus on developing knowledge, understandings and skills in the making of artworks.

### Sydney North Athletics

Congratulations to Max for making it to the Regional Athletics for 100m dash, discus and shotput. He will be attending the carnival on Monday 12 September. We wish him well.



### **Fathers' Day Breakfast & Stall**

Thank you to all the visitors who joined us for the Father's Day Breakfast. We certainly enjoy sharing our school and learning with our families and community.

### **PSSA Small Schools Soccer Tuesday 30 August**

What a great effort from our soccer team at Lithgow for the Small Schools PSSA Soccer. We won the 3rd round against Trundle Central School in a penalty shoot out after extra time. Our 4th round game was a draw after extra time however Iona PS won on a count back of corners. Our team gave it their all. Congratulations.



### **Kariong Mountains High School Science Day and Expo**

Our stage 3 students enjoyed a day of everything science at the high school. They prepared and presented their findings from investigations about glass. Four students Wilson, Melvin, Ronnie and Max worked hard throughout a period of 2 months on a project to enter into the Young Science Competition. They presented their project at the Science Expo that evening, to the Kariong Mountains High School community. Congratulations boys.

### **Environmental Education Youth Leadership**

Leela, Makayla, Connor and Max are working on a project with Rumbalara and on Monday, attended an excursion to the Ento Park at Somersby. They learnt about how insects can be used to help with recycling and composting. These students are working to improve our school environment and making it more sustainable and environmentally friendly by planning and developing a native bee and bush tucker garden.

### **Kindergarten 2023**

Enrolments for our 2023 Kindergarten cohort are now open. If you have a child starting school next year please visit our web page and fill in the online enrolment. You can also call or drop into the office to collect an information pack, ask any questions and organise a time for tour of our wonderful school.

### **CMPS Public Speaking**

Congratulations to all students who prepared and presented their speech to their class. We wish Charlotte, Cohen, Aaliyah, Cora, Jackson, Elise and Ronnie all the best as they represent our school at the Central Coast Public Speaking Competition that will be held on Wednesday 21 September at Lisarow PS.

### **Home Reading Thursday 22 September**

We encourage all students to read each night and complete their Home Reading Card. It has been wonderful to see more and more students receiving the awards and getting involved in home reading. It makes a huge difference to your child's learning. Those students who successfully read for 20 nights over 5 weeks will receive an award and go into a class draw to win a \$20 scholastic gift voucher. The next Home Reading Card is due back on Thursday 22 September.

### **COVID Measures**

All students, staff and their families should follow NSW Health's advice to reduce the risk of not only COVID-19, but also other illnesses that may affect schools this winter such as the flu. Please continue to reinforce the following NSW Health messages with your students, staff and families:

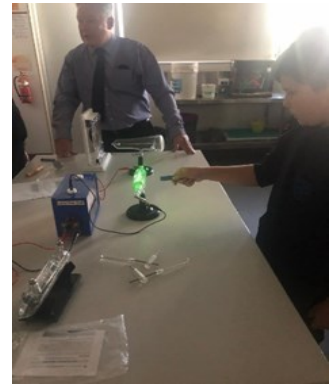
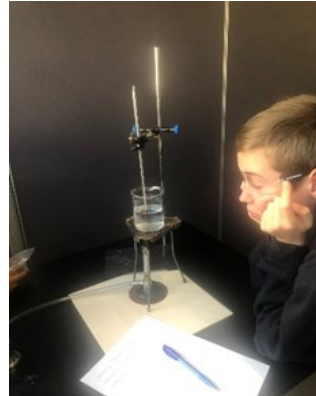
- Stay home if unwell or showing even the mildest of symptoms.
- Get tested immediately for COVID-19 if you become symptomatic and isolate until you receive a negative result and are symptom free.
- Keep up to date with vaccinations – including COVID-19 booster shots when eligible and the flu vaccine, which is available from your local GP, pharmacy or Aboriginal Medical Service.
- Practice good hand hygiene by washing regularly with soap and water.
- Take a RAT before visiting vulnerable loved ones or going to large gatherings and events.



