

Grapevine

Our weekly Preschool to Year 6 newsletter Term 1
Week 2

Principal's message

My sincere thanks for a smooth and settled start to the 2020 school year. I was mightily impressed by the majority of children being in our correct uniform, both school uniform and sports uniform on Friday. Please remember, a white polo shirt is not part of our school uniform.

We will finalise classes this week. Support unit classes are settled and there should be no changes occurring. We will retain six classes in mainstream. Our preschool has six enrolments, a 600% increase on 2019.

This week we have our swimming carnival. Permission notes will go home early this week. We cannot accept verbal or over the phone permission, our mantra as always is ... no permission note, no attendance!

Remember, if you have any issues, please talk with your child's class teacher first to get a simple and immediate resolution.

Stay Strong!
Mr Paul Sortwell



We make learning fun
Manning Gardens Public School

UPCOMING EVENTS at Manning Gardens PS

Early Intervention starts 4 February.
School Assembly Week 3 14 February.
School Assembly Week 5 28 February.
School Assembly Week 7 13 March.

School assemblies are held in our school hall at 9.25am. School assemblies are always on a Friday.

Annual school swimming carnival

THIS FRIDAY



Manning Gardens
Public School

Together We Grow

Baaya Yurrung Preschool

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

Baaya Yurrung preschool

Due to government requirements, families attending our preschool have always been required to pay fees. Our fees are as low as \$1 per day.

Before your child can start in our preschool in 2020, families are required to meet with our educational leader, Mr Sortwell. Once again, we want to have a strong relationship with our preschool families and set out our expectations very clearly from the start of the preschool year.

We currently have six children attending our preschool, we have places for twenty children. Our service is first class and our fees are the lowest in town.



**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.

MGPS CANTEEN MENU BAAYA YURRUNG PRESCHOOL



V1: Starts Monday 3 February 2020

Lunch Options

Cheese sandwich	\$1.70
Cheese & vegemite sandwich	\$2.00
Mini salad wrap	\$2.00

Drinks

Water 250ml	\$0.50
Water 600ml	\$1.00

Snack Options

Plain popcorn – small	\$0.30
Plain popcorn – large	\$0.60
Yoghurt	\$1.00
Fruit cup – mini	\$0.30
Fruit cup – standard	\$0.50
Fruit cup – large	\$1.00
Cheese and crackers	\$0.50
Frozen yoghurt	\$1.80

Canteen open WEDNESDAY to FRIDAY

NO lunch orders taken after 9.30am.

Contact our canteen on 6552-6333

MGPS P&C Association

Manning Gardens
Public School

Together We Grow



Our P&C operates to help our school and our students. We have a great P&C made up of parents and community who are friendly and fun people – no politics or fighting here! Our P&C runs our school canteen with all profits going back to our school.

Our next P&C meeting is Thursday 13 February at 9.30am, down at our canteen. Everyone welcome, including new members and parents!



Breakfast Club daily

Canteen Wednesday to Friday

School Banking every Thursday

Sports uniform every Friday



**Manning Gardens
Public School**

Together We Grow

MGPS CANTEEN MENU

V1: Starts January 2020

Cold Options

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

Hot Options

Chicken burger with lettuce OR cheese	\$3.00
Chicken burger with lettuce and cheese	\$4.00
Chicken tender wrap	\$2.00
Beef pie (45g)	\$0.80
Beef pie (90g)	\$1.50
Traveller pie (large)	\$3.00
Sausage roll	\$1.50
Chicken nuggets (3)	\$1.20
Chicken nuggets (6)	\$2.00
Mini pizza	\$2.50
Mini muffin pizza	\$1.50
Mini 'toasty' wrap: cheese, ham & pineapple	\$1.00
Large 'toasty' wrap (quesadilla)	\$2.00
Noodle cup	\$1.50
Large tender wrap	\$3.80

