

# Manly West State School

Active Minds, Bright Futures

## Newsletter



**NEWSLETTER – THURSDAY, 6 AUGUST 2015**

### Principal's Message

**Welcome to Week 4 – Counting down to our WOW Festival on August 15<sup>th</sup>**

### Interschool Sports – Gala Day program

A key aspect of the Gala Day program is instead of travelling to another venue by bus every week, all students participate in weekly coaching sessions on Friday afternoon culminating in an interschool gala day. Last week through the Sporting Schools grant program, Aussie Hoops coaches taught our basketball stars some new moves on the court.



### ENROLLING FOR 2016?

To all families enrolling for any year level in 2016, you are encouraged to complete an enrolment form (in catchment) or an out-of-catchment expression of interest form as soon as possible. An enrolment form can be found on our school website or collected from the school office. For all new families enrolling in 2016, we would like to invite you to a school tour and information session on:

- Thursday, 20 August at 5:00-6:00pm
- Friday, 21 August at 9:30-10:30am

Please RSVP to [admin@manlywestss.eq.edu.au](mailto:admin@manlywestss.eq.edu.au) if you are attending one of these sessions.

## **HELPING OUR CHILDREN BE RESILIENT IS NOT EASY!**

All each of us want is the best for our children. Sometimes, in our endeavour to protect them, we take control of a situation and make decisions that reduce the child's opportunity to learn to be resilient. Parenting educator, Michael Grose, talks of the 7 resilience robbers (Adapted from Resiliency Robbers, M. Grose).

**Robber 1 – fight all their battles for them.** A last resort not the first option. We want children to have strategies that will help them manage difficult situations. Grose says give kids the skills and opportunity to develop their own resourcefulness. Remember there are always 2 sides to a story. Be the consultant not the problem-solver.

**Robber 2 – make their problem your problem.** Sometimes adults can take too much responsibility for issues that are really up to the child to work out or decide. Grose says know when to make their problem their problem.

**Robber 3 – give kids too much voice.** It is easy to go overboard and allow children too much of a say in what happens to them. Remember you are the adult. Grose says know when to make decisions for kids and expect them to adjust and cope.

**Robber 4 – put unrealistic or relentless pressure on kids to perform.** Expectations about success and achievement are important and they must be realistic. Grose says keep expectations in line with a child's ability. Excessive pressure can create mental health issues.

**Robber 5 – let kids give in too easily.** Grose says encourage kids to complete what they have started and put in the best effort even if the results aren't perfect, nor the task significant.

**Robber 6 – neglect to develop independence.** By teaching kids the skills to look after themselves you are setting them up for life. Start early. Kids who have a sense of independence (but family readily available) feel good about themselves and their abilities. Grose says as a parent, if you weren't around, what skills would you like your child to have; eg. dressing themselves, making something simple to eat, washing up, unpacking their school bag, making their school lunch, cleaning, using appliances.

**Robber 7 – rescue kids from challenging or stretching situations.** When things are outside the comfort zone we tend to want to avoid them; eg. doing a presentation in front of others or a school camp. When you show confidence in a child and skill them up to face challenges, you will not only help them to cope but their abilities may even surprise them. We all know overcoming challenges enables kids to grow and improve.

In life there are many hardships that occur at any age. By skilling up a child to deal with them effectively you will create independent children that are mentally strong and resilient, and so able to enjoy life no matter what is put in their path. Isn't that what we want for all our children? **Attached is the 'High Five' – a life skill tool that we use at Manly West State School.**

### **Beginners' Band Camp: 5 to 7 August**

All the very best to our excited Year 4 and 5 instrumental students who are off on their first band camp this week. You are invited to join them for a band camp performance at 9am on Sunday 9 August at the Manly Foreshore.