Libby Cullen—Principal



# Spelling Bee Winners, Public Speaking Representatives, Environmental Leadership Team, KMHS Science Day and Expo





# Father's Day Breakfast





TEACHER AWARDS TERM 3 WEEK 7	
CM1	
Brooklyn	Fantastic effort in writing groups
Charlotte	An amazing speech about bunnies
Cohen	An amazing speech about Rubik's cubes
CM2	
Relena	Her great research work
Zoey	Her efforts in our informative writing lessons
Dayna	Being a kind friend to all her classmates
CM3	
Connor	Great participation in Science Day
Makayla	Improvement in writing
Kadence	Always trying her best
PRINCIPAL AWARD TERM 3 WEEK 7	
CM1	
Isabella	Happy and respectful student
CM2	
Dayna	Home Reading champion
CM3	
Leo	Soccer comedian

## From the Office

Year	Event	Payment Amount	Date Due
K — 6	Vol School Contribution	\$ 50.00	OVERDUE
K — 6	Paper levy, Technology Fees	\$ 25.00	OVERDUE
K— 6	Book Club		9/9/2022

## Breakfast club



Please complete and return paperwork to enable your child to attend Breakfast Club.

A reminder that Breakfast Club is various mornings in the Library 8.45 - 9.05am. A sign will be displayed by the CM2 classroom door when Breakfast Club is running.


Integrity



### Welcome to the Central Mangrove Public School HOME READING PROGRAM

Kids can get so much fun, adventure and ideas from reading books. We're asking kids to get into books by reading for at least 20 minutes each night for 5 weeks. We invite them to join the Central Mangrove Public School Home Reading Program with a chance to win a book voucher.

Central Coast Select Properties is proud to partner with your school. The kids that join the program will be entered into a class draw for a \$20 Scholastic Book Voucher.

We are proud to support the school by sponsoring the Home Reading Program initiative, and welcome all the kids to pick up a book and start reading.

Yours Sincerely,  
 Tony Gilmour  
 Principal | L.R.E.A.

Kate Kerlake  
 Sales Agent

**Meet our team**



TONY GILMOUR  
0400 223 193



KATE KERSLAKE  
0427 233 093

**Contact one of our agents**  
**CALL 02 4324 8486**

Office Address:  
 Suite 1, 2/872 Pacific Highway  
 Lisarow NSW 2250  
 P: (02) 4324 8486  
 E: info@ccselect.com.au  
 ABN: 45 163 916 881

[www.ccselect.com.au](http://www.ccselect.com.au)



NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to:

-  Learn
-  Make friends
-  Build skills through fun

### Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

education.nsw.gov.au



# Positive Behaviour for Learning

The school's discipline code is built on the fundamental beliefs that our school will be a safe and happy learning environment when all students learn to accept responsibility for their own learning and behaviour within a caring and supportive environment. Student responsibilities at our school are to follow these values: safe, respect and personal best. Our focus this fortnight is Transitions.

