



# Central E-cho



Central Mangrove Public School

Respect — Safety — Personal Best

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28 July 2023

TERM 3

WEEK 2

## Principal's Message

### Welcome back to Term 3 2023!

I hope everyone had a fantastic holiday and break. I can see that all our students are ready for another busy term. We welcome back Mrs McCloud on CM1 and we also welcome Mr Elwin who is working on Thursday and Friday for RFF. Mr Elwin is working on Thursdays in both CM1 and CM2 classrooms and teaches CM2 on a Friday. Mrs McDonald has returned to our school and is working in the office every Monday and Tuesday on even weeks. Mrs Quinlan is working Wed-Friday every week. Mrs Cullen returns from leave next week.

### Thank you

I would like to say thank you to all the support the community has given me in my time as relieving Principal. Goodbye to the wonderful students at Central Mangrove Public School and I wish all of you the best for the rest of the year. Finally, a special goodbye and thank you must go to the staff of Central Mangrove Public School, you have been wonderful to work with and I have very much appreciated your support in my role as Principal.

Sue Tangye — Relieving Principal



## Education Week

Next week is Education Week, celebrating 175 years of public Education in NSW. We would like to invite all parents and carers to our Open Classroom and Field Event Carnival next Friday 4 August, 2023.

You will be able to see the wonderful work your child has been doing throughout Semester 1 and spend time talking to and discussing with your child their work as well as having an opportunity to hear your child read.

Classrooms will be open from 10.30am. Following the Open Classrooms you are invited to spend time having lunch with your child and then being part of a handball competition. Our Field Events Carnival will follow with students rotating through four activities: long jump, high jump, shot put and discus.



## Art Matters

Congratulations to Lilliana for participating in Art Matters at Gosford Regional Gallery last Thursday and Friday. The art that she produced was excellent, along with the stories and the inspiration of the art.

## Mountain Schools Performing Arts Day

The Performing Arts Day at Peats Ridge Public School will celebrate World Indigenous People's Day with a fun day of cultural creative arts experiences. Cultural educators from the Heart Dancers Company will be coming to Peats Ridge PS to present workshops for the students. There will also be a performance by Kariang Mountains High School students. The excursion will take place on Wednesday 9 August 2023. We are asking for private transport to and from Peats Ridge Public School.



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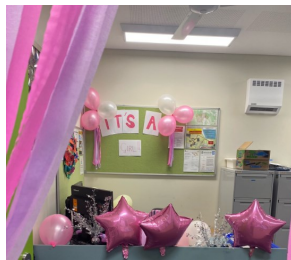
30 June 2023

TERM 2

WEEK 10

### Gender Reveal

Congratulations to Mrs Cunningham who is having a baby girl! We had a surprise announcement at assembly on Monday morning as Mrs Cunningham popped pink confetti and revealed the gender of her baby. Fantastic news!!



### Public Speaking-Central Coast Public Speaking Competition

Our students are busy planning and thinking about possible topics for their speeches which are due in the next two weeks. The school has entered one student from each stage to represent us at the finals due to be held towards the end of this term. A note has gone home explaining what is required in terms of how long the speech needs to be for each stage and possible speech topics.

### Small Schools Athletics carnival

The Small School's Athletics carnival will again be held at Mingara on Friday 11 August 2023. All students from K-6 will be involved in this carnival with further information to be sent out soon.

#### CALENDAR DATES

##### WEEK 3 - TERM 3 2023

Fri 4 Aug	Open Day, Sports Carnival Field Events & Family Picnic Day
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##### WEEK 4 - TERM 3 2023

Mon 7 Aug	Speeches due
Wed 9 Aug	Performing Arts at Peats Ridge Public School
Fri 11 Aug	Small School Athletics Carnival at Mingara

### Assembly Award Winners

Congratulations to our assembly award winners from our Week 1 assembly.

#### TEACHER AWARDS TERM 3 WEEK 1

CM1	
Sam	Fantastic effort in spelling
Liam	Great effort in counting on and back
Rabia	Impressive effort in reading
CM2	
Mason	Great effort in writing and maths
Thomas	An engaging narrative about The Kraken
Jackson	An engaging narrative about The Meg

#### PRINCIPAL AWARD TERM 3 WEEK 1

CM1	
Elijah	Excellent contribution to narrative discussion
CM2	
Jamal	Excellent problem solving in Mathematics



VALUE FOR THE WEEK: Playing fairly and following the agreed rules of the game.