Kind regards

Lisa Morrison, Principal

### **Positive Pathways to Learning**

This week our learning behaviour focus is :-

**RESPONSIBILITY: Make the right choices**

## Principal's Awards

The following awards were presented on Parade this week :-

Prep A	Jack Gunn
Prep B	Erica Lawson
Prep C	Jonah Dropmann
1/2A	Madison Gunn
1B	Lachlan Tapp, Abbey Castle
1C	Oceane Desmarais
2C	Aminta Royce
3C	Tyler Gowers
4B	Mitchell Ruttley
4C	Oleander Hamilton
5A	Zach Mullins

## From the Office

### **Payments Due**

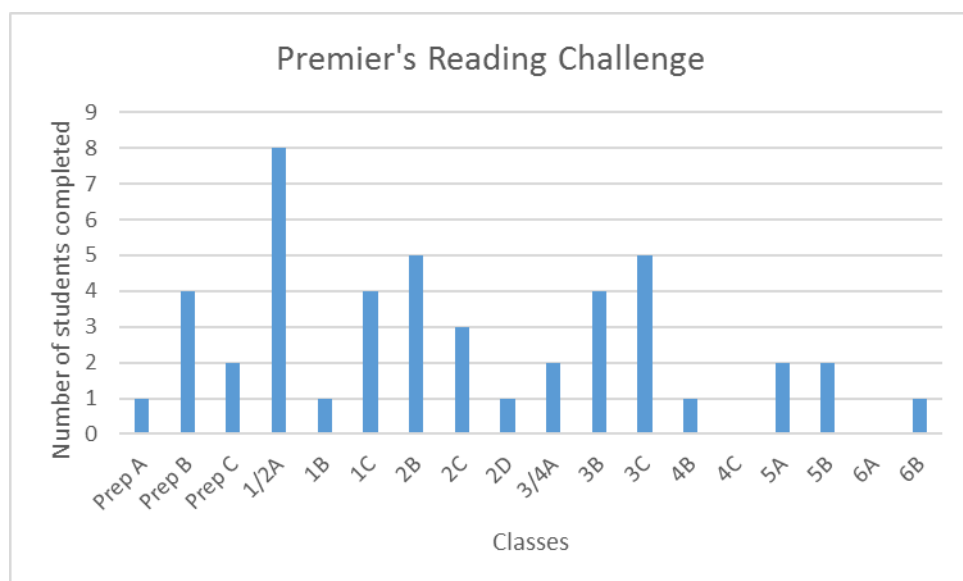
Year 3 Kindilan Camp deposit	Due 7 August
Year 2 (incl. 1/2A) Small Town, Big History	Due 20 August
Year 3 Kindilan Camp final payment	Due 20 August
Prep to Year 6 Life Education	Due 28 August

When paying for excursions, activities, etc. by credit card, please remember to include the expiry date on the payment slip.

## From the Deputy

### **Premier's Reading Challenge**

It's wonderful to see students bringing their completed reading records into the Library for this year's Premier's Reading Challenge. Below is a graph showing how many students have completed the challenge so far. 1/2A are currently leading the way with the most students who have completed the challenge. Students have until Friday, 28 August to complete the challenge and return their record sheet. Students in Prep – Year4 need to read 20 books and students in Year 5-6 need to read 15 books.



## **From Around the School**

### **Library News**

There are a number of students who have one or more **overdue Library books**. There are also a number of reading scheme home readers that have not been returned. Could you please help your child have a look at home to locate some of these missing books. There is a fee of \$20 per book if they are not returned. Your assistance would be greatly appreciated.

**Book Week** is fast approaching (August 22 to 28). This year the theme is 'Books Light Up our World'. The short listed book finalists have been announced and will be on display in the Library soon. In conjunction with Book Week at Manly West we will be having a dress up day on Wednesday, 26 August. The theme for dress up will be anything 'space'! So aliens, astronauts, star wars, space masks etc. Students will be able to parade in their costumes at the big lunch break.

Students who wish to participate in the dress up day are asked to make a gold coin donation to our chosen group 'Act for Kids' which is a part of the Abused Children's Trust and who do wonderful work supporting young children.

