

# Mano TIMES



Unleashing Potential

## CONTACT US

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Manifold Heights 3218

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Please also find us on  
Facebook



## MANIFOLD HEIGHTS PRIMARY SCHOOL NEWSLETTER

Date: 16th February 2023

**Principal:** Christian Smith

**Business Manager:** Jessie Burney & Jacque Clancy

**Assistant Principal:** Peta Mundine

**Administration:** Jacque Clancy & Georgia Slater

## Important Dates

### FEBRUARY

**Wed 22nd February** Meet & Greet Parent Teacher Discussions, 2pm - 7:40pm **(1:30pm Student Dismissal)**

Tues 28th February Prep Dental Nurse Visit

### MARCH

Thurs 2nd March Grade 1 Dental Nurse Visit

Wed 8th March Mano Family Picnic, 4:45pm - 6:30pm

Fri 10th March Prep Proud to Be Me Incursion  
Mano House Cross Country, Grade 3 - 6 Students, Parent Helpers Required

**Mon 13th March Labour Day Public Holiday, No Classes**

Tues 14th March Whole School Photo Day  
District Swimming, Selected Students, Kardinia Pool

Wed 15th March - Mon 27th March NAPLAN Grade 3 & Grade 5 students

Mon 20th March VSSS Rehearsal, Western Heights College (Selected Students)

Thurs 23rd March Grade 6 Preparation for Puberty

Wed 29th March Grade 6 Preparation for Puberty

Thurs 30th March Summer Lightning Premiership, Senior Students

### APRIL

Tues 4th April - Thurs 6th April Grade 4 Camp, Anglesea

### SAVE THE DATE

School Photo Day  
Tuesday 14<sup>th</sup> March

## Upcoming Event Consent Forms and/or Payments Due

Local Permission Form 2023 Consent (All Students)	17th February
Prep Proud to Be Me Incursion Consent & Payment	10th March
Grade 6 Preparation for Puberty Consent & Payment	20th March

**NEXT WEEK'S SWPBS FOCI (WEEK 4):** I recognise and regulate my emotions (I take responsibility)

# NEWS FROM MR SMITH

Dear School Community Members,

Recently we have been supporting some students and their families managing the use of screen time and the appropriate use of the opportunities available online. With this in mind, I encourage all families to invest time into setting their children up for success in relation to their use of their device, screen time and online opportunities.

Late last year I listened to a Podcast produced by highly acclaimed educator and researcher, Sue Larkey. The Podcast focussed on 'Understanding Screen Addiction'. The Podcast highlighted the challenge many families are experiencing with managing screen time with their children following the extended periods of lockdown over the last three years. Sue Larkey and her guest, Simon Da Roza, provided many tips, ideas and resources that families can consider to support and manage screen time with their children. The Podcast can be found by searching "Sue Larkey – Understanding Screen Addition" in your preferred Podcast platform. The Podcast aligned very closely with a keynote presentation from Susan McLean last year that I wish to share with our families. Susan has spent the last 22 years sharing her stories, knowledge and expertise to keep kids cyber safe. Below is my learning from Susan's session that may assist families when working with their children in managing screen time:

- By the age of 11, the majority of boys have had multiple exposures to Pornographic images and clips
- YouTube is one of the most popular platforms for primary age children and 90% of 9 year old children have had exposure to 'inappropriate' material on YouTube
- The internet minute – it is staggering to see the snapshot of what happens on the internet in a minute (see link: <https://www.visualcapitalist.com/from-amazon-to-zoom-what-happens-in-an-internet-minute-in-2021/>)
- Primary aged children don't know life without technology or a 'device' free world
- Devices and technology are here to stay so adults need to learn to embrace 'it' with a balance
- Families are advised to develop their technology (device) agreements underpinned by the 3 R's – Respect, Responsibility and Reputation
- Primary aged children should never be allowed to take their device into their bedroom or bathroom
- Families are often not aware of the impact technology and devices have on their children's quality of sleep – quality sleep is the only time our body and mind 'repairs'
- 52% of requests for nude photos comes from someone they don't know
- If kids perceive you don't like technology, they will never come to you when they have a problem online
- Kids will make mistakes on technology – don't ignore these mistakes, but education and forgiveness is the best response
- "Parents need to parent" – it is OK to insist our children have a balance with socialisation by providing opportunities to "play at the original Playstation" (see attached images)



