**FEBRUARY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>Thurs 9th</td>
<td>The Resilience Project Parent Information Evening - 7pm in MR/MA in the Middles</td>
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<tr>
<td>Mon 13th</td>
<td>Prep Parent Information Evening - 6:30pm</td>
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<tr>
<td>Tues 14th</td>
<td>Junior Parent Information Evening - 6:30pm</td>
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<tr>
<td>Weds 15th</td>
<td>Middle Parent Information Evening - 6:30pm</td>
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<tr>
<td>Thurs 16th</td>
<td>Senior Parent Information Evening - 6:30pm</td>
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<td>House Swimming Sports - grade 3-6 students</td>
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<tr>
<td>Tues 21st</td>
<td>Resilience Workshops</td>
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<td></td>
<td>• Grade 5/6's 9-10am</td>
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<td></td>
<td>• Grade 3/4's 10:05-11am</td>
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<td></td>
<td>• Grade 1/2's 11:40am-12:25pm</td>
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<td></td>
<td>• Prep 12:30-1pm</td>
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<tr>
<td>Weds 22nd</td>
<td>School Council Family BBQ from 5:30pm</td>
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**MARCH**

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<tr>
<th>Date</th>
<th>Event Details</th>
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<tr>
<td>Thurs 2nd</td>
<td>Carnivale Working Group meeting - 7:30pm in the Staffroom</td>
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<tr>
<td>Fri 3rd</td>
<td>Junior Big Day Out - Inflatable Word!</td>
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<td></td>
<td>• Grade 1's 9am-4pm</td>
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<td></td>
<td>• Grade 2's 9am-7pm</td>
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<tr>
<td>Fri 10th</td>
<td>Cross Country</td>
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<tr>
<td>Mon 13th</td>
<td>Labour Day - No School</td>
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<td>Weds 15th</td>
<td>Division Swimming Sports</td>
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<tr>
<td>Mon 20th</td>
<td>Planning Week</td>
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<td>Weds 22nd</td>
<td>Summer Lightning Premiership</td>
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<td>Fri 24th</td>
<td>Victorian State Schools Spectacular Regional Rehearsals</td>
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<td>Tues 28th</td>
<td>Region Swimming Sports</td>
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<tr>
<td>Weds 29th</td>
<td>Grade 4 Camp</td>
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<td>Fri 31st</td>
<td>Last Day of Term 1 - 2:30pm finish</td>
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Parent Information sessions coming up next week -
We invite all parents to attend these and find out more about school routines, curriculum programs, coming events, student expectations and more. All sessions will commence at 6.30pm and be conducted in the respective community building. (Preps - Mon 13th, Juniors - Tues 14th, Middles - Weds 15th, Seniors - Thurs 16th).

We really hope you can join us, they promise to be very valuable and is an opportunity to meet the teachers too.

Weekly assemblies – Monday mornings - Our students love to see parents coming along to our weekly assemblies and we strongly encourage you to attend these.

The first assembly for 2017 was conducted on Monday of this week and what a wonderful role our School Captains (Lily McDonald and Liam Muir) did to facilitate this whole school event.

Each week 2 senior students will play a key role in our assemblies. After a period of settling in to school and routines, we hope our 70 new Prep students will join us on Monday mornings.

Starting Mano population for 2017 - Currently we have 397 students enrolled across 17 classes (3 Prep, 5 Juniors, 5 Middles and 4 Seniors). We have welcomed 70 new Prep students this year, many of whom come from families who are ‘new’ to Mano.

I already have school tours booked for this month for prospective Prep 2018 enrolments and we will commit to ensuring our school has programs of the highest quality and that our positive reputation is maintained.

2017 programs well underway - This week has seen students continue to make a positive and enthusiastic start to their new year, with routines being re-established across all grades.

Specialist teachers have commenced their classes and these again will support and compliment the curriculum classroom program.

New specialist subject for Middles and Seniors in 2017—Science has been added into our curriculum with the appointment of Ms Jehu.

Middles and Seniors already have been highly engaged in this specialist program and 2017 promises to be an exciting and challenging year for students in this area of the curriculum. This arrangement will greatly support classroom studies.

So what happens to accessing the library for these students? (without Library as a specialist hour for them each week)

Reading remains highly valued and a priority for our school, as we strive to enhance measurable student reading achievement growth across all year levels for all students. Classrooms and team communities have library collections for weekly home reading arrangements. Reading is a regular and key component of the weekly program in the classroom. Each Middle and Senior class will have designated times (likely to be on Fridays this term) for visiting our library for borrowing and returning. We are lucky enough to have Mrs Mundine who will support our teachers with this.

We also remind families of ‘Reading Eggs’ and the fabulous resources to be accessed from here.

