Important Dates

October

Fri 21st
Adolescent Education
Letters to Mr Rowland & Intentions for 2017 are due back

Mon 24th - Fri 28th
Bike Education

Mon 24th
Adolescent Education

Thurs 27th
Mano Cup special lunch orders are due today - no late orders will be accepted

November

Tues 1st
Melbourne Cup - Mano Cup dress up today

Fri 4th
Funky Fluro Walkathon!

Thurs 10th
3rd Prep transition - 11:30am-1pm

Fri 11th
Walkathon back up day

Sat 12th
Isabout Shopping Tour - school fundraiser

Mon 14th – Fri 25th
Prep & Junior Swimming

Weds 23rd
Blue Light Disco - senior students

2017 Essential Student Learning Items & Booklists

School Council has recently approved the following Essential Student Learning Items and Booklist charges for 2017. Further details regarding these items will be sent to families on Monday 7th November 2016.

**Essential Student Learning Items - $140.00 per student**

Includes your child's Student Diary, Mathletics & Reading Eggs Online Subscriptions, Photocopied Resources, Assignment & Project Construction Materials and selected Sports activities for Middles and Seniors students.

Payment of the Essential Student Learning Items can be made directly to Vital Office with the Book Lists online or directly to the school via Qkr, Bpay, Credit Card, Eftpos, Cheque or Cash. We request payment for the Essential Student Learning Items is made by the end of Term 1, Friday 31st March 2017.

**Book Lists - Variable**

<table>
<thead>
<tr>
<th>Year</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>$63.29</td>
</tr>
<tr>
<td>Juniors</td>
<td>$69.69</td>
</tr>
<tr>
<td>Middles</td>
<td>$47.17</td>
</tr>
<tr>
<td>Seniors</td>
<td>$58.84</td>
</tr>
</tbody>
</table>

Vital Office will provide the schools stationary packs again in 2017. All stationary items required by each year level will be listed online. All stationary packs will be delivered directly to the school the week prior to school commencing in 2017, eliminating home delivery fees.

Please note payments for 2017 Essential Student Learning Items and Booklist orders are not able to be made until Monday 7th November 2016.

Jessie Burney
Business Manager
News from Mr Rowland

Geelong Cup Day - I hope yesterday Geelong Cup Day provided a little mid-week break for all, as a hectic Term 4 is certainly underway.

On Melbourne Cup Day (Tuesday 1st November) classes will operate as usual but some special activities are planned for this day. Students are not required to wear uniform on this day and are encouraged to dress up with a Melbourne Cup theme.

A special canteen lunch menu is offered on this day and a whole school picnic, weather permitting, is planned for lunchtime on the school oval. A parade will be conducted in the morning as students and staff show off their Cup Day dress ups.

‘Lock down’ drill practice - On Tuesday of this week our students acted most sensibly as we rehearsed what to do in the case of requiring a ‘Lock down’ to be called. In the unlikely event of needing all students to come inside quickly (during recess or lunchtime) it is important that the school community knows how to respond. This drill was a practice and how maturely our students responded. Other drills require practicing how to evacuate during class time.

Congratulations to Mia Pilling - Mia has been awarded a Scholarship to North Geelong Secondary College for Year 7, 2017. This is a well-deserved recognition of her capacity and we wish her well with future studies. The Principal of NGSC presented this scholarship to Mia at our weekly Monday morning assembly. Congratulations, Mia!

The Bike Education - Middle students - This important component of the curriculum has commenced and we greatly appreciate the parent helpers who assist with ensuring that we have close adult supervision.

Planning for 2017 continues - Staffing decisions are currently being made and details will be released via future newsletters when confirmed.

Recent vacancies have now closed for 2 teacher positions. Appointments will allow more complete details for our 2017 Workforce to be finalised.

Student Intentions for 2017 - We now invite parental feedback regarding the important issue of student placement in grades for 2017.

Parents are asked to submit in writing any requests/requirements they have around the placement of their child/children for 2017. These will be accepted during the first 3 weeks of term and by the deadline of 4pm on Friday 21st October (TOMORROW). Please drop these into Anna in the General Office in a sealed envelope and they will all be treated with confidentiality.

You may wish to see Peta Mundine or I personally and we would welcome this before Friday 21st October (TOMORROW)

At this stage we have not yet confirmed teacher placements in Grades for 2017 but we anticipate doing so in the coming month.

