

# Mano TIMES



Unleashing Potential

## CONTACT US

Manifold Heights Primary School  
Strachan Avenue  
Manifold Heights 3218

P: 03 5229 9643  
www.manifold.vic.edu.au  
manifold.heights.ps@education.vic.gov.au

Please also find us on  
Facebook



## MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

Date: 24th February 2022

**Principal:** Christian Smith  
**Business Manager:** Ros Fantini

**Assistant Principal:** Peta Mundine  
**Administration:** Jacquie Clancy

### Important Dates

#### FEBRUARY

Thurs 24th February Seniors Parent Info Night, 6:30pm, Webex

Mon 28th February Prep Geelong Advertiser Photos

#### MARCH

Mon 7th March - Wed 16th March Life Education Van, Prep - Grade 4 students

Mon 7th March Seniors NGSC Transition Visit

Wed 9th March Mano Family Picnic, 5:30pm

Fri 11th March Lightning Premiership, Senior Students  
Grade 1 Big Day Out  
Victorian State School Spectacular Regional Rehearsal, Western Heights College

Mon 14th March Labour Day Public Holiday, No Classes

Fri 18th March House Cross Country, Fyansford Common, Middles & Seniors Students

Mon 21st March Pupil Free Day - No Classes  
School Council Meeting, 7:30pm

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

Local Permission Form 2022	28th February 2022
Seniors NGSC Transition Visit Consent	2nd March 2022
Life Education Consent & Payment	4th March 2022
Grade 1 Big Day Out Consent & Payment	9th March 2022
House Cross Country Consent & Payment	10th March 2022

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

If you have a student due to be starting school in 2023, please collect an enrolment form at the General Office. Our cut off date for Prep 2023 is Monday 31st May 2022.

# NEWS FROM MR SMITH

Dear School Community Members,

Recently I engaged in a webinar focussed on supporting the wellbeing of primary aged students. One of the guest speakers was Mental Health advocate, Wayne Schwass. Wayne Schwass began his session with his personal journey with mental health (and his darkest day) and shared his expertise in creating an environment where people are welcome and invited to talk about their emotions and feelings. Below is a snapshot of Wayne Schwass' presentation on 'Creating a culture to share our emotions'.

- 50% of 7-12 year olds show stress related symptoms
- Each year, over 65,000 Australians self harm
- More than 3,000 Australians died by suicide in 2019
- Suicide is the leading cause of death for Australians between 15 and 44 years of age
- In 2019, about 75% of people who died by suicide were males and 25% were females
- Males have been taught to hide emotions and this is highly damaging
- Discussing emotions (how we feel) is so important
- Discouraging people, especially primary school aged children, from crying is harmful
- Asking people 'R U OK?' is a great start
- Resilience is the ability to cope and return to "normal" as quickly as possible
- Telling students to be resilient is not effective
- Resilience is a learned skill and can be taught

Our Leadership Team will explore how we can continue to nurture our culture whereby students are comfortable in expressing and sharing their emotions and feelings.

**Reading, Reading, Reading:** By now all students should be into the habit of reading regularly (both independently and being read to). As parents, we have the opportunity to project and model the importance of reading onto our children. Professor Anne Bayetto, from Flinders University in South Australia, highlighted students who read:

- **Less than 1 minute** per day will read 8000 words a year
- **4.6 minutes** per day will read 282 000 words a year
- **20 minutes** per day will read 1.8 million words a year

How can they ever catch up? Our role, as teachers, is to provide the explicit reading strategies that children require to be successful readers. As parents/carers, your job is to give the opportunity for them to practise these skills. We expect all students are engaged in a regular home-reading program. Please contact your child's teacher if you require support to facilitate the home-reading program for your child.