# WHATS BEEN HAPPENING IN CM2

This week CM2 have been cooking and working on writing emails and recounts. They have also been writing narratives:-

## EMAILS AND RECOUNTS

hi Mrs Q.  
Here is the recount of our cooking today.  
to day Mrs Q we had morning tea time and i did the wipcrime  
have a good day Mrs Q from relena

Hi Mrs Q, And Mrs C,  
Here's A Recount of our Cooking  
I was in the group making the whipped cream and Apple slices.  
Jamal's group was making pancakes.  
And Kadence's Group was making the scones.  
I only know the recipe fro the whipped cream. All we used was cream and vanilla.  
It Was really fun to cook with my class today :D  
Have A GREAT Day!!  
Kind Regards -Lilly!

Hi Mrs Q,  
Here is the recount of my experience in cooking today.  
Today in cooking I got to make pancake batter, and we messed up the recipe by putting the melted butter in first so we had to mix extra hard. The vanilla extract got on the recipe and it was so fun making pancake batter and it tasted delicious.  
-Jamal

hi mrs Q,  
this what we did to day  
I made the pancakes.  
From Zoey

hi mrs Q  
Here is what we did today.  
We did some cooking. We cooked scones and pancakes and some whipped cream and cut up some apples. I made scones with Charlie, Sheng and Kadence. We used flour, lemonade and cream. My favourite part was cooking it. Once we were done, we ate it and shared it with everybody.  
Have a good afternoon.  
From Melinda

Hello Mrs Q.  
here is the food we made!  
Scones 12-15 minutes to bake ingredients: 1/2 cups of flour 250ml cup of thick cream 250ml of fizzi lemonade.  
Pancakes 2 eggs melted butter salt flour milk sugar i don't know if this is the actual recipe  
C R E A M Vanilla thicken cream  
Have a very nice day! O(∩\_∩)O  
-Sheng

hi mis Q  
this is what me and my cass room did in cooking so you wantt whipped creem of 5-10 mins. you have to whisk it for a long time. it is done when you can hold it on top of your head without any falling out on your head if you got lucky.  
have a great day  
from charlie.k.g

hi Mrs Q.  
here is a recount of our cooking today  
we were cooking pancakes and scones and we had cream, fruit. I was cutting the fruit it was apple it was very hard to cut them  
and i nearly cut myself. Mrs cunning ham teached me how to cut properly. My favourite part was eating it.

Hi Mrs Q,  
Here is a recount of my footy game.  
On Saturday, I lost to the Woy Woy Roosters 6 nil but I tackled their first receiver and he's bigger than my whole entire team combined. He's giant and we tackled him easily. But he got most of the tries for them.  
In the Woy Woy Roosters, on the last player, there was a little player. I pulled him out by his shirt and he was on the ground and I pulled him out. After I got him out, people were trying to tackle him.  
We lost by heaps.  
Have a great afternoon.  
From Mason

Hello mrs Q,  
Here is how we made the food today.  
Here is what we did .So we got cream in a bowl and we mixed with a whisk for about 5-10 minutes then we started cutting apples to eat with the pancakes and scones. After we finished doing that we washed up then when we waited for the food to finish cooking. Last time we cooked I made pancakes but I forgot what we did, that's all.  
Have a great day.  
-jackson



### **The Kraken by Thomas**

Once in the deep darkness of the Marianas Trench in the shipwreck of the Titanic, there was a few fish. But then a huge eye appeared. It was the eye of the Kraken. Then the fish saw it. They were terrified. They swam away as fast as they could.

The fish swam right into a close hole. But then they discovered that the hole was no hole at all but the Kraken's mouth! The mouth snapped shut right on the fish and swallowed them whole and the Kraken sank back down into the darkness.

Meanwhile up above, a boat was floating. Some people named Fred, Jack and a few others were getting ready to investigate the wreck of the Titanic when the boat rocked harshly.

### **Ducks in Space by Cameron**

Some people say aliens are in space, but they are wrong. In space, far away from Earth is a spaceship. Inside are ducks. The captain is a big duck and there is not just one ship, there is lots! There are big ducks and little ones and there are robots.

Captain: What planet is this?

Pilot: Our maps say it is an unknown planet.

Captain: All ships land on the planet!

Soon every one of the ships landed on different parts of the planet. The captain and his ship landed near water. The doors opened and they came out.

