

Manly West State School

Active Minds, Bright Futures

Newsletter



NEWSLETTER – WEDNESDAY, 11 FEBRUARY 2015

Principal's Message

LEARNING BEHAVIOUR EXPECTATIONS

Each week we will focus on one expectation and teach children what this means:

Week 3 Learning Behaviour rule is: ***Be in the right place at the right time.*** This applies to before, during and at the end of the school day.



GROWING POSITIVE HOME-SCHOOL RELATIONSHIPS

At the Welcome BBQ and the Year Level Parent Information evenings (see below), it was exciting to see those all important relationships begin to grow between teachers and families.



FOOD RULES!

In an era where everything around us is changing rapidly and exciting opportunities are being created every day, one thing that does not seem to be changing for the better is what our children are

eating. There's a great little book called 'Food Rules' by Michael Pollan. It gives a short list of rules to apply when choosing your food to eat. All of the rules are directed at asking you to avoid processed food with too many chemicals in them. These foods have a very serious effect on the ability of children to concentrate and learn at school. In some children, processed food can cause aggressive and highly distracted behaviours. Some of Pollan's key rules for choosing what food should be fed to your child are:

- Don't eat anything your great-grandmother wouldn't recognise as food.
- Avoid food products that contain more than 5 ingredients.
- Avoid food products containing ingredients that a third-grader cannot pronounce.

We would suggest that your child's school lunch box is a great place to start educating them about healthy eating. Fruit, vegies, sandwiches, yoghurt, cheese, etc... are great food items to eat for school lunches. [Kidspot.com.au](http://www.kidspot.com.au) is a good source for lunchbox ideas.

PARENT EDUCATION EVENT

On Wednesday, 4 March at 6pm parents are invited to learn about how to keep their children safe online through the Cybersafety Presentation (<http://www.cybersmart.gov.au/Parents.aspx>).

This excellent program is highly sought after and this year we have been able to gain access to the full program; so our students will attend a session with the Cybersafety team during the day, our staff will have their professional learning session during their staff meeting after school and then the parent session follows on at 6pm. This is a unique opportunity for our whole community to hear the same messages. Please make time to attend.

It would be appreciated if you could RSVP by emailing admin@manlywestss.eq.edu.au.

Kind regards

Lisa Morrison, Principal

Living with a growth mindset: May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy. The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. (anon)

Principals Award

Congratulations to the following students who received a Principal's Award on Parade this week:

1/2A Jackson Ball
1B Marley Culley
1C Bella West
3/4A Laura Owens
3C Mia Ross
4B Emily Harrison
4C Houssam Kanafani
5A Sophie Kemp
5B LaDainian Edwards

PLEASE NOTE: We will be holding our Badge Presentation Ceremony instead of the usual Parade next Monday, 16 February.

From the Office

Drop Off Zone

If you intend using the drop off zone to pick your child/children up in the afternoon, please email admin@manlywestss.eq.edu.au to request a name sign for the dashboard of your car to help the supervising teacher identify you quickly as you move up the line. The sign will be sent home with your child in the coming weeks.

Please remember, there is **NO PARKING** in the drop off zone and the driveway located at the pedestrian lights is for deliveries and emergency access only.

Student Payments

If you need to make a payment for your child to attend an excursion/camp/activity, please send the **CORRECT** money in an envelope **CLEARLY MARKED** with your child's name, class and what the payment is for. Alternatively, if you want to make the payment yourself, you can come to the payment counter between 8.15 and 9.15am each morning. We accept payment by

cash/cheque/credit card (special form to fill in). Receipts are sent home via the student.

Please ensure you take note of due dates for payments as **late payments cannot be accepted**. If you find you are experiencing difficulty in making payments, please see the BSM to arrange a payment plan **WELL BEFORE the due date**.

From Around the School

Dental Clinic

Due to a breakdown of the x-ray machine, the Manly West Dental Clinic will be closed until further notice. For examinations and emergencies, please phone 1300 300 850. For general enquiries or to change an existing appointment, please phone the Birkdale Dental Clinic on 3822 3473.