No hat, no play - Please support our Term 4 SunSmart policy. Teachers on Yard Duty will ask students who do not have a hat, to play in the shaded areas accordingly.

Walk to school - October is ‘Walk to School’ month and we hope more students are able to gain additional exercise by joining in on this.

If it is not deemed appropriate, safe or possible to walk all the way from or to home, perhaps driving part way and then parking and walking the remainder is an option. Let’s all keep healthy and active!

Barry Rowland
Principal

Camps, Sports, Excursions Fund (CSEF) 2017

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school excursions, camps and sporting activities. If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards activities. If you hold a valid means tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards activities.

Parents or legal guardians are required to complete a CSEF application form and lodge it with the Office for processing. Application forms should be completed and lodged with schools by 3rd March 2017, as payments are made from March. However schools will be able to accept and process applications up until the end of term two each year. Contact the office to obtain a CSEF application form or download from www.education.vic.gov.au/csef. Please ensure a copy of your means-tested concession card is provided with your CSEF application form. If you were eligible and received CSEF in 2016 please ensure a new application form is completed for 2017 prior to 3rd March 2017.

Jessie Burney
Business Manager

Queenscliff Bike Ride - grades 5/6

We are beginning to plan for this year’s annual Queenscliff Bike Ride. The ride is expected to take place on Thursday December 15th and Friday December 16th. At this point in time the ride/camp is only in the planning stage and we are seeking expressions of interest from students and parent helpers. A large number of parent helpers are required to support the staff in this activity. Please note, if there are not enough parent helpers then the ride will not be able to go ahead. Please see Amy Barr in the seniors if you know you are available to help.

North Geelong Division Softball Championships

Last Friday, Manifold Heights played Clairvaux Primary School in the final of the North Geelong Division Boys Softball Championships. The boys played very well and will now progress to the Region Finals in Melbourne. Many thanks to Mrs Thornton and Mrs Collins-McKenzie for helping with transporting the boys!

Results:
Manifold Heights 17 d. Clairvaux 8
Geelong Show:
acknowledgement for their Individual Entry at this year’s Royal

Congratulations to the following students who received Royal Geelong Show 2016 artwork!

Kalee Fry
Art Award goes to:

For her wonderful clay bird and her overall excellent artwork!

Royal Geelong Show 2016

Congratulations to the following students who received acknowledgement for their Individual Entry at this year’s Royal Geelong Show:

Hendrix Van Den Ham
Ivy Taylor Mozsa
Nate Mawson
Sasha Ivanitskiy
Charlie Hair
Cara Fletcher
Ariella Chapell
Lillian Currie
Leah McMullan
Ben Dimovski
Slade Dingley

Matilda Dowie
Emily Foot
Larissa Rauber
Thomas Kennett
Darcy O’Neill
Ally Sears
Max Friedrich-Erlacher
Mia Pilling
Mia Tucker

Fantastic work by everyone!

Art Award

Kaisercraft are kindly sponsoring a weekly Art Award this term. Each week one student will receive a $10 Kaisercraft voucher. This week’s Art Award goes to:

Kalee Fry - For her wonderful clay bird and her overall excellent artwork!

Royal Geelong Show 2016

This year, our annual Mano Walkathon will be a Funky Fluro Walkathon. Students are encouraged to wear a splash of something bright, along with their full school uniform, as we walk a 5km circuit from our school to Elderslie Reserve in Newtown on Friday November 4th. Students are encouraged to seek out sponsors for each kilometre they walk on the day, with the money raised being used for the continual upgrade of our school’s play equipment. Mr Seeckts is also in need of some assistance from parents on the day who are available to help prepare and transport the fruit to the Elderslie Reserve, as well as parents who can assist with cooking the BBQ from 10am on the day. Please drop past his room (Room 3) in the main building if you are available to help!

Blank Action Plans for 2017 will be coming home soon

School Policy requires you to provide us with an Action Plan annually if your child has a medical condition. These Action Plans will need to be signed by your GP and returned to the office at your earliest convenience.

Second hand uniforms

We are looking for good quality second hand uniform items to be donated to the school for our second hand uniform shop. Items can be donated to the School Office.

MUSIC

THOMAS AIREY - Thomas always works hard in Music and takes pride in learning our songs, shown through his confident performances! Keep up the awesome work, Tom!

