

# Mano TIMES



Unleashing Potential

## CONTACT US

Manifold Heights Primary School  
Strachan Avenue  
Manifold Heights 3218

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Please also find us on  
Facebook



## MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

Date: 11th March 2021

Principal: Barry Rowland

Business Manager: Jessie Burney & Leanne McKenzie

Assistant Principal: Peta Mundine

Administration: Jacquie Clancy

### Important Dates

#### MARCH

Fri 12th March	House Cross Country (Middles & Seniors students)
Mon 15th March	School Council Finance Sub Committee Meeting, 6:30pm, Principal's Office School Council Meeting & AGM, 7:30pm, Staffroom
Tues 16th March	Geelong North Division Swimming Sports, Kardinia Pool
Fri 19th March	National Day of Action Against Bullying & Violence Summer Lightning Premiership - Cricket & Softball, Selected Senior Students
Mon 29th March	Grade 1 Fun Day
Tues 30th March - Thurs 1st April	Grade 4 Camp
Wed 31st March	Grade 3 Big Day Out

#### APRIL

Thurs 1st April	Term 1 Ends, 2:30pm
Mon 19th April	Term 2 Commences, 9am

### Upcoming Event Consent Forms and/or Payments Due

Geelong North Division Swimming Consent & Payment	12th March 2021
Summer Lightning Premiership Consent & Payment	17th March 2021
Grade 1 Fun Day Consent & Payment	19th March 2021
Grade 4 Camp Balance & Consent	23rd March 2021
Grade 3 Big Day Out Consent & Payment	26th March 2021
Grade 6 Preparation for Puberty Consent	30th March 2021

### DO YOU HAVE A STUDENT STARTING IN PREP NEXT YEAR?

If you have a student due to be starting school in 2022, please collect an enrolment form at the General Office.

Our cut off date for Prep 2022 is Friday 28th May 2021.

# News from Mr Rowland

## Assembly Monday 15<sup>th</sup> March – Whole School Singalong

We hope you might join us for this whole school weekly Assembly. Mrs Baker will be leading the school community with 'In the Woods' (echo song).

Given last Monday was the Labour Day Public Holiday, we will have 2 weeks of awards to present (Students of the Week and Specialist Awards).

Parents/carers onsite for longer than 15 minutes are required to 'check in' using the Mano QR code. Copies of this are posted in all entry doorways.

## School Council Annual General Meeting

This meeting will be held in the Staffroom (Admin/Junior building) on Monday 15<sup>th</sup> March at 7:30pm. Mano community members who are not Council members are welcome to attend. The 2020 Annual Report will be tabled, as will our 2021 School Improvement Plan (AIP – Annual Implementation Plan). The Mano School Council President and Vice President will also be appointed for the following 12 months. The 2020 Annual Report will be shared more widely via our school website, after it has been endorsed by the Department of Education & Training.

## Mano Cross Country – Grade 3-6s

This annual event will be conducted tomorrow (Friday 12<sup>th</sup> March) at Fyansford. We hope all Middles and Seniors will participate, and by doing so gain points for their House (Manifold, Strachan, Purumbete or Narmbool). Running, jogging and walking are all ok and a combination of these can help to get to that finishing line! Many thanks to Mr Hambrook for organising this event and to the parent volunteers who will support supervision, check point monitoring, encouragement and recording duties on this day.

## Save the Date!

We have booked Costa Hall for Tuesday 9<sup>th</sup> November (the sixth week of Term 4) for our whole school concert this year. Last year due to COVID-19 this biennial event sadly had to be postponed. Mrs Baker (our new Music teacher) already has some fabulous ideas for this special event and it promises to be a highlight for all in 2021!

All children from Prep to Grade 6 engage in weekly Music Specialist subject classes, with many taking up other opportunities such as the lunchtime sessions of Junior Choir, Senior choir, Rock Band. There is also the Victorian State Schools Spectacular 2021 Mano team with Mrs Orford.

