



# Central E-cho



Central Mangrove Public School

Respect — Safety — Personal Best

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11 August 2023

TERM 3

WEEK 4

## Principal's Message

It's great to be back after an extended period of leave. I'd like to thank Mrs Sue Tangye for relieving during that time and appreciate her hard work and support of our community. Term 3 is always busy and this year is no different. We have had a couple of wonderful weeks and look forward to many more events coming up.

### Stage 2 & 3 Camp



It is only 2 weeks until our Years 3 – 6 Great Aussie Bush Camp. We still have some outstanding payments and medical notes, please get them in by Monday 14 August.

### Home Reading – One week to go – Due back next Thursday

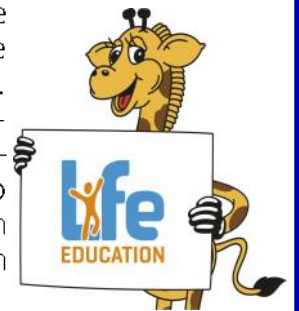
We encourage all our students to get involved with the Home Reading Program sponsored by Central Coast Select Properties, Lisarow. Students are asked to read for at least 20 minutes 4 nights a week. Parents / carers are asked confirm reading by signing off each reading session. Those students that have read at least 20 times over 5 weeks will be entered in a class lucky draw to earn a \$20 scholastic gift voucher to purchase a book from the next Scholastic Book Club. The Home Reading Cards are due back next week, Thursday 17th August.

### Check-in assessment for Year 4 & 6

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. Students in year 6 will participate in the Check-in assessment during weeks 8-10 this term. Years 3-5 will participate in weeks 1-4 term 4. Students are asked to have headphones or earbuds that plug into a computer to enable them to hear audio during the assessments and other learning tasks.

### Life Education Van

The Life Education Van will be visiting our school on 6th September. The Life Education program provides valuable lessons exploring healthy eating, personal safety, physical activity, positive relationships, cyber safety and the impact of alcohol and other drugs. All modules are age and stage appropriate and aligned to the NSW PDHPE syllabus and the Australian school curriculum. We have the van visit bi-annually and we look forward to the opportunity to have this valuable program offered to our students again this year.



### 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 of this term. We have secured funding to cover the cost of transport and entry. The lessons are offered through the Department of Education. Any vacant spots will be then offered to students in year 1.

### Kindergarten Enrolments for 2024

Enrolments for our 2024 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. Kindergarten orientation sessions will take place in Term 4.



### Premier's Spelling Bee

Congratulations to Sheng and Sarah on reaching the final of the 2023 Premiers Spelling Bee. I had the privilege of watching as they were presented with a variety of challenging words to spell. A great effort.



### Public Education Week

Last Friday we had our family and friends visit our school for our open day. It was wonderful to see so many visitors supporting our students, participating in the math games in the classroom and supporting the students as they rotated through the athletic field events. I even spotted a few parents showing off their handball and athletic skills themselves.

### Public Education Awards

This year we are recognising 175 years since the establishment of public schools in NSW. I would like to acknowledge and congratulate Kirstyn Gerrard, our school cleaner, on her Public Education Award. She received the award for making Central Mangrove PS a happy, safe and clean place to learn and work.



### CWA Donation

Our local Mangrove Mountain Country Women's Association kindly donated \$250 to our school. We appreciate their generous support.

### Public Speaking Competition

Every student K-6 has been busy this week preparing and presenting a speech to their class. It is wonderful to see students being able to stand in front of their peers and speak. The teachers were very proud of the varied topics and interesting presentations. Students who have been chosen to represent the school at the Central Coast Public Speaking Competition to be held on Wednesday 13th September will be announced next week.

### Small Schools Creative Arts Day

Our 4 small schools, Peats Ridge, Somersby, Kulnura and Central Mangrove joined together at Peats Ridge Public School on Wednesday for a day filled with art, music and drama. Kariong Mountains High School and local cultural performers supported the day by running the workshops providing the students an opportunity to explore a range of cultural creative experiences. These included Brazilian Dancing, African Drumming, Latin American Music and Aboriginal Cultural Exploration. It is wonderful to be able to work together to provide these opportunities for our students. Thank you to the parents for the support on dropping and picking up your child on that day.

Libby Cullen  
Principal

Our next P&C meeting  
will be on Monday 14/8/23  
at 2pm in the school  
library.  
We hope you will join us

PARENTS & CITIZENS





## Attendance Matters

Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day a week that's 40 days of school and 8 weeks of learning in one year. Over an entire school journey this adds up to 2.5 years of lost learning.