## Expectations: Transitions

How we show: RESPECT



Line up sensibly

Move quietly

How we show: SAFETY



Walk in two lines

How we show: PERSONAL BEST



Move on the left







# JOIN THE FUN!

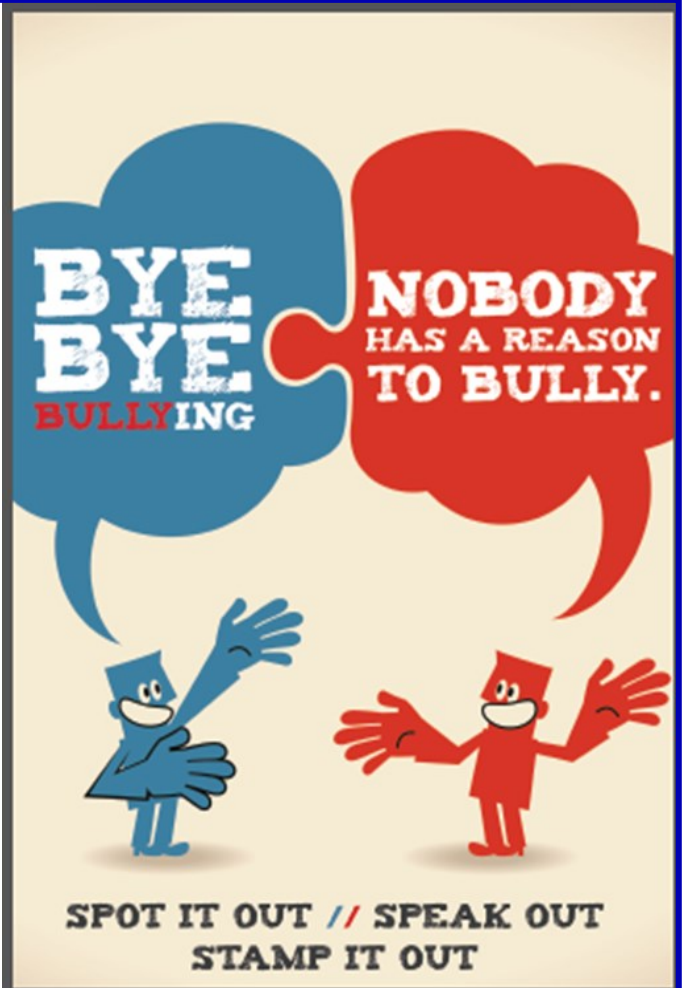
WITH  
Brisbane Water Cricket Club



Follow us on  

REGISTRATIONS NOW OPEN  
for  
Season 2022/23

For more information visit [www.bwcc.com.au](http://www.bwcc.com.au)



**BYE BYE BULLYING**

**NOBODY HAS A REASON TO BULLY.**

**SPOT IT OUT // SPEAK OUT  
STAMP IT OUT**

## Nutrition Snippet

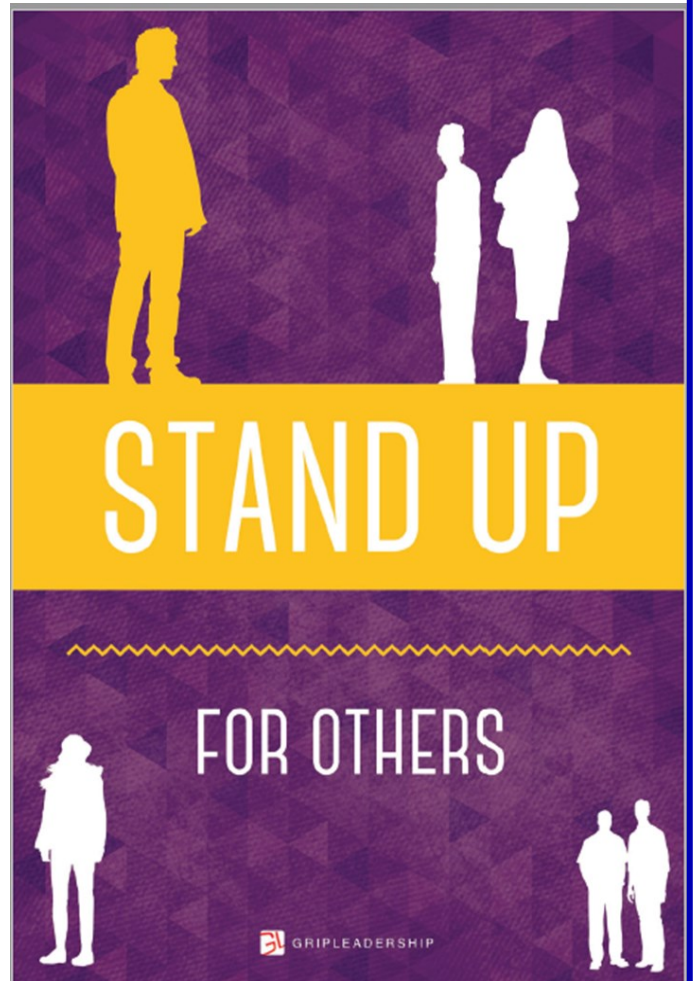
Pack a food safe lunch box



Check out our [blog](#) for all you need know.


TIP: Freeze a bottle of water overnight, add to the lunch box in the morning to keep food cold.

