



Central E-cho



Central Mangrove Public School

Respect — Safety — Personal Best

1708 Wisemans Ferry Road
Central Mangrove NSW 2250
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E: centmangro-p.school@det.nsw.edu.au
W: www.centmangro-p.schools.nsw.edu.au

9 February 2024

TERM 1

WEEK 2

Principal's Message

We have had a wonderful and settled start to the 2024 school year with the students and staff quickly establishing productive routines to support quality teaching and learning. I would like to extend a warm welcome to our new families and of course our Kindergarten students. I am confident that our new families will enjoy becoming part of our CMPS community. Please feel free to call and discuss any initiatives, programs or concerns. It is important that we all work together to help make Central Mangrove Public School a positive and productive learning community.

Our 2024 staff and class structures will be:

CM1 - K/1/2 – Mrs McCloud
CM2 – 3/4/5/6 – Mr Hughes
RFF – Mr Elwyn
Learning Support/ RFF – Mrs Cullen
APCI – Mrs Goldspink
GA – Mrs Gerrard
SAM – Ms McDonald (Even weeks - Mon, Tues)
SAM – Mrs Quinlan (Wed, Thur, Fri)
School Chaplain – Mrs Ginbey
SLSO – Mr Peters, Mrs Gamble, Mrs Anderson, Mrs Helson

Libby Cullen
Principal



VALUE FOR THE WEEK: All settings

Diary Dates

Please find some dates that you may like to add to your calendar.

Tues 13 Feb	K-2 Parents/Carers info session Got It @ 1pm in the library P & C Meeting @ 2pm in the library
Fri 16 Feb	General Permission note due back
Tues 20 Feb	2024 Open Classroom & Meet the Teacher 2.15—3.30pm
Thurs 29 Feb	Small Schools Swimming Carnival @ Gosford Olympic Pool for 8 years and over
Tues 5 Wed 6 Thurs 7 Mar	Scholastic Book Fair 8.30am—9.00am each morning EFTPOS ONLY—no min trans amt
Fri 8 Mar	Zone Swimming Carnival @ Woy Woy Leisure Centre
Wed 20 Mar	School Photos

Please join us in the Library
Tuesday 13th February

1.00pm - The Got It!
Program Information
session
K-2 Parents and Carers



2.00pm – P&C
Meeting
all Parents and
Carers welcome

Communication

Sentral, DOJO, FACEBOOK, Webpage, Email

Our school newsletter, Central Echo is sent home each fortnight (even weeks) via email as this saves the school printing costs. Please notify the office if you require a printed copy to be sent home with your child. You can also choose to check our webpage for a copy of the newsletter and notes. Our main and important form of communication between home and school is via the CMPS Sentral Parent app.

Sentral app: This is an app that provides the school and parents the ability to communicate directly about concerns, current events, clarify details, ask questions relating to their child, and is now the online payment platform for our school. During this year we will also be working on sending school notes home via the app. If you have not yet set up the app, not received or misplaced your access code or need assistance with setting up your app, please contact our office staff for assistance.

School email address:

centmangro-p.school@det.nsw.edu.au

School Webpage:

<https://centmangro-p.schools.nsw.gov.au/>

Like our Facebook page:

www.facebook.com/centalmangroveprimary

We keep you up to date regularly on this site about events and initiatives. You do not need to have Facebook to see what is there.



General Permission Note

A note was sent home with each child this week seeking permission for a variety of school opportunities that will be offered throughout the year. It streamlines the process for us at school when permission is provided for the year and saves on following up on every event. I am happy answer any questions regarding this note. Please return the completed permission note to the class teacher **before Friday 16th February**. Spare copies are available from the office if your child has misplaced their note.

First 2024 P&C Meeting,

Tuesday 13th February

All parents and carers are invited to our first P&C meeting of the year. It will be held at 2pm in the school library. Refreshments provided.

The Got It! Program

Information Session, Tuesday 13th February

K – 2 Parents and carers are invited to this session next Tuesday next Tuesday at 1pm in the school library. More information is found in this newsletter. Refreshments provided. Thank you to those people who have returned the survey. They are due back to school by **Friday 16th February**.

2024 Open Classroom & Meet the Teacher

Tuesday 20th February

Parents and carers are invited to visit the classrooms on Tuesday 20th February from 2.15pm. It will be an opportunity for you to see what is happening in the classroom, look at your child's work and chat to both the teacher and other parents. All welcome.



Small Schools Swimming Carnival

8 years and over

The Small Schools Swimming Carnival at Gosford Olympic Pool will be held on Thursday 29th February. All students turning 8 or over this year are invited to attend the carnival this year. Those students who are not competing in the competitive events will have the opportunity to participate in novelty events on the day. The permission note and event entry details will be sent home next week.



School Photos

Our school photos will be held on Wednesday 20th March. Details on ordering will be sent home closer to the date. Our photos will again be taken by Look -Pro Photography.