The author of Mavis the Amazing Tugboat (Dianne Lonergan - the story of the tugboat who saved the gateway bridge from terrible damage) will also be visiting Manly West on Wednesday, 26 August to give a presentation to students in Prep to Year 2. Parents who wish to purchase a signed copy of this book (\$10) can do so at the presentation (during middle session). All proceeds from the book are donated to the "Mater Little Miracles".

We will also have the 'Poem in your Pocket' again this year so students start looking for a short poem (with a space theme) to keep in your pocket to read to your friends, classmates, teachers or other adults at school during that week.

Students are invited to come to the Library during lunch time from now until Book Week to colour a star which will go on display as part of our Book Week theme.

We are also endeavouring to have a session of 'Blokes with Books' - a number of invited male guests who will read to the students from the display of short listed books and students can read their poems to our guests.

The Library Team

### **Woolworths Earn & Learn**

Starting this week, for every \$10 you spend at Woolworths you will receive a sticker which can be placed on the Earn & Learn sticker sheet. Once full, place the sticker sheet in the collection box located in the School Office. Ask family and friends to collect their stickers for our school to raise as much as possible to help boost our school's resources. This program only runs till 8 September, so start collecting!

### **Uniform Shop News**

#### *New arrivals for Winter*

Stockings are now available in sizes 4-6, 7-10, 11-14yrs for only \$10 each.

There is limited stock of tracksuit pants available in sizes 3, 4, 6 & 8.

#### *Lost Property*

The pile is rapidly growing out of control. Named items have been sorted and are being returned via the classroom but there are a lot of unnamed items. Please check the lost property box located between the Uniform Shop and Tuckshop for missing belongings. HELP US, HELP YOU BY NAMING **ALL** YOUR CHILD'S CLOTHING!

## **Tuckshop News**

Please come along to our Tuckshop Meeting this Friday, 7 August at 2.30pm.

## **Student Banking**

### **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. (Children must be an Australian resident aged between 5 and 13 years of age during the Promotion Period). The Promotion period closes on 18/12/2015.

**The Grand Prize:** Return economy airfares to Los Angeles, Five nights accommodation, Airport to hotel transfers, three day Theme Park Hopper ticket, Disney Family Breakfast Dining Experience, AUD\$2,000 spending money. The draw will take place on 12/01/2016. The winner will be notified in writing and by phone.

### **New Term 3 Competition!!!!**

This competition is open for students between the ages of 4-13.

**How to enter:** Make 3 or more deposits at school during Term 3 and you will automatically be entered into the competition for a chance to win one of hundreds of prizes. You can also complete a Money Mission online to double your chance of winning a prize. You can start your Money Mission at any time but you'll need to make sure you've made 3 deposits at school by the end of Term 3. Visit [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal)

**Prizes:** Ipad minis, Dr.Dre Headphones and Booktopia gift certificates.

### **Silver Certificates**

These students have made 20 deposits:

Lana and Regan Holt, Aimee Easton, Tameka Hancox, Alex Harrison, Malaya Robbins, Emily Richardson, Lara and John Callaghan and Noah Bradbury.

### **Bronze Certificates**

These students have made 10 deposits:

Ethan, Courtney and Katelyn Smith, Ruby and Kai Michelmore, Sienna Turner, Jetlan Hadfield, Willow Turner.

### **Reward items available**

Wallet, Headphones, Knuckles game, Moneybox, Projector Cup, Scented Pencils, Shark Keyring, Swim bag, ET DVD, Handball, Throwing Rocket, Invisible ink pens, Torch, Glow in the dark Solar system.

Remember to bring your banking to school on **Thursdays** to receive a silver token. Collect 10 tokens and redeem for a reward prize.

Thank you for supporting the school banking program.

## **High School Enrolments**

**Wynnum High** are holding several Open Days for 2016 enrolments, the next one being on Thursday, 10 September at 4.30pm. For further information or to make an enrolment appointment, please phone 3906 7333.

**Brisbane Bayside State College** are holding their next 2016 enrolment session from 1.30 to 5.00pm on Thursday, 17 September. Please contact the school on 3893 5322 or email [lkohl8@eq.edu.au](mailto:lkohl8@eq.edu.au).

