

## Principal's message

Welcome back ... it's Term 4! How fast has the year gone? We only have 10 school weeks left for the whole of 2019. We will make the most of it, providing quality teaching and learning to our students right up to the last day of the year.

Mrs Rutten is on leave this week and will return in Week 2. Mrs Ross will be relieving in the assistant principal role this week. I will then be on leave for all of Week 2. Mrs Rutten will be relieving principal during my absence.

Please ensure your children are in school uniform. Yes, I do harp on about this, but it is really important. Just like any other school in Taree, we have a set uniform for students. Evidence shows that when students are in school uniform, they feel greater levels of confidence, acceptance and belonging. Our school uniform is sold through our school office. We sell our school uniforms at cost price or less. Yes, we also stock the school's sport uniform polo shirt, which should be worn on Fridays.

As we commence our last term for 2019, please keep in mind that 'together we grow'. When we work together, great things are possible and do happen.

Lastly, our school beliefs are: Be Safe, Be Fair, Be a Learner.

Stay Strong!  
Mr Paul Sortwell



## Manning Gardens PS



At the end of Term 3 some of our staff spent a Saturday morning promoting our school in the local Bushland community. They were giving their time to promote our school and drum up enrolments for our preschool and kindergarten in 2020. I think our staff did a tremendous job and looked fabulous. We are very fortunate to have such a caring and dedicated staff that is committed 100% to the growth and ongoing success of our school.



# ASSEMBLIES

WEEK 1 - 18 OCTOBER

WEEK 3 - 1 NOVEMBER

WEEK 5 - 15 NOVEMBER

ASSEMBLIES START AT 9.25AM  
IN OUR HALL

## TERM 4



CALLING ALL GHOSTS & GHOULS!

## IT'S A HALLOWEEN DISCO




LET'S EAT, DRINK, & BE SCARY!  
WEDNESDAY 30 OCTOBER 4-5.15PM


COME COSTUMED!  
MGPS STUDENTS ONLY!



TOTALLY  
FREE



# Annual Presentation Day



PLEASE JOIN US FOR OUR ANNUAL  
PRESENTATION DAY TO CELEBRATE  
STUDENT SUCCESS AND ACHIEVEMENT

**TUESDAY 3 DECEMBER AT 9.30AM**



The year's most awaited event is our ...

## SCHOOL CONCERT

Aboriginal dancing • musical items • photo  
slideshow • circus skills • performances  
from all departments plus much more

**SCHOOL HALL  
TUESDAY 10 DECEMBER**

TOTALLY FREE! EVERYONE INVITED TO ATTEND



Manning Gardens  
Public School

*Together We Grow*



Lost any school gear?

# LOST PROPERTY

We have heaps of  
jumpers and school  
gear in lost property.  
Claim your stuff at  
our school office.

Welcome to  
*Manning Gardens Public School*

You're invited:

Book Week Celebrations on  
Wednesday 18 September  
12.30-1.15pm

Discover Science Day on  
Wednesday 30 October  
10-11.30am

Sports Day on  
Wednesday 13 November  
10-11.30am

Get to know  
your new  
school!

Kindergarten Transition 2019  
For more information, call us on 6552-6333

*Manning Gardens Public School*  
Enrolling now for 2020

What do we offer our families?

Exceptional learning programs  
**Small class sizes**  
Two educators in every classroom  
Spacious and beautiful grounds  
Friendly and approachable staff  
**Individual programs**  
Quality wellbeing focus

Together We Grow  
For more information, call us on 6552-6333

MANNING GARDENS PUBLIC SCHOOL

**BREAKFAST CLUB**

OPEN DAILY FROM 8.45AM  
EVERYONE WELCOME!

**CANTEEN OPEN**

WE'RE A  
**GREAT**  
HEALTHY SCHOOL  
CANTEEN  
HealthySchoolCanteens.nsw.gov.au

**2019**  
**WEDNESDAY, THURSDAY  
AND FRIDAY**

## **Baaya Yurrung preschool**

A reminder for all our preschool families that healthy lunch boxes are mandatory in all early childhood settings. A healthy lunch box is a great way for parents to encourage their children to eat healthier. **Every preschool child's lunch box should contain the following fresh items: Sandwich (or a sandwich option), multiple pieces of fresh fruit, vegetables options (carrots, mushrooms), and a dairy item such as yoghurt or cheese.** Some other great healthy options that we've seen in lunch boxes are pieces of pineapple, corn cobs, tuna, even sushi. If you're packing multiple lunch boxes each day for siblings then it is cheaper and easier to use fresh items then packet items. How many fresh items can you pack each day? Please do not pack special treats for your child, they are best saved for at home. We cannot allow children to eat items like chocolates.