Funky Fluro Walkathon

We are looking for good quality second hand uniform items to be donated to the school for our second hand uniform shop. Items can be donated to the School Office.
You are invited to the biggest children's event in our region this Sunday, the spectacular Family Fun Day at the Potato Shed, Drysdale.

The Family Fun Day will feature live music and performances (the Mik Maks and Theatre 3222 plus more) as well as loads of other activities.

pantomime, ballet, drumming, music, arts, crafts, face painting, an animal farm, bungee run, skate park, sports and storytelling

Bring your family! Bring your neighbours! Bring your friends! Bring a picnic or buy lunch from the food vans and enjoy a fantastic free fun-filled day with the family.

And make sure you don't miss the City of Greater Geelong's Our Future children's drawing competition you could win some lovely prizes!

Where: Potato Shed, Peninsula Drive, Drysdale
When: 11am-3pm, This Sunday 23 October
Cost: FREE ENTRY!
Parking: Available on-site – free

For further details visit the following Potato Shed sites:
Website: www.geelongaustralia.com.au/potatoshed
Facebook: https://www.facebook.com/The-Potato-Shed-152600534810909/

Proven Ways Water is Good for Everyone!

Why not drink more water? If you drink sweet or diet soft drinks, it might be time to think of replacing that with water. There are lots of reasons why it's a good idea!

It balances our body fluids
About 60 percent of the adult human body is made of water, and keeping our fluids balanced means that all that water is doing its job—transporting nutrients, aiding digestion, regulating temperature, and so on. Children have a higher concentration of water!

It keeps things moving, digestion-wise
Water helps us dissolve fats and soluble fibre. Drinking enough water prevents constipation and also reduces the burden on the kidneys and liver by helping to flush waste products.

It helps us get over fatigue especially when exercising!
It might protect against some types of cancer
Research has found that the greater the fluid intake, the lower the incidence of bladder cancer, with more significant results when the fluid is water. Staying hydrated may also reduce the risk of colon cancer and breast cancer. It can improve mood. Drinking water makes us feel so refreshed that it actually improves our state of mind. You don’t even have to be severely in need of it to benefit: Even mild dehydration has been shown to negatively impact moods.

Drinking water may help prevent headaches, naturally
Going without water for too long causes headaches for some people, and has been identified as a migraine trigger.

It keeps our kidneys working
Kidneys remove waste from our bodies, help control our blood pressure, and balance fluids, so they’re crucial to keeping our systems running smoothly.

It energizes us and helps keep us alert and thinking clearly!
Next time you’re feeling zonked, try drinking a couple glasses of water. Feeling tired is one of the first signs of dehydration and filling back up on H2O could zap the sleepiness. One study even found that students who brought water to tests did better on their exams.

It protects our joints and cartilage
Water keeps the cartilage around our joints hydrated and supple, ensuring that our joints stay lubricated. It also protects our spinal cord and tissues, keeping us healthy from the inside out. Eating it in fruits and veggies hydrates us—deliciously.

It's been linked to heart health
Can drinking water keep us heart healthy? There seems to be a link between risk of death from coronary heart disease and water intake. Research has shown both that consuming more water means a lower risk of death from coronary heart disease and that risk of death rises when intake of “high-energy fluids” (like soda and juice) increases.
Mano’s before and after school care program is run by Camp Australia. More information can be found at www.campaustralia.com.au

OSHC school number: 5229 7257
Customer Service: 1300 105 343

‘We make kids smile’

Music Lessons AT school
Piano, keyboard, Guitar, Ukulele, Drum or Singing Lessons
During &/or After School Hours at School
To enrol in, or to obtain more information please contact Meagan:
mbmt@bigpond.com

Providing Music Lessons in local schools since 1985.

Proud suppliers of the Manifold Heights Primary School uniform
Open: Monday – Friday 9.00am – 5.30pm
Saturday 9.00am – 1.00pm

You can download our Skoolbag app for FREE at the App Store (iPhones) or Google Play Store (Android). Just search Manifold Heights Primary. This is a great method of communication between the school and our parent community!

You are Kind. You are Smart. You are Important.

Are you ready?
Life’s journey is full of change, both planned and unplanned:
- Purchasing a home
- Raising a family
- Career changes
- Retirement
- Unexpected injury or illness

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inquiry@miplan.com.au