## **P&C News**

### **WOW Festival: Saturday, 15 August**

There is only 1 week to go until the WOW Festival. Keep reading for all the latest news ....

### **Special Request**

Do you have any bunting or flags from around the world that we can use to display on the day of the WOW Festival? If so, please contact the school office.

### **Donations**

**Monday, 10 August** is the final day for any class donations for the WOW Festival. We still need:

- ✓ Chocolate bars for the Lob-A-Choc
- ✓ Soft drink cans for our Land-A-Can
- ✓ DVDs for our Books & DVDs stall
- ✓ New sports equipment for the Cent Auction
- ✓ BBQ tongs, oil & sauce for our BBQ
- ✓ Paper/plastic plates & plastic cutlery for our international food stalls and Cake stall.
- ✓ Cake stall donations - Looking for Bakers - If you're able to bake for our Cake Stall, please let the Office know. Cake plates will be coming home soon.
- ✓ Bottles for our Lucky Bottles stall - Please bring in new filled bottles (e.g. soft drink, shampoo, bubble bath) or bottles filled with lollies, small gifts or toys.
- ✓ Plastic bags and twist ties for the Cake stall.
- ✓ Temporary tattoos, coloured hair spray, pipe cleaners & ribbons for the Kids Fun Zone.
- ✓ Archive boxes for the Books & DVDs stall.

Thank you for all of your wonderful donations so far. Don't forget, the class who brings in the most donations wins a FREE pizza lunch for their WHOLE class!

### **Calling all Esky Owners**

We need eskys for the WOW Festival. Can we borrow yours? We need all sizes - big and small. Please bring your eskies to the Tuckshop by Thursday, 13 August but don't forget to clearly label them with your name, so we can return them to you after the event.

### **Ride Bands: Prepurchase by Friday, 7 August**

Buy your ride bands at OSHC before the day of the WOW Festival and you will SAVE money. Pre-pay cost is \$25, compared to \$30 on the day. Saving you **\$5** per ride band. In addition, we have special family discounts:

- Buy 3 ride bands - pay \$70 (you save an additional **\$5**)
- Buy 4 ride bands - Pay \$90 (you save an additional **\$10**)

For this you get to go on **ALL** of the rides as many times as you like. We have rides for all ages - Scrambler, Giant Slide, Bouncy Castle, Laser Tag and the Technology Truck.

We have 3 ride band competitions. All winners will be announced on parade on Monday, 10 August.

### **Raffle Tickets**

Please return completed raffle ticket stubs, ticket money and any unsold tickets to the School Office by **no later than Friday, 7 August 2015**. It is a requirement that all unsold tickets are returned and accounted for.



### **Facebook Competition**

Share and Like Our Facebook page (***ManlyWestStateSchoolPandC***) to go in the draw to win 1 WOW Festival ride band worth \$25. To be in the draw you must like our Facebook page AND share. Competition closes when we reach 250 page likes or on the draw date, whichever is soonest.

### **Website Competition**

Check out our WOW Festival website ([www.mwssfete.com.au](http://www.mwssfete.com.au)) to find out how to win 1 WOW Festival ride band worth \$25. To be in the draw you must pre-order your ride band tickets at OSHC before Friday 7th August.

### **NewsXpress Wynnum Competition**

Pre-order your ride band tickets at OSHC before Friday, 7 August and you will go in to the draw to win \$50 towards the cost of your 2016 book list stationery. We have 8 of these fabulous prizes to give away - one for each year group and one for new Preppies next year! Current Year 6 students can use their voucher to buy stationery for High School. Thank you to NewsXpress Wynnum for these wonderful prizes.

### **EXPOs**

We have some fantastic Expos planned for our WOW Festival ... check these out :

- ✓ **Japanese Tea Garden:** Come and take a look through our window to Japan where you will find an exhibition of Japanese language and culture as well as some student examples and interactive cultural activities.
- ✓ **Science Expo:** Have a look at the Science Week projects and year level displays, as well as some fun experiments to explore.
- ✓ **Child and Family Expo:** Come and find out if your child is on track in our Birth to School & Beyond expo where you can talk to professionals about reading & writing, speech & communication, social competence and more.