**Manning Gardens  
Public School**

*Together We Grow*

In 2020, our preschool will be for children aged **4 years old**. This will allow us to create the best possible early childhood program for them to grow, achieve success and flourish as young people. If you have a young person turning 4 years of age before 1 August 2020, they can enrol now for our preschool. Don't leave it to next year, enrol now to guarantee your child a place at our fantastic preschool.

**Enrol now  
for our Preschool  
in 2020!**

**We are enrolling children who turn  
4 years (before 1 August 2020).**

**Call us on 6552-6333 to enrol or for  
further information.**

# Baaya Yurrung Preschool

@ Manning Gardens Public School 'Baaya Yurrung' means 'rise above'

## Canteen news


Our school canteen operates every Wednesday, Thursday and Friday. Our canteen is operated by our P&C association, so by supporting our canteen, you are supporting our school.

# MGPS CANTEEN MENU

## TERM 4

V7: Starts Monday 14 November 2019

**Canteen open every  
WEDNESDAY,  
THURSDAY and  
FRIDAY.**



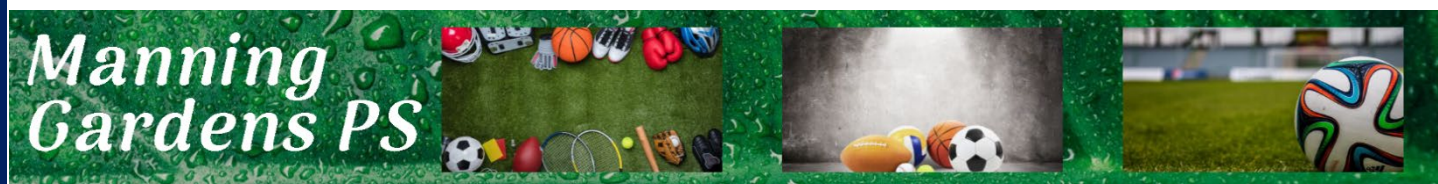
<p><u><b>Cold Options</b></u></p> <table border="0"> <tr><td>Egg sandwich</td><td style="text-align: right;">\$1.70</td></tr> <tr><td>Egg sandwich with lettuce</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>Cheese sandwich</td><td style="text-align: right;">\$1.70</td></tr> <tr><td>Cheese &amp; vegemite sandwich</td><td style="text-align: right;">\$2.00</td></tr> <tr><td colspan="2"> </td></tr> <tr><td>Mini salad wrap</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>Salad wrap</td><td style="text-align: right;">\$4.00</td></tr> <tr><td>Salad wrap with chicken OR ham</td><td style="text-align: right;">\$4.50</td></tr> <tr><td colspan="2"> </td></tr> <tr><td>Small salad tub</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Small salad tub with chicken OR ham</td><td style="text-align: right;">\$3.00</td></tr> <tr><td>Large salad tub</td><td style="text-align: right;">\$4.00</td></tr> <tr><td>Large salad tub with chicken OR ham</td><td style="text-align: right;">\$4.50</td></tr> <tr><td colspan="2"> </td></tr> <tr><td><u><b>Treats</b></u></td><td></td></tr> <tr><td>Moosies</td><td style="text-align: right;">\$0.80</td></tr> <tr><td>Bulla vanilla cup</td><td style="text-align: right;">\$1.50</td></tr> <tr><td>Frozen juice – cube</td><td style="text-align: right;">\$0.05</td></tr> <tr><td>Frozen juice – mini cup</td><td style="text-align: right;">\$0.30</td></tr> <tr><td>Fruit tubies</td><td style="text-align: right;">\$1.</td></tr> </table>	Egg sandwich	\$1.70	Egg sandwich with lettuce	\$2.00	Cheese sandwich	\$1.70	Cheese & vegemite sandwich	\$2.00			Mini salad wrap	\$2.00	Salad wrap	\$4.00	Salad wrap with chicken OR ham	\$4.50			Small salad tub	\$2.50	Small salad tub with chicken OR ham	\$3.00	Large salad tub	\$4.00	Large salad tub with chicken OR ham	\$4.50			<u><b>Treats</b></u>		Moosies	\$0.80	Bulla vanilla cup	\$1.50	Frozen juice – cube	\$0.05	Frozen juice – mini cup	\$0.30	Fruit tubies	\$1.	<p><u><b>Hot Options</b></u></p> <table border="0"> <tr><td>Chicken burger with lettuce OR cheese</td><td style="text-align: right;">\$3.00</td></tr> <tr><td>Chicken burger with lettuce and cheese</td><td style="text-align: right;">\$4.00</td></tr> <tr><td>Chicken tender wrap</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>Beef pie (45g)</td><td style="text-align: right;">\$0.80</td></tr> <tr><td>Beef pie (90g)</td><td style="text-align: right;">\$1.50</td></tr> <tr><td>Traveller pie (large)</td><td style="text-align: right;">\$3.00</td></tr> <tr><td>Sausage roll</td><td style="text-align: right;">\$1.50</td></tr> <tr><td>Chicken nuggets (3)</td><td style="text-align: right;">\$1.20</td></tr> <tr><td>Chicken nuggets (6)</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>Mini pizza</td><td style="text-align: right;">\$2.50</td></tr> <tr><td>Mini muffin pizza</td><td style="text-align: right;">\$1.50</td></tr> <tr><td>Mini 'toasty' wrap: cheese, ham &amp; 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**NO lunch orders taken after 9.30am.**     **Contact our canteen on 6552-6333**     **MGPS P&C Association**