### 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



## CALENDAR DATES

### WEEK 5 - TERM 3 2023

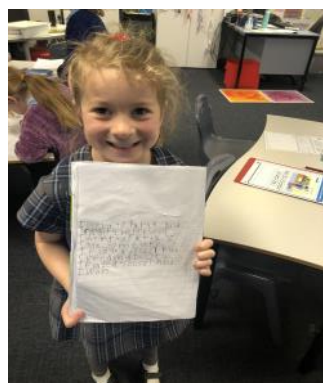
Wed 16 Aug	KMHS Science Day
Thu 17 Aug	Home reading cards due
Fri 18 Aug	Final Camp payment due

### WEEK 6 - TERM 3 2023

Fri 25 Aug	Zone Athletics at Mingara
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The beautiful thing about learning is that no one can take it away from you.

B.B. King



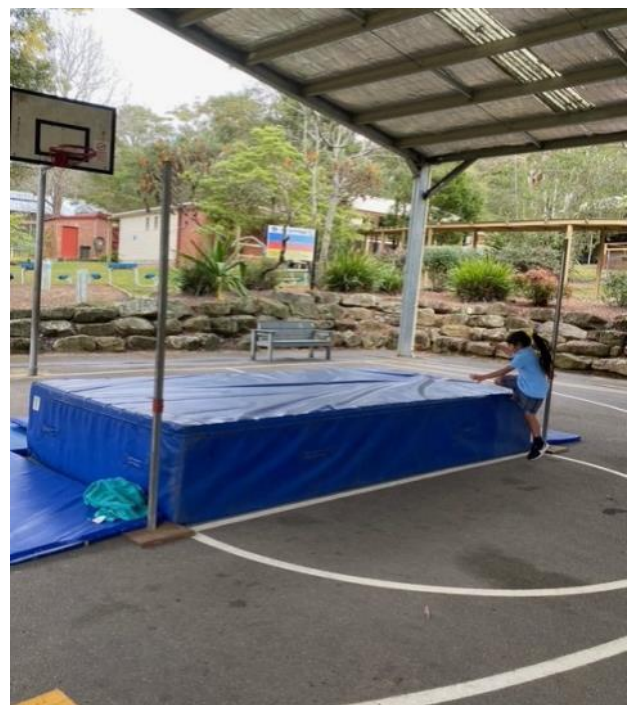
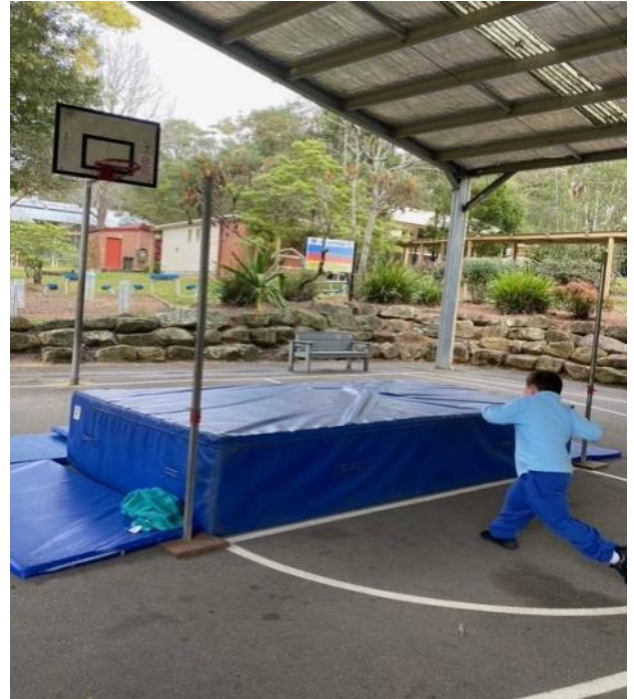
## WHATS BEEN HAPPENING IN CM1



VALUE FOR THE WEEK: All settings



# CM1 Practising for Sports Carnival





# Education Week Open Day 2023







*Thank you to all our Parents,  
Grandparents, Carers and Family  
Members for coming out to our  
open day.*



*More Education Week Open Day fun....*





*More Education Week Open Day fun....*



## Cultural Day







## More from Cultural Day...





# Science Week Press Release

**Science Expo Evening from 5:30pm to 6:30pm**  
**Wednesday 16th August at Kariong Mountains High School**

Kariong Mountains High School is delighted to be able to host the Science Week activities for the primary school students. We will be welcoming the Kariong Mountains Learning Community primary schools to a day of Science fun on Wednesday the 16th August, week 5.

The theme of Science Week in 2023 is Innovation – Powering Future Industries.