### **Looking for all Manly West Bakers!!!**

Cake stall plate kits are going out to all school families this week. We are looking for your delicious contributions of cakes, cupcakes, slices, biscuits, muffins, homemade sweets like Rocky Road, Fudge brownies and lolly bags. Please fill in the form and send it back to the school office ASAP with your intended contribution to help us with planning on the day.

Drop off your home baking at 1C classroom at the following times, using the label in your kit to list all the ingredients used.

- ✓ Friday, 14 August 7.30am – 8.30am OR 3.00pm – 5.00pm
- ✓ Saturday, 15 August 8.30am – 9.30am

Thank you bakers. We want to have the biggest cake stall ever so let's get baking!

**We are looking for donations of CLEAN BABY FOOD JARS. Please drop them in to the Office ASAP.**

### **Footsteps Dance Timetable**

Please see below for the time your child/children will be doing their Footsteps Dance performance :-

11:00am	Prep	<b><i>The meeting point for all students is behind the Library 15 minutes before your performance</i></b>
11:15am	Year 1 & 2	
11:30am	Year 3 & 4	
11:45am	Year 5 & 6	

### **We Need Your Help!**

Remember that **ALL** profits from the WOW Festival will go towards the P&C's goal to upgrade our Middle Oval. We need approximately \$95,000 to lay artificial turf and install a multi-purpose court. The P&C are well on their way to reaching this target but we need to raise at least \$15,000 at the WOW Festival to ensure we can start building work in this Dec/Jan school holidays.

This is our main fundraiser for the year. To be a success we need the help of **EVERY** school family. Sell all your raffle tickets, man your class stall, help out behind the scenes, man the Information Stall, help serve international food at the Tuckshop counter, help set up the night before or on the morning of the festival. If you don't know how to help out please contact your class teacher, class co-ordinator or our WOW Festival co-ordinator Rosie O'Toole (via email at [pandcsecretary@manlywestss.eq.edu.au](mailto:pandcsecretary@manlywestss.eq.edu.au)).

It's only 1 week until the big day. What are **YOU** going to do to make this the best day ever for our school??????

### **Community News**

**Grasshopper Soccer** is running a fun soccer program for girls and boys aged 2 to 12 on the Manly West SS Back Oval every Monday afternoon, from 3.30pm, starting next Monday, 27 July. For further information, or to book a place, phone Will on 0400 129 656 or email [will@grasshoppersoccer.com.au](mailto:will@grasshoppersoccer.com.au).

**RQYS Sail & Play** is running a program over the September school holidays for children aged 6 to 11 years. Cost per child is \$70 per day or \$335 per week and receive 10% off every second child.

**Tackers** is a sailing course for children aged 7 to 12 years, held every Sunday (26 July to 6 September) or in the second week of the September school holidays. Cost is \$395 per child per course.

For further information on either of these programs, contact RQYS on 3396 8666 or email [sailingacademy@rqys.com.au](mailto:sailingacademy@rqys.com.au)

Did you know the School Dental Service provides **FREE dental treatment** to **all** school students up to Year 10 as well as to those 0-4-year olds, and Year 11 &12 students who hold a Health Care Card or receive the Child Dental Benefits Scheme. Call **1300 300 850** to book an appointment at a clinic near you.

**Wynnum Manly Little Athletics** are holding their Summer Season Sign-On at The Shed at Moreton Bay Girls College on Saturday, 15 and 22 August between 2 and 4pm. Birth certificates are required for new athletes. The season commences on Saturday, 29 August at Moreton Bay Girls College. For further information check out our website at [www.wmlac.org.au](http://www.wmlac.org.au) or email us at [wmlac1@gmail.com](mailto:wmlac1@gmail.com). Come along and join us for some Family, Fun and Fitness!