## Staff First Aid Training

Over the next two weeks all staff will complete an extended session of First Aid training. The providers 'Stayin' Alive First Aid' have shared pre-course work for staff to complete before their hands on training session begins. We accept seriously the responsibility of educating your children and also caring for their personal safety and well-being!

## Anxiety in Children

The following is from the Beyond Blue website <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-healthconditions-in-children/anxiety>

Anxiety is part of our survival instinct. When we're faced with a threatening situation, our brains and bodies respond by kicking into safety mode. Our adrenalin starts pumping, helping us get ready to escape the danger. However some people, including children, react more quickly or intensely to situations they find threatening, or find it harder to get their anxious feelings under control. Some kids also perceive the world to be scarier or more dangerous than others.

## What is 'normal' anxiety in kids?

Fearful and anxious behaviour is common in children – especially as they come across new situations and experiences. Most children learn to cope with different fears and worries. However, they may need some extra support when: they feel anxious more than other children of a similar age; anxiety stops them participating in activities at school or socially; anxiety interferes with their ability to do things that other children their age can do; their fears and worries seem out of proportion to the issues in their life.

## How anxiety affects children.

As well as affecting how kids feel, anxiety can have an effect on their thinking. They perceive the fear or danger they're worried about to be much greater than it actually is. Thinking about the situation makes them more worried and tense. Kids experiencing anxiety may come up with their own strategies to try and manage distressing situations. This often involves trying to avoid the situation or having a parent or other adult deal with it for them. While this works in the short term, avoiding the fearful situation makes it more likely that they'll feel anxious and be unable to manage it next time. As a result, they can find it harder to cope with everyday stresses at home, school and in social settings.

Anxiety can also result in physical symptoms such as sleeplessness, diarrhoea, stomach aches and headaches (sometimes referred to as somatic complaints). Other symptoms may include irritability, difficulty concentrating and tiredness.

## Strategies to support anxious children.

When kids have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem. If they're terrified of dogs, it's pretty reasonable to keep them away from the pitbull next door....right? Well, not really. By helping children avoid scary situations, you're reinforcing and fuelling their anxiety. They're also missing out on opportunities to develop coping skills and prove to themselves they can deal with the anxious thought or feeling next time it comes up. The best thing you can do for your child is to help them learn how to cope with anxiety.

## 10 strategies to try:

1. Start by slowing down.
2. Make time to worry.
3. Climb that ladder.
4. Encourage positive thinking.
5. Have a go.
6. Model helpful coping.
7. Help your child take charge.
8. Be upfront about scary stuff.
9. Be BRAVE.
10. And finally, check your own behaviour.