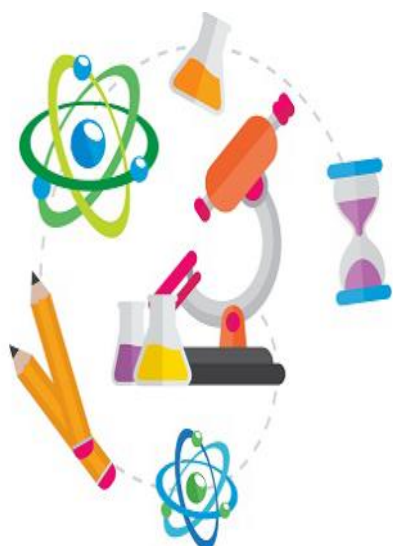
Innovation is massively important in our world and particularly in applications of science. The Central Coast and especially the Somersby and Mountains regions are full of examples of innovation that have been at the forefront of manufacturing and product development.

The students will take part in 5 scientific activities where once again they will be taught by the Year 9 selective science students.

A feature of our Science Week activities is the Science Expo Evening from 5:30pm to 6:30pm on Wednesday 16th August. We invite families to come and view the projects that our selective science students are submitting in the Young Scientist Awards competition and view the displays setup by the primary schools students who participated in the recent Science Outreach Program. We will also have a room featuring the innovations that we use in science everyday at the High School.

We hope to see you at the Science Expo Evening to celebrate the work your children do in exploring the world of Science.

Jamie Cartner  
Head Teacher Science  
Kariong Mountains High School





# 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: All Settings

### How we show: RESPECT

Be kind and considerate

Listen and speak politely

Value the environment

High 5



### How we show: SAFETY

Hands and feet to yourself

Right place, right time

Walk on hard surfaces

Be sun smart



### How we show: PERSONAL BEST

Follow instructions

Wear correct uniforms

Be responsible for your belongings

Be your best





## 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  
0420 223 195



KATE KERSLAK  
0427 231 996



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)



# STAND UP

## FOR WHAT IS RIGHT

 GRIPL EADERSHIP

**swop it**  
everyday in the lunchbox

## Eat the rainbow

Did you know that different coloured vegetables and fruit provide different vitamins and minerals for growing healthy bodies?

Here's a few easy ways to get more colour into the lunchbox:

- Choose bite-sized vegetables and fruit for a colourful recess such as cherry tomatoes, baby cucumbers, snow peas, berries or grapes.
- Add salad vegetables such as lettuce, baby spinach, tomato, and cucumber on your child's sandwich, wrap, or roll.

Try our rainbow vegetable kebabs [here](#). Pair with reduced fat cheese or dips like tzatziki and hummus.



Find more ideas at: [www.swapit.net.au](http://www.swapit.net.au)





Join us at [walk.jdrf.org.au](http://walk.jdrf.org.au)  
#JDRFOneWalk

# WALK FOR A WORLD WITHOUT TYPE 1 DIABETES

**Sunday 17th September - from 10am**  
**Davistown Waterfront**

## Davistown to Kincumber 6km Walk

**11am start**

At Davistown Ferry Wharf,  
6km waterfront pathway walk  
to Kincumber and return.

Arrive by ferry, bus or car  
to Davistown waterfront.

Dogs permitted along the  
walk route, pram and  
wheelchair friendly.

Join us at Davistown waterfront  
before and after the walk for  
a BBQ, tea/coffee and snacks,  
face painting & Market stalls, Live  
Entertainment + loads more fun!



**Register Today!**

Family & Friends Welcome!

For more information:

Margaret Sheridan - 0416 013 388  
[margaretsher@gmail.com](mailto:margaretsher@gmail.com)



# REGISTRATIONS

# NOW OPEN

SEASON 2023 - 24



**Scan** to find your closest centre



# 5 REASONS

why you should register for  
Little Athletics!



Meet new people and  
**spend time** with your  
family and friends.



Participate in a variety of  
**different events** at your  
weekly meets.



Improve your **physical  
fitness** and **mental  
wellbeing**.



Have the opportunity to  
participate at local **club  
meets & state competitions**.



Achieve your personal  
best and continue to  
**improve your skills**.

REGISTER TODAY AT  
**[lansw.com.au](http://lansw.com.au)**





**JOIN NOW**



*Australian*  
**Air League**

**NSW Group**

# NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

**FOR MORE INFORMATION ON THE AUSTRALIAN AIR  
LEAGUE AND YOUR CLOSEST SQUADRON  
PLEASE CONTACT**

**Email: [development.nsw@airleague.com.au](mailto:development.nsw@airleague.com.au)  
[www.airleague.com.au](http://www.airleague.com.au) Email: [info@airleague.com.au](mailto:info@airleague.com.au)**

**Free Call: 1800 502 175**