Captain: Everyone, can you hear me?

But no one answered. He asked again. Silence. Something is moving in the water. It jumps out and they are shocked.

### **The Meg by Jackson**

One day in the Marianas Trench, there was a town of sea creatures. They all lived in peace. Until one day there was a – let's just say we call it the Megalodon. There was one thing he wanted for years and years. A pearl. The megalodon unexpectedly left for a couple of hours.

A box jellyfish went to buy a box of bananas from an octopus, but he never talked. A couple of hours later the megalodon came back, but not alone. Behind him was eight great white sharks and a mosasaurus. They all destroyed the ocean market, but there was a hero. The octopus turned into a massive Kraken. The great white sharks all got defeated. But... the mosasaurus was hard to defeat because of its powerful jaw.

They fought for hours but the kraken nearly got defeated until a mega sun fish became a shield for the kraken. The kraken finally ate the mosasaurus. All that was left was the megalodon. It was a rough fight, but he finally made the megalodon food.

But there was still one thing. The market. The fish and every other sea creature helped build it. But the octopus didn't like selling bananas, so he started telling the story about the fight. He finally revealed his voice. He remembered the sun fish who was protecting him. He wanted to find him to thank him. One the way, he ran into more megalodons. Did he have a family?



# Cooking with CM2

## Lemonade Scones

### 3 Ingredients From Scratch

Moist and fluffy scones, made with only 3 ingredients! These are truly miracle. They must be served with copious amounts of cream and jam. That's a given!

Prep Time 10 mins

Cook Time 15 mins

Total Time 25 mins

Servings: 10 scones

#### Ingredients

- 3 1/2 cups self raising flour , plus extra for dusting (flour sub - Note 1)
- 1 cup thickened cream (heavy cream), not whipped!
- 1 cup lemonade (Note 2)

#### To serve

- Whipped cream
- Jam

#### Instructions

Preheat oven to 200°C/390°F (180°C fan). Line tray with baking/parchment paper.

Combine the flour, cream and lemonade in a bowl and mix until flour is mostly combined. Do not over mix, it will make the scones dense! The dough should be soft and fairly sticky.

Turn out onto a floured surface, and knead gently just 3 - 5 times to bring dough together, then gently pat into a disc shape 2.5cm/1" thick.

Use a 6cm/2.5" round cutter to cut rounds - press straight up and down (don't twist), flour cutter in between. (Note 4)

Use a knife or similar to scoop up (avoid touching sides) and place on tray, slightly touching each other (they help each other rise).

Brush the tops lightly with milk. (Note 5)

Bake for 15 minutes until golden on top. Place on rack to cool. Place tea towel over them to stop the tops from getting crusty.

Serve with copious amounts of cream and jam, and of course tea!

#### Notes

1. **Self raising flour** (called self rising flour in the US and Canada) is simply flour that's already got baking powder in it. To make your own self raising flour, just add 7 tsp baking to 3 1/2 cups plain/all purpose flour (no need to minus 7 tsp flour, dough is quite sticky).

2. **Lemonade** - I use Schweppes and Kirks. "No brand" lemonade works fine too, as does 7Up and Solo so I presume any brand of any of these should work fine. Just need something fizzy and sweet!

3. **Cutting tips** - If you don't have a round cutter, which I didn't for ages, use an empty tin (cleaned!) or you can just cut them into squares with a knife. Just be sure to flour the knife between cuts so the dough doesn't stick to it.

**TIPS:** Push cutter straight up and down, do not twist. Flour the cutter in between so the dough doesn't stick. I usually get 6 out of the first batch, then I combine and pat out the offcuts to make another 3 - 4.

4. **Milk brushing** - This makes the tops nice and golden and helps smooth the top too.

5. **Storage** - keeps for 3 days in an airtight container but needs to be reheated to serve. Also freeze well, for up to 3 months.

6. **Nutrition** per scone - jam and cream not included (I cannot be held responsible for how much you pile on!!).

# Cooking with CM2

## Pancakes

### Ingredients

2 cups self-raising flour  
2 cups milk  
60g **MELTED** butter  
2 eggs  
8 tbsp sugar  
Pinch of salt  
1 tsp Vanilla

### Method

Melt 60g of butter in the microwave.  
Sift flour into a bowl. Add sugar and salt.  
Make a well in the middle of the dry ingredients.  
Crack eggs into a small bowl, lightly whisk.  
Add milk, eggs and melted butter into the flour.  
Mix until there are no lumps or flour.  
Cook on the barbecue until bubbles appear on the surface. Flip and cook until golden on both sides.