**Meet & Greet Parent Teacher Discussions:** Our Meet & Greet Parent Teacher Discussions are fast approaching:

**Date:** Wednesday, 22<sup>nd</sup> February

**Time:** 2:00pm until 7:40pm

**Venue:** Classrooms, Manifold Heights PS

We have 89% of our families booked for their child's discussion – we strongly encourage every family to engage in these discussions. Bookings close off at 4pm tomorrow afternoon.

A reminder that these discussions are designed for parents and guardians to **personally meet their child's classroom teacher and provide any information that will support the learning of your child.**

Please note:

- Students will be dismissed at 1:30pm on this day (Wednesday, 22<sup>nd</sup> February)
- After School Care will commence at 1:30pm on this day – bookings can be made with [Camp Australia](#)

**Lunch Time Clubs at Mano:** Under the leadership of our School Captains and House Captains, we are pleased to formally launch our Lunch Time Clubs for 2023. Included in this newsletter is a schedule of the clubs and a small blurb to assist families and students to determine their participation in these clubs. Our clubs commence on Monday 20<sup>th</sup> February.

Congratulations to our student leaders, Mrs Forsyth and Miss Chapman for their coordination of these lunch time clubs.

**How Full is Your Bucket:** This week I visited most classes to congratulate them on their successful start to the school year. Part of this visit included reading a book titled, 'How Full is Your Bucket?' The message in this book is the core to a happy and vibrant school community. The 'filling buckets' concept is a guide to daily happiness for kids. I encourage you to discuss 'filling buckets' with your child. An online version of the book is available on YouTube:

<https://www.youtube.com/watch?v=mWe6Z3zFwoA>

**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 3 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 they are proficient, comfortable and aware of 'testing' conditions.

CONTINUED ON PAGE 3.....

# NEWS FROM MR SMITH CONTINUED.....

**Student Learning – Art:** Our Art Room has always been a highlight for many Mano students, and this year is no different. Last week I spent some time with Prep J in their weekly Art lesson and I was blown away with the quality of work produced. As you will see in the Art News on page 5, each student completed a 'Self Portrait' that has formed a whole school display in the Library. Apart from the fun and excitement that each Prep J student demonstrated, they learnt the important skills of using shape, line, pattern and space within their artwork.

Congratulations to Mrs Hardman, Mrs Bencic and our students on their contribution to the 'Self Portrait' display in our Library.

**Annual Privacy Reminder for our School Community:** Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy.

Please take time to read our school's collection notice, found on our [website](#). If after reviewing the guidance, you have any questions or concerns, please contact the school.

**Staff Professional Learning – Individual Education Plans (IEPs):** Led by Mr Beck, this week our staff forum was focused on compiling and implementing high quality Individual Education Plans. An IEP is a written plan that describes the adjustments, goals and strategies to meet a students' individual educational needs so they can reach their full potential. Our staff develop an IEP for approximately 10% of our students. Part of the process in developing an IEP, staff engage both the student and his/her family to gain input into the plan. Ultimately, the plan is co-developed by the teacher, student and the family. This maximises ownership and clarity, and in turn motivation to achieve the goals set in the plan. Teachers will continue the process of developing the IEPs for the selected students and contact families over the coming weeks.

**Mano Family Picnic:** As communicated recently, our annual Mano Picnic is:

**Date:** Wednesday, 8<sup>th</sup> March

**Time:** 4:45pm – 6:30pm

**Venue:** Oval, Manifold Heights PS

Our Mano Family Picnic will enable families to connect with their child's teachers in a less formal setting, and further embed the wonderful community spirit at Mano.

We hope to see you all here!

