Manifold Heights Primary School Newsletter

IMPORTANT DATES

22nd of November 2012

NOVEMBER

Tues 27th
Parent Helpers Morning Tea

Wed 28th
Ball Games Day

Thurs 29th
Grade 6 Parents Dinner - RSVP at the office ASAP

DECEMBER

Tues 4
Teachers Strike between 8:50am-12:40pm
STUDENTS NOT REQUIRED AT SCHOOL UNTILL 12:40PM

Thurs 6th
Life Skills to visit Santa

Tues 11th
Yr 6-7 Transition Day

Wed 12th
Prep Transition Day 4 - 9-11am

Thurs 13th
Church Service

Fri 14th
Reports to go home

Mon 17th-Tues 18th
Grade 6 Graduation!!

Fri 21st
Whole School Transition Day

Sun 25th
Queenscliff Bike Ride - Gr 5/6

Mon 31st
Last Day of Term 4 - EARLY FINISH 1:30pm!

January

Tues 29th
Christmas Day!

Thurs 31st
New Years Eve!

Staff first day back at work
First Day back at school for everyone!
Well Hello everyone! It’s great to be back from leave and I have appreciated all the wonderful welcome back messages and especially the hugs! I would like to thank Mrs Peta Mundine for her wonderful leadership of our school while I have been away, and to all our staff and students who offered their support. What a great team effort. Welcome also to our new students and families who have joined us whilst I have been away.

Lots of work has been happening at school whilst I have been lounging around in my garden reading novels, including sorting out staff and classes for next year. As you can imagine, this is a huge job! Thankyou also goes to our Leading Teacher Karyn Bath who has worked with Peta to finalise these areas of our organisation for 2013.

I know that lots of playing was also done whilst this cat was away. I’ve seen the photos of the Walkathon and our very own Mano Cup! Well done to everyone involved in organising these days. It looks like everyone had a fabulous time.

This term is a riot of exciting activities so keep a close eye on the important dates on our newsletter. There are many events and activities that we could never manage as efficiently if it wasn’t for the support we get from our parents. I would like to officially welcome all our parent helpers to our traditional Parent Helpers Morning Tea on Tuesday 27th November, so that we can acknowledge and celebrate the wonderful work you do around our school. I hope you can all come.

As we approach our final Prep Transition day on Tuesday 11th I would like to thank our current Prep team for all the effort they have put into making these days a great experience for our incoming Preps. Thanks also to our Junior, Middle and Senior staff who also provided transition activities to all our other students as they moved into their new areas. The feedback I have received from both students and parents regarding our across school transition activities has been wonderful and extremely useful in making students feel secure about going up to their new level in 2013.

If you have any questions regarding the various events happening between now and the end of the year, please do not hesitate to contact me or your child’s classroom teacher.

Reminder: Teacher’s strike on Tuesday December 4th between 8.50am-12.40pm. Students are not required at school until after 12.40pm. A separate notice will also be sent home.

Appreciations:
- To Barry, our maintenance friend, who has fixed doors, repaired holes, painted walls, cleaned gutters and is helping to refurbish our “old library” into a usable space.

Communication is vital – Keep reading the newsletter!

Be on time, Be at school, that’s the rule!

Let’s keep Unleashing Potential
Marina Keegan
Principal

All grade 6 parents are invited to a dinner to catch up before our grade 6 children move on to secondary school.

Date: Thurs 29th November @ 6:30pm
Venue: Warung Bali, Shannon Avenue. BYO

Please RSVP to Sue Harmon on 0410 559 392 or the School Office on 5229 9643
Congratulations to the following students who have been rewarded for their efforts towards “INQUIRING” and making ‘Mano’ a better place.

**STUDENTS OF THE WEEK!**

**PH** LEKEISHA LEACH - For her wonderful enthusiasm and having a ‘red hot go’ during swimming lessons!

**PK** CHELSEA TARKA - For fantastic efforts and enthusiasm when completing all her tasks in the classroom! Keep up the great work, Chelsea!

**JF** JACOB CONSTANTINO - For listening carefully and for making excellent observations about JF’s investigations! Fabulous work, Jacob!

**JL** JEMMA HOWIE - For excellent participation during chance and data tasks this week! Great die, rolling, Jemma!

**JO** EBONY MCLEAN - For her wonderful questions about swimming during the Literacy session! Fantastic work, Ebony!

**JS** MONTANA MORGAN - For being a polite, considerate and well-mannered classmate! You’re wonderful, Montana!

**MC** LOUISA BATH - For her enthusiasm and persistence when completing challenging Maths Think Tank tasks! Legend, Louisa!

**MH** ELLEXIS JAKUPEK - For her excellent approach to all reading tasks this week and wanting to challenge herself beyond expectations! Keep up the wonderful attitude!

