

Mano TIMES



MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

CONTACT US

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Please also find us on
Facebook



Date: 10th March 2022

Principal: Christian Smith
Business Manager: Ros Fantini

Assistant Principal: Peta Mundine
Administration: Jacquie Clancy

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MARCH	
Fri 11th March	Summer Lightning Premiership, Senior Students Victorian State School Spectacular Regional Rehearsal Grade 1 Big Day Out
Mon 14th March	Labour Day Public Holiday, No Classes
Tues 15th - Mon 28th March	Life Education Visits, Prep - Grade 4
Fri 18th March	House Cross Country, Fyansford Common, Middles & Seniors Students
Mon 21st March	Pupil Free Day - No Classes School Council Meeting, 7:30pm
Tues 22nd March	Division Swimming, Kardinia Pool, Selected Students

APRIL

Wed 6th - Fri 8th April	Grade 4 Camp, Anglesea
Thurs 7th April	Grade 3 Big Day Out
Fri 8th April	Term 1 Ends, 2:30pm dismissal

Upcoming Event Consent Forms and/or Payments Due

House Cross Country Consent & Payment	10th March 2022
Victorian State School Spectacular T-shirt orders	11th March 2022
Division Swimming Consent	17th March 2022
Grade 4 Camp Balance Payment & Consent	30th 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,

Promoting Positive Behaviour: Student wellbeing is of the highest priority at Manifold Heights Primary School. Our school improvement agenda clearly highlights the significance and importance we place on the health and wellbeing of every student. Like all aspects of a child's development, the partnership between home and school is vital in the growth of a child's wellbeing. Recently I heard a podcast called *School Yard Bullying* on Radio 774. It was an open and frank discussion about bullying by Dr Karyn Healy from the Parenting and Family Support Centre at the University of Queensland, and Dr Barbara Spears, Associate Professor at the University of South Australia. Several key points were raised during the discussion, which include:

- Bullying is defined as: an ongoing and deliberate misuse of power through repeated verbal, physical and/or social behaviour that intends to cause harm.
- Whilst needing to be addressed and corrected, an isolated incident of unwanted verbal, physical and/or social behaviour is not 'bullying'.
- As children get older and develop, they explore ways they can get something or get their way. Some children learn they can do it in a way that is sometimes disrespectful to others.
- At the age of 3, 4, 5 and 6, some children learn they can achieve this by aggression. It is a critical age for families to teach conflict resolution and how to behave in an appropriate (respectful) way to others.
- There are two critical transition points for children. These are Year 2 to 3 and Year 6 to 7. During this time, relationships break up and reform in shifting alliances.
- Bullying is a learnt behaviour, schools are microcosms of what is happening in their community - from home, peers and media and older siblings. Sibling aggression greatly increases the likelihood of bullying behaviour.
- Most kids never bully, some start and stop with an intervention and some start at a higher level and reduce it as they learn a different behaviour. There is also a small percentage of children that don't stop bullying.
- Kids who bully will identify a point of difference in other children. It may be that their peer is too quiet or bossy.
- Bullying reduces when the person being bullied talks back assertively, demonstrates strong body language, doesn't react emotionally and demonstrates confidence.
- 85% of bullying stops when a peer from within the group defends the person being bullied. A whole peer group standing up for their 'bullied' peer is the most effective response to bullying.

For families who are interested in the podcast, follow the link:
<http://www.abc.net.au/radio/programs/nightlife/schoolyard-bullying/9463056>

Next week is the National Day of Action against Bullying and Violence. This is a wonderful opportunity to continue to educate our students and community on a culture of kindness – more about this next week!

Student Learning – Prep: Our 2022 Prep students have made such a positive start to their school lives at Mano!

We continue to be so impressed by the way they have embraced the many new routines and expectations they need to manage each day. It's also wonderful to see so many new friendships blossoming within the classes.

There is so much to learn as a Prep student, from simple things such as where their bags go, which food to eat when, how to pack their own bags at the end of the day, where the toilets are, what all the bells mean, where to return Library books and so on. And then there is all the academic learning on top!

In class, the students are busy learning lots of letter names, their common sounds and focussing on how to position their mouth, teeth and tongue to say the sounds properly. They are beginning to blend these sounds to spell and read some simple words, and also

learning how to write the letters correctly. We have heaps of fun practising them in lots of multi-sensory ways - even writing them in chalk all over the concrete outside Mrs Grant's room last week! Of course, it's also exciting to meet the new characters in Letterland each week too! Have you heard about Dippy Duck or Golden Girl yet?