**School Council Vacancies:** A reminder that nominations for School Council close on Monday, 20<sup>th</sup> February at 4:00pm. Please see information on Compass for further details.

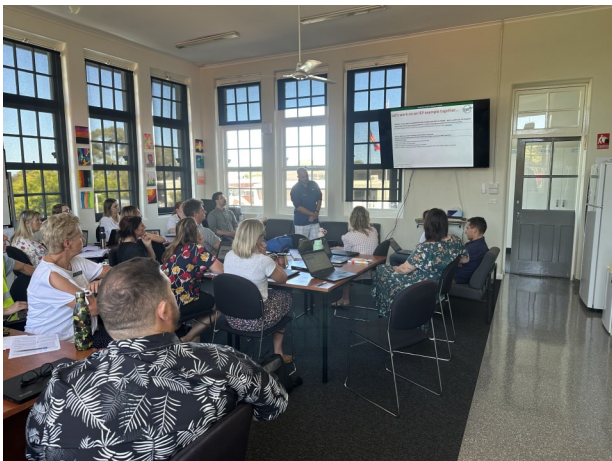
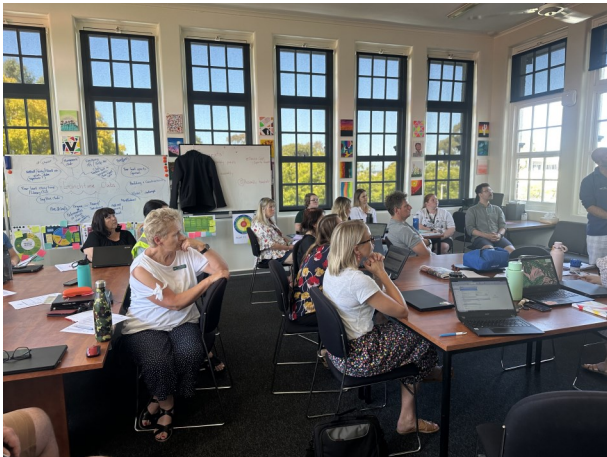
## Key Dates in February/March

- Wednesday, 22<sup>nd</sup> February Meet and Greet Parent Teacher Discussions
- Wednesday, 8<sup>th</sup> March Mano Picnic

