MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

Date: 6th November, 2014

Principal: Marina Keegan
Assistant Principal: Peta Mundine
Business Manager: Kylie Roskosch
Administration: Anna Clausen

IMPORTANT DATES

NOVEMBER

Mon 10th
Prep Transition Day #3 11:30am - 1pm
Prep Parent Information Evening - 6:45pm in the Prep Room (future preps)

Fri 14th
Rivers Gift, Casual Dress Day - JSC Fundraiser (gold coin donation)

Tues 18th
Grade 5/6 Blue Light Disco - Geelong West Town Hall

Mon 17th - Fri 28th
Prep-Grade 2 Swimming Program

Weds 26th
Queenscliff Bike Ride Parent Helper Meeting @ 3:45pm in the Senior Hub

Sat 29th
State Election - BBQ & Cake Stall from 8am until sold out!

DECEMBER

Weds 3rd
Graduation Parent Helper meeting @ 3:45pm in the Senior Hub

Sat 6th
Bunnings BBQ @ North Geelong Bunnings!

Tues 9th
Prep Transition Day #4 9:30-11am

Thurs 11th
Grade 6 Graduation!

Fri 12th
Whole School Transition Day

Mon 15th - Tues 16th
Queenscliff Bike Ride - Grade 5/6’s

Fri 19th
Last Day of Term 4! 1:30pm finish!

GRADUATION

Graduation is quickly approaching for our Grade 6 students. If you are able to assist after school the week of graduation and/or on the day Thursday 11th, it will be greatly appreciated. A graduation parent helper meeting will be held for you to offer your time and designate jobs. Thank you Amy Barr and the Senior Team.

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Please also find us on Facebook and the Skoolbag App
Our Walkathon was once again a huge success and enjoyed by students, staff and families alike. Thank you to all our wonderful parents who helped on the day and to Mr Santilli for his wonderful organisation. Well done to all our students and staff for participating and getting out there for a great walk in the sunshine! A big thank you, also, to our sponsors who have supported our students.

Thank you to all our families who have written a letter or have come to meet with me or Mrs Mundine regarding placements for 2015. The process for drafting class groups has begun. Putting together class groups presents us with many challenges as we try to balance gender, academic ability, wellbeing needs, and friendship groups. Students are reminded when completing their friendship lists that just because someone is their best play friend, it doesn’t mean they are their best learning companion. Sometimes it’s best to leave some friends for outside play. The same goes for family friends.

One of the trickiest situations we have is when one family requests to have two children together, whilst the other family thinks it’s time for a break. Just because students are friends outside school hours and whole families are close, it doesn’t mean the best option is to put students together in the same class as well. At times this can stifle both children’s ability to expand their friendship group and branch out. It can also make it very awkward for families as the children move in and out of friendships – as they do. In the end, you can be confident that decisions are made in the best interest of the children concerned and our school.

As the year comes to a close it tends to get busier and busier as we frantically try to get lots of things finished and rounded up. Everyone tends to feel cross, grumpy or sad occasionally at these times. Ultimately, each of us is responsible for our own happiness. Sometimes it’s easy to be happy and sometimes the challenges of life can make it hard. One way to keep going even when things are difficult is to think positively. Knowing this, is a gift we need to give everyone.

Here are 10 phrases to motivate and lift you from THE HAPPINESS INSTITUTE:

1. Life does not have to be perfect to be wonderful. Find wonder and joy in an imperfect world. Joy can be found in simple things. Look for something wonderful in your life.

2. It's a good day to have a good day. Why not have a good day? Try to start the day with a positive attitude and see what happens.

3. Do more of what makes you happy. Even a day full of work and tasks should have some happiness in it. Take a few minutes each day to do some things that make you happy.

4. Let it go. If something is out of your control I let it go instead of feeling frustrated. Letting go frees up emotional and mental energy for things you can control.

5. I am enough. If I’m feeling less than adequate about myself, “I am enough” is a good reminder that I am fine the way I am, that the basic me is pretty special.

6. Bring your own sunshine. Make your own happiness. If everyone around you is grumpy or negative, you might have to bring your own sunshine. It’s a good idea to bring enough to share, too.

7. Attitude is a little thing that makes a big difference. (Attributed to Winston Churchill) If you find yourself with a bad attitude, try to change it.

8. Every day might not be good, but there is something good in every day. At the dinner table, take turns sharing our “highs and lows” from the day. This practice helps the children realize what's good in their lives and how we are blessed. Find something good in every day and you'll feel uplifted.

9. I choose to be happy. Choose to be happy. However, if you feel like you just can't be happy, consider seeking professional help.

10. Realize how blessed you are. An attitude of thankfulness will often bring about happiness. Keep a gratitude journal or make a list of 20 blessings in your life.

The next time you’re feeling sad, inadequate or grumpy, try using one of these 10 powerful phrases to change your mood and outlook. Or, find your own mantra and see how the power of positive thinking can help you find happiness.

Reminder: Hats must be worn this term – No Hat, No Play!

Quote of the moment: If you do not change direction, you may end up where you are heading. (Lao Tzu)

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

Communication is vital – Keep reading the newsletter!

Let’s keep Unleashing Potential!