**Assembly:** Our assembly for Monday will be live streamed via YouTube. All families are welcome to join us by clicking on the link below:

**Date:** Monday 28<sup>th</sup> February

**Time:** 9:10am

<https://youtu.be/ZTzdrYkNHcA>

**COVID Safe Measures:** As per the Victorian Government's recent announcements regarding COVID Safe measures for primary schools, please note:

- Students in Yrs 3 – 6 are to wear a Face Mask for all indoor activities (unless an exception is in place)
- The Rapid Antigen Testing (RAT) program will continue throughout Term 1 (testing each Sunday and Wednesday). As soon as our next batch of RATs arrive, we will communicate this via Compass

**Parent/Carer Information Sessions:** It has been very pleasing to see so many families attend our Information Sessions throughout this week. The sharing of information is a valuable contributor to the ongoing process of developing an effective home/school partnership. For those families that were unable to attend, please keep a look out for an information brochure from your child's teacher.

**Child Safe Standards:** Manifold Heights Primary School is committed to the safety and wellbeing of all children and young people. This is the primary focus of our care and decision-making. Manifold Heights Primary School has zero tolerance for child abuse. We are committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability. Every person involved in Manifold Heights Primary School has a responsibility to understand the important and specific role they play individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do and every decision they make. Stay tuned for regular updates on our commitment to the Child Safe Standards.

Thank you for supporting our school and have a great week.

Christian Smith  
Principal

# STUDENT OF THE WEEK

<b>PREP G</b>	<b>IZABELA TASCAS</b> - Izi consistently shows respect in our learning spaces in many ways. She always moves around safely and quietly ensuring others can learn at their best.
<b>PREP H</b>	<b>NICHOLAS WHITE</b> - Nicholas is a positive and respectful role model to classmates, moving quietly within shared spaces and allowing other children to focus on their learning without interruptions. Awesome Nicholas!
<b>PREP O</b>	<b>ROSANNA HOOD</b> - Rosie is always respectful in our shared spaces and consistently moves quietly and safely around the school. Super job Rosie!
<b>1A</b>	<b>MILLA BARRON</b> - Milla starts her day in a quiet and respectful manner, working through her morning routines to set her up for success. She consistently acts in a quiet and safe way throughout the day, and is a role model to her peers. You are a marvel Milla!
<b>1C</b>	<b>SOFIA BULTMAN</b> - Sofia's attitude to her learning is very admirable, as she demonstrates great listening and attention. Sofia moves around the class without interrupting others. Superb Sofia!
<b>1S</b>	<b>OLLIE SMITH</b> - Ollie is a wonderful role model in 1S. He always ensures he moves around the classroom safely. Outstanding Ollie!
<b>2B</b>	<b>DHYAN MANOJ</b> - Dhyan consistently listens well in class, following directions carefully and moving quietly around the room and always completing his work to a high standard. Keep it up Dhyan!
<b>2C</b>	<b>ASHER DONALDSON</b> - Asher is a great leader in moving quietly around the classroom, in the hallways and to specialists. She never bothers anyone by being noisy. Superb Asher!
<b>2O</b>	<b>GRACIE KEEGAN</b> - Gracie listens to instructions and respectfully moves around the classroom, enabling others to make the most of their learning time. Fantastic Gracie!
<b>MD</b>	<b>FRANKIE GRANT</b> - Frankie is a respectful member of our class. She takes it upon herself to ensure she is always ready to listen and ready to learn. She never hesitates to use her understanding to assist her classmates! Fantastic Frankie!
<b>MQ</b>	<b>JACK HUBERS</b> - Jack is a respectful member of MQ. He is considerate of others and ensures he moves around quietly and works brilliantly at his table at all times. You're a star Jack!
<b>MS</b>	<b>ALBIE HATELEY</b> - Albie is a respectful member of MS He always ensures that he moves quietly between class and specialist classes. He is also very respectful during learning time and allows others to learn. Amazing Albie!
<b>MV</b>	<b>GEORGIE RIXON</b> - Georgie respects her friends as she moves quietly around the classroom. Just terrific Georgie!
<b>MW</b>	<b>ALBERT BUCKLEY-HARRISON</b> - Bertie is a kind, respectful and responsible student. While moving around the school he always ensures that he walks with his line buddy, and has his voice turned off so that he doesn't disturb other classes. Keep
<b>SG</b>	<b>NEVE OMANT</b> - For being a considerate and most respectful member of SG. Neve conducts herself in a way that allows us all to feel safe, happy and able to do our best work at school.
<b>SN</b>	<b>HAYDEN KNIGHT</b> - Hayden can always be relied upon to be a quiet and considerate classmate. You are an asset to Senior N. Well done Hayden!
<b>SS</b>	<b>BELLA CLINGAN</b> - Bella has been an absolute superstar this week. She is always ready and focused for each session and looks out for her classmates during the day.
<b>ST</b>	<b>ABBEY GRAHAM</b> - Abbey moves quietly through the school at all times. She is consistently respectful and always has a smile on her face. Absolutely amazing Abbey!
<b>SW</b>	<b>MATILDA NORMAN</b> - Matilda always transitions calmly and efficiently between lessons, ensuring she is always ready to learn!
<b>MUSIC</b>	<b>SAMUEL CURHAM</b> - Samuel participated in the Music lesson and Junior Choir with confidence and a quiet enthusiasm. He sets a fine example for his peers. Brilliant Samuel.
<b>ART</b>	<b>ARI DHILLON</b> - For creating a wonder painting using red and yellow paint and mixing orange. Fantastic work Ari.
<b>PE</b>	<b>MURRAY MILLS</b> - Murray has shown wonderful respect and responsibility this week during our Tennis focus- He has listened, improved and developed his own skills- Great job Murray!
<b>SCIENCE</b>	<b>LUCAS BASKIN</b> - Lucas has shown great responsibility during Science by being able to follow the Scientific Method to complete his experiment correctly. Awesome Lucas!
<b>LIBRARY</b>	<b>EDITH MCCALLUM</b> - For being focused and determined to share her thoughts during class discussions about story themes. Keep up your great efforts Edith.