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

Christian Smith

Principal



# STUDENT OF THE WEEK

<b>1A</b>	<b>DARCY STENDER</b> - Darcy always ensures that he is 'Ready to Learn' in 1A. He not only keeps check on his own emotions, but assists and supports his peers also. What an outstanding start to the term, Darcy!
<b>1B</b>	<b>WILL BASKIN</b> - Will has demonstrated his ability to identify when he needs to take a break during class and can readily use known strategies to assist him to regulate his emotions. Awesome work Will!
<b>1C</b>	<b>ISABELLE SICHLAU</b> - Isabelle has terrific inner understanding and control of her emotions. Great regulation when needed so far this term Isabelle!
<b>2B</b>	<b>WINNIE WALLACE</b> - Winnie identifies when she is 'Ready to Learn' and works confidently and quietly to produce some excellent results in the classroom. Wonderful Winnie!
<b>2O</b>	<b>KOBE DREW</b> - Kobe is able to identify when he is 'Ready to Learn' and he has made some terrific choices so he can complete his independent work. A terrific start to the year, Kobe!
<b>2S</b>	<b>ELLY DEZELAK</b> - Elly has been trying really hard to check in with the teacher when she is feeling unsure about what to do in the classroom, double checking with her friends and looking for clues on the whiteboard. Excellent Elly!
<b>3G</b>	<b>MORRIS WATES</b> - For doing his best to recognise and regulate his emotions. It has been great to see Morris seek assistance when needed and do what needs doing to ensure he is 'Ready to Learn'.
<b>3Q</b>	<b>ALEXANDER WILDING</b> - Alex has enjoyed a fantastic first few weeks in Grade 3. He has worked hard to remain on task and asked for breaks when needed. He should be proud of the transition he has made this year. Amazing Alex!
<b>3/4S</b>	<b>LUKE JAMES</b> - Luke has been using the 'Ready to Learn' scale to recognise his emotions and is able to ask for help when needed. Well done Luke!
<b>4F</b>	<b>HAYLEY BROWN</b> - Hayley has demonstrated great awareness of her emotions and applying strategies to get herself ready to learn. Great work Hayley!
<b>4M</b>	<b>THOMAS ARNEL</b> - Thomas has had an amazing start to Term 1. He is always ready to learn and has shown great strategies when checking in on himself and his classmate's emotions. Great work, Thomas!
<b>SC</b>	<b>CHEYENNE JUBB</b> - Cheyenne has been a superstar this term. She has continued to check in regularly, recognising and regulating her emotions throughout the day. This is such a fabulous start to the year, Cheyenne. I am very proud of you! Well done!
<b>SL</b>	<b>NOYA JOICE</b> - Noya always recognises her emotions by placing a peg on our 'Ready to Learn' chart each morning. She also encourages others in the class to recognise their emotions. Keep up the great work, Noya!
<b>SM</b>	<b>EVIE CLELAND</b> - Evie is consistently 'Ready to Learn' and makes sure to give her best to each lesson. Keep up the amazing work Evie!
<b>ST</b>	<b>AVA BEYER</b> - Ava has shown great kindness by being inclusive when completing partnered work. She also regulates her emotions by using deep breathing and positive thinking to remain mindful and 'Ready to Learn' throughout the day. Amazing, Ava!
<b>SW</b>	<b>CHARLOTTE COLLETT</b> - Charlotte has made a fantastic start to Grade 6! She is always willing to go out of her way to help and care for others.
<b>ART</b>	<b>CHARLIE BONGIOVANNI</b> - Charlie has been an excellent leader in the Art Room, regularly assisting others and respecting the art equipment. Terrific Charlie!
<b>PE</b>	<b>HUDSON ADAMKO</b> - Hudson has shown a super positive and motivated attitude towards all his activities this week in PE, showing wonderful listening skills and concentration. Super work Hudson!
<b>STEM STAR</b>	<b>AMELISE BEAULAC</b> - Amelise worked enthusiastically this week as she had a strong understanding of balancing media in her life. Amazing Amelise!
<b>PERF ARTS</b>	<b>VIOLET SCHLOSS</b> - Violet shows enthusiasm in the Performing Arts Space. She contributes regularly with confidence and has expressed a sound understanding of different dance styles.

## Art Smock Reminder

Thank-you to everyone who has an Art Smock. Once again if you have a problem sourcing one for your child please let me know and I will help you. All 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!

Thanks.

Mrs Hardman & Mrs Bencic

## Art News



It has been wonderful to start the 2023 school year by creating a whole school art collaboration project. All students from Prep to Grade 6 created a monochromatic self-portrait focusing on shape, line, pattern and space. Our masterpiece is located on the Library wall, just outside of the Art Room!

Mrs Hardman & Mrs Bencic



## 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. Please remember to telephone the Office and speak to either Georgia, Jacque or Jessie 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.



You are invited to the  
**Manifold Heights P.S.**  
**Family Picnic**

Wednesday 8<sup>th</sup> March 2023

4:45pm -6:30pm

School Oval

Come along and meet your child's teacher,  
School Council and other families.

The Coffee  
Van will be  
there if  
you wish to  
indulge in  
a latte or  
cappuccino

**BYO dinner, drinks, chairs/rug, and any other food your family requires.**

**Please note - Riding equipment such as skateboards, bikes, scooters etc. are not permitted.**

## Mano Sports Shorts

Bellarine Uniforms are now stocking Sport Shorts (pocket with zip) for \$35. These sport shorts can be worn for all school sport events as long as the pocket is zipped up. Perfect for House Athletics!

## Camps, Sports and Excursions Fund (CSEF) 2023

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 complete a CSEF application form and lodge it with the Office for processing.

