

# Manly West State School

## Active Minds, Bright Futures

### Newsletter



**NEWSLETTER – THURSDAY, 10 MARCH 2016**

#### **Principal's Message**

According to students and staff, the Year 5 and 6 Camp Goodenough was certainly better than 'good enough'. There were many tired people on Wednesday afternoon and I thank our staff: Ms von Richter, Mr Flack, Mr Brown, Ms Goodwin, Mrs Blake and Ms Wonfor and our parent volunteers: Mr Stent, Mr Lockhart, Mr Hay, Mrs Furness and Mrs Tonks for helping make this a very positive experience. I understand the Year 6 students demonstrated their leadership skills by assisting the Year 5s when necessary and at the same time gave the Year 5 students space to face challenges.

Our Year 3 students enjoyed their excursion to our Wynnum foreshores investigating the bird life and then the Port of Brisbane. The name "Wynnum" comes from the Quandamooka language with "winnam" the word for the pandanus palm. (source -Wynnum Herald)

#### **P&C AGM and General Meeting**

Thursday night elections for the P&C Executive were conducted. Congratulations to newly elected people and welcome back to returning officers.

President: Mrs Robyn Rapson  
Vice President: Mr James Tapp  
Secretary: Mrs Andrea Asquith  
Treasurer: Mrs Tanya Holt  
Assistant Treasurer: Mr Drew Paternoster

On behalf of the school community I would like to acknowledge the dedication and passion from Mrs Rosie O'Toole over the past 4 years of her service to the school as P&C Secretary.

#### **Next Week**

Please be aware that next Tuesday, 15 March there may be a bit of congestion along Manly Road as Manly State School are holding their swimming carnival at our pool.

Don't be alarmed if the ground is shaking next Wednesday morning as our students are running in our Cross Country Carnival. Well done to the students who have been training early each morning with school staff.

Teachers and students will highlight the National Day of Action against Bullying and Violence. On Friday, our school community can choose to wear an orange accessory, eg. Socks, hair ties, scarf to show support.



## Parking Issues

We understand that being situated on a main road means there can be numerous traffic and parking issues, particularly during the peak times of dropping your children off in the morning and picking them up in the afternoon. It has been brought to our attention that a number of our parents are parking in the carparks of our neighbouring businesses. Signage is being organised for our school drop off zone to assist people accessing this facility to keep the flow of traffic steady.

## Uniforms

Thank you for the feedback from families and the P&C – the school uniform for Monday assembly is the 'day uniform' – green and white check or the green polo shirt. We will amend this in the uniform brochure.

**Congratulations** to past students Lydia, Rebecca and Hannah for their selection as student leaders at Wynnum State High School and to Amy for her academic scholarship.

Kind regards  
Annie Campbell  
A/Principal



## Positive Pathways to Learning

This week our learning behaviour focus was :-

**RESPONSIBILITY: Follow adult directions**

## Guidance Grapevine

My name is Donna Riches and I work as the Guidance Officer at Manly West State School on Tuesdays and Thursdays. Referrals to myself come from class teachers through the school Student Support Team (SST). The SST meet every Tuesday morning to discuss the learning and social/emotional needs of students.

Frequently I come across information that I feel would be useful to share with parents. In his book *The Don't Sweat Guide for Parents*, Richard Carlson, Ph.D, gives some great advice to help parents reduce stress and enjoy their kids more. He says "It's the little things that count" and gives examples of small, relatively painless ways you can interact with your kids that can make big improvements in your family life. Here are a few things you might want to try, if you're not already doing them:

1. Read to your kids at bedtime
2. Praise your children as often as possible – in our busy lives we often take for granted the good behaviour that our kids display
3. Cut down on extracurricular activities and use that time to share a quiet, fun activity at home
4. Kiss and hug, and kiss and hug
5. Leave them be - let them explore on their own sometimes
6. Laugh (and smile) as much as possible
7. Be silly and let your kids be silly at times

## 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. By now, you should have received a letter providing further information. 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 have been practicing during this week's PE lessons. This means that for **this week only, there was no swimming.** Normal PE swimming lessons will resume next week, for the remainder of term.

#### From the Library

Scholastic are holding their annual children's book sale from their warehouse at 2/350 Lytton Road, Morningside over 2 days only – Wednesday, 16 and Thursday, 17 March from 8am to 6pm. There are HUGE savings to be had of 50% to 90%.

#### 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.

#### Uniform Shop

Winter uniforms are now in stock as follows :-

Zip Jumper	Sizes 4-18 (limited stock of Size 2)	\$25.00
Track Suit Pants	Sizes 2, 3, 4, 6, 8 & 10	\$20.00
Girls Winter Blend Stockings	Sizes 4-6yrs, 7-10yrs, 11-14yrs	\$12.00

Interschool sport is just around the corner, so come and get your footy stocks now. Sizes available are S (9-2) or M (2-7) and sell for \$12 per pair.