Remember, the goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life

Barry Rowland  
Principal

# STUDENT OF THE WEEK

<b>PC</b>	<b>HARRY SIVITER</b> - Harry has made a sensational start to Grade Prep! He always listens attentively on the floor, takes great pride in his work and makes sure the classroom is neat and tidy. You're a superstar Harry!
<b>PH</b>	<b>SONNY SLATER</b> - Sonny is always safe, kind and caring towards his new classmates. He puts lots of effort into his work tasks, making the most of his learning time. Sensational Sonny!
<b>PK</b>	<b>MAYA RAGLUS</b> - Maya has made a superb start to her first year of school. She follows instructions, works hard and is always kind and caring. Maya always makes others feel welcome when playing. Marvellous Maya!
<b>1A</b>	<b>STELA TASCAS</b> - Stela is a kind and considerate member of 1A who always includes others in her games and activities. You are a wonderful friend and student Stela!
<b>1C</b>	<b>CLARA BENNETT</b> - Clara always makes everyone in 1C feel equal and valued whether we're playing games or working collaboratively together. Keep it up Clara, you are amazing!
<b>1S</b>	<b>SOPHIE BEYER</b> - Sophie is a wonderful member of 1S, she is an extremely kind and caring student who always looks out for others. Super Sophie!
<b>2B</b>	<b>IVY GERCOVICH</b> - Ivy is willing to support others with enthusiastic energy. She helps to create a safe environment so that everyone can do their best work. You are very considerate Ivy.
<b>2C</b>	<b>HAYLEY BROWN</b> - Hayley is a fantastic member of our class and is always welcoming of other students when we do collaborative learning. Amazing Hayley!
<b>2O</b>	<b>THOMAS HUNTER</b> - Thomas is a thoughtful and kind student. He makes others feel safe and their opinion valued. Very respectful Thomas!
<b>MC</b>	<b>MAYA BOWEN HORVATH</b> - Maya demonstrates a kind and courteous nature to all her peers. She consistently looks out for others and includes her peers in all tasks and conversations. You are an absolute marvel Maya!
<b>MH</b>	<b>EVELINA CURRIE</b> - Evelina you are always so friendly and inclusive to others. We appreciate having you in our class. Excellent work Evelina.
<b>MQ</b>	<b>WILLOW GLYNN</b> - Willow is a wonderful friend to everyone in MQ. She is always willing to help, work with and include others in all activities and does it with a big smile on her face. Way to go Willow!
<b>MS</b>	<b>MADISON JONES</b> - Madison demonstrates excellent caring and inclusive behaviours towards her peers. She is able to work well with anyone and is always one of the first to invite others to play with her. Magnificent Madi.
<b>MW</b>	<b>LINC DOWIE</b> - Linc is a kind and caring student who is always conscious of including others both inside and outside of the classroom. Linc your kind and empathetic heart is something to be admired. Legend Linc!
<b>SG</b>	<b>SASSY TAYLOR</b> - For being a most friendly and inclusive member of SG. Sassy is able to work well with anyone, and contributes positively to our classroom.
<b>SN</b>	<b>SAI STANTON-LAWRENCE</b> - Sai always goes out of his way to make sure that no one in SN ever feels left out. He displays a warm and welcoming nature every day he's at school. You're a terrific role-model Sai!
<b>SS</b>	<b>MADISON MUIR</b> - Maddie has been firing on all cylinders, especially in Maths this week. What a superstar! Keep up the excellent work Maddie!
<b>ST</b>	<b>HENDRIX VAN DEN HAM</b> - Hendrix is always kind and inclusive. He always includes classmates when working in a group, is a 'bucket-filler' to others, and gets along with a wide range of students. We are so lucky to have you in our grade.
<b>SV</b>	<b>MIA NORTH</b> - Mia has started the year extremely well as she is an inclusive member of the class who brings a smile to our classroom everyday. Magnificent Mia!
<b>MUSIC</b>	<b>NICHOLAAS SPANNINGA</b> - Nicholaas has been an inclusive leader in Rock Band rehearsals, taking the time to show other students how the guitar parts go and teaching them the skills. Well done on being a valued member of the Rock Band Nicholaas!
<b>ART</b>	<b>GEORGIA CURHAM</b> - For her creative ideas and wonderful attitude in Art.
<b>PE</b>	<b>GEORGE LING</b> - George has shown from each week a much improved ability to work as a team and play by the rules in our minor games this Term. A terrific effort George!
<b>SCIENCE</b>	<b>ELIJAH NORTH</b> - For his outstanding collaboration and leadership skills when working with his group to design a Rube Goldberg Machine.
<b>LIBRARY</b>	<b>PATRICK CONNOR</b> - For sharing his understandings of the story characters and how they were feeling, with a confident voice.

## 2021 MANIFOLD HEIGHTS CROSS COUNTRY- FRIDAY 12<sup>TH</sup> MARCH

Our House Cross Country is TOMORROW- WOOHOO! All students have done a wonderful job of training, participating and having a go at our running sessions each week ☺ Tomorrow is going to be a warm and sunny day- so please make sure your child has their hat, drink, appropriate running shoes and house coloured shirt. Applying sunscreen on in the morning is also a great idea to make sure you are being Sunsmart!