# 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.

Expectations: Playing fairly and following the agreed rules of the game.

How we show: RESPECT

Following the rules of the game

If we follow the rules of a game  
we display good sportmanship.



How we show: SAFETY

Following the rules means that  
everyone feels safe and can  
enjoy the game.



How we show: PERSONAL BEST

Play games fairly

To play the game fairly we need to agree on  
the rules and help each other when there is  
a disagreement or ask a teacher to help us.





It is every student's responsibility to behave in a manner that ensures the safety and comfort of passengers and drivers. This includes:



## BEHAVIOUR ON BUSES

- Use appropriate language not offensive or racist language
- Fighting, spitting, feet on seats, throwing things in or from the bus is not permitted
- No eating or drinking (other than water) - unless for medical reasons or the bus operator gives written permission.
- Offer seats to adults including people with a disability, elderly or expectant mothers
- Do not push or shove other people
- Do not bully or harass other passengers or the driver
- Avoid attracting the attention of the driver except in the case of emergency
- Do not play music at such volume that it may distract the bus driver or other passengers

## SAFETY ON OR NEAR BUSES

- Obey reasonable directions from the driver (e.g. where to sit or to remain in the bus)
- Remain in your seat - do not move around the bus unnecessarily
- If standing, remain behind the front passenger seat and keep a secure hand hold at all times
- Keep bags and other items clear of the aisle
- Do not allow any part of your body to protrude out of the bus at any time
- Wait for the bus in a quiet and orderly manner - including at bus interchanges
- Stand away from the roadside until the bus comes to a complete stop
- Allow other passengers to leave the bus before stepping onto the bus in a single line
- Wait until the bus stops before moving to get off the bus at your designated stop
- Wait until the bus leaves the stop and you have clear vision before crossing the road
- Cross the road where and when it's safe to do so, use crossings/traffic lights where available



RESPECT

Be kind and considerate  
Listen and speak politely  
Value the environment  
High 5

It is important that children are at school every day so they don't miss important opportunities for learning and friendships. It is also a legal requirement. Students who are missing large amounts of school will be referred to the Home School Liaison Officer for monitoring.

If your child is absent from school you must provide an acceptable reason for their absence. Absent slips filled out or notes need to be returned on the day your child returns to school if they have been absent. If your child arrives late to school a parent/carer should present at the school office to sign your child in and provide an explanation.

## 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

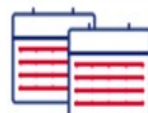


Over **1** year missed

**1** day per week



**8** weeks



Over **2.5** years missed



# Join us for Gymnastics in Week 4

Join us for a free, active, fun-filled afternoon of gymnastics skills and activities, including PDHPE curriculum links.

The session will be presented by Holly Yuile, a qualified Gymnastics Australia intermediate gymnastics coach. Holly has experience teaching gymnastics to a range of age groups, including primary school children both in a gym and school environment.



[Register here](#)



## Date

Wednesday 9th August 2023  
4:00 - 5:30pm  
Registration and afternoon tea from 3:30pm  
Gosford Public School

## Learn

- Fundamental movement skills in gymnastics
- Gymnastics skills and shapes
- Rhythmic gymnastics (activities with balls and hoops)

## Apply

All attendees will receive a workbook with a summary of the activities

Lucky door prize!

## RSVP

Register by Wednesday 2nd August

Questions?  
Contact Nina Kingon  
4320 9700  
[nina.kingon@health.nsw.gov.au](mailto:nina.kingon@health.nsw.gov.au)







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 Kerslake  
Sales Agent

### Meet our team

TONY GILMOUR  
0400 233 193



KATE KERSLAK  
0427 233 090



Contact one of our agents  
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## Get the kids involved!

Get your kids to help make simple, healthy snacks for the lunchbox!

Try making snacks together such as:

- Vegetable or fruit kebabs
- Homemade pizzas with everyday toppings
- Banana pikelets
- Savoury muffins



Encourage kids to be hands on by peeling, chopping, spreading and mixing ingredients!



Find recipes and more ideas to get the kids involved at: [www.swapit.net.au](http://www.swapit.net.au)

Artwork: Lara Went  
"The heart of a child"