Application forms should be completed and lodged with **schools by Monday 27th February 2023**, 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 2022, your application will rollover to 2023 and a new application form is **not required** to be completed.

Jessie Burney & Jacquie Clancy

Business Manager

# Lunchtime Clubs

It is finally here!

Next week is the commencement of our Mano Lunchtime Clubs. Clubs have been generated based upon students' interest and passions, understood through a survey conducted by our wonderful student leaders.

As a result, we have a total of seven clubs (in addition to our High Ability Program and VSSS rehearsals) that we are able to offer to our students. Clubs will run from 1:45pm to 2:20pm daily.

**On offer we have:**

- Mano Melodies (Grade 3-6 Choir) with Mrs Grant
- Garden Club with Mr Urquhart
- Crafty Kids with Miss Baum
- The Calm Corner with Mr Beck
- Let's 'Just Dance' with Mrs Forsyth
- STEM Club with Mrs Grant
- Mad About Sports with Miss Chapman and our School & House Captains










and

- Victorian State School Spectacular Rehearsals with Mrs Orford
- Mano High Ability Program with Mr Valentine

Clubs will run according to the below schedule, with venues and meeting points listed for students and staff.

# Mano's Lunchtime Clubs



Monday 1:45pm-2:20pm	Tuesday 1:45pm-2:20pm	Wednesday 1:45pm-2:20pm	Thursday 1:45pm-2:20pm	Friday 1:45pm-2:20pm
<b>STEM Club</b>  Venue: STEM Room	<b>The Calm Corner</b>  Venue: Library	<b>Mano Melodies (Gr 3-6)</b>  Venue: Music Room	<b>Crafty Kids</b>  Venue: Art Room	<b>Mad About Sports</b>  Venue: Meet in Multi
<b>Victorian State School Spectacular</b>  Venue: Multi	<b>Mano High Ability Program</b>  Venue: STEM Room	<b>Let's "Just Dance"</b>  Venue: Multi		
			<b>Garden Club</b>  Venue: Garden (behind Prep building)	

More information around Lunchtime Clubs will be shared at our Week 4 Assembly and in classrooms.

We hope to see many of you there!

Aimee Forsyth (Lunchtime Club Coordinator)

# MANO'S HOUSE CROSS



## COUNTRY!



**HAVE YOU TRAINED!?**



**WHEN:** FRIDAY 10<sup>th</sup> MARCH (10am-2pm)

**WHERE:** FYANSFORD COMMON

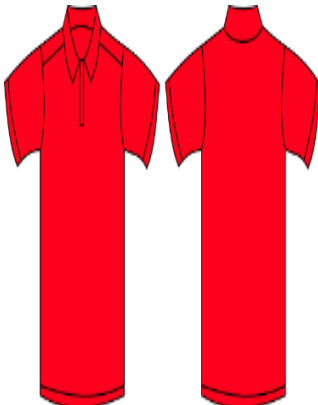
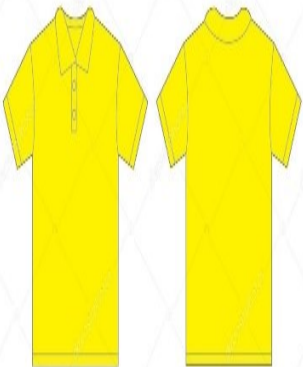


**PURPOSE:** FOR GRADE 3-6 STUDENTS TO REPRESENT HOUSE TEAMS AND GAIN POINTS FOR THE OVERALL YEAR.

**AGE GROUP DISTANCE:** 8, 9 and 10 year old students will run 2km track (2 laps). 11, 12 and 13 year old students will run the 3km track (3 laps).

**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 and shorts and bring a drink bottle and an enthusiastic attitude

[CHILDREN TO WEAR A HOUSE COLOURED T-SHIRT.](#)

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

Parent Helpers to please contact Jacquie in the office if you are able to be a marshal or record keep for Mr Hambrook. Parent helpers are a HUGE part of these big events and greatly appreciated any assistance on the day. Parents must have a current Working With Children Check and have supplied a copy to the School Office.