We are also looking for volunteers to assist with weekly library related duties – covering books, returning borrowings to shelves, etc. Please contact Mrs Bencic (Library teacher) or Mrs Mundine if you can assist.

School canteen - Our canteen is up and running for 2017 and a reminder that the current price list is on our website.


Lunch orders are welcomed and our ‘City of Greater Geelong accredited menu’ aligns with supporting nutritional options for our students.

Road safety around our school - Please, please take great care around our school, especially at drop off and pick up times.

Recently there have been some near misses, a parked car side-swiped and some very young children crossing busy roads unsupervised. Teaching staff have been supporting students to think about road safety and making good decisions.

Parents are reminded of the no-parking signed areas and that Council Inspectors are often around schools at these times and hand out fines re infringements.

Keep the date free – Family BBQ WEDNESDAY
February 22nd 5:30 – 7:30pm - School Council have again planned and will provide a ‘start to the year welcome BBQ’ for all Mano families.

This will feature live music, a free BBQ (sausages provided), and other options via the canteen menu, soft drinks on sale (by our fabulous fundraising committee) and a chance to meet other Mano families and teachers. Please see the note that will be coming home this afternoon with the eldest child in the family re this wonderful night!

Barry Rowland
Principal
Students Name:________________________________________________________

General Reminders from the Office

Essential Student Learning Items
A friendly reminder to those families who have entered into payment plans that making regular payments to the school can greatly assist with payment costs during the year. It may be as little as $10 a week! Payments are receipted against your account and then allocated towards fees/excursions as needed. If you are suffering financial hardship you may enter into a payment plan by contacting the office.

CSEF (Camps, Sports & Excursions Fund)
Do you have a current healthcare card? You may be eligible for the Camps, Sports & Excursions Fund (CSEF). The annual CSEF amount per student will be: $125 for primary school students and $225 for secondary school students. Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef. You should lodge a CSEF application form at the school by the 3rd of March along with a copy of your Healthcare card.

Confidential Student Information Package
This week you will have received an envelope with a number of forms that need to be addressed and returned back to the classroom teacher ASAP. In this package you will find: Student Details (if you need to make any changes please do so on the form), the 2017 Local Pension note, Internet Agreement Form (Senior families, please fill out both the BYOD and general Internet form) and the Multimedia Indemnity form. Please ensure that if you need to make any changes to your family’s or student’s contact or medical information (i.e. new contact numbers, change of address etc) you let the office know.

MUSIC ASTRID WATTERS-SANSON - Astrid has made a wonderful start to Music for 2017, using her beautiful singing voice at all times and consistently demonstrating the 5L’s! Go Astrid!

Manifold Heights Primary School Swimming Sports
The Manifold Heights Primary School Swimming Sports for students in grades 3, 4, 5 and 6 will be held at the Geelong College recreation Centre, Noble Street, Newtown on Thursday 16th February 2017. The sports will commence at 9:30am and conclude by 1pm. Please note that these sports are only for students who have officially entered and not for all students.

We are seeking the help of parents to act as officials on this day. If you are able to act as an official could you please fill out and return the notice below (or on the SkoolBag app).

Manifold Heights Primary School Swimming Sports - Thursday 16th February 2017
Name:__________________________________________ Phone Number:______________________________

Students Name:__________________________________________ Grade:______________________________

I am able to act as an official at the Manifold Heights Primary School Swimming Sports on Thursday 16th February 2017 at the Geelong College Recreation Centre.

Signed:________________________________________
Art/Indonesian News

Welcome to Art and Indonesian for 2017. A reminder to everyone that students require a named Art smock as soon as possible. The best smocks have long caught in sleeves and an opening at the back. The students can slip these smocks over their head and nothing needs doing up! We do have spare Art smocks but it is way better to have a clean, personal one.

We have plenty of containers and other odds and ends at the moment but we are always looking for the smooth polystyrene meat trays. They make fantastic painting palettes.

The Victorian School of Languages provides language classes on a Saturday morning at Matthew Flinders Girls Secondary College and North Geelong Secondary College. It is part of the Education Department and lessons are available in many languages from Year 1 to VCE. For more information Google Victorian School of Languages or simply ask me! Our students are introduced to Indonesian during our Art lessons. Ibu means Mrs in Indonesian and over the years the students have referred to me as Ibu Walker. (Mrs Walker is also fine!)

Terima kasih banyak (Thank-you very much) Ibu Walker (Mrs Walker)

Library News

Welcome to our library Program 2017 Term 1 Prep - Gr.2. Library classes have commenced and it is clear that students are keen to begin a year of learning, reading and researching in the Library.