**MK** MATTHEW JAHN - For the brilliant attitude he has shown in his learning, concentrating well and confidently accepting challenges!

**MS** MITCHELL MCLEAN & OSCAR POOL - For sharing their wonderful pets with the whole class recently! We now know so much more about snakes and rabbits!

**SG** FAHDA AZAMAN & ABI GRIFFITHS - For the kindness displayed in assisting a member of the community on our way home from the Blue Light Disco!

**SH** PEIGHTON WISE - For the determination she has worked within literacy activities this week! Great work, Peigh!

**SLJ** ROMAYNE CIUFFETELLI - For the terrific effort put into his speech writing and his Inquiry research on Australia’s involvement in World War I. Well done, Romayne!

**SS** AHMAD QADRI - For his enthusiasm and dedication he has put into our grad preparations!

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**Art Award**

Kaisercraft are kindly sponsoring a weekly Art Award this term. Each week one student will receive a $20 Kaisercraft voucher. This week’s Art Award goes to:

**Jorjia Rae Wise** - For completing all tasks creatively and cheerfully!

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**FINANCIAL ASSISTANCE**

**EMA (Education Maintenance Allowance)** is provided by the Victorian Government to lower-income families to help with education related costs. You need to hold a valid Health Care Card or Pension Card and complete the application form at the school office by **28 February 2013**. Application forms are now available at the school office.

**Schoolkids Bonus**—From January 2013 a new payment called the ‘Schoolkids Bonus’ will be introduced by the Commonwealth Government. The Schoolkids Bonus will be paid by Centrelink in January and July each year to help families with school costs. Families receiving Family Tax Benefit Part A will receive up to $410 for each child in primary school and up to $820 for each child in secondary school.

School Council will shortly set the Essential Education Items charges for 2013. These charges are not voluntary and are required to be paid by all families.

In the past, the EMA payment has been enough to cover all of the Essential Items charges. From 2013 the EMA payment will be $200 for prep students and $150 for grades 1-6 which means there will be a slight shortfall that you will need to pay for Essential Education Items for grades 1-6.

If you are not eligible for EMA, there are other means by which you can pay for your Essential Education Items: Centrepay application or Credit Card Direct Debit authority. Please consider these options before you head to the office to pay for your child’s Essential Education Items. Should you require any further information, please contact our Business Manager, Kylie Roskosch.

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**Did you know??**

Did you know that our school has a registered School Building Fund? Donations to this fund are **TAX DEDUCTIBLE**! The funds in this special account are to be used specifically for building projects and you can make a donation at any time. Please see the office if you would like another flyer.

**Tips for Healthy Eating**

**Salt intake for kids** - although there is no specific recommended daily allowance for sodium in children, unlike the adult RDA of 2,400mg of sodium a day, a typical salt intake for kids would usually be up to about:

- 1000-1500mg for children 2-3 years of age
- 1200-1900mg for children 4-8 years of age
- 1500-2200mg for children 9-13 years of age
- 1500-2300mg for children 14-18 years of age

In general, if you simply don't add extra salt to the foods you prepare and your child eats and avoids a lot of the foods high in salt, then you shouldn't have to worry about your about your child’s salt intake. Also check food labels to look for lower sodium versions of foods, which can sometimes mean simple choosing a different brand of the same food, eating more whole foods and fewer processed and packaged foods, and eating more fresh fruits and vegetables.
“We had to hold hands, then I slid into the water!” - Jayme

“I was sitting in the group line and I asked Mia to loosen my goggles and she accidentally broke them!” - Tayla

“We were horse (noodle) riding to the deep end...then the noodle escaped into the next lane! And then the next!“- Elke

“We had to put the kickboards in between our legs...but the kickboard kept going up to the surface and I kept going upside down! It was fun though!” - Mason

“I fell off my noodle...I said “Where’s my noodle?” and it was right behind me!” - Bella

“James Chilcott jumped off a block and he did an air jog!” - Jemma

“I tried to surf on the kickboard!” - Tiahaiere

“I kept knocking my head on the lane rope!” - Ryder

“I jumped off the block and did a flip!” - Cameron

Congratulations to our wonderful school for taking part in the National Nude Food Day 2012. We have helped create awareness and bring about a positive change to our health and the health of the planet. We are excited to announce that our school has won an awesome Nude Food Movers pack and a Smash Gear sporting equipment pack for having the most registrations!!

The following items are just some of the stuff our school has received for competing in the Nude Food Day:

- Batting Pads
- Footballs
- Hacky Sacks
- Netballs
- Dodge balls
- Goalie Gloves
- Koosh Balls
- Cricket Bats

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DITCH THE PAPER!!!

Help us slash our photocopy costs and help the environment! Sign up to have your NEWSLETTERS, FAMILY STATEMENTS & OTHER PIECES emailed to you today!!

Student Name: ________________________________________

Email Address: _______________________________________

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