### ***Sport news***

School sport day is Friday for all classes at our school. Sports uniform is worn on a Friday. Our sports uniform consists of your child's house sport coloured polo shirt (blue, red or green) and royal blue shorts or a skirt. Each child who wears sports uniform on a Friday earns their sporting house (dingoes, sharks or eagles) five house points.



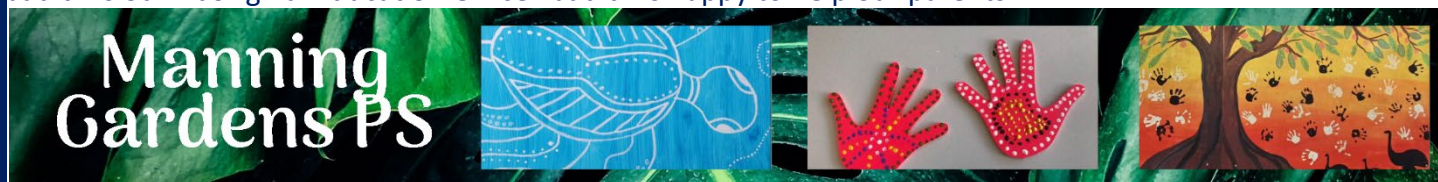
### ***P&C association***

Our P&C is our parent representative body. The school consults with our P&C regarding key decision making. Our P&C also has the very important role of fundraising for our school and students. New members are always welcome.

***Our next P&C Meeting is Thursday 14 November 2019.***

### ***Aboriginal Education***

Judith is our Aboriginal Education Officer. Judith is happy to help our parents.



### ***School banking***

School banking is a great initiative to help young children save their money. School banking is also a fundraiser for our P&C. To be part of our school banking, just visit the Commonwealth Bank Taree branch and open a youth saver account.



### ***Upcoming events in Term 4***

***Our next school assembly ..... Friday 18 October at 9.25am.***

***Halloween disco ..... Wednesday 30 October, 4-5.15pm.***



*We make learning fun*  
Manning Gardens Public School

# ATTENDANCE MATTERS.

## ***ALL DAY, EVERY DAY***

### **Contact us**

We value and appreciate your feedback and input into all aspects of our school. If you have a general school enquiry, please contact our school office on 6552-6333. If you have a specific matter relating to your child and their education, please contact our school office and ask for your child's teacher. Our school office hours are 8.30-3.30pm each school day. School uniforms can be purchased from our school office. We have a full range of uniforms including summer and winter gear. We also stock school hats so your child can be sun safe.

### **Contact us:**

6552-6333 [manninggdn-p.school@det.nsw.edu.au](mailto:manninggdn-p.school@det.nsw.edu.au)



**Manning Gardens  
Public School**

*Together We Grow*





Education

NSW

**Anti-bullying**

**Bullying is when someone repeatedly tries to hurt you**



**It can be:**

- Physical, verbal or social
- Easy to see or hidden
- Face-to-face or online

## Bullying

– What you need to know –



**– STOP – face-to-face bullying**

- Ignore
- Practice being calm and confident
- Pretend you don't care
  - Say 'stop' or 'no'
  - Tell someone
- Report at school



**– STOP – Online bullying**

- Block
- Ignore
- Unfriend
- Keep evidence
- Tell someone
- Report at school



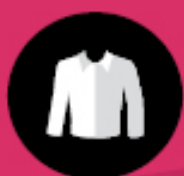
**Tell your parents and tell your school.**

Visit the Office of the eSafety Commissioner to learn more about reporting online bullying. If you think added support would help, call Kids Helpline on 1800 55 1800. It is free and private.

[antibullying.nsw.gov.au](http://antibullying.nsw.gov.au)

# Be SunSmart

**Being SunSmart is about protecting skin and eyes from damaging UV radiation – especially when outdoors from September to April.**



## **Slip** on a shirt

Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.



## **Slip** into the shade

Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.



## **Slop** on sunscreen

Slop on plenty of broad spectrum sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.



## **Slap** on a hat

With a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.



## **Wrap** on sunglasses

Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for sun protection rating.



[sunsmart.org.nz](http://sunsmart.org.nz)



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