

# Manly West State School

## Active Minds, Bright Futures

### Newsletter



**NEWSLETTER – THURSDAY, 3 MARCH 2016**

#### Principal's Message

Camp Goodenough is awaiting our wonderful students. Our Year 5 and 6 students have an action-packed three days – including the staff and I look forward to hearing the stories when they return. You can help us get camp off to a great start by ensuring our student/s have all the necessary items including:

- Sandshoes/joggers to help you step out of your comfort zone
- A broad brimmed hat to keep you cool when the going gets hot
- A water bottle to keep you hydrated and up for the challenges
- And just like at school – bring your positive growth mindset



Back here at school, for next week only, our PE lessons will involve preparing for the school cross country so there will be NO SWIMMING. Students will have an opportunity to go over the course with Mr Bourke.

*Challenge yourself a little bit everyday.*

Students not attending camp are legally required to be at school. Mrs van Balen will continue the learning with these students and the students from Year 4/5A.

#### Changes to the Tuckshop:

Three changes have been made to the classification of food and drinks under the Department of Education and Training's Smart Choices, *Healthy Food and Drink Supply Strategy for Queensland Schools*. These changes are a part of the Department's ongoing commitment to improving student health and learning through better nutrition and are consistent with the current [Australian Dietary Guidelines](#) and the [National Healthy School Canteen Guidelines](#). Under the changes, schools will only be able to sell plain water, milk (plain and flavoured) and at least 99% non-carbonated fruit or vegetable juice. All other drinks will be classified as RED, which means their sale or supply is limited to no more than two occasions per term. Schools have been unable to offer soft drinks in schools since 2007. The changes mean that other sugar-sweetened drinks which may have been under 300kj will also now be classified as RED. All potato chips and similar snacks will also be classified as RED, as will all products with added confectionery, icing and sweet fillings. The changes are required to be implemented in state schools from the beginning of Term 3 2016. During Terms 1 and 2, schools can run down stocks of items which can no longer be sold or supplied. The changes have the support of the Department of Health's Chief Health Officer, principals' associations, P&Cs Qld, the Queensland Association of School Tuckshops and NAQ Nutrition. For further information, read the information sheet on the [P&Cs Qld website](#) or visit the [Smart Choices website](#).

### Prep News:

Prep is always an exciting learning space including the hatching weeks. Both Ms von Richter and I have been to the prep classrooms to see the new arrivals. We were well informed by each of the prep classes about 'Queenie Bantam' and the technical language of chicken hatching. Perhaps you saw the Tweet?



For the “real thing” visit our Twitter page by clicking on the link on the school website.

### Uniforms:

We are a uniform school and we thank you for ensuring our students are in their school uniform including the black shoes. On a *Monday*, when our assemblies are held to recognise the great achievements of our students, we ask students to be *wearing their formal uniform*. There are no PE lessons scheduled on a Monday. The house or sports shirt is definitely for the PE and sports days. Thank you for your support in maintaining the high expectations of presentation at Manly West SS.

Kind regards

Annie Campbell  
Acting Principal

*“Tell me and I forget, teach me and I may remember, involve me and I learn.” — Benjamin Franklin*

### Positive Pathways to Learning

This week our learning behaviour focus was :-

***RESPONSIBILITY: Walk on the left when moving throughout the school***

### From the Office

If you are going to take advantage of the school drop off zone in the afternoon, could you please email your name to [admin@manlywestss.eq.edu.au](mailto:admin@manlywestss.eq.edu.au) so we can make up a name tag for your car visor to assist the teacher on duty.

Parents are reminded that dogs are not allowed on the school grounds.

### Payments Due:

5B, 5C St Helena Excursion	\$20.00	Due by 22/3
Prep and Year 1 Out of the Box	\$20.00	Due by 20/4

## **From Around the School**

### **PE News**

#### *Cross Country*

Our School's Annual Cross Country Carnival is just around the corner – from 9.00 to 11.00am on Wednesday, 16 March. You should receive a letter providing further information by the end of the week. If you are able to assist at the carnival, please email [admin@manlywestss.eq.edu.au](mailto:admin@manlywestss.eq.edu.au).

So that all the children are familiar with the course, they will practice during next week's PE lessons. This means that for **next week only, there will be no swimming.** Normal PE swimming lessons will resume the following week, for the remainder of term.