We've enjoyed lots of songs, stories, craft and games to develop number knowledge, and have been using counters and other concrete materials to model collections to match the numbers to 20.

Wellbeing and mindfulness are a huge part in all three rooms. We are busy learning about our emotions and feelings, including what helps us feel ready to focus on our learning and what might have the opposite effect. We've been learning some strategies to help if that happens. Brain breaks involving music and movement, some Cosmic Kids Yoga and listening to lots of terrific stories keep us all smiling too.

We are excited to join the Life Education sessions in the coming week and to hear about Harold the Giraffe, as well as learning how to be a great friend!

It's amazing to see how much the Preps have developed in less than 30 days of learning!

Staff Professional Learning: Our staff completed their annual CPR training this week as part of our professional learning and commitment to the health and wellbeing of our community.

Mano Family Picnic: It was fantastic to see the Mano community come together last night at the annual Mano Family Picnic. Schools have had very limited opportunity over the last two years to have whole school events where students, families and staff come together to nurture the Mano community Spirit and celebrate all that is Mano. It was great to see everyone enjoying time together. We look forward to further opportunities as the restrictions ease.

Curriculum Day – Monday 21st March: Our second curriculum day of 2022 is on **Monday 21st March**. This is a Pupil Free Day. Our staff will engage in a full day of professional learning focussed on Numeracy. Highly acclaimed Maths consultant, Charles Lovitt, will lead staff in 'Creating a Rich and Balanced Maths Program'. We look forward to sharing our learning from the day.

NAPLAN: As most of you are aware, NAPLAN (National Assessment Program Literacy and Numeracy) is a national assessment conducted across Australia for all Yr 3, Yr 5, Yr 7 and Yr 9 students every year. It provides families and schools an indication of where a child is placed in Reading, Writing and Numeracy. Along with a host of other information, the results enable schools and teachers to use the outcomes to inform their practice. To minimise anxiety of students, along with providing students with the support to maximise their result in NAPLAN, all Grade 3 and Grade 5 students will begin preparing for NAPLAN over the next 6 weeks to avoid the preparation being crammed into the week prior. Our Grade 3 and Grade 5 students will partake in whole class, small group and individual activities in this time so that they are proficient, comfortable and aware of 'testing' conditions.

COVID-19 Vaccinations for Primary Aged Students: Please see the information regarding COVID-19 Vaccinations for primary aged children from the Department of Education and Training (DET) on page 3.

Assembly – No assembly next week: Due to the public holiday on Monday, there will be no assembly next week.

Christian Smith
Principal



COVID-19 Vaccinations for Primary Aged Children

It's been really fantastic to see such excitement around the return to school and we want to keep it that way. A crucial part of that is getting as many students vaccinated as possible.

Alongside ventilation and other vital COVIDSafe steps such as regular rapid antigen testing, supporting as many students as possible to be vaccinated will help make our school as safe as possible.

Bookings for children aged 5 to 11 to receive the paediatric Pfizer vaccine are open and we encourage parents and carers to get your child vaccinated, if you haven't already done so.

The Pfizer vaccine is safe and recommended for children. The vaccine will help protect your child from getting sick from COVID-19, help to reduce the spread of COVID-19, and help ensure kids can have more time at school and playing with their friends.

Vaccinations for children aged 5-11 years old are delivered at 2 appointments, 8 weeks apart. Children with specific medical vulnerabilities can access their second dose 3 weeks after their first dose.

If you'd like more information about this, you can read a recent statement from the Australian Technical Advisory Group on Immunisation (ATAGI): <https://www.health.gov.au/news/atagi-update-following-weekly-covid-19-meeting-19-january-2022>

To book an appointment

You can book at your local GP or pharmacy: <https://covid-vaccine.healthdirect.gov.au/booking>

You can also book at a family-friendly vaccination centre by calling the Coronavirus Hotline on 1800 675 398.

You can also make vaccination centre bookings for your children online, though you will need to use an email address that has not been used in the system before: <https://portal.cvms.vic.gov.au/>

Helping children to get their vaccination

Vaccination centres understand that children may feel anxious about vaccination or have other support needs. A range of options are available to help children get vaccinated. Please discuss your child's needs with the vaccination centre when you book an appointment.