The Manly SS Chaplaincy Service invites parents to a seminar, "Parenting in an Age of Anxiety" on Monday, 10 August from 7 to 8.30pm in the senior block at Manly SS. Presenting the seminar is Dr Carolyn Russell, experienced GP, Counsellor and Founder of Foundations Counselling ([www.foundationscounselling.com.au](http://www.foundationscounselling.com.au)) Cost is \$5.50 and you can register on line at [trybooking.com/ikcn](http://trybooking.com/ikcn). For further information, contact Chappy Daymon on 3112 6444.



## **Calendar**

### ***Every Monday, 1.30pm***

WOW Festival Meetings, Admin Block

### ***Every Monday***

Prep to Year 6, Footsteps Program

### ***Wednesday, 5 to Friday, 7 August***

Beginners Music Camp

### ***Thursday, 6 and Friday, 7 August***

District Athletics Carnival

### ***Tuesday, 11 August***

ICAS Maths

### ***Wednesday, 12 August***

EKKA Public Holiday

### ***Thursday, 13 August***

Year 3 Sports Expo

### ***Saturday, 15 August***

WOW Festival

## 2. Talk Friendly

- Use a calm voice.
- Maintain eye contact.
- Confident body language.
- Maintain relatively close body proximity.
- Use "I" statements – I feel . . . . when you . . . . because. . . .

## 3. Walk Away

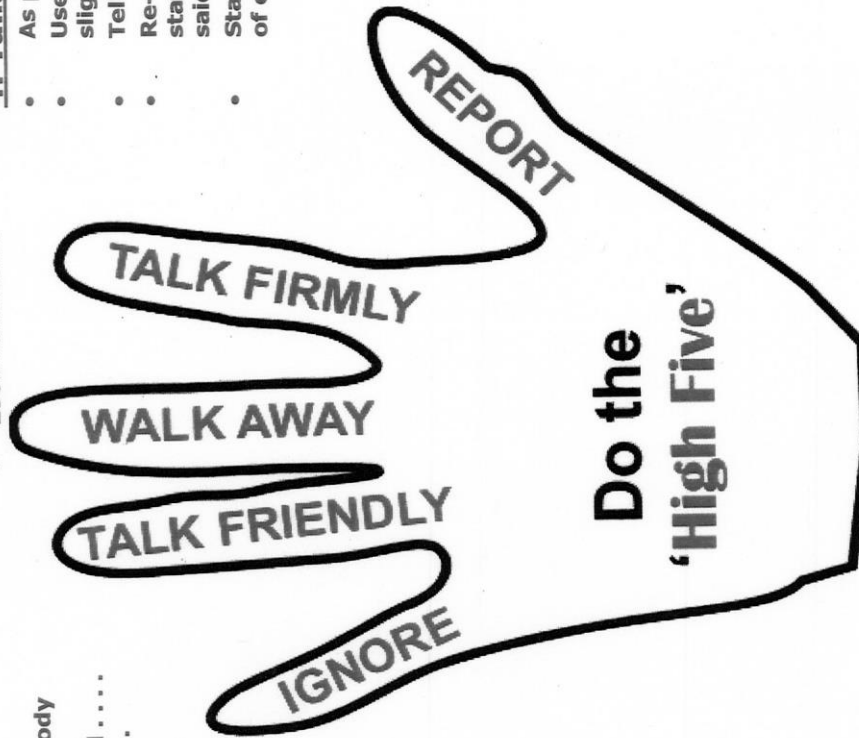
- Stand tall, head up high.
- Mouth closed.
- Look confident.

## 4. Talk Firmly

- As per Talk Friendly.
- Use an assertive voice, slightly raised.
- Tell them to stop it.
- Re-state your "I" statement. eg. I said . . . .
- State the consequences of continued bullying.

## 5. Report

- Walk away and tell a staff member.
- Go to a safety zone.
- Bystanders - support and report.
- Report, report, report until somebody listens.



## 1. Ignore

- Pretend you didn't hear it.
- Do not make eye contact.
- Maintain positive body posture (calm, confident).
- Think positive self-esteem statements.
- Count to five in your head slowly.