**Please click on below link for some Cross-Country HINTS, TIPS and IDEAS ☺**

[https://content.nike.com/content/dam/one-nike/en\\_lu/SP16/Kids/PDF/Kids Ready Set Go Running Guide.pdf](https://content.nike.com/content/dam/one-nike/en_lu/SP16/Kids/PDF/Kids Ready Set Go Running Guide.pdf)

All volunteers on the day will meet down at Fyansford Common at the finish line at 10:20am. A message via email has been sent out already this week with a role assigned to each helper ☺

**The following students will be arriving on the first shuttle buses and will be racing in the 9/10 Age Group.**

Jacob Dargue, Liam Dargue, Chase Foley, Zion Samuels, Oscar Meggs, Ryder Johnson, Matilda Norman, Dia Prasher, Matilda Morgan.

### ORDER OF RACES FOR THE DAY:

TIME	AGE GROUP
10:45AM	GIRLS 9/10 YEARS (2km)
11:00AM	BOYS 9/10 YEARS (2km)
11:30AM	GIRLS 11 YEARS (3km)
11:50AM	BOYS 11 YEARS (3km)
12:10PM	GIRLS 12/13 YEARS (3km)
12:30PM	BOYS 12/13 YEARS (3km)

### MUST READ- Covid19 Rules and Regulations

Volunteer helpers AND spectating families will need to sign in using the 'Mano' QR code provided at our table as you attend. This is a MUST- We ask that you please socially distance the best that you can at this event and if this is unachievable please wear a face mask.

Make sure your child is wearing their house colour shirt, hat and has suitable running shoes along with a drink bottle!

NARMBOOL	STRACHAN	MANIFOLD	PURRUMBETE
			

Regards, Mr Hambrook

## Music News

All students will be singing a whole school song next Monday 15<sup>th</sup> March at 9am Assembly that they have been practising in Music classes.

During the last week of term, on Monday 29<sup>th</sup> March, the Junior Choir will be performing at Assembly with an Easter themed song.

Looking forward to seeing you all there.

Mrs Meegan Baker

## ENTERTAINMENT BOOKS ARE AVAILABLE TO ORDER ONLINE

Entertainment Books have gone paperless! Digital copies are available online.

It is a great fundraiser for our school with 20% of every membership going directly to our school.

Please head to [www.entbook.com.au/1131v43](http://www.entbook.com.au/1131v43) to order yours today.



**SIGN UP SIGN UP!**

**BUNNINGS BBQ**

**SUNDAY 28TH MARCH**

**PLEASE TEXT OR EMAIL KATH  
JOHNS- IF YOU CAN HELP  
ANYTIME BETWEEN 8-5PM**

**kathrynjohns11@gmail.com**

**0438140250**

**Shifts are 2hrs long.**



# Manifold Heights Primary

8:00 AM - 6:00 PM

ARRIVE BY 9AM ON EXCURSION DAYS



IN-HOUSE



IN-CURSION



EXCURSION



BEST PROGRAM EVER

5 <sup>th</sup> APR · MON	6 <sup>th</sup> APR · TUE	7 <sup>th</sup> APR · WED	8 <sup>th</sup> APR · THU	9 <sup>th</sup> APR · FRI
	<p><b>CARNIVAL CAPERS</b></p> <p>+ WOODEN DOMINOES</p> <p>We're clowning around at the TeamKids circus with Carnival Capers! We all have a front row ticket to play Lion Tamer, try our luck with the Balancing Act game &amp; create Circus Tent Craft to take home.</p>	<p><b>SPACE TECH</b></p> <p>+ PIZZA TAG GAME</p> <p>Houston, Space Tech has landed at TeamKids! Join us as we launch ourselves into virtual &amp; augmented reality to complete a mission to Mars. We'll even get to build our own rockets. It'll be out of this world!</p>	<p><b>MOVIE · TOM &amp; JERRY</b></p> <p>+ TEAMKIDS JET</p> <p>TeamKids is getting the show on the road &amp; we're bringing the popcorn too! We're off to the movies to see the hilarious Tom &amp; Jerry. What will our favourite cat &amp; mouse get up to this time? *Allergy alert, popcorn provided.</p>	<p><b>DON'T PRESS THAT BUZZER!</b></p> <p>+ SUN-DAE FUNDAY</p> <p>STOP! There's a buzzer at TeamKids that we're not meant to press... but, what happens if we do? We'll find out as we are immersed in a world different from the one we know in this drama workshop.</p>
	<p>Base Fee \$70.00</p> <p>Exp Fee** \$7.00</p> <p>Daily Total \$77.00</p>	<p>Base Fee \$70.00</p> <p>Exp Fee** \$15.00</p> <p>Daily Total \$85.00</p>	<p>Base Fee \$70.00</p> <p>Exp Fee** \$30.00</p> <p>Daily Total \$100.00</p>	<p>Base Fee \$70.00</p> <p>Exp Fee** \$15.00</p> <p>Daily Total \$85.00</p>
	<p>After Max CCS* \$11.55</p>	<p>After Max CCS* \$12.75</p>	<p>After Max CCS* \$15.00</p>	<p>After Max CCS* \$12.75</p>