For other tips and more visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

**STAND UP**

**FOR OTHERS**



Rainbow Bricks Presents  
**BRISBANE WATER BRICKFEST**  
 A LEGO Fan Event  
 Sunday 18th September 2022

Tickets: [www.trybooking.com/CBLIX](http://www.trybooking.com/CBLIX)  
 Scan the QR Code to purchase your tickets

Charity Partners:  
 Empire Bay Public School & Brisbane Water Secondary College



**Looking for something to do on a Sunday? This is the event for you!**  
**A family fun day event displaying unique creations, providing a lego build area for the kids and young at heart and .... much more!**  
**The event is supporting Empire Bay Public School and Brisbane Water Secondary School P&C Associations.**  
**Don't forget to tell your family and friends!**  
**We look forward to seeing you there.**

**BRICKFEST A LEGO FAN EVENT**  
**IS COMING TO .....**  
**BRISBANE WATER SECONDARY COLLEGE - WOY WOY CAMPUS**  
**(IT'S AN ALL-WEATHER EVENT)**

**Sunday 18 September 2022**  
 10.00am to 4.00pm  
 School Hall  
 Brisbane Water Secondary College - Woy Woy Campus  
 Edward Street, Woy Woy

Grab your tickets \$8.00 to \$30.00 at <https://www.trybooking.com/CBLIX>  
<https://rainbowbricks.com.au/lego-news/brisbane-waters-brickfest-a-lego-fan-event/>  
[#BrisbaneWaterBrickfest](#) [#RainbowBricks](#) [#CentralCoastNSW](#) [#CentralCoastLEGOShow](#) [#CentralCoastLEGO](#)  
[#CentralCoastBrickShow](#)



We have lunch boxes, drink bottles and clothing that is not labelled with your child's name. If your child has misplaced an item, please remind them to check lost property located outside the office on the verandah. Would all parents mind checking if they have any clothing that has names that are not their child and return to school. Thank you.



# CHIME

project

School Holiday  
Family Event  
Thursday  
29 September  
2022



## PROMOTING POSITIVE MENTAL HEALTH AND PARENTING

Managing Mental Illness can make it hard for families to find time to relax and enjoy family time.

**For families with children up to 12 years with a parent who experiences mental illness and lives in the Wyong LGA community**

Thursday 29th September 2022  
10:00am - 2:00pm  
The Entrance Community Centre  
Battley Ave, The Entrance

- Fun family focussed activities
- Puppet making and play
- Art materials & lunch included

Central Coast Family Support Service

Registrations essential as spaces are limited

☎ 4340 1585    ✉ [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)    🌐 [www.ccfss.org.au](http://www.ccfss.org.au)

## GO 4 FUN

HEALTHY ACTIVE HAPPY KIDS

Go4Fun is a FREE 10-week healthy wellbeing program for children aged 7 to 13 to enjoy along with their families. Please contact 1800 780 900 to see if you meet our criteria.

- ◆ Group activities and games
- ◆ Professional tailored advice about healthy eating
- ◆ Make new friends
- ◆ Rewards and prizes for the kids
- ◆ Positive health changes for the whole family

Run by trained health and community professionals, it's a fun way for kids to build self-esteem and learn about eating well, staying active and living a healthy life.

Term 4 programs will take place at:

- 📍 San Remo Neighbourhood Centre, every Monday 3:30-5:30pm, starting 10th October
- 📍 Mingaletta, Umina Beach, every Monday 3:30-5:30pm, starting 11th October
- 📍 PCYC Bateau Bay, every Wednesday 4-6pm, starting 12th October
- 📍 Lake Haven Recreation Centre, every Thursday 4-6pm, starting 13th October

To register, visit [go4fun.com.au](http://go4fun.com.au) or call 1800 780 900.

Go4Fun

Central Coast Local Health District



## FREE healthy lifestyle program



10-week program for 7 to 13-year-old kids and their families\*

Go for healthy eating advice, active games and positive changes for the whole family. Most importantly, go for fun!