School Banking

Remember to bring your banking to school on Thursdays to receive a silver token. Collect 10 tokens and redeem for a reward item (listed below).

Disneyland Competition

How to Enter:

Make 25 or more School Banking deposits during 2015 and automatically go into the draw to win a trip to California's Disneyland for up to two adults and two children (aged up to 13 years).

The Grand Prize:

Return economy airfares to Los Angeles, 5 nights accommodation at Disney's Paradise Pier Hotel, return airport to hotel transfers, three day Theme Park Hopper ticket, Disney Family Breakfast Dining Experience, A\$2000 spending money.

The draw will take place on 12/01/2016. The winner will be notified in writing and by phone within two business days of the draw.

Reward items available

2013 items: Wallet, Headphones, Knuckles game, Pat, Pru, Spen or Cred Moneybox.

2014 items: Beachball, Slap band Ruler, Scented Pencils, Shark Keyring, Moneybox, Swim bag, Projector Cup and Sea Streamers.

2015 items: ET DVD, Handball

Last year, we received \$936.66 in commissions. All money goes to the P&C for resources for our school. Thank you students/families for supporting the school banking program.

Uniform Shop

Effective from 1 March, the Uniform Shop will operate during the following times :-

8am to 9am, Tuesday and Thursday

2pm to 3pm, Wednesday

Community News

Wynnum Bugs Rugby Union Club at Granada Street, Wynnum are holding their 2015 Sign On days from 5.30 to 10.00pm on 13 February and 10.00am to 3.00pm on 21 February. For further information, visit www.wynnumrugby.com.au or phone Kris on 0414 731 555 or Shane on 0405 150 670.

Wynnum Manly Cricket Club are hosting a **Ladies Luncheon** in support of the McGrath Foundation on Saturday, 14 February from 11.30am at the Panorama Room, Moreton Bay Sports Club. Pink it up with a group of friends for an afternoon of prizes, fashion, fun and laughter for all ages. To purchase your tickets for this event, visit www.trybooking.com but be quick as they're sure to sell out quickly.

Wynnum Manly Junior Cricket Club are running a **T20 Blast Program** for boys and girls aged 8-12 and starts on 6 February till 27 March from 5.30 to 7.00pm. The first week is a COME AND TRY FOR FREE! For further information, email Trish McPherson at wmdccjunior@gmail.com and to register, visit playcricket.com.au, enter your postcode to find your program.

Wynnum Presbyterian Church, Children and Youth Ministries invite you to come along to Kidz Church (3-12 years) at 9.30am on Sunday mornings and Youth Meet (Grade 6-12) at 6.30pm on Friday nights. For further information on Kidz Church, phone Michelle on 0432 158 437, or for Youth Meet, phone Barbara on 0401 338 604.

She Rides is a ladies only program developed by Cycling Australia, focused on improving confidence, fitness, skills development as well as having fun and making new friends. Vickie Burr is the coach for the program and will run two programs aimed at different skill and fitness levels. One is held at Cleveland, starting Sunday, 15 March. The other is held at Birkdale, starting Monday, 16 March. Each program costs \$169 and is held weekly for a total of 8 sessions. Each group will have a maximum of 9 people. For further information, or to register by 1 March, visit www.sherides.com.au or phone Vickie Burr on 0406 828 619.

Caprice Dancing School was established in 1963 and is a family friendly school, recognizing the importance of a healthy balance between family life, school commitments and extra-curricular activities. **Enrolments Open** for Ballet, Jazz, Tap, Contemporary & Creative Dance from 2½ years. Studio in Wynnum and classes also held at Manly. Email capricedancing@internode.on.net, phone **Donna Russell on 0411 355 755** or visit the new website www.capricedancing.com.au for further information.

Calendar

Monday, 16 February

Badge Ceremony, 2.30pm