12 <sup>th</sup> APR · MON	13 <sup>th</sup> APR · TUE	14 <sup>th</sup> APR · WED	15 <sup>th</sup> APR · THU	16 <sup>th</sup> APR · FRI
<p><b>KITCHEN WORKSHOP</b></p> <p>+ SUPER ROCKETS</p> <p>We're cooking up something awesome at TeamKids with Kitchen Workshop! We'll play the Bump, Set, Spike game, experiment with Exploding Sandwich Bags &amp; create some whirling DIY Kaleidoscopes to take home.</p>	<p><b>ULTIMATE FRISBEE</b></p> <p>+ PONY BEAD ICE CREAM</p> <p>We're all flying into TeamKids today for a game of Ultimate Frisbee! This fun-filled fitness session will guide us through the throwing basics before we have a ripping time with frisbee games.</p>	<p><b>COASTAL NECTAR</b></p> <p>+ CLAP CATCH GAME</p> <p>We're making a beeline for TeamKids as Beekeeper Tom introduces us to the buzzing world of bees! We'll discover why bees are so important for our environment &amp; how they make their delicious honey. *No bees or honey present on site.</p>	<p><b>WERRIBEE OPEN RANGE ZOO</b></p> <p>+ BARNYARD ROUNDUP GAME</p> <p>Today, TeamKids is ahead of the pack because we're exploring Werribee Open Range Zoo! We'll take a stroll through the African River Trail to spot as many lions, cheetahs, hippos &amp; monkeys as possible. *Closed-toed shoes required.</p>	<p><b>WITCHES &amp; WIZARDS</b></p> <p>+ ROBOT RACERS</p> <p>Let's grab our broomsticks &amp; fly on into TeamKids because we're transforming into Witches &amp; Wizards! We'll play Dobby Sock Toss, create drawings of Magical Creatures &amp; shape Wizard Statues to take home.</p>
<p>Base Fee \$70.00</p> <p>Exp Fee** \$7.00</p> <p>Daily Total \$77.00</p>	<p>Base Fee \$70.00</p> <p>Exp Fee** \$16.00</p> <p>Daily Total \$86.00</p>	<p>Base Fee \$70.00</p> <p>Exp Fee** \$17.00</p> <p>Daily Total \$87.00</p>	<p>Base Fee \$70.00</p> <p>Exp Fee** \$20.00</p> <p>Daily Total \$90.00</p>	<p>Base Fee \$70.00</p> <p>Exp Fee** \$7.00</p> <p>Daily Total \$77.00</p>
<p>After Max CCS* \$11.55</p>	<p>After Max CCS* \$12.90</p>	<p>After Max CCS* \$13.05</p>	<p>After Max CCS* \$13.50</p>	<p>After Max CCS* \$11.55</p>

\*Child Care Subsidies may apply. -\$5 Admin Fee per family. -\$5 Late Fees apply within 7 days per child. Payment plans available.