\*contact us to see if it will suit your family



Register now: call 1800 780 900 or visit [go4fun.com.au](http://go4fun.com.au)

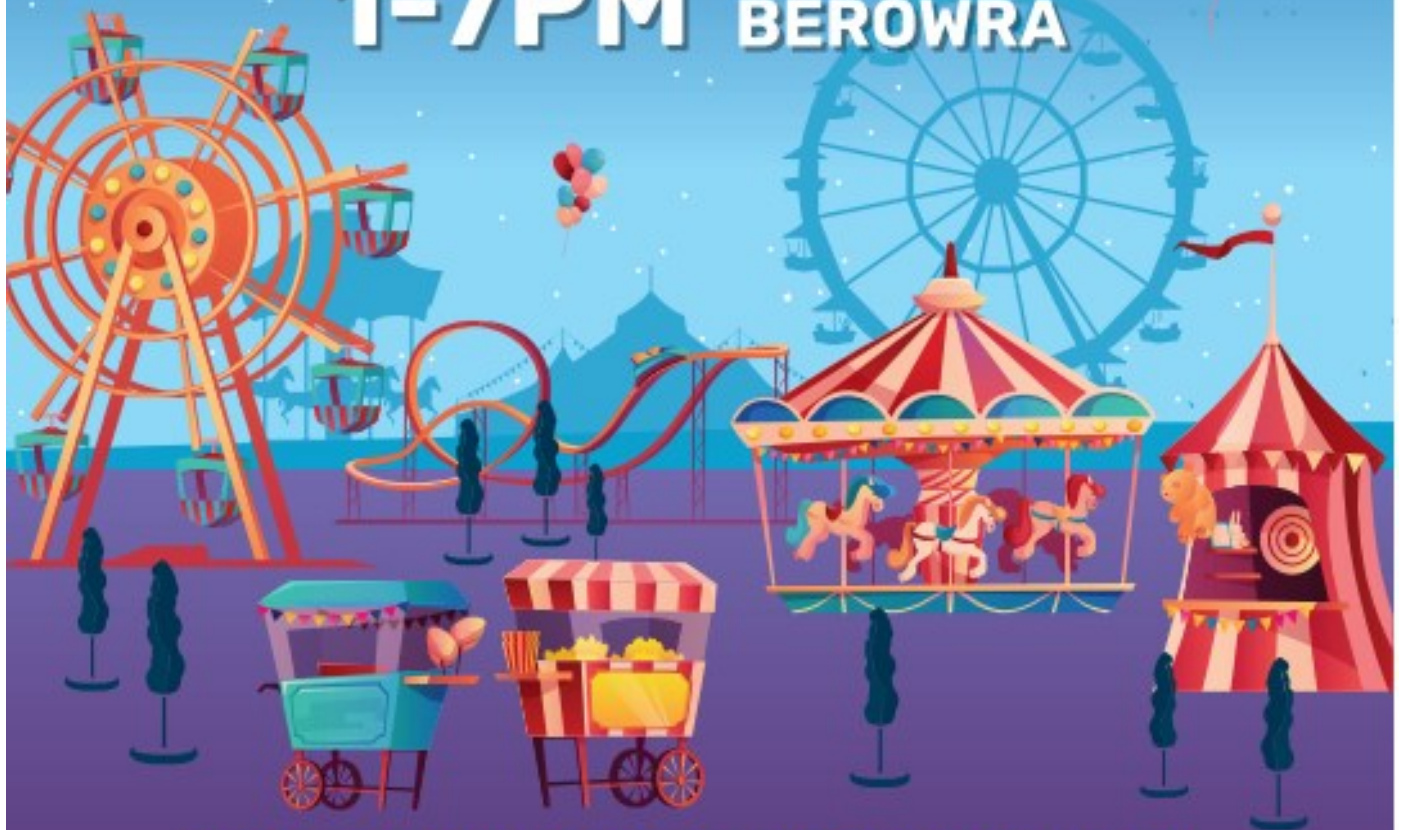




**BEROWRA PUBLIC SCHOOL**

# TWILIGHT FAIR

**SATURDAY 22<sup>ND</sup> OCTOBER**  
**1-7PM** HILLCREST ROAD  
**BEROWRA**



**RIDES - HAUNTED HOUSE - SIDESHOW ALLEY**  
**BOUNCY CASTLES - LIVE ENTERTAINMENT**  
**FOOD STALLS - FACE PAINTING**



Fast track your fun and buy  
your unlimited ride band today  
for \$35 (\$40 on the day).

Platinum sponsor

**CASS**  
PROPERTY

**we print it**  
ACCOUNTS

**Berowra**  
Public School