## Camps, Sports and Excursions Fund (CSEF) 2022

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 expenses relating to camps, excursions or sporting activities for the benefit of your child.

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 Monday 28th February 2022**, as payments are made from March. However schools will be able to accept and process applications up until the end of Term 2 each year. Contact the office to obtain a CSEF application form.

**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 2021, your application will rollover to 2022 and a new application form is **not required** to be completed.

Ros Fantini

Business Manager

## Middles Science

This term in Science we are exploring how heat can be produced in many ways and can move from one object to another. We have learnt there are three different types of energy that convert to heat: electrical, kinetic and chemical energy. Last week Middles students conducted an experiment to see how food dye reacts differently in cold water to warm water. We noticed that the dye began dissolving in the warm water and moved more quickly throughout the cup.



## Student Absences & Late Arrivals

If your child arrives late to school they must be signed in by a parent/guardian and collect a 'Pass In' card at the Office. Due to limited visitors at the school due to COVID-19 restrictions we ask that parents sign their child/ren in at the Office and then leave the school grounds. Students will be collected by a staff member or classmates and walked to class.

Please remember to telephone the Office and speak to either Jacquie or Ros when your child is absent from school or if you are aware of a prior engagement. Alternatively you can submit an absence approval on the Compass app.

It is important that the Office is contacted in regards to extended absences as a precautionary measure due to the Coronavirus so that these absences can be coded correctly.



Western  
Heights  
College

Year 7 2023

Information and Open Night

Wednesday 2 March 6pm - 8pm

Bookings essential: <https://compassstix.com/e/tets2hn313>

37-61 Vines Road  
Hamlyn Heights 3215

Find out more  
T: 03 5277 1177

info@whc.vic.edu.au  
www.whc.vic.edu.au

I can  
start now

Years 7-12



# MANO'S HOUSE CROSS COUNTRY 2022



**HAVE YOU TRAINED!?**

THIS IS FUN!!