#### *Schools with Pools Carnival*

This carnival is usually held during Term 1. At a recent sport meeting of our cluster, it was decided to hold this carnival in Term 4.

### **Music News**

#### Choir (Years 4 - 6)

Choir rehearses each Thursday morning from 7:45am - 8:30am. Students may try out choir until the end of Term 1, when membership closes for the year. From the beginning of Term 2, on-time commitment is required for the semester. See Ms C for a 2016 membership form.

#### BVG (Years 4 - 6 boys)

Boys Vocal Group rehearses each Friday morning from 7:45am - 8:30am. Students may try out BVG until the end of Term 1. From the beginning of Term 2, on-time commitment is required for the semester. See Ms C for a 2016 membership form.

### **Tuckshop News**

**WE NEED YOUR HELP!!!** As you would be aware, the local council elections are just around the corner and our school hall will be used for polling booths. This is a great opportunity to do a little bit of fundraising with a sausage sizzle and cake stall. Volunteers are needed between 7am and noon for either the sausage sizzle, manning the cake stall and/or baking some yummy goodies to sell at the cake stall. Please email Bev on [bspee17@eq.edu.au](mailto:bspee17@eq.edu.au) if you are able to assist. The election date is Saturday, 19 March. All funds raised will go towards purchasing a thermomix for the Tuckshop.

### **P&C News**

#### Annual General Meeting

You are invited to attend the P&C Annual General Meeting on Thursday, 10 March 2016 starting at 6.30pm in the school Admin block. This will be followed straight after by our March general meeting. Come and find out what's planned this year for our school community and how you can get involved.

Nominations for all Manly West State School P&C positions are now open. The roles are:

President

Vice President

Treasurer

Assistant Treasurer

Secretary

Assistant Secretary

Grants Convenor

Fete Convenor

If you are interested in filling one of these roles, please email your preferred position to me at [pandcsecretary@manlywestss.eq.edu.au](mailto:pandcsecretary@manlywestss.eq.edu.au) including your telephone number as well as your child's name and class.

After 4 years on the P&C, Rosie O'Toole is stepping down from the P&C at the AGM to concentrate on preparations for the Year 6 End of Year Social, so the roles of Secretary and Fete Convenor are wide open for willing volunteers. If you would like to find out more about what these or any of the other P&C roles mean, then feel free to email or leave Rosie a message via the school office and she will call you back. Additionally, if you know of someone in our school community who would like to take on any of the P&C positions then please ask them to send their nomination in ASAP.

### P&C Facebook Page

If you haven't already done so, be sure to like our Facebook page at Manly West State School P&C. If you have any suggestions as to what should appear on our Facebook page in the future, then please get in touch.

Thank you for supporting our P&C. Here's looking forward to a fabulous 2016 at Manly West State School.

### **Manta Rays Swim Club**

Swim Club meets every Monday night during Term 1 and 4, arriving at 6.00pm for a 6.30pm start. Everyone from age 4 to 99 is welcome. 25 and 50m events are run in freestyle, backstroke, breaststroke and butterfly and 100 and 200m events are held in freestyle and medley. You don't have to be a good swimmer, you just need to love swimming. Come along and have a try. It's lots of fun and you'll make some good friends along the way. For further information, email [mwmantarays@gmail.com](mailto:mwmantarays@gmail.com)

### **Community News**

**Manly West Dental Clinic** provides **FREE dental treatment** to *all* school students up to Year 10 as well as to those 0-4year 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.

Bayside Sea Scouts Cubs have spaces for girls and boys aged 7 to 10 years to take part in a fun, outdoors, activities based program promoting personal development. The group meets weekly from 5.30 to 7.00pm on Wednesdays at the Landship (next to Darling Point Special School). For further information, please contact Janet Mullins on 0422 935 507 or at [seahorse.baysideseascouts@outlook.com](mailto:seahorse.baysideseascouts@outlook.com).

### **Calendar**

#### **Friday, 4 March**

School Clean Up Day

#### **Friday, 11 March**

2/3A & 3D Birds and the Environment Excursion

#### **Monday, 7 to Wednesday, 9 March**

Year 5 & 6 Camp Goodenough

#### **Wednesday, 16 March**

Prep to Year 6 Cross Country Carnival

#### **Thursday, 10 March**

3B & 3C Birds and the Environment Excursion  
P&C AGM and general meeting, 6.30pm - Admin Block