#### 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)

### **Bayside Swim School Easter Learn to Swim Intensives & Squad Boot Camp**

During the second week of the Easter holidays (4 to 8 April) we're running our next Learn to Swim Intensives for children aged 3 years and up, and Boot Camp for our Squad and Fins kids. Sessions are for 5 consecutive days, at the same time each day, with the same teacher. These sessions are designed to give the children's swimming (and fitness) a boost, whilst having fun and help build confidence and develop skills. Book online at <http://easter2016holidayintensivandbootcamp.eventbrite.com>. Alternatively you can call Rachel or Matthew on 0401 440 359 or email [swim@baysideswimschool.com.au](mailto:swim@baysideswimschool.com.au).

### **School Banking**

#### **Volunteers Needed!!!**

We need someone to help us on Thursday mornings for half an hour to an hour. It's very easy - you'll be counting money and making sure the deposit slip has the right amount written on it. If you would like to volunteer please call Deanne on 0416 213 547.

### **Wildlife Adventure Holiday Competition!**

Students enrolled at MWSS who make 15 or more school banking deposits by the end of Term 3 will automatically be entered into the draw. The prize is a family trip to Australia Zoo. Meet Bindi and Robert Irwin. Pat wombats, cuddle koalas and feed wallabies, while a personal photographer captures every moment.

Prize includes airfares to Sunshine Coast, QLD (depending on your place of residence) for two adults and three children (17 years or under), accommodation, car hire and \$1000 spending money. The competition starts from 25/01/16 to 30/09/16. Entry is open for enrolled MWSS banking students aged 5-13 years. Drawn on the 11/10/16 Terms and conditions see [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

### **Term 1 Competition Bag of CBA goodies**

Students enrolled at MWSS who make 3 or more school banking deposits in Term 1 will automatically be entered into the draw. The draw will take place at assembly in Term 2.

### **How to open an account:**

- Youthsaver account application forms are available from the school tuckshop or office.
- At a CBA branch and open a youthsaver account, you will need to take identification for you and your child.
- If you already bank with CBA and have netbank you can open an account online.

If your child already has a CBA youthsaver account, you can start banking at school straight away. You can bank any amount you like (a minimum of 5 cents), it doesn't matter how much money you bank, it's about getting into the habit of banking regularly. Only Australian money can be banked. Foreign money will be left in your yellow wallet and the deposit amount changed. Sometimes we change the amount you have written down as it doesn't match the money in the yellow bank wallet but please be assured that the money is verified twice. If you need to contact me about this or any other questions, call Deanne on 0416 213 547.

Please visit your CBA branch for an account balance or to make any changes to the account.

Remember to bring your banking to school on **Thursday** and put it in the classroom bank bag. To receive a silver token you must make your deposit at school. You will not receive a token if you make a deposit at a CBA branch. Collect 10 tokens and redeem for a prize.

### **How to redeem your 10 tokens for a prize**

Please fill out the coupon on the reward card (or a note with child's name, class and prize) with the 10 tokens in the Dollarmites yellow bank wallet on Thursday.

### **Reward items available (while stocks last)**

2016 Term 1 Flying Snake Tail, Wildlife Writer Set.

2015 prizes still available ET DVD, Intergalactic Rocket, Moneybox, Galaxy Glider Frisbee.

Prizes take 1-3 weeks to be delivered.

Thank you for supporting the school banking program.

### **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).

The race against Dementia starts with you! Walk, run or jog on Sunday, 17 April from 8.00am at the University of Queensland, St Lucia to support Alzheimer's Australia (Qld) in meeting their target of raising \$50,000 this year towards research into Dementia. There will be entertainment, kids activities, coffee and food stalls. Register now at [memorywalk.com.au](http://memorywalk.com.au) or visit the site for further details.

Milo T20 Blast Program starts at Action Indoor Wynnum with a Come and Try afternoon from 4pm on Wednesday, 20 April (the 8 week program commences on 27 April). Girls and boys aged 7-12 years can join in at 242 Preston Road, Wynnum West. For further details, contact Brenton Brien on 3348 6900 or register at [playcricket.com.au](http://playcricket.com.au). Click on the "Where Can I Play" box, and type in 'Action Indoor Sports Wynnum'

### **Calendar**

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

Prep to Year 6 Cross Country Carnival

#### ***Friday, 18 March***

National Day of Action Against Bullying

# Linking Primary Schools & the Early Years Community of the Bayside

**When:**  
Thursday  
17<sup>th</sup> March 2016

**Time:**  
5.30pm to 7pm

**Where:**  
Prep Classrooms  
Located to the right  
of the Administration  
Block and down the  
hill  
Manly West State  
School

Kindergarten and Prep Parents,  
Carers & Educators are invited  
to attend a Learning &  
Development Information  
Session

## Topics include

### "Fine Motor Fun"

**Presented by Marga Grey (OT) Tyack Health**

(B. Occ. Ther., M.Sc. Occ. Ther., Qualified in Sensory Integration Therapy)

### "Social & Emotional Development"

**Presented by Donna Riches (Guidance Officer)**

**Manly West State School**

### Speech, Language & Communication

**Presented by Bernadette O'Reilly**

**Speech Therapist, Qld Education**

**Silky Oaks Childcare Centre**  
*"Children and Families Reaching their Full Potential"*



**Manly West State School**  
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