Marina Keegan
Congratulations to the following students who have been rewarded for their efforts and making

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<thead>
<tr>
<th>PA</th>
<th>MITCH LINGUEY - For being a great friend and always including others! Awesome, Mitch!</th>
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</thead>
<tbody>
<tr>
<td>PH</td>
<td>MAMNUUN HAAQUE MAHBUB - For being an awesome class member and friend who always plays and works by the rules! You’re a star, Mamnuun!</td>
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<tr>
<td>PS</td>
<td>LACHLAN SEARS - For giving feedback to others on how to play fairly! You’re a champ, Lachlan!</td>
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<tr>
<td>JB</td>
<td>JOSH JOHNSON - For always making sure that everyone is included in games and showing respect to others! Well done, Josh!</td>
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<tr>
<td>JF</td>
<td>ARLIN BENSON - For always being ready to learn and striving to do his best at all times! Fabulous work, Arlin!</td>
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<tr>
<td>JM</td>
<td>XANDER VENZ - For his outstanding efforts in Inquiry experiments this week, making sure everyone in his group had a turn at speaking to offer suggestions and helping out with the task! Well done, Xander!</td>
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<tr>
<td>JO</td>
<td>CALLUM JOHNSTON - For displaying a wonderful understanding of playing fairly by the rules! Great work, Callum!</td>
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<td>JV</td>
<td>EMMA MATHIESON - For making a great improvement to her work this week by settling quickly and making the most of her learning time! Brilliant, Emma!</td>
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<td>IZAK PANKIHURST - Izak has productively jumped straight back into his schooling after his holiday and</td>
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<td>MB</td>
<td>ASHTON STRATTON - For always working well with and including others in groups, activities and games both in and outside of the classroom!</td>
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<td>MC</td>
<td>ROSIE JARWOOD - For always being thoughtful, considerate and a great friend to others!</td>
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<td>MH</td>
<td>AUSTIN CLUBB - For always having a go and demonstrating a fantastic attitude and respect for the rules during ‘sprout ball’! Top effort, Ozzy!</td>
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<td>MS</td>
<td>MATTY JONES - Matty always gets stuck straight into his work, does his very best and sets an awesome example for his classmates! You’re a real champion, Matty!</td>
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<td>SB</td>
<td>LOUISA BATH - For consistently challenging herself and making the most of her learning time! You are a great role model to your peers, Louisa!</td>
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<td>SC</td>
<td>SAGE POUSA - For having an exemplary attitude to other members of SC whatever activity you are involved in! You are a leader in this way! Fantastic, Sage!</td>
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<td>SS</td>
<td>THE WHOLE CLASS - For making the most of their learning time when researching for their explanation texts of Thursday! Very impressive!</td>
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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:

CAITLIN COGAN - For her outstanding work in everything she does! Well done, Caitlin!

HEADLICE

We have been notified of a few cases of head lice throughout the school. We ask families to regularly check your child for any evidence of head lice. If you do find any eggs or adult lice, please treat immediately and then notify the school office. A second treatment is essential 7 days after the initial treatment to ensure the head lice are completely removed and the cycle has stopped. By doing this you will help us to keep our school a ‘nit free zone’! Thank you for your cooperation.
It was great to see the students dressed up in their finest race gear! The Fashions on the Field parade was the highlight of the day and the lunch time activities kept everyone happy and having a lot of fun.

We would like to thank the Junior School Council for organising the whole day - without our Junior School Council this day would not have been what it was!
A huge round of applause to everyone who participated in this years Crazy Legs Walkathon! What a wonderful day we all day last Friday. The weather was great, maybe a little bit too hot but everyone, children, teachers, parents, grandparents and family friends had big smiles as they arrived to the reserve to join the rest of the school for a BBQ lunch and a big play on the oval and the playground.

Events such as these require a lot of organisation and cooperation. We are very fortunate at Mano to have wonderful helpers that are prepared to assist in many ways to make these events successful. A massive thank you to Alex Ellis and Kim Huntley for leading the food preparations from purchasing through to cooking and cleaning and to all the other helpers who could assist in any way possible. Without you this day could not have been possible.

We appreciate the sponsorship and money the students have collected already, please extend a thank you to all their sponsors - keep those sponsorship forms coming! Mr Santilli will be speaking more about the Walkathon at Fridays assembly!

Attention Past Committee Members of Bond Street Kindergarten

At the end of this year long-serving Director Maree Merlo will be retiring. We are looking to get in touch will all past committee members. If you served on the Bond Street Kindergarten Committee and would like to be a part of the farewell celebrations please email your details to: mareesswansong@outlook.com A family day for past and present students will also be held on Saturday 6th of December for others wishing to farewell Maree (Details to Follow).
PLEASE NOTE - BOOKS ARE NOW SOLD OUT...

BUT DID YOU KNOW:
Digital Entertainment Book are available for purchase online on the Entertainment Book website! Digital memberships can allow you to connect up to 4 different devices!

Mano Mini’s Playgroup!
Come along and join us for a ‘cuppa’ and a play!
Friday morning after drop off (9am-11am) in the After School Care Room.
Gold Coin Donation, more information at the office.

Joke of the week! LOL!
Q. Why did the birdie go to the hospital?
A. To get tweet-ment

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.

- Frank Outlaw

Would you like to share your joke with everyone? Write it down and hand it in at the Office!

Bellarine Uniforms
Proud suppliers of the Manifold Heights Primary School uniform
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During &/or After School Hours at School
To enrol in, or to obtain more information please contact Meagan: mmbmt@bigpond.com
Providing Music Lessons in local schools since 1985.

If you are paying for an excursion, please remember that we require your child’s permission note and payment at the same time. If you know you have a credit on your account please write “Credit” or “EMA” on your child’s permission note and we will offset the money against that excursion.

Multipurpose room for rent please contact the school office for more details.
(Terms and conditions apply)