\*\*Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy.



FIND A VENUE  
teamkids.com.au/venues

CHOOSE YOUR ADVENTURE  
Book Now

# JUNIOR SEASON LAUNCH

## FRIDAY 12TH MARCH

### 5PM-6PM

# NEW PLAYERS WELCOME

Auskick to U17

MERCHANDISE  
BOOT SWAP  
SAUSAGE SIZZLE  
DRILLS & GAMES



### Uniform Screen Printing

Do you have school uniform items that need the school logo screen printed on them? We will be running a screen printing service at the end of Term 1.

Please drop off any shirts and/or jumpers you would like screen printed to the Office by 9am on Monday 29th March 2021. Items will be available for pick up on the first day of Term 2, Monday 19th April 2021. The cost for the screen printing service is **\$6.60 per item**.

We ask that all families bring clean items of clothing that require screen printing in a **plastic bag labelled with your child's name, class and ensure each piece of clothing is also named.**

**Please include the correct change in a sealed envelope with the completed form below.** Unfortunately it may not always be possible for the Office to provide change.

If you have any questions regarding the screen printing please contact the Office on 5229 9643.

Child Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Number of Items: \_\_\_\_\_ Total Cost: \_\_\_\_\_

ADVENTURE  
KIDS  
AUSTRALIA

If you're a Boy aged 10 - 15

P.O. Box 6321  
Highton Vic 3216  
0414 538 131

# LOOK

what you're  
missing out on!

WIDE GAMES \* SUMMER CAMP \* MYSTERY TRIPS \* CHALK CHASES \* SCAVENGER HUNTS  
SLEEP-INS \* ROCK CLIMBING \* JET SKIING \* WATERSKIING \* SPORTS \* HALL GAMES  
MUMS + DADS NIGHT \* LASER TAG \* GO KARTS \* SNOW TRIP \* BILLY CART DERBY  
SPECIAL GUESTS \* MOUNTAIN BIKING \* SWIMMING \* FUNDRAISING EVENTS



**PLUS MUCH MUCH MORE**

**JOIN NOW**

**ADVENTURE KIDS AUSTRALIA**

**BOYS ADVENTURE GROUP**

**Wed Nights - 6.30pm to 8.00pm & Sun Arvo's - Various Times**

Manifold Heights Hall

Cnr Shannon Ave & Volum Street - Geelong West

**Bring a mate & come to the Hall**

**For more information - call Andrew - 0414 538 131**

Website - [adventurekidsaustralia.com.au](http://adventurekidsaustralia.com.au) Email - [adventurekidsaustralia@gmail.com](mailto:adventurekidsaustralia@gmail.com)

# BarryPlant

## Sonya Kurul

Sales Consultant  
Barry Plant

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59 Gheringhap Street  
Geelong, 3220



## School Holiday Program Here!

Book Online  
[teamkids.com.au](http://teamkids.com.au)

p: 9532 0366



Mano's before and after school care program is run by Camp Australia. More information can be found at



OSHC school number:  
0405 422 142

Customer Service:  
1300 105 343

- 'We make kids smile'



## Andrew Wheeler Music Tuition

Guitar | Piano | Singing | Ukulele | Drums

School music lessons



- Kids taken out of class during the day.
- Rotating lesson times
- Books organised

Email: [lessons@andrewwheelermt.com.au](mailto:lessons@andrewwheelermt.com.au)

0448 994 009



## NOONE

BEST IN CLASS SINCE 1947

Proud suppliers of the  
Manifold Heights Primary  
School uniform

Open: Monday – Friday 9:00am – 5:30pm

Saturday 9:00am – 1:00pm



## Compass School Manager

You can download our Compass app for **FREE** at the App Store (iPhone) 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 can receive notifications about upcoming events and notify the school of student absences. You can now use CompassPay to consent and pay for excursions online! CompassPay is a quick and easy way for parents to consent and pay for an event at anytime from anywhere. Compass Pay is a secure payment portal and will not store any payment information you enter.