Voluntary School Contribution

2024 Voluntary School Contributions are now due. Invoices will be sent out next week. The cost is \$75 and covers the student contribution levy, school resources and some educational programs. This money is to support your child's education. If you have three or more children at the school, the youngest child is free. Invoices will be sent out via the Sentral Portal and email. Simply click on the payment button and follow the instructions.

School Uniform

Students are asked to wear their school uniform Monday – Thursday and the sport uniform on Fridays. The school jumper or jacket is part of this uniform. PSSA Sport clothing is able to be worn on Fridays as part of the sport uniform. It is important students wear a school hat when outside. School Hats are available at the office for \$10.

Farewell Mr Pugh

We said farewell to Mr Pugh last week. He has been a significant part of our school as General Assistant and Student Learning Support Officer. He has built many connections with students, staff and community members. The support he provided and positive impact he had on many students learning in his time at Central Mangrove PS is considerable. Many community members and visitors commented on how well the grounds were kept and it is a credit to his work. He will be missed. We wish him well with his new endeavours.



Book Mobile

Below is this terms timetable for CMPS. If your child would like to borrow from the mobile library, they can pick up a membership form from the school office.

MOBILE LIBRARY TIMETABLE

January to April 2024





Goaford City Bookmobile at Goaford Library circa 1870s - Courtesy CCL

Week A

January					February					March					April				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
22	23	24	25	26	5	6	7	8	9	4	5	6	7	8	14	15	16	17	18
					19	20	21	22	23	18	19	20	21	22	24	25	26	27	28
															29	30	31		

* Australia Day Public Holiday
** Easter Monday
SH - Service pause during School Holidays

Tuesday

Central Mangrove	School	Central Mangrove Public School 1708 Wisemans Ferry Road	11am-11.45am
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2024 Scholastic Book Fair

This year our book fair will be open 3 mornings from 8.30am until 9.15am, Mon, Tues, Wed 5th 6th and 7th March. **PLEASE NOTE: Eftpos and pre-order only—no cash.** There is no minimum transaction amount for eftpos purchases.

You're invited to our
SCHOLASTIC Book Fair









Date: 5th, 6th & 7th March Time: 8.30am till 9.15am each morning

Place: School Library

EVERY DOLLAR EQUALS RESOURCES FOR OUR SCHOOL



SCHOLASTIC



*Central Mangrove Public School
Students and Teachers
Invite*

Parents and Carers

to our

*2024 Open Classroom & Meet the Teachers
Afternoon*

*Tuesday 20 February 2024
2:15 - 3:30pm*



The Got It! Program



Ph: (02) 4328 7370

CCLHD-gotit@health.nsw.gov.au

Got It! offers Parents:

- Support in their parenting roles to promote a positive family environment
- New skills and activities to make a difference for their children's mental health
- Extra social and support networks
- Opportunities to continue building positive relationships with their school
- Referral to relevant services for further support and/or intervention

Got It! provides opportunities for Children to:

- Manage their feelings and behaviours both at home and school
- Learn to make and maintain friendships more easily
- Develop problem solving skills
- Become more confident and resilient.

Helping you help your kids with emotions and behaviours

Getting on Track in Time (Got It!) is an early intervention program led by the NSW Ministry of Health in partnership with the NSW Department of Education. The program is aimed to support children in Kindergarten – Year 2, aged 5-8 years old experiencing early social, emotional and behavioural concerns. Reduce the development of further early behavioural, social and emotional concerns and ultimately prevent the development of conduct disorder in children and mental health concerns in later years.

The Central Coast Got It Team will be holding a Parent/Carer Information Seminar at Central Mangrove Public School to give parents/carers an opportunity to meet the Got It team and to learn more about what the Central Coast Got It Team will be doing in Central Mangrove Public School in Term 1 & 2 2024.

Date: Tuesday 13th February 2024

Time: 1:00pm - 2:00pm

Venue: School Library

Refreshments will be provided.

We look forward to meeting you and working with you and your children throughout terms 1 & 2 2024.



Health
Central Coast
Local Health District

♥ Welcome to Kindergarten



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



If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

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

Attendance

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.

Possible reasons for absence or late arrival to school

Acceptable	Unacceptable
<p>Medical reason: Flu, Stomach-ache, Diarrhoea Cold, Headache/Migraine, Strong pain Fever, Broken bone, Vomiting Nose bleed, Asthma, Rash, Injury Medical appointment; Dental appointment; Optometry appointment Physiotherapy appointment; Specialist appointment Infectious illness eg chicken pox.☒☒</p> <p>Family reason: Funeral Unavoidable involvement in a serious family incident</p> <p>Other reason: Misadventure and unforeseen events eg fire, flood</p>	<p>Slept in. Dance concert rehearsals. Sports Representative trials or competitions that aren't linked to school sport or PSSA. Working in the family business. Tired from a late night. Auditions. Unable to find uniform or shoes. Family holiday during schooltime. Just late.</p>

Mountains Before and After School care Inc.