As we start the new year it is important that students bring a named Library bag to classes each week. During class we have talked about looking after our books and making sure they are borrowed and returned first thing Monday morning. Library organization is very important, and ensuring that all books are returned to shelves in great order. The Library is looking for parents, grandparents who have some spare time to help in the Library this term with book covering and returning books onto shelves. If you can help, please contact the office or come and speak to library staff on a Monday or Tuesday. This would be terrific!

Library Program 2017
Monday: Junior A, Junior H, Prep H
Tuesday: Junior B, Junior O, Prep B, Prep T, Junior C.

Thank you for your cooperation and Happy reading with your children

Mrs Suzan Bencic

Asthma, Anaphylaxis and Allergy action plans

We are awaiting a number of Action plans to be sent back to the office.

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 at your earliest convenience and returned to the office.

If your child needs to store medication at school please bring it up to the office so we may distribute these to specific areas throughout the school.

No hat, no play!

As it is now Term 1 all students must be wearing their hats to school.

Any student not wearing a hat will be asked to sit in the shade. This is per our Sunsmart Policy.

If you wish to review this policy you can find it on our website under the “About Us” tab and by clicking “Our Policies”.

The school has recently received new Sunsmart accreditation which requires hats to be worn from September until the end of April.

Victorian State Schools Spectacular

Grades 4, 5 and 6 students interested in participating in the Massed Dance section of the Victorian State Schools Spectacular need to collect the forms from Mrs Orford.

The forms need to be returned to Mrs Orford by Thursday 16th Of February.

Children need to eat more fruit and vegetables

Fruit and vegetables are excellent sources of vitamins, minerals and fibre required for healthy bones, teeth, skin, eyes and digestion. They protect against overweight and obesity, heart disease, type 2 diabetes and some cancers.

Packing ‘healthy lunchboxes’ full of fruit and vegetables is a great way to promote fruit and vegetables. Many parents wonder what is a serve of fruit or vegetables for children of different ages. The best measuring cup to equate it to your child’s hand size. One serve equals a ‘handful’. You can count out serves with your child based on the size of your child’s hand.

As your child grows, so does their need for more increased serves of healthy fruit and vegetables.

Parent Tip: Ask your child which fresh fruit and vegetables they would like for their lunch or for snacks at home (not if they want them). Provide choices within limits.

How big is one serving of Fruit?

- 1 medium piece – such as an apple, banana or pear
- 2 small pieces – such as a kiwi fruit, passionfruit, plum
- 1 1/2 tablespoons of sultanas, raisins or currants
- 4 pieces of dried fruit – such as apricots, pears or figs
- 1 cup of tinned fruit
Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:
- school uniforms and textbooks
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Amanda Vernon your local Saver Plus Worker:
(03) 5278 8122
or avernon@bethany.org.au

St Joseph’s Football & Netball Club
St Joseph’s Football & Netball Club welcomes junior players for the 2017 football season competing in the following age groups:

**Boys** – U9s through to U16s

**Girls** – U12s, U15s and U19s

For online registration details, please go to the club website at www.stjoeyes.com or email stjoeyesjuniorfooty@gmail.com

Geelong West Netball Association
Geelong West Netball Term 1 Competition, 2017

Starts – February 9th, Final week – March 30th
Netta competition, grade 3 & 4, grade 5 & 6.
Mixed teams accepted in all sections
Equipment and coaching provided
Friendly, supportive competition!

Enquiries:
Email: davidson.allison.v@edumail.vic.gov.au
SMS: 0400947649

**PLAY OUTSIDE THIS SUMMER**

Time playing outdoors has clear, long-lasting, positive impacts on your child’s health – particularly their mental health. Yet children’s lifestyles are becoming increasingly sedentary, exposing children to greater risk of obesity and illness.

While we enjoy these summer months, children can spend most days playing outside. Remember to use some basic precautions to help them enjoy the outdoors:

1. **Prevent sunburn:** Wear a hat and sunglasses. Stay in the shade when possible especially between 10 am to 4 pm. Don’t forget to apply sunscreen every two hours.

2. **Dress for the sun:** Wear light weight clothes that are light colours.

3. **Prevent dehydration:** Let your child drink as much water as they want before they go outside, and that they have a water bottle handy.

4. **Take breaks:** If it is really hot out or they are really sweating, take a break every 15-20 minutes to get a drink and catch their breath.

**Some fun ideas:**
- Make a Trike Car Wash with a hose or sprinkler and let them ride through!
- Try Soap Boat Racing
- Head to the Beach
- Have a Scavenger Hunt
- Camp in Your Backyard
- Make a natural crown – with some card and double sided tape, create a sticky band and collect beautiful leaves and flowers to stick on it.
Mano’s before and after school care program is run by Camp Australia. More information can be found at [www.campaustralia.com.au](http://www.campaustralia.com.au)

OSHC school number: 5229 7257

Customer Service: 1300 105 343

- ‘We make kids smile’

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!

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.