Price

Plain popcorn – small	\$0.30
Plain popcorn – large	\$0.60
Yoghurt – Vanilla, strawberry and banana	\$1.00
Fruit cup – mini	\$0.30
Fruit cup – standard	\$0.50
Fruit cup – large	\$1.00
Crunch and sip cup	\$0.30
Boiled egg	\$0.50
Rice crackers and cheese	\$0.50

Snack Options

Plain popcorn – small	\$0.30
Plain popcorn – large	\$0.60
Yoghurt – Vanilla, strawberry and banana	\$1.00
Fruit cup – mini	\$0.30
Fruit cup – standard	\$0.50
Fruit cup – large	\$1.00
Crunch and sip cup	\$0.30
Boiled egg	\$0.50
Rice crackers and cheese	\$0.50

Drinks

Water 250ml	\$0.50
Water 600ml	\$1.00
Flav milk - choc or strawberry	\$1.80
1/2 cup plain milk	\$0.30
Full cup plain milk	\$0.50
500ml plain milk	\$1.80
Fruit juice	\$1.50
Milo cup	\$1.50

CRUNCH AND SIP DEALS:
Seasonal fruit in a cup, available at three prices:
\$0.30, \$0.50 and \$1.00

Treats

Moosies	\$0.80
Bulla vanilla cup	\$1.50
Frozen juice – cube	\$0.05
Frozen juice – mini cup	\$0.30
Fruit tubies	\$1.00
Ice cube	\$0.10
Ice cube	\$0.20

Meal Deals

Mini 'toasty' wrap OR mini muffin pizza, mini water, mini fruit cup OR small popcorn	\$1.50
Large 'toasty' wrap OR 2 mini muffin pizzas, water, standard fruit cup OR bag of popcorn	\$3.00
Chicken burger, water, standard fruit cup OR popcorn	\$5.00

Price

Small salad tub, water, standard fruit cup OR popcorn	\$4.00
Add chicken OR ham	\$4.50
Large salad tub OR wrap, water, large fruit cup OR popcorn	\$5.50
Add chicken OR ham	\$6.00

NO lunch orders taken after 9.30am.

Contact our canteen on 6552-6333

MGPS P&C Association



**Manning Gardens
Public School**

Together We Grow

Quality Teaching and Learning

All day, everyday at Manning Gardens Public School.



**ATTENDANCE
MATTERS.**
ALL DAY, EVERY DAY

**ATTENDANCE
MATTERS.**
ALL DAY, EVERY DAY

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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.

**Manning Gardens
Public School**

Together We Grow

Good for Kids good for life

MASTERING THE SPRINT

Sprinting is one of 12 Fundamental Movement Skills which requires practice. Fundamental Movement Skills are taught at school but you can help teach your child these important skills at home.

To master the sprint:

1. Lift knees high
2. Bring heels close to the bottom
3. Focus eyes forward
4. Don't let heels touch the ground
5. Land on balls of feet
6. Bend elbows at 90 degrees
7. Drive arms forward and back in opposition to legs



For a demonstration search: 'Get Skilled: Get Active – Sprint' on YouTube



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Keeping kids safe



Items banned

- Devices that provide unfiltered Internet connection – iPads, DVD/CD players, game consoles, handheld PCs, smartphones, laptops, tablet

- All electronic communication devices
- Devices that can store/record/play audio-visual content
- That can transmit or receive images

This applies to all students.
Exemptions can be sort.



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INSIGHTS

by Michael Grose – No. 1 parenting educator



It's not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it's true.

The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child.

In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

That's not a reason to be away!

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

As a Parent:

- ☒ Commit to sending kids to school every day.
- ☒ Make sure kids arrive at school and class on time.
- ☒ Inform the school when they are away, sending medical certificates and other evidence of genuine absence.
- ☒ Consider catching-up on missed work.
- ☒ Make kids who are away stay in their bedroom – that is where ill kids should be.

Being late is not okay either

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

It takes strong parenting...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go school today because Auntie is coming to visit!"

Nice try. But the answer should be "No!"

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.

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