Appointments are also available at Aboriginal Controlled Community Health Organisations.

Naplan in 2022 will be conducted online with the use of i-pads. In order to prepare for this the **NAP - Locked down browser App** needs to be downloaded to your child's i-pad. This is a free app, please see below for what it looks like. Please note only year three and five students need to download the app.



STUDENT OF THE WEEK

PREP G	MILA GRAHAM - Mila is a supportive and caring friend. She is always looking to help others and make sure they are enjoying their playtime. Well done Mila!
PREP H	ASTON RICKARD - Aston is a kind friend who is always eager to see his classmates included in play and chats. Awesome Aston!
PREP O	ANGUS MCLACHLAN - Angus always displays respectful behaviour. He does this through including his peers when playing, assisting his line-up partner and always with a smile on his face. Super job Angus!
1A	RUBY WRIGHT - Ruby is such a kind and caring friend to her peers. She is always allowing others to join in with her in the classroom and out in the yard. You are a real gem, Ruby!
1C	FLYNN LITTLE - Flynn is a kind and caring member of 1C. He includes his friends in everything he is doing. Fabulous Flynn!
1S	POPPY CLINGAN - Poppy is an extremely empathetic member of 1S. She always ensures everyone is included during collaborative tasks. Perfect Poppy!
2B	ZAARI ANDERSON - Zaari is a great role model in the classroom. She is always assisting others who need assistance and she is working hard to do her best work. Fantastic recount writing Zaari!
2C	GRACE YAI - Grace always makes an effort to include others in our Maths games and our Writing activities. She is a
2O	SKYLAR SAMUELS - Skylar thoughtfully invited another student to be involved in a game during play time. Highly considerate Skylar!
MD	RIVER HOLT - River is a kind and friendly student who will always go out of her way to make sure that her peers feel included. She offers help or support to anyone in need without thinking twice. Amazing River!
MQ	NELLY SWANSON - Nelly is a thoughtful and considerate member of MQ. She is always willing to support her peers with anything and is a great help in the Middles Department. You're a star Nelly!
MS	LEWIS PABST - Lewis is a very caring and thoughtful student who is always looking for ways to make others feel included. He also enjoys supporting his peers in learning time and giving them helpful tips. Well done Lewis!
MV	GRACE CONWAY - Grace shows amazing respect to her peers by always including others when she works in the classroom. Great Grace!
MW	HARMONY POWER - Harmony has shown this week that she is inclusive of others, making sure that when someone doesn't have a friend to play with that she is ready to step in and be the friend they need. Amazing work Harmony!
SG	VANESSA JOVANOVSKI - For being an exceptional school leader and role model for students young and old. Vanessa is kind, caring, inclusive of others and shows great initiative both within and beyond the classroom.
SN	RHYLAN YOUNG - Rhylan has made every effort to give each of his tasks a red hot go this week. Amazing work setting yourself such high goals. Well done, Rhylan!
SS	ARCHIE RAHLES-RAHBULA - Archie willingly included a class mate into his group, making them feel relieved and valued.
ST	EVELINA CURRIE - Evelina works effectively with a wide range of peers, including others in group discussions and being friendly to all. We are so lucky to have you in Senior T. Excellent, Ev!
SW	XAVIER WILLOUGHBY - Xavier always goes out of his way to help and include others at Mano. He is a great role model and representative of the school.
MUSIC	ANNIE KELLY - Annie is always a respectful member of our Music class and consistently shows the 5 L's. Well done Annie!
ART	JAKE LIEBICH - Jake is a thoughtful student in Art, who displays initiative. He helps his peers and also cleans the learning space without prompting. Fantastic Jake!
PE	SHIZA KHALID - Shiza has displayed wonderful growth through her own efforts in PE this term and continually improves on her skills in each subject area of our sports. Super effort Shiza!
SCIENCE	BLAKE GELLION - Blake has always gone above and beyond to be a responsible Science class member, by consistently collaborating well with his peers and always helping to clean up. Keep up the great work Blake!
LIBRARY	SOPHIE BEYER - Sophie always works to the best of her ability. She is respectful, attentive and presents herself in a mature manner. Keep smiling, Sophie.



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

#bphfnc22

Life Education Visit

The Life Education Program will be running in our school over the next fortnight, commencing Tuesday 15th March.

Prep to Grade 4 students will engage in programs (selected by each teaching team) to promote health, wellbeing, friendship and cyber-safety.