Keep an eye on Compass in the coming weeks for consent and payment.





# parents & friends OF MANO

**The Mano PnF would love to welcome  
new members**

Please come along and join in the fun of  
organising fundraising and wellbeing events  
for this wonderful school community

All Welcome

The next meeting is Tuesday 21st February  
7pm - School Staff Room

If you have any questions please contact us at  
[pandfmano@outlook.com](mailto:pandfmano@outlook.com)

Parents & Friends of Mano

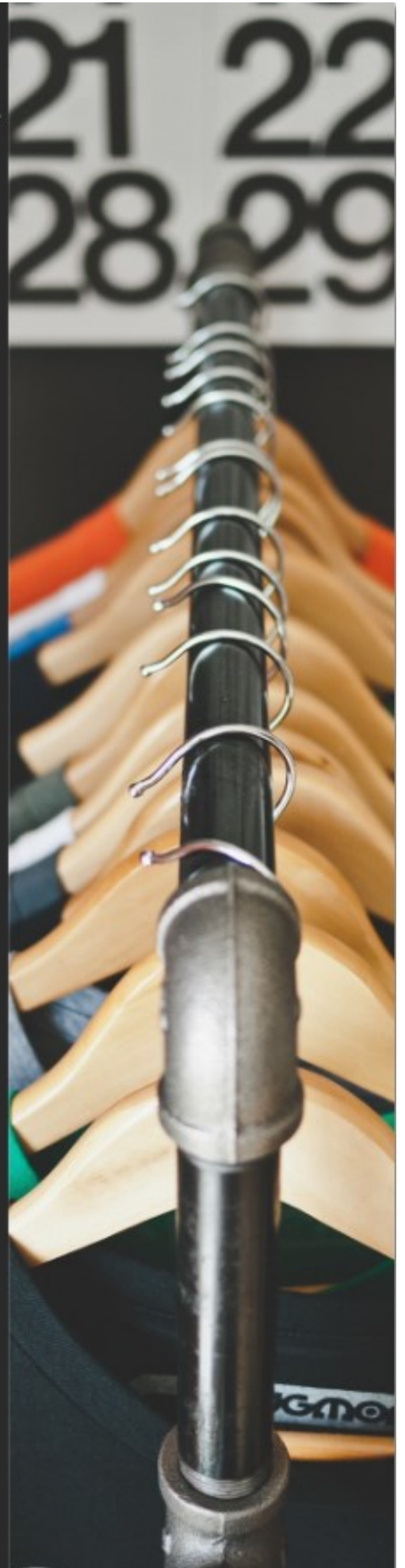
**SECOND  
HAND  
UNIFORM  
NOW  
OPEN**

**TUES 14TH & THURS 16TH  
FEBRUARY**

**3:15PM-3:45PM**

**BASKETBALL COURTS**

**ALL PROCEEDS OF SALES  
GO BACK TO THE SCHOOL**



Parents and prospective students are warmly invited to our

# *Open Night*

*Wednesday 8th March, 2023*

Commencing 6.00pm



Presentation  
**6.00 – 6.20pm**

Self-guided tours  
and specialist  
information sessions  
**6.30 – 7.30pm**

Details of our Select Entry Accelerated Learning, Scholarships and Excellence in Sport Programs will be provided at the Open Night.



## **NORTH GEELONG SECONDARY COLLEGE**

130 Separation Street, North Geelong, Victoria 3215

P +613 5240 5800

E [north.geelong.sc@education.vic.gov.au](mailto:north.geelong.sc@education.vic.gov.au)



[www.ngsc.vic.edu.au](http://www.ngsc.vic.edu.au)

[www.facebook.com/northgeelongsc](https://www.facebook.com/northgeelongsc)



## Sonya Kurul

Sales Consultant  
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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'

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PLEASE CONTACT JESSIE BURNEY, BUSINESS MANAGER,

FOR DETAILS

PH: 5229 9643



# 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.