**WHEN: FRIDAY 18<sup>TH</sup> MARCH**

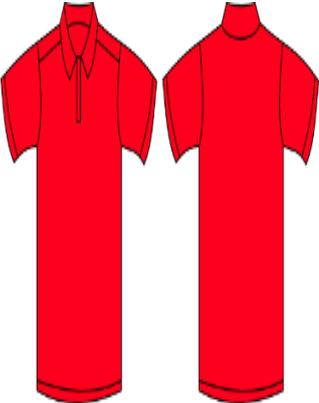
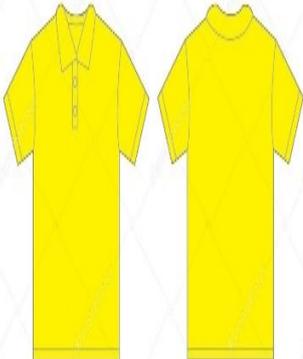
**WHERE: FYANSFORD COMMON**

**PURPOSE: FOR GRADE 3-6 STUDENTS TO REPRESENT HOUSE TEAMS AND GAIN POINTS FOR THE OVERALL YEAR.**

**Age Group Distance: 8, 9 and 10 Year old students will run 2km track. 11, 12 and 13 year old students will run the 3km track.**

**STUDENT CHAMPIONS WILL BE SELECTED TO PROGRESS TO THE 'DISTRICT CROSS COUNTRY' IF THEIR TIMES MEET STANDARDS.**

Remember you will need to wear your house colours on the day along with comfortable running shoes, shorts and an enthusiastic attitude

<u>NARMBOOL</u>	<u>STRACHAN</u>	<u>MANIFOLD</u>	<u>PURRUMBETE</u>
		  Front                  Back	

**\*\*Parent Helpers still needed. Please contact Jacquie at the Office if you can assist on the day as a Marshall. Working with Children Check and COVID Certificate required. Thankyou!**



## BELL POST HILL FNC AUSKICK 2022

**Auskick season commences Friday 29th April 2022**

Never played football or keen to see what it is all about, please feel free to join us for the first session

10 weeks of fun every Friday night 5-6pm

Myers reserve

To register go to

[www.playhq.com/afl/register/195766](http://www.playhq.com/afl/register/195766)

#bphfnc22

### Mano Swimming Carnival Update



On Monday this week we had 52 students attend our Mano Swimming Carnival at The Geelong College Pool. It was great to have sporting events back and the students did a wonderful job of participating at their best with a big smile on their face! On Tuesday 22<sup>nd</sup> of March the Geelong North and Bellarine Division Swimming at Kardinia Pool event will be held for those swimmers who have made the cut off times for the next level. Mr Hambrook will announce these students early next week and they will go on to represent 'Mano'.

A HUGE thankyou to ALL the parent helpers and staff who assisted as Marshalls on the day, it made the day run smoothly and the students loved having you there. Mr Hambrook greatly appreciates parent helpers at such events! Many of these school events could not run without them, so a big thankyou to those who helped on the day.

Thank you.

Mr Hambrook



## Year 7 Enrolment Information Evening

Wednesday 9 March, 2022 from 6:00pm to 7:30pm

## Open Day

Thursday 10 March, 2022 with tours from 9:30am to 10:30am

## Selected Entry Advanced Learning Program Information Evening

Tuesday 15 March, 2022 from 6:30pm to 7:30pm

For further information, contact Damien Toussaint (SEALP enquiries) or Chelsea Bright (general enquiries) on (03) 4243 0500 or [matthew.flinders.girls.sc@education.vic.gov.au](mailto:matthew.flinders.girls.sc@education.vic.gov.au)



**MFG**  
Matthew Flinders  
Girls Secondary  
College

# BarryPlant

## Sonya Kurul

Sales Consultant  
Barry Plant

5221 4011  
0456 751 665  
skurul@barryplant.com.au

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 | Bass | Drums

School Music Lessons

0448 994 009

[andrew@awmt.com.au](mailto:andrew@awmt.com.au)



## 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.