- Educators use the My Time, Our Place framework
- Large Variety of indoor and outdoor activities
- Building up social, emotional and life skills
- Safe learning environment
- Before and After School Care Voucher Approved
-

Before School Care: 7am - 9am

Permanent \$25.00

(Casual \$30.00).

After School Care: 3:10pm - 6pm

Permanent \$30.00

(Casual \$35.00)

**less your eligible child care subsidy.*



Open Monday to Friday during school terms. Not open holidays, teachers strikes and pupil free days.

Onsite: Kulnura Public School,
9 Williams Rd, Kulnura.

Email: mountainbasc@gmail.com

Also find us on facebook.

05 02 2024



Mountain Before and After School Care Inc.

Kulnura Public school
9 Williams Rd, Kulnura NSW 2250
0422 087 341
mountainbasc@gmail.com

ENROLMENT FORM

The information on this form is compulsory-Regulation 160-162

All information contained in this enrolment form is regarded as confidential and shall only be viewed by primary contact staff.
Please read each section carefully before completing and signing and complete a separate form for each child you are enrolling.

SECTION 1: CHILD'S DETAILS

Child's Full Name: _____

Male Female Other Child's CRN: _____

Address of child: _____

CRN: _____

Date of birth: ____/____/____

Country of birth: _____

Child's nationality: _____

Language/s spoken by child: _____

Families' religion: _____

Days you wish your child to attend the service (Please circle)

Before School care: Monday Tuesday Wednesday Thursday Friday OR Casual only

After School care: Monday Tuesday Wednesday Thursday Friday OR Casual only

Child's expected start date at the service: ____/____/____

After checking that it has been completed in full, Coordinator to initial each page here

1

2024

Sunsmart Snippet

6 tips for staying SunSmart this summer:

1. Learn to understand the UV index;
2. Slip on sun protective clothing;
3. Slap on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen
4. Slap on a SunSmart hat
5. Seek shade
6. Slide on wrap-around sunglasses



sunsmartnsw.com.au

 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

HOW TO PACK A HEALTHY LUNCH BOX



A good lunch gives children energy and nutrients to learn, play and grow.

But what does a healthy lunch box look like? Find out in our [short video](#).

healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box

swop it
everyday in the lunchbox

Top nutrition = Top marks

Welcome to SWAP IT! SWAP IT supports you to make informed choices about your child's health and wellbeing.

Good nutrition leads to greater wellbeing for your child and can even have a positive impact on how well they do in class.

One swap from a sometimes food to an everyday food can make a big difference.

Here are some great ideas you can swap today:

- Piece of cake to a scone
- Chips to popcorn
- Juice to plain milk



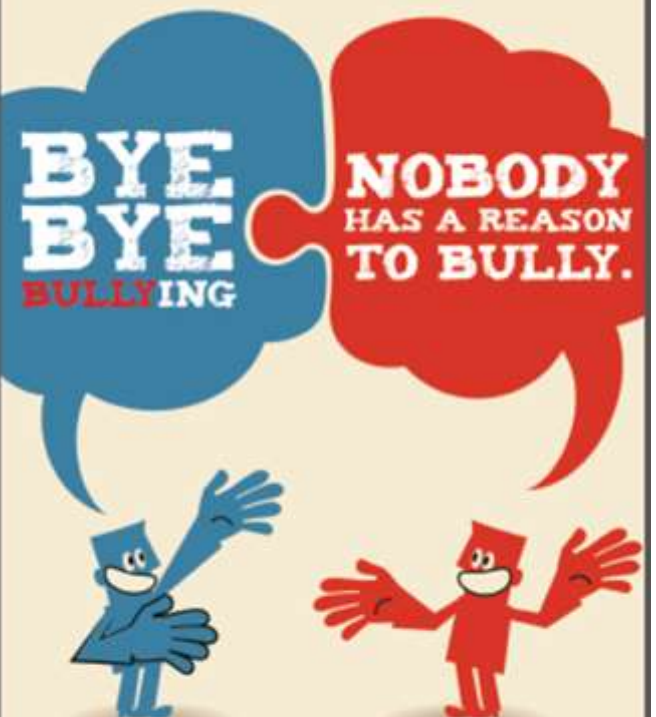
You will receive weekly tips and ideas about healthy swaps you can make!

For more tips on making a swap visit

www.swapit.hnehealth.nsw.gov.au/resources/parent-resources/tips/



Good for kids
good for life 



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



CRICKET NSW

Central Coast Term 1 Programs

20 FEB

FAGAN PARK - 5 WEEKS / \$25

22 FEB

BAKER PARK - 5 WEEKS / \$25

REGISTRATION LINK: [HTTPS://WWW.PLAYHQ.COM/CRICKET-AUSTRALIA/REGISTER/714AAB](https://www.playhq.com/cricket-australia/register/714AAB)