Parents have the opportunity to enrol and take part in a webinar to learn more about the program and how it supports our health and wellbeing teaching.

Use the following link to register and join a session: <https://www.lifesmartkids.com.au/parent-sessions>

Music News

Rock band Guitar Students!

Well done to the four students from the Mano Rock band that have been coming into the Music room for some extra practice. Practice makes perfect!

Mrs Meegan Baker



MANO'S HOUSE CROSS COUNTRY 2022



**HAVE YOU
TRAINED!?**



WHEN: FRIDAY 18TH MARCH

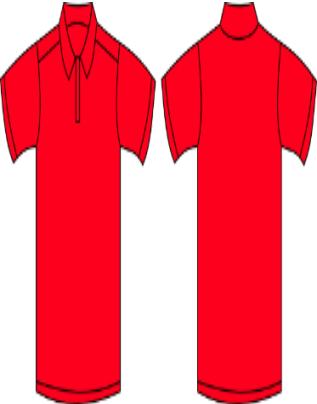
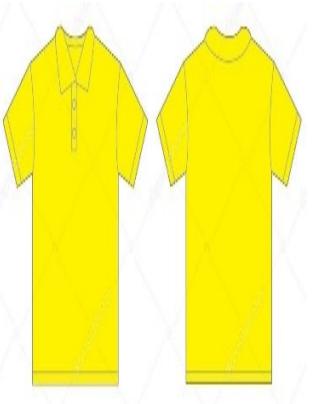
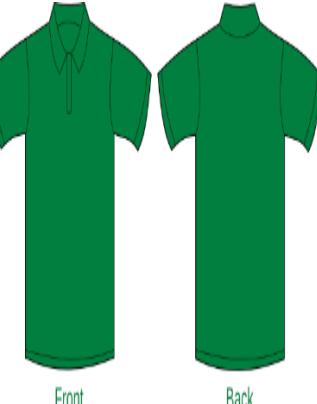
WHERE: FYANSFORD COMMON

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	

CHILDREN TO WEAR A HOUSE COLOURED T-SHIRT.

FRIDAY 11TH MARCH SUMMER LIGHTNING PREMIERSHIP

Dear Parent/Guardian/Carer,

Just a reminder that next Friday 11th March, ALL Senior students will be representing Mano in 1 of 4 sports against participating district schools for fun and competition. The Summer sports we have been training for are Cricket, Softball, Volleyball and Basketball. Mano is in the Aberdeen North Geelong District in which we participate against Fyans Park P.S., Chilwell, Rollins, Hamlyn Banks and South Geelong. The event is compulsory for students to attend in their designated sport and team. It's a great way for students to learn new skills and new sports and also play with a variety of friends and other kids!

This event is a whole day out from school and the children are expected to **bring the following to school:** Students can wear 'Mano' shorts/pants, skorts or black skins that are appropriate to the required sport.

Basketball: Shorts MUST have no pockets- Pocketless shorts- Mano BBall Singlet will be provided. NO jewellery.

Volleyball/VolleySTARS: Mano Green T-Shirt with Comfortable shorts, skorts or skins. NO jewellery.

Cricket and Softball: Cricketers to wear 'Mano' shorts with a White Mano T-Shirt. (If no white-Green is fine) NO jewellery.

- Drink Bottle
- Fruit/Snack
- Packed Recess and Lunch
- Hat/Sunscreen
- School Uniform- Green or White Mano top.
- Appropriate Running Footwear
- Mask on the bus

Time: Bus Departs 'Mano' at 8:50am and students return back to school at approximately 2:30pm. Please make sure you are at school before 8:45am so we can leave on time and arrive at the designated venue.

Venue: There are 2 venues for the day and are different for the sport that your child is playing in.

Cricket and Softball- Stead Park- 190-216 PRINCES HIGHWAY, CORIO

Basketball and Volleyball/VolleyStars- GBNC and Vic Beach- 1A Crown St, South Geelong VIC 3220

First Aid will be provided at the venue and your teachers will have student medication with them throughout the day. Please bring your own asthma puffer if required.

Parent helpers on the day to please meet at the required venue at around 9:15am to meet students and staff. Once again I really appreciate those parents who are assisting on the day as coaches!

Regards,

Mr Hambrook





Sonya Kurul

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More information can be found at**



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Customer Service:
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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.